



REPORT

2025 CAPACITY BUILDING WORKSHOP

EDEN BIATHLON

2025..11.13

REPORT
KAPASITEITSBOU WERKSWINKEL
12 November 2025
OUDTSHOORN
18:00 – 20:30

CAPACITY BUILDING WORKSHOP FOR WOMEN & SPECIAL NEEDS.....

On 12 Nov 2025 Eden Biathlon hosted their annual capacity building workshop at the Eden Sport Academy in Oudtshoorn - supported by DCAS. The theme was "Timekeeping in sport - a practical application". The 34 attendees experienced first hand practical training from Delia van Biljon [swim] and Dave van der Walt [track]. Stephnie McKay [chair] welcomed all and Jean Neethling [DCAS] opened the workshop and also handed over the certificates. Regina Wicomb [CANSAS] had an interesting interaction with the audience on cancer and the early prevention there-off. At the end everybody was treated to a light meal and drinks. Many thanks to everyone making this event so successful!

BESONDERHEDE:

- Datum: Woensdag 12 November 2025
- 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****12 NOVEMBER 2025****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 12 November 2025 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 10 November 2025. 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

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****12 NOVEMBER 2025****18:00 – 20:30****EDEN SPORT ACADEMY****CHECKLIST**

- VENUE – EDEN SPORT ACADEMY – DAVE & JAKHALS EVENTS
- 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 - CORNE
- TABLES & CHAIRS - CORNA
- HR STATIONERS – WRITING MATERIAAL - DAVE
- CAMERA – DAVE
- LEADS & MULTIPLUG - DAVE
- _____
- _____
- _____



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

12 November 2025

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

EDEN TWEKAMP•BIATHLON
108 Jan van Riebeeck Rd, OUDTSTHOORN, 6625 082-7734901
davesusvdw@gmail.com
www.edenbiathlon.com

CAPACITY BUILDING WORKSHOP – OUDTSHOORN
12 NOVEMBER 2025
18:00 – 20:00
EDEN SPORT ACADEMY

ATTENDANCE REGISTER

1	Naslien Samson	OCYF	N. Samson
2	Shereen Smith	OCYF	S. Smith
3	Analyze Standley	OCYF	
4	Morisha Morris	OCYF	
5	Ruwayda January	OCYF	
6	Annelize Marnewick	OCYF	
7	Sareefa Stoffels	OCYF	
8	Cherelene Kiewiets	OCYF	
9	Michelle Lombard	ELJADA	Michelle
10	Mina Baardman	ELJADA	MICHA
11	Maja Ehlers	ELJADA	Maja
12	Loretta Stuurman	ELJADA	Loretta
13	Edmonica Joseph	Real Life Commit	E. Joseph
14	Lynette Joseph	Real Life Commit	L. Joseph
15	Alicia Britz	Real Life Commit	A. Britz
16	Margaret Kok	Real Life Commit	M. Kok
17	Charmail Williams	Real Life Commit	Charmail
18	Cristo Harmse	Real Life Commit	C. Harmse
19	Estrolita Williams	Real Life Commit	E. Williams
20	Lendl Rowan Lourens	Real Life Commit	L. Lourens
21	Adion May	Real Life Commit	A. May
22	Eugene Claassen	Real Life Commit	E. Claassen
23	Luwayle Tiemie	Real Life Commit	L. Tiemie
24	Susan Smith	Real Life Commit	S. Smith
25	Candice	Real Life Commit	C. Candice
26	Ankia Smit Loretta Stuurman	ELJADA	Ankia
27	Philip Seroux	OCYF	P. Seroux
28	Delia van Biljon	Freda B swem	D. van Biljon
29	Corne Botha	Jakhals Events	C. Botha
30	Jean Neethling	DCAS	J. Neethling
31	Stephnie McKay	Eden Biathlon	S. McKay
32	Dave van der Walt	Eden Biathlon	D. van der Walt
33	Regina Wicomb	CANSA	R. Wicomb
34	Marchel Baartman	OCYF	M. Baartman
35	Ashonique Wolmarans	OCYF	A. Wolmarans
36	Selamie Slinger	Real Life Commit	S. Slinger
37	Gedwing Botha	Real Life Commit	G. Botha
38	Phaci Seroux	OCYF	P. Seroux
39	Justine Ruiters		J. Ruiters
40	Corneha Buys		C. Buys



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**EDEN BIATHLON CAPACITY BUILDING
WORKSHOP – OUDTSHOORN 12 NOV 2025**



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
- Frequent urination, esp at night
- Painful or burning sensation during urination or ejaculation
- Bloody urine/semen

LOWER THE CANCER RISK

- Some risk factors such as race, family history and age can't be helped
- Maintain a healthy weight
- Exercise regularly
- Avoid smoking

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:
 - African ancestry
 - 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 y o w h

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
- Drooping 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 5530 Xhosa, Zulu, Sotho and SiSwati
Toll-free 0800 22 66 22
www.cansa.org.za

GALLERY



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

NPO 275-527