



REPORT

2024 CAPACITY BUILDING WORKSHOP

EDEN BIATHLON

2024..11.14

REPORT
KAPASITEITSBOU WERKSWINKEL
13 November 2024
OUDTSHOORN
18:00 – 20:30

CAPACITY BUILDING WORKSHOP MAJOR SUCCESS.....

Eden Biathlon's annual CBWS for women and disabled was hosted at the Eden Sport Academy in Oudtshoorn on 13 Nov 2024. 30 women & disabled attendees were skilled in the finer detail of time keeping in swimming and track. The presenters were Delia van Biljon (swim) and Dave van der Walt (track). This was preceded by a presentation by Regina Wicomb (CANCA) on breast cancer and Robert Wicomb on prostate cancer. Jean Neethling (DCAS) opened the workshop and Stephnie McKay (chairperson) welcomed all. All the attendees received a certificate for time-keeping skills and conclude the workshop with a light meal. This CBWS was hosted by Eden Biathlon in partnership with DCAS. Jakhals Event Management assisted with the logistics.

Die organiseerders is egter tevrede met die opkoms en het heelwat positiewe terugvoering gekry. Daar was baie goeie wisselwerking tussen die aanbieders en deelnemers.

BESONDERHEDE:

- Datum: Woensdag 13 November 2024
- Tyd: 18:00 – 20:30
- Venue: Eden Sport Academy, Oudtshoorn
- Organiseerder: Dave van der Walt [082-7734 901]
- Verversings: Alma Botes Caterers.



INVITATION**CAPACITY BUILDING WORKSHOP – OUDTSHOORN****13 NOVEMBER 2024****18:00 – 20:00****EDEN SPORT ACADEMY**

The **EDEN BIATHLON FEDERATION** supported by the **WC Department of Cultural Affairs & Sport** plans to host a capacity workshop in Oudtshoorn concentrating mainly on women and special need persons. The main objective of this workshop is to prepare interested persons in **TIMEKEEPING** in biathlon, athletics, swimming and other relevant sporting codes. This will be practical orientated – no tests will be written! Certificates will be issued at the end of the workshop. **This will be free of charge.** Only a limited number of 30 persons can be accommodated. It will be conducted at EDEN Sport Academy [De Jager Sport Complex] on Wednesday 13 November 2024 from 18:00 – 20:00.

A brief slot will also be allocated to **SANCA** to inform the clinic-goers more about the drug challenge.

Anybody interested is welcome to attend. We specifically would like to invite our women and disabled to make use of this opportunity.

All interested person can forward their names to Dave van der Walt – davesusvdw@gmail.com at the latest on Monday 11 November 2024. For more information you can contact him at 082-7734901 or Stephnie McKay at 082-0988439.

Hope to see you there!



Dave van der Walt
Operasionele Bestuurder
Operational Manager
082-7734901
EDEN TWEKAMP•BIATHLON
NPO 275-527

**ENTRY FORM****NAME & SURNAME****CELL NO****EMAIL ADDRESS**

_____	_____	_____
_____	_____	_____
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PS. If not enough space, duplicate entry form please

PROGRAMME

CAPACITY BUILDING WORKSHOP • KAPASITEITSBOUWERKSWINKEL

CAPACITY BUILDING WORKSHOP – OUDTSHOORN

13 NOVEMBER 2024

18:00 – 20:30

EDEN SPORT ACADEMY

PROGRAM

17:45	REGISTRATION	Dave van der Walt [Operational Manager]
18:00	WORD OF WELCOME	Stephnie McKay [Chairperson Eden Biathlon]
18:05	OPENING WORD	Jean Neethling [DCAS – Eden]
18:10	CANSA PRESENTATION [Breast Cancer]	Regina Wicomb [CANSA – George]
18:45	TIMING & OFFICIATING – SWIM	Delia van Biljon [Freda Barnard Swim Club]
19:30	TIMING & OFFICIATING – TRACK	Dave van der Walt [Eden Biathlon]
20:30	CERTIFICATE HAND-OVER	Jean Neethling/Stephnie McKay

Light refreshments



CHECKLIST

CAPACITY BUILDING WORKSHOP – OUDTSHOORN

13 NOVEMBER 2024

18:00 – 20:30

EDEN SPORT ACADEMY

CHECKLIST

- VENUE – EDEN SPORT ACADEMY - DAVE
- LETTER OF INVITE – OYC/ADP/ELJADA - DAVE
- RSVP
- FUNCTIONARIES – JEAN/STEPHNIE/DELIA/REGINA - DAVE
- BRANDING - DCAS/BIATHLON/CANSA - CORNE
- PA SYSTEM – CORNE
- WATER - KAROO AQUA – DAVE [48]
- LIGHT MEAL – ALMA BOTES – DAVE [40]
- COOLDRINKS – MARKET FISHERIES – DAVE [48]
- CERTIFICATES – DCAS [40] – DAVE
- MEDIA PROJECTOR – DAVE
- MANUALS – DCAS – DAVE [40]
- PHOTOGRAPHER – DAVE
- TRANSPORT – DAVE
- STOPWATCHES
- _____
- _____
- _____
- _____



CERTIFICATE

CAPACITY BUILDING WORKSHOP

TIMING

This is to certify that

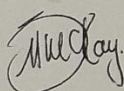
*has attended this practical workshop on timing at different
events with special focus on the sport code of BIATHLON*

13 November 2024

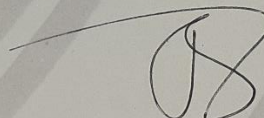
Eden Sport Academy

OUDTSHOORN

**Presented by EDEN Biathlon and supported by the
Western Cape Department of Cultural Affairs & Sport**



Stephnie McKay
Chairperson: EDEN Biathlon



Jean Neethling
District Manager: DCAS



Western Cape
Government

"Biathlon – the family sport to enjoy"

ATTENDANCE & COVID CONTROL REGISTER

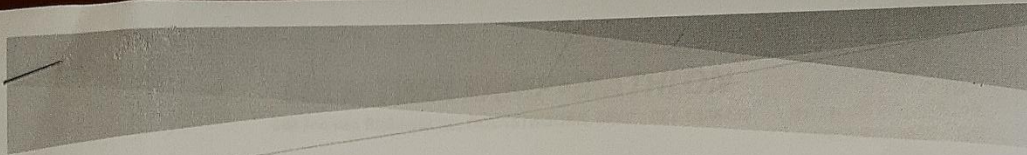
DCAS/EDEN BIATHLON CAPACITY BUILDING WORKSHOP - 13 Nov 2024: OUDTSTHOORN

ATTENDANCE REGISTER

NAAM / NAME	INSTANSIE / INSTITUTION	SIGNATURE
1 KATRINA NACE	Oudtshoorn Youth Centre	K. Nace
2 SUZETTA BOOYSEN	Oudtshoorn Youth Centre	S. Booysen
3 MARY-ANN PRINCE	Oudtshoorn Youth Centre	M. Prince
4 DEMSE DIRKS	Oudtshoorn Youth Centre	D. Dirks
5 MAMA ESESLVINE	Oudtshoorn Youth Centre	M. Esvine
6 BESTNIER MARNEVILLE	Oudtshoorn Youth Centre	B. Marneville
7 JOLENE POTGIETER	Oudtshoorn Youth Centre	J. Potgieter
8 MARIAAN NUYS	Oudtshoorn Youth Centre	M. Nuyts
9 TERCIA MANUEL	Oudtshoorn Youth Centre	T. Manuel
10 ZELDA OKTOBER	Oudtshoorn Youth Centre	Z. Oktober
11 SUSANNA BOTHA	Real Life Commit	S. Botha
12 SER-DINE BOOYSEN	Real Life Commit	S. Booysen
13 MARYL-DEE WITBOOI	Real Life Commit	M. Witbooi
14 SHERYLIN WILLEMSE	Real Life Commit	S. Willems
15 LOCHNER JACOBS	Real Life Commit	L. Jacobs
16 CYNTHIA LOGGENBERG	Real Life Commit	C. Loggenberg
17 CANDICE KLEINBOOI	Real Life Commit	C. Kleinbooi

NAAM /NAME	INSTANSIE/INSTITUTION	SIGNATURE
18 JUSTINE PLAATJIES	Real Life Commit	
19 DENCIA LE ROUX	Real Life Commit	<i>D. Le Roux</i>
20 MICHELLE SPIES	Real Life Commit	<i>M. Spies</i>
21 JUADINE STUURMAN	Oudtshoorn Youth Centre	<i>J. Stuurman</i>
22 NATASHA BRUINJIES	Oudtshoorn Youth Centre	<i>N. Bruinjes</i>
23 ESMERALDA WEYERS	Oudtshoorn Youth Centre	
24 MENTOLINE APRIL	Oudtshoorn Youth Centre	<i>M. April</i>
25 DANIE BOTES	Eljada Nasorg	<i>D. Botes</i>
26 FRANCOIS COETZEE	Eljada Nasorg	<i>F. Coetzee</i>
27 ELIZABETH BOTES	Eljada Nasorg	<i>E. Botes</i>
28 HEINRICH MULLER	Eljada Nasorg	<i>H. Müller</i>
29 ANKIA SMITH	Eljada Nasorg	<i>A. Smith</i>
30 RENSIE PRINS	Eljada Nasorg	<i>R. Prins</i>
31 CORNE BOTHA	JAKHALS EVENTS	<i>C. Botha</i>
32 JEAN NEETHLING	DCAS	
33 DELIA VAN BILJON	FREDA BARNARD SWEMSKOOL	<i>D. van Biljon</i>
34 STEPHNIE MCKAY	EDEN BIATHLON	<i>S. McKay</i>
35 DAVE VAN DER WALT	ORGANISEERDER - EDEN BIATHLON	<i>D. van der Walt</i>

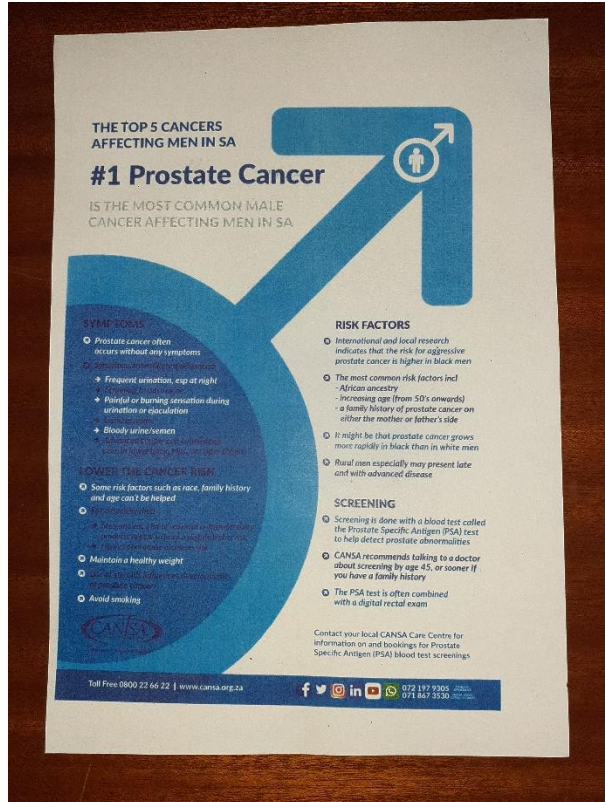
MANUAL



MINI MANUAL - TIMING

EDEN BIATHLON CAPACITY BUILDING
WORKSHOP – OUDTSHOORN 13 NOV 2024

CANSA PRESENTATIONS



THE TOP 5 CANCERS AFFECTING MEN IN SA

#1 Prostate Cancer

IS THE MOST COMMON MALE CANCER AFFECTING MEN IN SA

SYMPTOMS

- Prostate cancer often occurs without any symptoms
- Discomfort or pain in the pelvis
- Frequent urination, esp at night
- Painful or burning sensation during urination or ejaculation
- Bloody urine/semen
- Unexplained weight loss
- Weakness or fatigue

RISK FACTORS

- International and local research indicates that the risk for aggressive prostate cancer is higher in black men
- The most common risk factors incl:
 - Increasing age (from 50's onwards)
 - A family history of prostate cancer on either the mother or father's side
- It might be that prostate cancer grows more rapidly in black than in white men
- Rural men especially may present late and with advanced disease

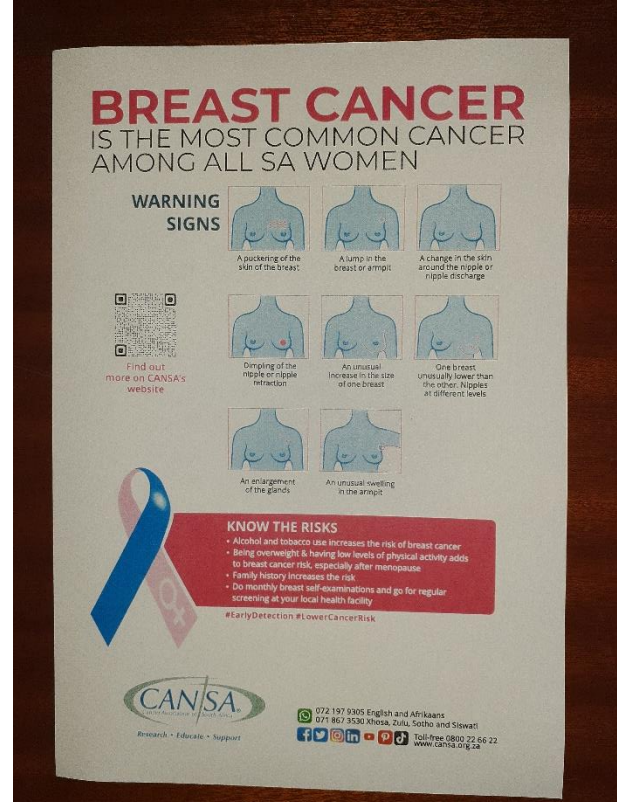
SCREENING

- Screening is done with a blood test called the Prostate Specific Antigen (PSA) test to help detect prostate abnormalities
- CANSA recommends talking to a doctor about screening by age 45, or sooner if you have a family history
- The PSA test is often combined with a digital rectal exam

Contact your local CANSA Care Centre for information on and bookings for Prostate Specific Antigen (PSA) blood test screenings

Toll Free 0800 22 66 22 | www.cansa.org.za

f t i n s y o u t w i t h c a n s a



BREAST CANCER

IS THE MOST COMMON CANCER AMONG ALL SA WOMEN

WARNING SIGNS

- A puckering of the skin of the breast
- A lump in the breast or armpit
- A change in the skin around the nipple or nipple discharge
- Dimpling of the nipple or nipple retraction
- An unusual increase in the size of one breast
- One breast unusually lower than the other. Nipples at different levels
- An enlargement of the glands
- An unusual swelling in the armpit

Find out more on CANSA's website

KNOW THE RISKS

- Alcohol and tobacco use increases the risk of breast cancer
- Being overweight & having low levels of physical activity adds to breast cancer risk, especially after menopause
- Family history increases the risk
- Do monthly breast self-examinations and go for regular screening at your local health facility

#EarlyDetection #LowerCancerRisk

CANSA
Research • Educate • Support

072 197 9305 English and Afrikaans
071 867 3530 Xhosa, Zulu, Sotho and SiSwati
Toll-free 0800 22 66 22
www.cansa.org.za



GALLERY





NPO 275-527

EDEN TWEKAMP•BIATHLON

108 Jan van Riebeeck Rd, OUDTSTHOORN, 6625 082-7734901



davesusvdw@gmail.com

www.edenbiathlon.com

The EDEN Biathlon Federation would like to thank all the role players, specifically DCAS, for their support in the development of the sport code in the Eden sport district.

Many thanks

Dave van der Walt

Operasionele Bestuurder

Operational Manager

082-7734901

EDEN TWEKAMP•BIATHLON

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