



19/9/2018 – 22/9/2018

NEWSLETTER 5

Welcome to the fifth newsletter with news and information regarding the Tug-of-War World Championships 2018, as well as attractions to see whilst visiting beautiful Cape Town!

MESSAGE FROM THE ORGANISING COMMITTEE CHAIRPERSON, ANTON BOTHA:

In the previous newsletter, the weigh-in procedures and lay-out of the weigh-in rooms were discussed.

This month's newsletter is dedicated to the lay-out of the competition field for WC 2018.

During the planning of the field lay-out, emphasis was put on comfortability as well as accessibility to hospitality and other amenities for both athletes and spectators.

For athletes specifically, provision has been made for team tents on both sides of the field - in the case of countries with a larger contingent of athletes, provision has been made for two team tents on either side of the competition field.

In terms of hospitality, provision has been made for a beer tent right next to the competition field as well as several food stalls and cool drink stands around the competition field. A restaurant is also available overlooking the field.

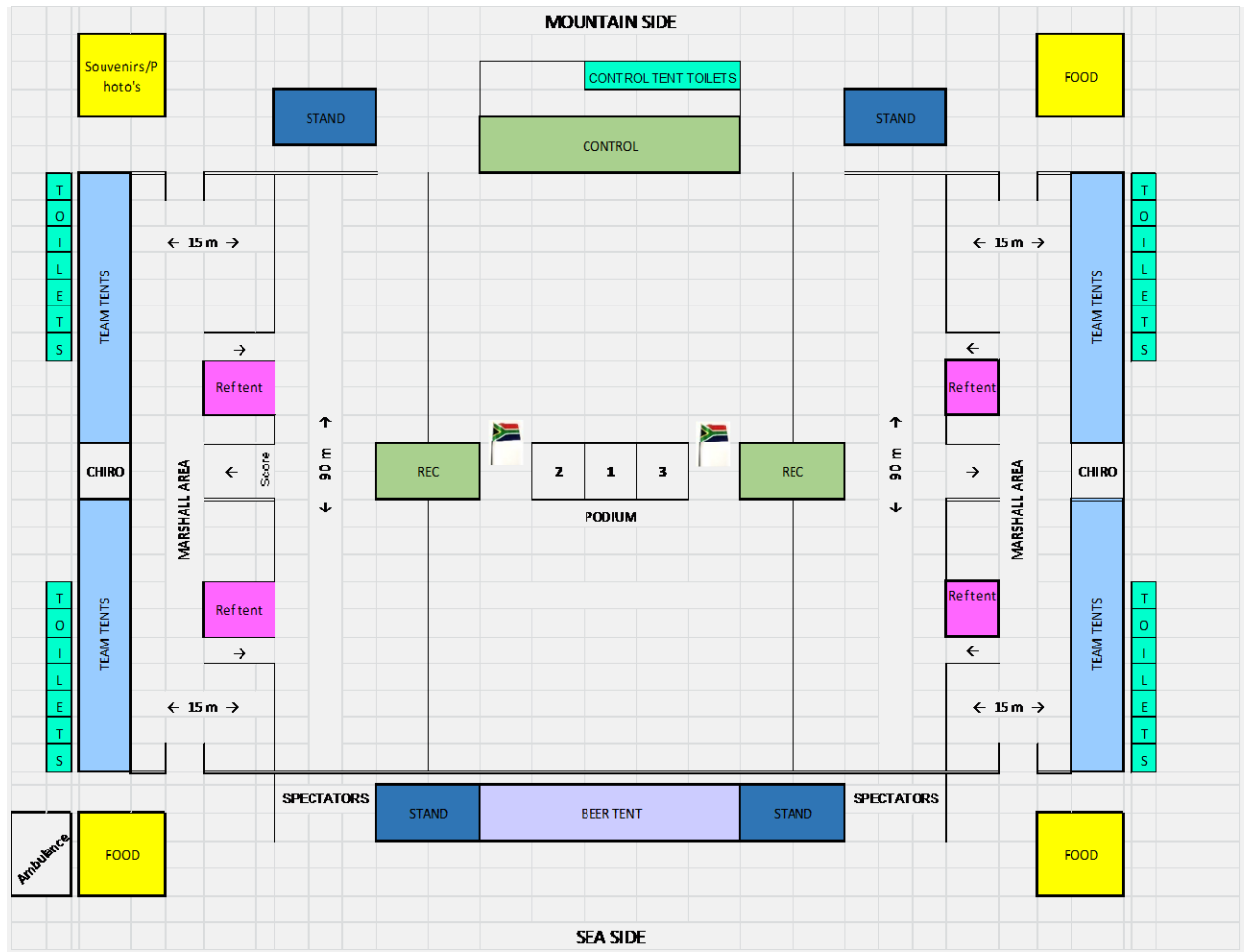
Toilet facilities will be available in all corners of the field, behind the team tents.

A swimming pool is available adjacent to the competition field - this is open for use by all athletes, for "muscle recovery" or simply for your enjoyment.

Apart from the morning and afternoon bus shuttles, an hourly shuttle service will run between the venue and the hotels.

LAYOUT OF FIELD:

The following sketch is an indication of the layout of the competition field:



LOGO:

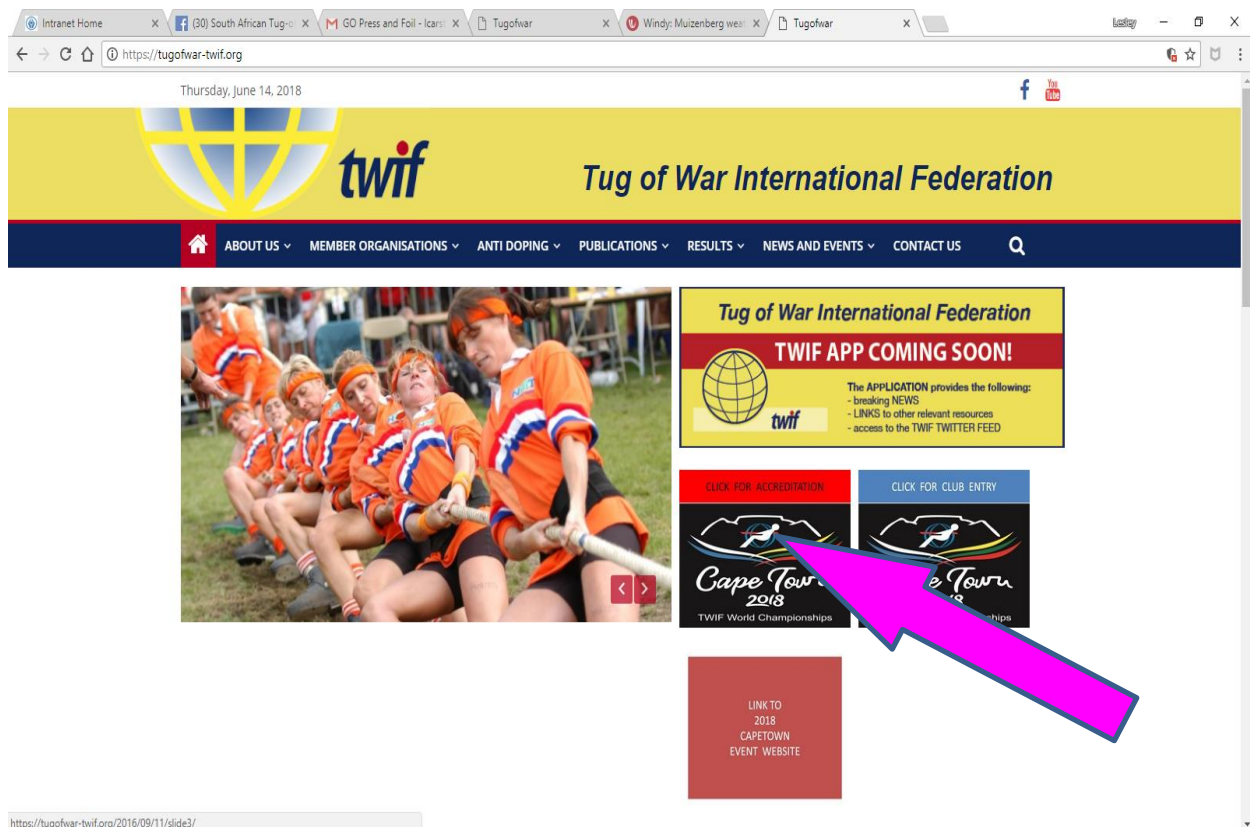
Some exciting alterations having been made to the Logo – hope you all like it!

WATER SITUATION:

Cape Town have had some lovely rain over the last month, and are very happy to announce that the dams which supply our water are now collectively 40% full – as compared to May 2017 when they were 17% full! Water restrictions are still in place, but Cape Town is no longer a 'National Crisis' ... good news indeed.

VERY IMPORTANT NEWS:

AFFILIATIONS ARE NOW OPEN! Please go to <https://tugofwar-twif.org> and look for the accreditation button:



World Championships 2018

Please note the following:

WEBSITE:

The official website is: <http://www.towcapetown2018.co.za>. Our newsletters and other interesting information will be posted on this website. Please subscribe on the site, so that newsletters and other information can be emailed to you directly.

FACEBOOK:

Photos, news and information will be posted here regularly. The Facebook page is: [Tug-of-War Cape Town 2018](#).

EMAIL ADDRESS:

All enquiries NOT regarding accommodation packages can be directed to the following email address:

info@towcapetown2018.co.za

VENUE:

The competitions will be held at Camps Bay High School, situated on the slopes of Table Mountain.



COMPETING COUNTRIES:

The following countries have so far made bookings for the WC 2018:

- Australia
- Basque Country
- Belgium
- Germany
- England
- France
- Ireland
- Italy
- Latvia
- Lithuania
- Netherland
- South Africa
- Sweden
- Switzerland
- United States of America

ACCOMMODATION BOOKINGS:

All accommodation bookings must be done through Hannah de Lange at email address: Hannah1delange@gmail.com

Due to the larger than expected demand for accommodation, ALL three existing hotels have been fully booked. In the light of this, SA Tug-of-War secured a 4th hotel for accommodation:

The following packages were available:

- Class A (Strand Towers Hotel)**
- Class B (Fountains Hotel)**
- Class C (Lady Hamilton Hotel)**

ALREADY 100% BOOKED
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The following hotel has now been added:

Class A (Tsogo Sun Stay Easy)

ALREADY 56% BOOKED

R5900 DBB (5 nights)

Additional nights : R850 pps

Includes transfers and accreditation

Approximately 15 minutes from arena.

DAILY PROGRAMME FOR WORLD CHAMPIONSHIPS 2018:

06:00 - 10:00 Breakfast
07:00 1st Buses depart
07:30 - 08:30 Stamping (morning)
08:00 2nd Buses depart
08:45 Opening Ceremonies
09:30 Competition starts
10:30 Refreshments (officials)
11:30 - 12:30 Stamping
12:30 Lunch (officials)
13:00 Medal Ceremony
13:30 Competition starts
15:30 Refreshments (officials)
17:30 Medal Ceremony
18:00 1st Buses depart
18:00 - 22:00 Supper
19:00 2nd Buses depart
20:30 Briefings
21:00 Entertainment

TOURIST ATTRACTIONS:

1. WINE TASTING:

There are MANY vineyards where wine-tasting is available – some closer to Cape Town itself than others. BUT BE WARNED: Cape Town has a ZERO TOLERANCE approach to drinking and driving ! Either arrange a tour with a group of your friends, or hire a shuttle with a driver. Another option is to go on the Hop On Hop Off Tour wine route trip – it will drop you off at a number of vineyards around Cape Town itself, and pick you up later when you are ready to move on to another vineyard.



2. TAKE A DRIVE:

There are beautiful scenic routes which can be driven in and around Cape Town itself. Hire a car, or a shuttle with friends, and explore all of our beautiful beach areas. Drive from Muizenberg beach, all along the beach road via Kalk Bay, Fish Hoek, Glencairn, to Simonstown. Have a pub lunch in Simonstown, then drive further along to Scarborough, Misty Cliffs, and back via Hout Bay.



3. HOUT BAY:

Hout Bay, or the Republic of Hout Bay as it is affectionately known by locals, is a fantastic sea-side neighborhood in Cape Town that offers something for everyone, any day of the week. It is about 30 minutes' drive from Cape Town itself.

Hout Bay has a beautiful beach, and a very reasonably priced restaurant ON the beach ... the fish and calamari could not be any fresher !



TOUR PACKAGES FOR DURING OR AFTER THE WORLD CHAMPIONSHIPS:

Please refer to all the previous Newsletters for the tour packages which are available. If you are interested in booking these tours, please contact: Hannah1delange@gmail.com for the full itineraries.

LEARN OUR LANGUAGE:

Here are some more truly South African words for you to master before coming to Cape Town:

1. HOWZIT:

Pronounced (how-zit): A greeting meaning 'hi', shortened form of 'how's it going?'

- Howzit, bru? This tug-of-war is lekker, hey?
- Howzit Anton ! Your Ladies team are doing well !

2. VOETSEK:

(foot-sek): Afrikaans for 'get lost', much like the British expression 'bog off' :

- Voetsek man – you're standing on my foot with your heavy boots !

Until next month!

Regards
The Organising Committee



World Championships
2018