

Clifford Hayim

From: HELGARD COERTZE [helgard@oxygengym.co.za]
Sent: 24 November 2010 08:16 AM
To: 'Gail Mc Kenzie - Kerr'; 'Hannie'; 'Andre Ludik'
Cc: 'Heinrich Janse Van Rensburg'; Clifford Hayim; 'Arno Lambrechts'; 'Neville Primich'; 'Inkdigo Studio, Riana'; jacoclaassen@webmail.co.za
Subject: FINAL ARRANGEMENTS SA BENCH PRESS CHAMPIONSHIPS

Hi all

Here is the final arrangements for the SA BENCH PRESS CHAMPIONSHIPS on Saturday 27 November 2010 .

Please inform all your lifters accordingly.

VENUE : Top floor, Zambezi Mall (next to Cubana and Rhapsody`s)

WEIGH IN : 8h00 – 9h30 – lighter lifters and women first please ! Will take place in office nr 3 at Oxygen

COMP : Start at 10h00

FLIGHTS : 5 flights – no break in between

BREAKFAST : Discounted breakfasts will be available at Rhapsody`s (50% discount) and Koffieboon from 8h00

BANQUET : Will start at 14h00 at Rhapsody`s (adequate shower facilities for men and women available at Oxygen)

DRUGTESTING : Will take place in office nr 1 at Oxygen

T SHIRTS / BANQUET TICKETS / COMPETITION FORMS AND ATTEMPT CARDS : Will be packed in a box per province and Provincial Chairmen can get that at Oxygen Reception from 7h00 – also included is a list of your lifters t shirt sizes, banquet tickets etc. This was checked over and over –the contents of the box is correct according to your entry forms and payments.

ADDITIONAL BANQUET TICKETS : Available from me at R 180 per person

PLEASE NOTE : **Banquet tickets must be handed in with your waiter** – if not the price will be added onto your drinks tab and you will be responsible for payment thereof. No drinks are included in your banquet price **HOWEVER** for every cocktail that you order (one per banquet ticket) you will receive another cocktail for free.

SELECTION OF TEAMS : National teams for the 2011 Worlds will not be announced at the banquet and will be made available later

This competition will be the last National Competition before the implementing of the new body weight categories and the last chance to get a SA Record that will be in the history books forever.

Good luck to all the lifters and I hope you will have an enjoyable trip and competition.

Regards

HELGARD COERTZE
General Secretary

Address and map : Oxygen gym SA bench 2010

Zambezi Mall – Zambezi Avenue- Montana – Pretoria
(Tel no of Mall: 012 808 0935)

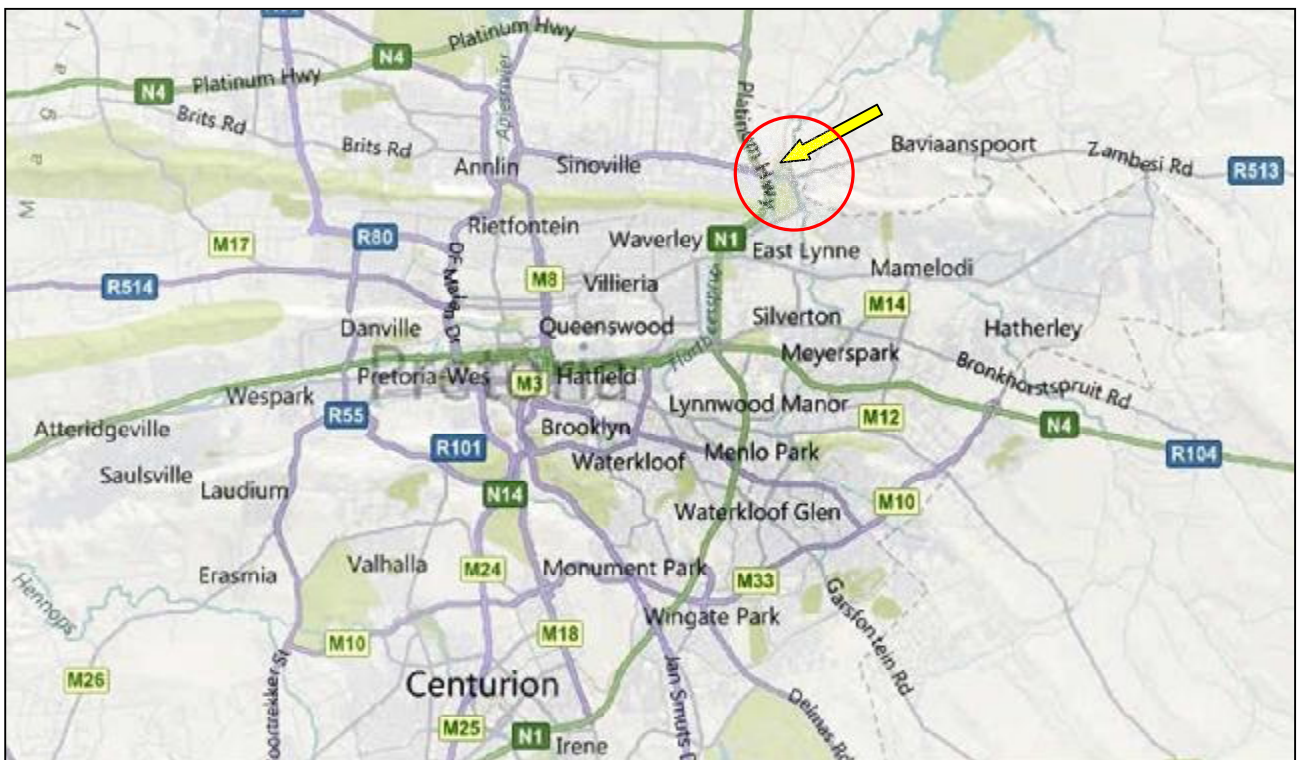
Directions **GPS Coordinates – 25°41'07"S 28°17'36"E**

- Follow the Pretoria signs on the R21 from Oliver Tambo Airport.
- **Take the N1 North** (Pretoria East Exit).
- You are now on the Pietersburg/Polokwane Highway.
- **Take the Zambesi off-ramp (R513)** and turn right at the traffic lights in Zambesi Drive.
- Follow Zambesi Drive for +1km through two traffic lights and find the entrance to your left. (Cnr of Moloto Rd and Zambesi Rd)



Click on following link to go to BING MAPS for interactive navigating:

<http://www.bing.com/maps/?cp=-25.68388~28.29576&lvl=15&FORM=MMREDIR#>



Oxygen gym Tel: (012) 808 3737

The event will take place in the Mall on the upper level, opposite Cubana and Rhapsody's



Breakfast and Banquet at Rhapsody's

Rhapsody's: shop no 501
Tel: (012) 004 1111

