



BOKSBURG ATHLETIC CLUB

WELCOME TO BOKSBURG ATHLETIC CLUB

We are very pleased that you have chosen to join Boksburg Athletic Club. Founded on 29 October 1975, by a group of visionary and passionate athletes, our club's aim is to promote, assist and encourage amateur athletics wherever possible. We wish you much happiness and success for the 2018 season whether it be with road running, track and field events and / or cross-country.

Boksburg Athletic Club Colours

It is expected that a member wearing club colours will be a credit to Boksburg Athletic Club at all times. Our members are expected to wear our club colours with pride, to always be courteous to fellow athletes, event organisers and helpers and to never bring the club into disrepute.

Club kit is obtainable from the club office during office hours. Club colours consist of:

- a vest or lycra top (for ladies), having alternate hoops of 5cm each of royal blue and white;
- shorts that are royal blue with white piping around the legs and up the sides. Royal blue lycra shorts with white piping and the Boksburg Athletic Club emblem or a royal blue skirt/skort with white piping around the hem and up either side, may also be worn. Royal blue shorts without the white piping are not permitted to be worn.

Only royal blue lycra shorts may be worn under your shorts. Plain royal blue lycra shorts are available at Optimum Running – 17 Tim Street, Boksburg West (Darrel 082 807 9606 or 011 383 3115) for those wishing to wear them under their shorts. Please do not wear any other colour lycra shorts.

As per Central Gauteng Athletics regulations if you are NOT wearing the correct club kit and the referees observe this you may be disqualified. As per the Constitution of Boksburg Athletic Club, members are obliged to wear the correct club colours for all events entered and participated in. Disciplinary action may be taken for non-compliance.

Boksburg Athletic Club Training Calendar

Every January you will be issued with a training calendar for the year, either electronically or by hand. This calendar will provide details of all training runs organized by the club and a selection of road races on the Athletics South Africa (ASA) calendar.

Training Runs

We look forward to seeing you at our training runs where, for a nominal fee, you will be provided with water and cold drink approximately every 3km, a route map and a catch car should you feel the need to cut your run short. Training runs are an excellent way to get to know fellow members better and to gain invaluable training advice from our more experienced athletes.

Please consult the club's training calendar and the weekly newsletter – 'The Snippets' – for more details regarding these runs.

Time Trials

The Boksburg Athletic Club time trial is fondly referred to as “The Blitz”. It is held every Wednesday of the year from Jimmy Cawood Park off Jubilee Road, opposite the Boksburg City Stadium – whatever the weather. The start time from September to April is 6pm and from May to August it's 5.45pm.

Three distances are available to run: 2km, 4km and 8km. Results are published in ‘The Snippets’ every week and in the ‘Boksburg Advertiser’.

Road races

Boksburg Athletic Club will have an umbrella or gazebo for its members, at most of the Gauteng races where we look forward to meeting you before and after your race. Please do not use the umbrella / gazebo area to leave your kit bags and other belongings while you run, as we cannot guarantee their safety. Please rather use the official tog bag areas at races.

Boksburg Athletic Club hosted Road Races

Boksburg Athletic Club hosts two road races during the year - the Colgate 15/32km (May 06, 2018) and the Burger and Co. 15km (October 14, 2018). Members of Boksburg Athletic Club are not permitted to run these races on race day as the assistance of members is required at these races. Instead, a helpers’ run is organised for all Boksburg Athletic Club members the day before these road races.

Upon joining or re-joining the club you will be requested to advise what duties you are willing to take on at both races. Please volunteer to assist!

Track Training

Track training is available at no extra cost on Tuesday evenings at 6pm at the Boksburg City Stadium track. Steve de Bod is the coach and all runners – irrelevant of your discipline – are encouraged to attend if you are wanting to improve your speed and endurance for all distances of running.

Track and Field Meetings

You will be advised via email, of dates and venues of track and field meetings in South Africa and internationally once Athletics South Africa (ASA) and Central Gauteng Athletics (CGA) have advised the club thereof.

Cross-Country

You will be advised via email, of dates and venues of Central Gauteng Athletics (CGA) league meetings, CGA Cross-Country Championships and the South African Cross-Country Championships once ASA and CGA have advised the clubs thereof.

Social Events

Various social events are organized throughout the year, including pub evenings, bingo, the Chairman’s Breakfast, the Comrades Marathon Aches and Pains Party, an annual dinner dance and a golf day.

The dates of these events will be advertised in ‘The Snippets’.

The Finish Line Pub is open most Wednesdays after time trials at approximately 6.30pm. The pub is situated on the ground floor of the Boksburg City Stadium.

Annual Prize-Givings

Prize-givings for achievements in road running, track and field, and cross-country, are held annually, usually at the Annual General Meeting held on the last Wednesday of October.

Achievements in the Comrades Marathon are recognized at a prize-giving a few months after the race.

Licence Numbers

The official abbreviation of Boksburg Athletic Club is "BOKS". This abbreviation is to be used when entering all road and trail races, cross-country, and track and field events. Please do not use "BAC".

Participants in road races, cross-country and track and field events are to wear BOTH licence numbers when competing - one on the front of your vest and one on the back of your vest. You WILL be disqualified by the event referees should you only wear one licence number.

Should you be given a race number to wear on entering an event, please wear the race number on top of your licence number on the front of your vest. Do NOT take off the licence number on the front of your vest. When wearing an event race number, it must not cover ASA's sponsor logos (see image below)



Communication

Our newsletter, 'The Snippets', is emailed on a weekly basis and is also placed on the notice board downstairs from the office. This publication will provide you with information on club activities, event results and news on members.

Please also check out our website: www.boksburgathleticclub.co.za

Join the Boksburg Athletic Club Facebook page to keep up to date with the club's happenings.

The club also has a Boksburg Athletic Club group on WhatsApp. It's used to keep you in touch with race, training run and social events news. To join, please send Bob Harvey (083 261 5094) an sms and he will add you.

The club's email address is: info@boksburgathleticclub.co.za

The fax number is 011 917 4605.

The telephone number is 011 917 3721.

Boksburg Athletic Club Office

The club and office is based at the Boksburg City Stadium, Club Room No.2, corner Jubilee Road and Dudley Smith Road, Boksburg South.

Our secretary and race organizer is Lauren Dance.

The office hours are:

Monday to Thursday: 08:30 – 13:45

Friday: 08:30 – 13:00

Please phone before visiting to ensure the secretary is not out of the office.

Banking Details

Name of Account:	Boksburg Athletic Club	Bank:	Nedbank
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Branch:	Sunward Place (Boksburg)	Branch Code:	190442
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Account No.:	1904 024 998	Type of Acc.:	Cheque
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Please email EFT/Deposit Slip to: info@boksburgathleticclub.co.za

Reference to be used: Surname, Initial and 2018 Subs

Please note that the office cannot process your membership unless we have both the Membership Form and the Bank Deposit Slip/EFT slip

Coaches

Members who would like coaching or guidance for road running or who are looking for a specific coach for track and field and cross-country running, please speak to our secretary, Lauren Dance who will advise you who to contact within the club for assistance.

Central Gauteng Athletics Booklet

A 2018 CGA Booklet will be available from CGA at a cost of R10.00 and will advise you of the following:

Telephone Numbers of relevant contact persons at CGA.

Cross-country information such as league meetings, league procedures, league scoring etc.

Track and field information such as the fixture list, championship information etc.

Road running information such as domestic rules, competitions, 2017 road calendar, general information and names of other clubs in CGA.

These booklets can also be purchased from the CGA offices at the Germiston City Stadium.

We wishing you a long, successful and enjoyable stay with Boksburg Athletic Club

Yours in Sport

Amanda Harvey
CHAIRMAN



BOKSBURG ATHLETIC CLUB

Telephone (011) 917-3721 Fax: (011) 917-4605/086 618 4488
Email: boksac@iburst.co.za Website: www.boksburgathleticclub.co.za

CLUB SUBSCRIPTION / LICENCE FEES

JANUARY - DECEMBER 2018

<u>CATEGORY:</u>		<u>L/N</u>	<u>MEMB.FEE</u>	<u>FEE TOTAL</u>
Sub-Primary Youth	(U12) 11 yrs and younger on 31/12/2018	R80-00	R230.00	R310.00
Primary Youth	(U14) 13 yrs and younger on 31/12/2018	R80-00	R230.00	R310.00
Sub Youth	(U17) 16 yrs and younger on 31/12/2018	R80-00	R230.00	R310.00
Youth	(U18) 17 yrs and younger on 31/12/2018	R80-00	R230.00	R310.00
Sub-Junior	(U19) 18 yrs and younger on 31/12/2018	R80-00	R230.00	R310.00
Junior	(U20) 19 yrs and younger on 31/12/2018	R80-00	R230.00	R310.00
Senior	(20–39 yrs before 31/12/2018)	R100-00	R510-00	R610-00
Veterans	(40-49 yrs before 31/12/2018)	R100-00	R510-00	R610-00
Masters	(50-59 yrs before 31/12/2018)	R100-00	R510-00	R610-00
Grandmasters	(60-69 yrs before 31/12/2018)	R100-00	R200-00	R300-00
Great Grandmasters	(70+yrs)	R100-00	R200-00	R300-00
Social Member Junior		-----	R150-00	R150-00
Social Member Senior		-----	R200-00	R200-00
Family – Snr / Jnr		R100 + R80	R700-00	R880-00
Family – Spouses		R100 each	R950-00	R1150-00

Subscription Fees

1. Subscriptions are due and payable from the 1st day of December of each year.
2. Members may not participate in any event in Boksburg Athletic Club colours if subscription fees are not paid in full by the 31st January of the following year.
3. The Club reserves the right to negotiate an alternative payment arrangement.
4. Boksburg Athletic Club membership fees are independent of the CGA licence availability and its fee.
5. Boksburg Athletic Club members, active and participating in CGA and ASA events, shall be licensed members of CGA.
6. All active members of the Club shall be licensed with the CGA at the beginning of each calendar year.
7. Members who join as a family e.g. senior member plus junior member, or spouse members get a family discount on membership fees.

Procedure for joining / re-joining Boksburg Athletic Club

1. Completed forms together with your remittance to be handed in at the office.
2. You may renew your 2018 membership from 22 January 2018, onwards.
3. It is preferred that payment, other than EFT or direct deposit be made by cheque, made out to Boksburg Athletic Club. If paying by cash, please ensure that you have the correct amount.
4. If you cannot make it to the office during the week you can do a bank deposit/electronic fund transfer and then fax a copy of the transfer plus your Application for Membership form through to the office. You will have to come through to the office at some point to pick up your licence number and if necessary, your kit. (Please quote your Name and Surname as well as 2018 Membership in the reference on the bank deposit slip).