

**Sunday, January 23.  
One Day International  
Cricket. South Africa vs  
India. SuperSport Park,  
Centurion. From 10:00.**

# Rekord SPORT

**Saterdag 29 Januarie. Super  
15-opwarmingswedstryd.  
Bulls vs Eastern Province  
Kings. Nelson Mandela Bay  
Stadion. Port Elizabeth.**

## Preparing for the Dusi

With the 2011 Dusi in one month's time, Gauteng paddlers are in full training to prepare physically and mentally for this internationally recognised tough endurance event.

Gauteng paddlers do not have a great choice of rivers to use for training purposes. Restricted to the Jukskei or the Klip, which provide rapids but can be very rain dependent and unnavigable between rainstorms.

However, that does not stop them from putting in the effort needed to get ready for the challenge. Centurion Canoe Club based at Rietvlei Dam recently hosted a Dusi training race, the Rietvlei Ramble.

This race incorporated a couple of demanding portage sections where canoeists could run carrying boats, climbing steep hills, crossing roads, fields and rough terrain in the nature reserve.

Fortunately nature played its part providing gale force winds whipping up mighty swells on the dam resulting in a number of paddlers having swims in their slim-line, fast light boats as they were rolled sideways.

With numerous motorboats on duty to assist with rescues and keeping a watch on the hippo and crocodile movements at the reserve, the paddlers had a wonderful opportunity to train for Dusi followed by homemade pancakes and hot drinks in true northern hospitality.

