



STELLENBOSCH

STELLENBOSCH • PNIEL • FRANSCHHOEK

MUNISIPALITEIT • UMASIPALA • MUNICIPALITY

Application Number: LU/16713 (TP635/2024)

Our File Reference Number: Erf 11161, Stellenbosch

Your Reference Number: None

Enquiries: Ulrich von Molendorff

Contact No: 021 – 808 8682

Email address: Ulrich.Vonmolendorff@stellenbosch.gov.za

PER E-MAIL: [REDACTED]

Sir / Madam

APPLICATION FOR A DEPARTURE: ERF 11161, STELLENBOSCH

1. The above application refers.
2. The duly authorised decision maker has decided on the above application as follows:
 - 2.1 That the application made in terms of Section 15(2)(b) of the Stellenbosch Municipal Land Use Planning Bylaw 2023 to relax the following:
 - 2.1.1 The relaxation of the common building line on the first floor from 2.5m to 1.5 (adjacent to Erf 11162 and Erf 5683) respectively for the proposed first floor with a balcony on Erf 11161, Die Boord - Stellenbosch
 - 2.1.2 The relaxation of the common building line on the ground floor from 2.5m to 1.5m (adjacent to Erf 5672 and Erf 5683) respectively to build a laundry room and a bay window on Erf 11161, Die Boord – Stellenbosch.
 - 2.1.3 The relaxation of the common building line from 2.5m to 0m to construct a new living room with a braai and an outdoor built-in pizza oven (adjacent to Erf 11160) on Erf 11161, Die Boord – Stellenbosch.

BE APPROVED in terms of Section 60 of the said Bylaw and subject to conditions of approval.

3. **The approval is subject to the following conditions imposed in terms of Section 66 of said By law:**

- 3.1 The approval only applies to the proposed departure under consideration and shall not be construed as authority to depart from any other legal prescriptions or requirements from Council or other legislation or Bylaws Regulations that may be applicable.
- 3.2 The development must be undertaken generally per the site plan as referenced in Drawing No. 01 to 10, Drawn by Beloved Geliefd, Dated 19/03/2024 attached as **Annexure B.**
- 3.3 The approval granted shall not exempt the applicant from complying with any other legal prescriptions or requirements that might have a bearing on the proposed use.
- 3.4 The approval granted shall not be contradictory to any other legislation which has a bearing on the use of the property and that should any other legislation be applicable and be more restrictive then the most restrictive conditions will apply.
- 3.5 Building plans must be generally per the site plan/floor layout plan as referenced in Drawing No. 01 to 10, by Beloved Geliefd, Dated 19/03/2024 attached as **Annexure B.**

4. **The reasons for the above decision are as follows:**

- 4.1 The proposal will not adversely impact the surrounding environment uses property values or the character of the area property will still be residential.

5. You are hereby informed in terms of section 79(2) of the Stellenbosch Municipal Land Use Planning Bylaw, of your right to appeal the above decision to the Appeal Authority within 21 days from the date of notification of the above decision. Please note that no late appeals or an extension of time for the submission of appeals are permitted in terms of Section 80(1)(a) of the said By-Law.

6. Appeals must be submitted with the prescribed information to satisfy the requirements of Section 80(2) of the said By-law, failing which the appeal will be invalid in terms of Section 81(1)(b) of the said By-Law. The following prescribed information is accordingly required:

(a) The personal particulars of the Appellant, including:

- (I) First names and surname;
- (II) ID number;
- (III) Company of Legal person's name (if applicable)
- (IV) Physical Address;
- (V) Contact details, including a Cell number and E-Mail address;

- (b) Reference to this correspondence and the relevant property details on which the appeal is submitted.
- (c) The grounds of the appeal which may include the following grounds:
 - (i) that the administrative action was not procedurally fair as contemplated in the Promotion of Administrative Justice Act, 2000 (Act 3 of 2000);
 - (ii) grounds relating to the merits of the land development or land use application on which the appellant believes the authorised decision maker erred in coming to the conclusion it did.
- (d) whether the appeal is lodged against the whole decision or a part of the decision;
- (e) if the appeal is lodged against a part of the decision, a description of the part;
- (f) if the appeal is lodged against a condition of approval, a description of the condition;
- (g) the factual or legal findings that the appellant relies on;
- (h) the relief sought by the appellant; and
- (i) any issue that the appellant wishes the Appeal Authority to consider in making its decision;
- (j) That the appeal includes the following declaration by the Appellant:
 - (i) The Appellant confirms that the information contained in the subject appeal and accompanied information and documentation is complete and correct
 - (ii) That the Appellant is aware that it is an offence in terms of Section 86(1)(d) of the said By-Law to supply particulars, information or answers in an appeal against a decision on an application, or in any documentation or representation related to an appeal, knowing it to be false, incorrect or misleading or not believing them to be correct.

7. Appeals must be addressed to the Municipal Manager and submitted to his/ her designated official by means of e-mail at the following address: landuse.appeals@stellenbosch.gov.za
8. Any party (applicant or other) who lodges an appeal must pay the applicable appeal fee in terms of the approved municipal tariffs and submit the proof of payment together with the

appeal. The **LU** Reference number on this correspondence, or the applicable Erf/ Farm Number must be used as the reference for the payment of the appeal fee.

9. The approved tariff structure and the banking details for the General Account can be accessed and viewed on the municipal website. For any enquiries the office can be contacted at landuse.appeals@ Stellenbosch.gov.za
10. An applicant who lodges an appeal must also adhere to the following requirements stipulated in terms of section 80(3) to (7) of the said By-law:
 - (a) Simultaneously serve the appeal on any person who commented on the application concerned and any other person as the municipality may determine.
 - (b) The notice by the applicant must invite persons to comment on the appeal within 21 days from date of notification of the appeal.
 - (c) The notice must be served in accordance with section 35 of the said legislation and in accordance with the prescripts or such additional requirements as may be determined by the Municipality.
 - (d) Proof of serving the notification must be submitted to the Municipality at the above E-mail address within 14 days of serving the notification.
11. Kindly note that no appeal right exists in terms of Section 62 of the Local Government Municipal Systems Act, No 32 of 2000.
12. Kindly note the above decision in the case of any approval, is suspended, and may therefore not be acted on, until such time as the period for lodging appeals has lapsed, any appeal has been finalised and you've been advised accordingly.

Yours faithfully



FOR: DIRECTOR PLANNING AND ECONOMIC DEVELOPMENT

22/4/2024
DATE:

GENERAL NOTES

1. **CONTRACT** is a legally binding agreement between two or more parties, which creates legal obligations that are enforceable by law. It is a promise or set of promises for which the law provides a remedy.

2. **ESSENTIAL ELEMENTS OF A CONTRACT** are:

- Offer and Acceptance:** A contract is formed when one party makes a definite offer and the other party accepts it.
- Intention to Create Legal Relations:** The parties must intend that their agreement should be enforceable by law.
- Consent:** The agreement must be entered into voluntarily, without coercion, fraud, or misrepresentation.
- Capacity:** The parties must be legally competent to enter into a contract (e.g., of legal age, sound mind).
- Lawful Object:** The purpose of the contract must be lawful and not against public policy.

3. **CLASSIFICATION OF CONTRACTS:**

- Based on Form:**
 - Express Contract:** Where the terms are stated explicitly by the parties.
 - Implied Contract:** Where the terms are inferred from the conduct of the parties.
- Based on Certainty:**
 - Void Contract:** A contract that is not enforceable by law due to some legal defect (e.g., lack of capacity).
 - Voidable Contract:** A contract that is enforceable until it is annulled by a court.
 - Unenforceable Contract:** A contract that is valid but cannot be enforced by a court.
- Based on Performance:**
 - Executed Contract:** A contract where both parties have fulfilled their obligations.
 - Executory Contract:** A contract where one or both parties have not yet fulfilled their obligations.

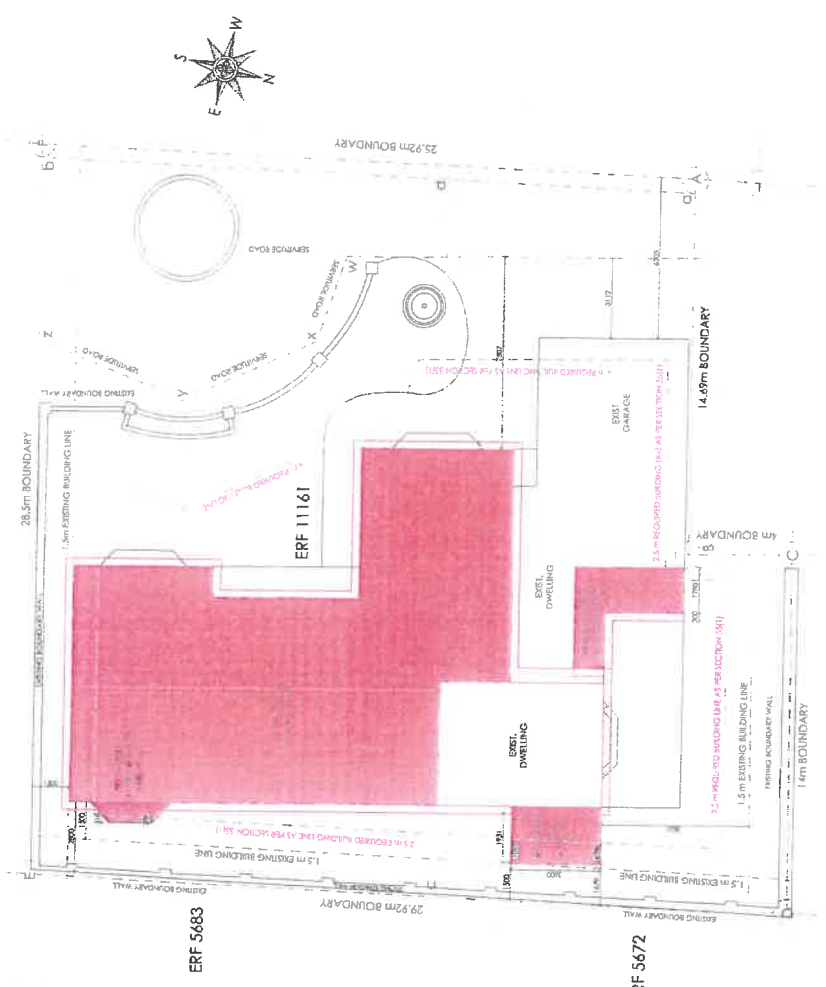
4. **CONSEQUENCES OF BREACH OF CONTRACT:**

- Rescission:** The contract is treated as if it never existed.
- Specific Performance:** The court orders the party to fulfill their obligations.
- Damages:** The injured party is compensated for their loss.
- Termination:** The contract is ended due to a breach.

5. **DEFENSES TO A CONTRACT:**

- Illegality:** The contract is against the law.
- Public Policy:** The contract is against the interests of society.
- Coercion:** One party was forced into the contract.
- Fraud:** One party deceived the other.
- Misrepresentation:** One party made false statements.
- Undue Influence:** One party was unfairly pressured.
- Non est:** The contract was never intended to be binding.

6. **CONCLUSION:** A contract is a fundamental concept in law, governing the relationships between individuals and organizations. Understanding its elements and consequences is crucial for legal practice.



Seen: *LL* Signed: *LL* Date: 04/04/2024

HENDRIK CONRADIE
Senior Architectural Technologist
Senior Argiteks Technoloog
Reg. ST0095

MH ¹ *Carmentis*
Willow Carmentis
 SAM 1166 05/10/2024

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05/APR/2024

PLP 04, 2561 2665
S.R. No. 30328/91
Date Recd-13/9 [cross]

No 25172/92
Dated 11/11/92
Signature of Deeds
No 5100/91
Amount to 282m

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Map Center: Lon 18°50'39.47E
Lat: 33°56'39.24S
Scale: 1:650
Date created: 2023/09/10
Western Cape
Government
VWS

J. J. KOSMANEKSIMENIEKES KRIST
KRISTEN ELLA ABETH NAREN VORNER
LRF AKS 1160
AKS 2726 Ullak

ERF 5672

CARLA GRANDE DE KOK
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05-04-2024

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RSC-179 (cont.)

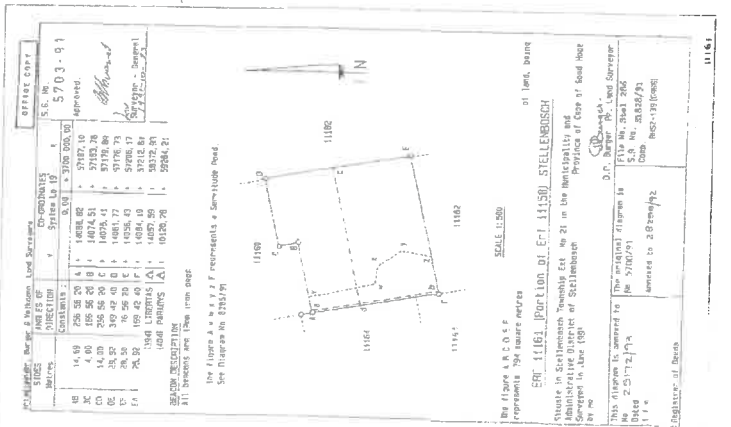
1161

United States
District Court
Southern District of New York

IN SENATE
January 11, 1956

REPORT
OF THE
COMMISSIONER OF
THE GENERAL LAND OFFICE
IN RESPONSE TO A
RESOLUTION PASSED BY THE
SENATE MAY 11, 1954
RELATIVE TO THE
LANDS BELONGING TO THE
UNITED STATES

UNITED STATES GOVERNMENT PRINTING OFFICE: 1956



230401
GENERAL NOTES

1. All work shall be in accordance with the latest edition of the Singapore Building Code (SBC) and the relevant standards and specifications.

2. The Contractor shall be responsible for obtaining all necessary permits and approvals from the relevant authorities.

3. The Contractor shall ensure that all work is completed within the specified time frame and budget.

4. The Contractor shall maintain a clean and safe working site at all times.

5. The Contractor shall provide a detailed schedule of work and progress reports to the Architect.

6. The Contractor shall ensure that all materials and workmanship are of the highest quality.

7. The Contractor shall be responsible for the removal and disposal of all waste and debris.

8. The Contractor shall ensure that all work is completed in accordance with the Architect's instructions and the relevant standards and specifications.

9. The Contractor shall be responsible for the payment of all subcontractors and suppliers.

10. The Contractor shall ensure that all work is completed in accordance with the relevant laws and regulations.

11. The Contractor shall ensure that all work is completed in accordance with the relevant laws and regulations.

12. The Contractor shall be responsible for the payment of all subcontractors and suppliers.

13. The Contractor shall ensure that all work is completed in accordance with the relevant laws and regulations.

14. The Contractor shall be responsible for the payment of all subcontractors and suppliers.

15. The Contractor shall ensure that all work is completed in accordance with the relevant laws and regulations.

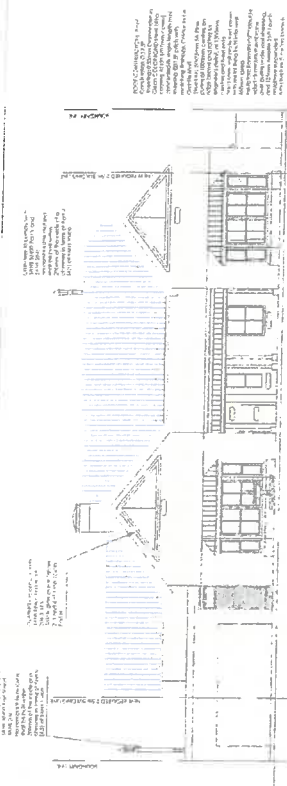
16. The Contractor shall ensure that all work is completed in accordance with the relevant laws and regulations.

17. The Contractor shall be responsible for the payment of all subcontractors and suppliers.

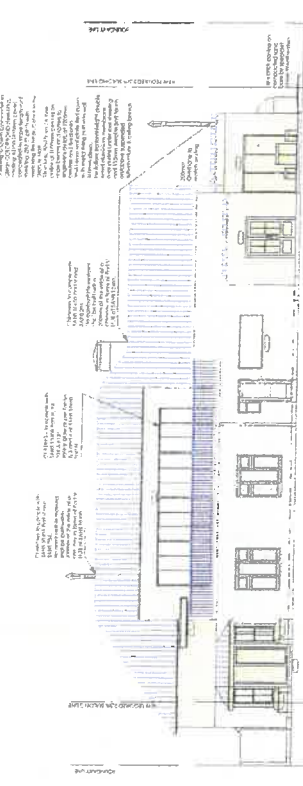
18. The Contractor shall ensure that all work is completed in accordance with the relevant laws and regulations.

19. The Contractor shall be responsible for the payment of all subcontractors and suppliers.

20. The Contractor shall ensure that all work is completed in accordance with the relevant laws and regulations.



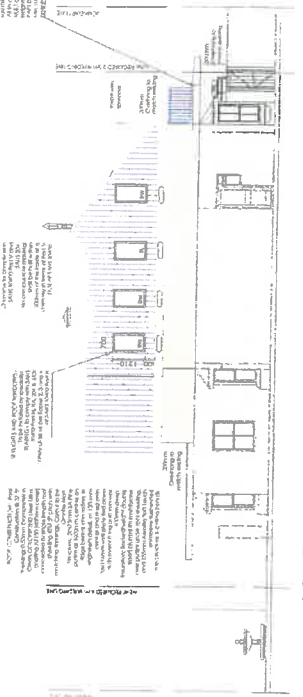
WESTERN ELEVATION
SCALE 1:100



EASTERN ELEVATION
SCALE 1:100



NORTHERN ELEVATION
SCALE 1:100



SOUTHERN ELEVATION
SCALE 1:100

Door Schedule

NO.	DOOR TYPE	DOOR SIZE	DOOR WEIGHT	DOOR MATERIAL	DOOR FINISH	DOOR HINGES	DOOR LOCKS	DOOR HANDLES	DOOR GLASS	DOOR GLASS TYPE	DOOR GLASS WEIGHT	DOOR GLASS FINISH	DOOR GLASS HINGES	DOOR GLASS LOCKS	DOOR GLASS HANDLES	DOOR GLASS WEIGHT	DOOR GLASS FINISH	DOOR GLASS HINGES	DOOR GLASS LOCKS	DOOR GLASS HANDLES
1	Single Door	2100 x 2100	150 kg	Steel	Paint	2x 100mm	2x 100mm	2x 100mm	None	None	None	None	None	None	None	None	None	None	None	None
2	Double Door	2100 x 2100	300 kg	Steel	Paint	2x 100mm	2x 100mm	2x 100mm	None	None	None	None	None	None	None	None	None	None	None	None
3	Single Door	2100 x 2100	150 kg	Steel	Paint	2x 100mm	2x 100mm	2x 100mm	None	None	None	None	None	None	None	None	None	None	None	None
4	Double Door	2100 x 2100	300 kg	Steel	Paint	2x 100mm	2x 100mm	2x 100mm	None	None	None	None	None	None	None	None	None	None	None	None
5	Single Door	2100 x 2100	150 kg	Steel	Paint	2x 100mm	2x 100mm	2x 100mm	None	None	None	None	None	None	None	None	None	None	None	None
6	Double Door	2100 x 2100	300 kg	Steel	Paint	2x 100mm	2x 100mm	2x 100mm	None	None	None	None	None	None	None	None	None	None	None	None
7	Single Door	2100 x 2100	150 kg	Steel	Paint	2x 100mm	2x 100mm	2x 100mm	None	None	None	None	None	None	None	None	None	None	None	None
8	Double Door	2100 x 2100	300 kg	Steel	Paint	2x 100mm	2x 100mm	2x 100mm	None	None	None	None	None	None	None	None	None	None	None	None
9	Single Door	2100 x 2100	150 kg	Steel	Paint	2x 100mm	2x 100mm	2x 100mm	None	None	None	None	None	None	None	None	None	None	None	None
10	Double Door	2100 x 2100	300 kg	Steel	Paint	2x 100mm	2x 100mm	2x 100mm	None	None	None	None	None	None	None	None	None	None	None	None

Window Schedule

NO.	WINDOW TYPE	WINDOW SIZE	WINDOW WEIGHT	WINDOW MATERIAL	WINDOW FINISH	WINDOW HINGES	WINDOW LOCKS	WINDOW HANDLES	WINDOW GLASS	WINDOW GLASS TYPE	WINDOW GLASS WEIGHT	WINDOW GLASS FINISH	WINDOW GLASS HINGES	WINDOW GLASS LOCKS	WINDOW GLASS HANDLES	WINDOW GLASS WEIGHT	WINDOW GLASS FINISH	WINDOW GLASS HINGES	WINDOW GLASS LOCKS	WINDOW GLASS HANDLES
1	Single Window	1200 x 1200	100 kg	Steel	Paint	2x 100mm	2x 100mm	2x 100mm	None	None	None	None	None	None	None	None	None	None	None	None
2	Double Window	1200 x 1200	200 kg	Steel	Paint	2x 100mm	2x 100mm	2x 100mm	None	None	None	None	None	None	None	None	None	None	None	None
3	Single Window	1200 x 1200	100 kg	Steel	Paint	2x 100mm	2x 100mm	2x 100mm	None	None	None	None	None	None	None	None	None	None	None	None
4	Double Window	1200 x 1200	200 kg	Steel	Paint	2x 100mm	2x 100mm	2x 100mm	None	None	None	None	None	None	None	None	None	None	None	None
5	Single Window	1200 x 1200	100 kg	Steel	Paint	2x 100mm	2x 100mm	2x 100mm	None	None	None	None	None	None	None	None	None	None	None	None
6	Double Window	1200 x 1200	200 kg	Steel	Paint	2x 100mm	2x 100mm	2x 100mm	None	None	None	None	None	None	None	None	None	None	None	None
7	Single Window	1200 x 1200	100 kg	Steel	Paint	2x 100mm	2x 100mm	2x 100mm	None	None	None	None	None	None	None	None	None	None	None	None
8	Double Window	1200 x 1200	200 kg	Steel	Paint	2x 100mm	2x 100mm	2x 100mm	None	None	None	None	None	None	None	None	None	None	None	None
9	Single Window	1200 x 1200	100 kg	Steel	Paint	2x 100mm	2x 100mm	2x 100mm	None	None	None	None	None	None	None	None	None	None	None	None
10	Double Window	1200 x 1200	200 kg	Steel	Paint	2x 100mm	2x 100mm	2x 100mm	None	None	None	None	None	None	None	None	None	None	None	None

Seen: *112* Signed: *112* Date: 04/04/2024

HENDRIK CONRADIE
Senior Architectural Technologist
Reg. ST0095

Address: 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000.

1. $\frac{1}{2} \times \frac{1}{2} = \frac{1}{4}$ (Probability of getting 2 heads)
 2. $\frac{1}{2} \times \frac{1}{2} = \frac{1}{4}$ (Probability of getting 2 tails)
 3. $\frac{1}{2} \times \frac{1}{2} = \frac{1}{4}$ (Probability of getting 1 head and 1 tail)
 4. $\frac{1}{2} \times \frac{1}{2} = \frac{1}{4}$ (Probability of getting 1 tail and 1 head)

[illegible]

1. The first step is to identify the problem. In this case, the problem is that the company is not meeting its sales targets.

2. The second step is to analyze the problem. This involves identifying the causes of the problem and determining the impact of the problem on the company.

3. The third step is to develop a solution. This involves identifying the actions that need to be taken to address the problem and determining the resources that will be required.

4. The fourth step is to implement the solution. This involves putting the solution into action and monitoring the progress of the implementation.

5. The fifth step is to evaluate the results. This involves assessing the effectiveness of the solution and determining whether the problem has been resolved.

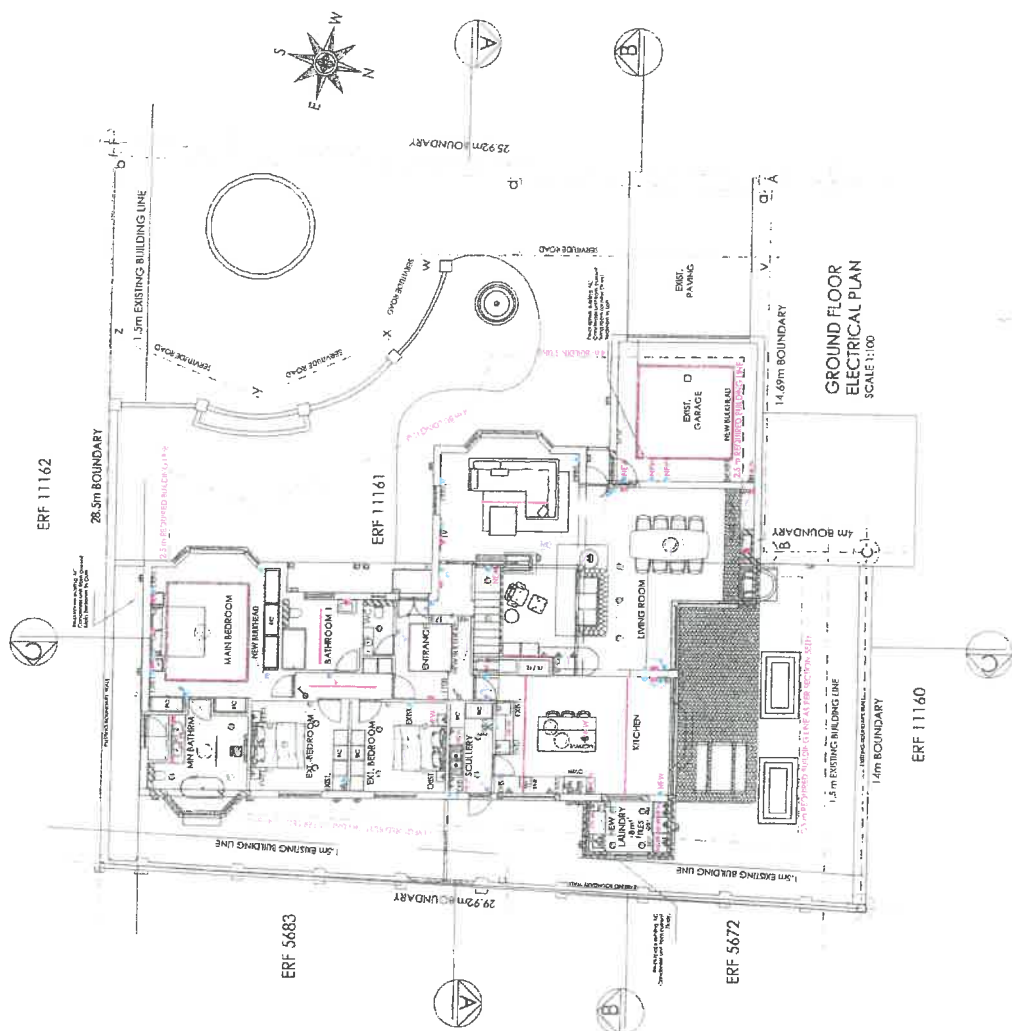
[illegible]

Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health-related quality of life (HRQL) of sedentary, middle-aged women. The study was a randomized controlled trial. The intervention group (n = 20) participated in a 12-week training program, while the control group (n = 20) remained sedentary. The training program consisted of three sessions per week, each lasting 45 minutes. The sessions included aerobic exercise, strength training, and flexibility exercises. The primary outcome was the change in HRQL, measured using the SF-36 questionnaire. The secondary outcome was the change in physical fitness, measured using a 6-minute walk test. The results showed that the intervention group had a significant improvement in HRQL and physical fitness compared to the control group. The findings suggest that a 12-week training program can improve the physical fitness and HRQL of sedentary, middle-aged women.



Richard L. Evans

AREA, m ² (ERF, 11161)	794
Site Area	794
Existing Dwelling	36
Existing Garage	16
New Recruit Room extension	146
Lean Addition	9
Laundry Addition	9
Total Area	152
Zoning: Single Residential	

[illegible]

GROUND FLOOR
ELECTRICAL PLAN
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