



BOKSBURG ATHLETIC CLUB

Snippets February

No. 8 , Week 8

Fri 23rd Feb - Thurs 1st March

*Happy
Birthday*



23-Feb

Eugene van der Westhuizen

25-Feb

Theresa Develing
Franz Kuyvenhoven

28-Feb

Percy Khumalo

Members can run in their 2017 licenses until the 12th of February

Licenses are available to be collected. Please bring POP

*Please bring POP or cash for EFT when collecting licenses.
No card machine available*

Deadline for membership renewal is **28th February**



info@boksburgathleticclub.co.za

IMPORTANT REMINDER: PIPING ON CLUB SHORTS



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Please be reminded that club running shorts require the white piping. We will arrange for white piping to be put on free of charge if royal blue shorts are purchased elsewhere.

Shorts needing piping attached can be dropped off with Lauren at the office between 8:30am and 1pm week days.

Then Dawned the Morning after Midmar:

Then dawned the morning after Midmar and the pride, wonder and amazement of what Prince Dave and his team had achieved began to sink in!

Yes - each and every one of them awoke with a deep-seated sense of pride and satisfaction in having simply "done it". They have all completed the challenge and swum eight Midmar Miles in very respectable times. OK - let's give full credit where it's due "In amazing times"!

As is the way with the conditions at Midmar, the first event each day is fairly calm but as the day wears on the wind comes up and the water becomes choppy and the swim more tiring.

All five of the team completed the eight, being lead from the front by Dave, averaging 35 minutes, followed by Adrian at 43 and Lindi hot on his heels at 44!

*The total raised by **ALL** the eight Milers was three comma one Million Rand, of which Team Thembelihle contributed **Six Hundred and Three Thousand - constituting nearly 20% of the total raised!***

*The feeling of having personally achieved something is always great but when compared to the feeling of having **made a difference**, it fades almost into insignificance!*

To just know in your heart that you have not only saved a whole bunch of children's lives but in doing so given them a life skill which will translate into all sorts personal confidence, enriching their entire lives.

We salute you Prince Dave and your valiant Team and we look forward to following your efforts again next year because the word on the street is that you are going to do it again!!

Well done and thank you for sharing with us!

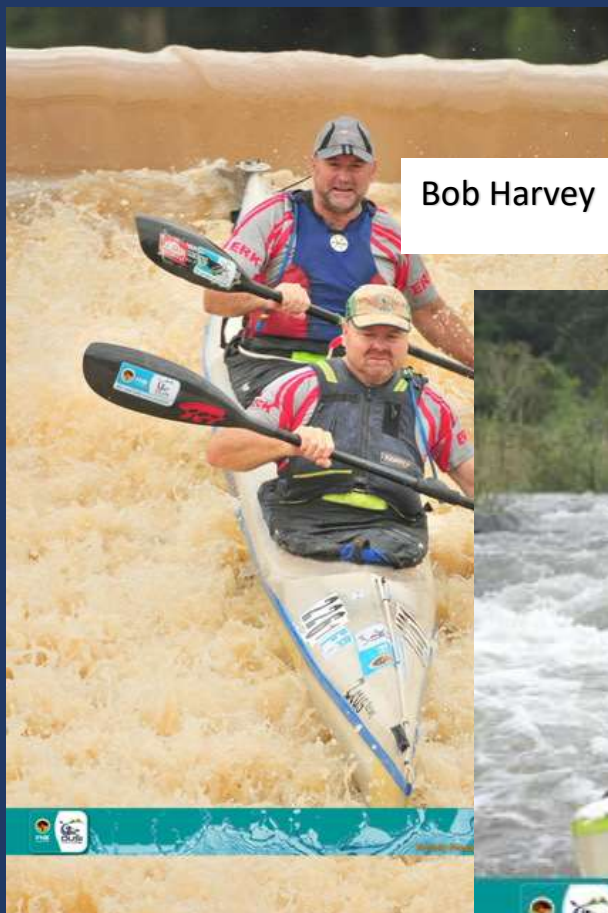


Congratulations to all our Midmar swimmers:

Erika Owens, Adele Cowley, Neil Cochran, Sean Morrison, Dave Maclean and Lindi Robbertze



*Congratulations to Bob Harvey and Val Kupferberg
on completing the Dusi Canoe Marathon!*



Bob Harvey



Val Kupferberg

2018

Race Results

Boksburg results for the Tuks Bestmed (AGN) 10km race - 2018-02-17

Position	Initials	Surname	Sex	Age	Finish Time
212	A	Ntuli	M	35	00:51:01
763	T	Kruger	M	69	01:03:35
2150	J	Smuts	F	15	01:26:23

Boksburg results for the Tuks Bestmed (AGN) 21km race - 2018-02-17

Position	Initials	Surname	Sex	Age	Finish Time
159	T	Mashimbyi	M		01:42:57
232	C	Rautenbach	M	47	01:49:13
477	Y	Swanepoel	F	41	01:58:01
820	C	Berowsky	M	54	02:07:53
2353	J	Louwrens	F		03:22:41
2354	T	Develing	F	58	03:22:42

Boksburg results for the Tuks Bestmed (AGN) 42km race - 2018-02-17

Position	Initials	Surname	Sex	Age	Finish Time
10	N	Mccann	M	33	02:50:59
1063	F	De Bussche	M	50	05:00:45



*Good Luck to all our Track and
Field athletes competing in the
Junior and Senior CGA Provincial
Championships tomorrow.*



Time Trial Results

2km

Name	Club	Time
Sharon Schwartz	(NC)	16:35

8km

Name	Club	Time
Byron Jones	(BOKS)	27:49
Kallie Burger	(KPMG)	27:49
Wesley Woest	(BOKS)	28:26
Andries Thlong	(M.A.D.)	33:35
Lwazi Pambuka	(BOKS)	34:10
Rudolf Oberholzer	(BOKS)	37:04
Gregg Peebles	(BOKS)	37:14

4km

Name	Club	Time
Frans Rooibaadjie	(BOKS)	16:11
Peace Borake	(BOKS)	17:03
Kayden Barnard	(BOKS)	17:35
Benzi Tenza	(BOKS)	18:16
Greg Pienaar	(NC)	18:19
William Douglas	(NC)	19:42
Bradley Oaker	(BOKS)	20:40
Micaela Janse van Rensburg	(M.A.D.)	21:21
Eric Oaker	(BOKS)	22:24
Bernard Schwartz	(BOKS)	22:30
Michael Simpson	(NC)	23:15
Jennifer Rogers	(BOKS)	23:21
Sheree Rogers-Chapman	(BOKS)	23:21
Divan Barnard	(BOKS)	23:21
Christa de Witt	(NC)	25:07
Nicole de Witt	(NC)	25:07
Koos Coetzee	(Alberton)	25:19
Veronica Coetzee	(RRW)	25:19
Paul Simpson	(NC)	25:56
Lizelle Booyse	(NC)	26:39
Luhandru Barnard	(BOKS)	26:39
Elmane Barnard	(NC)	26:39
Kshira Juggoo	(BOKS)	27:33
Unknown	(NC)	28:50
Elizabeth Thsabalala	(BOKS)	29:35



Parkrun

No parkrun results due to Parkrun
being cancelled for Ride for Sight
Cycle Event

**Please ensure that you select Boksburg AC under clubs in
your personal profile in order for me to obtain your results**

**BE NOT AFRAID OF GOING
SLOWLY. BE AFRAID ONLY
OF STANDING STILL.**

- CHINESE PROVERB -

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
19	20	21	22	23	24	25
	Steve de Bod Track 5:45pm	Blitz Time Trial 6pm			CGA Junior and Senior Provincial Champs - Track and Field	Township Marathon (Eldorado Park)/ Deloittes Marathon (Pretoria)
26	27	28	1	2	3	4
	Steve de Bod Track 5:45pm	Blitz Time Trial 6pm			Sunrise Monster / Uniwisp 3-in-1	Cape Gate Vaal Marathon / Easy Equities Born2Run race

CGA Race Calendar

DATE	CLUB	RACE	DISCIPLINE	DISTANCE	TIME
11 Feb	Jeppie Quondam AC	Pick 'n Pay Marathon	Road Running	42km/21km/705km/4km	6:00
16 Feb	Randburg Harriers	KFC Valentines Nite Race	Road Running	10km/5km	19:00
18 Feb	Pirates RR Club	Pirates Half Marathon	Road Running	21km	6:00
24 Feb	CGA Youth/Junior/Senior Championships	CGA Champs	Track and Field	CGA Champs	8:30
25 Feb	Pegasus Athletic Club Pretoria High School	Township Marathon	Road Running	42km/21km/10km/4km	6:00
25 Feb	Old Boys Club	Deloittes Pretoria Marathon	Road Running	42km/21km/10km	6:00
3 Mar	Harlequins, Groenkloof	Sunrise Monster	Road Running	32km/10km/5km	6:00
3 Mar	Mbombela Stadium, Nelspruit	Uniwisp 3-in-1	Road Running	42km/21km/10km	6:00
4 Mar	Dick Fourie Stadium, Vereeniging	Cape Gate Vaal Marathon	Road Running	42km/21km/10km/5km	6:00
4 Mar	St Stithians College	Easy Equities Born2Run Race	Road Running	32km/15km	6:00

**KEEP YOUR EYES
ON THE STARS,
AND YOUR FEET ON
THE GROUND.**

THEODORE ROOSEVELT

CGA Open Meeting Calendar for 2018

2018 CENTRAL GAUTENG ATHLETICS - ADMINISTRATION AND OPEN MEETING CALENDAR				
Date	Meeting Purpose	Host Commission or Committee	Time	Venue
February				
3-Feb	Athletes Open Meeting	Athletes Commission	09h00	CGA Board Room, Germiston Stadium
March				
3-Mar	CGA Annual General Meeting	CGA Board	09h00	Sports House, Johannesburg Stadium
24-Mar	Road Running Open and Fixture Meeting	Road Running Commission	09H00	Sports House, Johannesburg Stadium
April				
14-Apr	Cross Country Open Meeting	Cross Country Commission	09h00	CGA Board Room, Germiston Stadium
14-Apr	Technical Officials Open Meeting	Technical Officials Committee	12h30	CGA Board Room, Germiston Stadium
23-Jun	Athletes Workshop	Athletes Commission	09h00	Sports House, Johannesburg Stadium
July				
4-5 July	Coaches Course ASA Level 1 and 2	Coaches Committee	09h00	CGA Board Room, Germiston Stadium
14-Jul	Cross Country Open Meeting	Cross Country Commission	10h00	CGA Board Room, Germiston Stadium
21-Jul	Race Walking Open Meeting	Race Walking Commission	10h00	CGA Board Room, Germiston Stadium
August				
11-Aug	CGA Women Seminar	Women Committee	09h00	TBC
18-Aug	Track and Field Open Meeting	Track and Field Commission	09h00	CGA Board Room, Germiston Stadium
26-Aug	Cross Country Team Meeting	Cross Country Commission	14h00	CGA Board Room, Germiston Stadium
September				
1-Sep	Road Running Open Meeting	Road Running Commission	09h00	Sports House, Johannesburg Stadium
October				
28-Oct	Track and Field Open Meeting	Track and Field Commission	09h00	CGA Board Room, Germiston Stadium
November				
10-Nov	CGA Administration Workshop	CGA	09h00	Sports House, Johannesburg Stadium





FACEBOOK

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

WHATSAPP

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 SNIPPETS

Do you have any stories, news, results, etc. that you would like to share with the rest of our members? If so, please fax or email them to Lauren Dance at the club.

Email: **info@boksburgathleticclub.co.za**
Tel: 011 917 3721

BANKING DETAILS

Bank: Nedbank
Branch: Sunward Park
Branch Code: 00190442
Account Number: 1904 024 998

