



Dear Biathlete,

The **RB & Son Transport Cape SA Biathlon** is a mere three and a half weeks away. The LOC is busy with final arrangements for the 45th SA Biathlon Championships on 1 & 2 April 2022 in Gqeberha.

The WP Committee decided to give athletes a last chance to prepare for the Championship by hosting a “bring and braai” at the pool at Durbanville High on Saturday 26 March 2022 at 16.30. Braaidromme and wood will be supplied – please bring own grid. We have a few 400m and 800m heats as well as time to swim against the clock. At the braai all clothing – WP clothing as well as march past t-shirt and Versus socks will be handed out. Please make an effort to attend.

Please note that no team gear will be available on tour. All clothing must be collected before leaving for Gqeberha.

SA Championships

All team members **MUST** wear the Western Province Biathlon team gear as athletes run the risk of being disqualified if this is not adhered to:

March past : WP t-shirt, navy blue shorts, WP versus socks, running shoes

Running: Western Province Biathlon Team vest & royal blue running shorts

Swimming: WP Biathlon swimming cap and a one-piece costume or a swimsuit (any colour). The swimsuit must be FINA approved. No one will be allowed in the pool with more than one costume, any plasters or jewellery.

UPDATE: SA National Biathlon Champs 2022

It is time to shake things up and present the future of the SA Biathlon Championships. It will be a Tweekamp Festival where good times between family, old and new friends can be enjoyed by all. The Westbourne Oval will become a hub of entertainment starting Friday midday till late Saturday night. At the Oval there will be food vendors, a beer tent (strictly only over 18's), kids play area and live music the Friday night. Athletes, parents, and friends of biathlon are encouraged to stay behind after the opening ceremony and enjoy supper in the food court or just the general festivities.

NB – It is compulsory to attend the opening ceremony. Any athlete who will not be able to attend, must contact Gerhard Louwrens at 082 808 1106.

The program is as follows:

Friday, 1 April – Westbourne Oval:

- 12:00 - 13:00 Registration – Team Registration – Gerhard / Marco / Ernst / Christelle / Ilse
- 13:00 - 13:30 Team Managers Meeting - Gerhard / Marco / Ernst / Christelle / Ilse
- 14.30 Team meeting on open pavilion – just past finishing line to the right
- 14.45 Team photo
- 15:00 Teams to report to 100m mark for march past
- 15.30 March past to commence
- 15.40 Opening ceremony
- 17.30 till late Live music, kids play area, beer tent and food court – Please stay and support

CHAIRPERSON: GERHARD LOUWRENS 082 808 1106
SECRETARY: TAMMY HUNT 072 378 1105

VICE CHAIRPERSON: MARCO PRINSLOO 082 331 2318
TREASURER: ERNST VAN SCHALKWYK 082 442 5327

- 17:00 – 18:30 Presidents function – Sponsors, SA Biathlon Exco, Provincial committees

Saturday, 2 April – Westbourne Oval

- 06:30 All track officials to report to the athlete holding tent – coffee and muffins
- 07:00 First two age groups to report to athlete holding tent – u.9 / u.11 / special needs
- 07:30 First race – u.9 girls

Saturday, 2 April – Newton Park Swimming Pool Complex

- 11:00 All pool officials to report to pool deck
- 11:30 First two age groups to report to athlete holding tent – u.9 / u.11 / special needs
- 12:00 First race – u.9 girls

The Westbourne Oval will remain open all afternoon so once you are done with swimming you may return to and enjoy the festivities further.

Saturday, 2 April 19:00 – Westbourne Oval - Prize-giving and Dinner

The evening function will be an Argentinean Style Barbeque for under 15 and older athletes. This meal includes a thick lamb loin chop, pork belly, chicken thigh served with Greek salad, pasta salad, roasted greek potatoes, served with a selection of artisan breads. Athletes under 13 and under will be served a hamburger with chips and a desert.

The dinner will take place in a relaxed atmosphere along with a traditional “sokkie”. Everybody is encouraged to come and enjoy a social time with friends. The LOC really want to encourage everyone to make time to be part of the festivities, while the races are a priority, making friends and renewing friendships is also an important part of what Biathlon stands for. This event will be remembered for a long time to come and pave the way for future events.

We have a few athletes that we need to sponsor. If you can help, please contact Gerhard 082 808 1106

Regards

Gerhard Louwrens

Chairman WP Biathlon