



**Western Cape
Government**

Cultural Affairs and Sport



PROVINCIAL GOLDEN GAMES 2014
BLUE DOWNS SPORT STADIUM, BLUE DOWNS
30 August 2014

GOLDEN GAMES

The Golden Games represent all that is good about our country and our people. The formidable spirit that our senior citizens demonstrate when they defy age and challenge themselves to play sport is truly inspiring.

At the Department of Cultural Affairs and Sport we are committed to the Golden Games as an expression of the value we place on lifelong sport activity and mass participation in sport in the Western Cape.

My Department continues to support these games because we prioritise care, support, protection and development of vulnerable groups and people with special needs, including older persons.

Our older persons have done the Western Cape proud at the national Golden Games event. The men and women who are participating today are setting the bar high for younger sportspeople.

You are all examples of the truth that nobody is ever too old to strive for excellence. You set an example to all of us of how a healthy life is a key to a happy life. I hope that our youth will look up to you with the same admiration as I feel.

American entrepreneur and author Jim Rohn once said, "If you really want to do something, you'll find a way. If you don't, you'll find an excuse." By choosing to be here today, you have shown that you are not content to find excuses for not participating in sport.

I wish participants all the best. May the spirit of healthy competition guide you all to reach your personal goals.

MEC Cultural Affairs and Sport

Dr Nomafrrench Mbombo



SOUTH AFRICAN NATIONAL ANTHEM

Nkosi sikelel' iAfrika
Maluphakanyisw' uphondo lwayo,

Yizwa imithandazo yethu,
Nkosi sikelela, thina lusapho lwayo.

Morena boloka setjhaba sa heso,
O fedise dintwa le matshwenyeho,
O se boloke, O se boloke setjhaba sa heso,
Setjhaba sa, South Afrika — South Afrika.

Uit die blou van onse hemel,
Uit die diepte van ons see,
Oor ons ewige gebergtes,
Waar die kranse antwoord gee,

Sounds the call to come together,
And united we shall stand,
Let us live and strive for freedom
In South Africa our land.

2014 PROVINCIAL GOLDEN GAMES EVENT

Strategic Goals

- To create a winning and healthy nation

Objectives

- To embrace active ageing
- To create awareness of the abilities and capabilities of older persons
- To create awareness of the socio-cultural needs of older persons
- To expand the horizons of older persons



PROJECT OVERVIEW

29 August 2014

13:00	Arrival of district teams
16:00	Registration and accreditation of district teams
18:00	Technical officials' briefing meeting
19:45	Evening programme for senior citizens
21:15	Bedtime

30 August 2014

09:00	Arrival of teams at stadium
10:00	Opening ceremony
10:30	Games and competitions
15:00	Announcement of Western Cape team



ATHLETE AND OFFICIAL OATH

Athlete Oath

"In the name of all competitors, I promise that we shall take part in these Golden Games respecting and abiding by the rules which govern them, committing ourselves to the spirit of sportsmanship, for the glory of sport and recreation and the honour of our teams."

Official's Oath

"In the name of all umpires, I promise that we shall officiate in this Golden Games event with complete impartiality, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship."

Provincial Golden Games 2014: Blue Downs Sport Stadium, Blue Downs



OPENING CEREMONY PROGRAMME, 30 AUGUST 2014

Programme Director: Manfred Josephs (Department of Cultural Affairs and Sport [DCAS] Assistant Director: Sport Development)

PROGRAMME

09:00	Arrival of teams
09:45	Parade by all regions
10:05	National anthem
10:10	Spiritual observance and prayer - TBC
10:20	Introduction of MEC by Philasande Macwili, Deputy Director: Recreation
10:25	Keynote address: MEC for Cultural Affairs and Sport, Dr NomaFrench Mbombo
10:35	Athlete's Oath and Officials' Oath
10:50	Word of thanks: Mr Paul Hendricks, Director - Sport Development
10:55	Logistical arrangements for the day
11:00	Games and competitions
13:00	Lunch and entertainment
14:00	Games and competitions
15:30	Announcement of Western Cape team
16:00	Teams and regions leave for home



TIME	GAMES AND ACTIVITIES
11:00	Duck walk Dress up race
11:15	800m: 60 – 69 years and 70+ years – Men's and women's events 500m Brisk walk :60 – 69 years and 70+ years : Men's women's events
11:40	100m: 60 – 69 years and 70+ tears – Men's and women's events 200m: 60 – 69 years and 70+ years – Men and Female 400m: 60 – 69 years & 70+ Year – Men's and women's events
11:40	Ball kick and pass Ball relay Ring the stick Soccer Pegging washing pegs
12:30	Goal shooting
13:00	Lunch
13:30	Jukskei throw Rugby ball throw Passing the ball
14:00	4x10m relay

IMPORTANT

In the following activities participants will have a completion time of five minutes.

Rugby ball throw; jukskei; ring the stick; ball pass and kick; ball relay; goal shooting; and pegging washing pegs.



TIMES AND POINTS SCORED OF THE BEST ATHLETES IN THE BUILD UP TO THE PROVINCIAL EVENTS

Event	Name of athlete/ team	Region	Best time/ score
100m: 60 - 69 years (M)			
100m: 70+ years (M)			
100m: 60 - 69 years (F)			
100m: 70+ years (F)			
200m: 60 -69 years (M)			
200m: 70+ years (M)			
200m: 60 - 69 years (F)			
200m: 70+ years (F)			
400m: 60 -69 years (M)			
400m: 70+ years (M)			
400m: 60 -69 years (F)			
400m: 70+ years (F)			
800m: 60—69 years (M)			
800m: 70+ years (M)			
800m: 60 - 69 years (F)			
800m: 70+ years (F)			
500m brisk walk: 60 -69 years (M)			
500m brisk walk: 70+ years (M)			
500m brisk walk: 60 -69 years (F)			
500m: brisk walk: 70+ years (F)			

TIMES AND POINTS SCORED OF THE BEST ATHLETES IN THE BUILD UP TO THE PROVINCIAL EVENTS

Event	Name of athlete/ team	Region	Best time/ score
4x100m relay: 60 -69 years (M)			
4x100m relay: 70+ years (M)			
4x100m relay: 60- 69 years (F)			
4x100 relay: 70+ years (F)			
Pass the ball			
Dress up race			
Ball relay			
Duck walk			
Rugby ball throw: 60 - 69 years (M)			
Rugby ball throw: 70+ years (M)			
Rugby ball throw: 60 - 69 years (F)			
Rugby ball throw: 70+ years (F)			
Jukskei: 60 -69 years (M)			
Jukskei: 70+ years (M)			
Jukskei: 60 -69 years (F)			
Jukskei: 70+ years (F)			
Goal shooting			
Pegging washing pegs			

Notes

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Notes

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Notes

[illegible]

Department of Cultural Affairs and Sport
Private Bag X9067, Cape Town, 8000
Email: Dcas.Com@westerncape.gov.za

www.westerncape.gov.za/cas



**Western Cape
Government**

Cultural Affairs and Sport