



Heineken Beverages (SA) (Pty) Ltd

Reg.No. 2003/026165/07

Vat No. 4180211080

NLA Reg. No: RG0003175

Supplying Plant TradeXpress Pretoria East 305 Zasm Street Walfrao PRETORIA 0127 SOUTH AFRICA	Delivery Number	41111731
	Despatch Date	09.12.2024
	Shipment Number	2463645
	Purchase Order Number	4401798553
	Shipping Condition	Inter-Co/Plant/Direc
	Transporter	Liquor Runner George (Pty) Ltd
Ship To Sedibeng Brewery PP Production Plant 1 De Man Road Kliprivier Business Park KLIPRIVIER 1871 SOUTH AFRICA	Vehicle Registration	HML 453 FS
	Trailers Registration	/
	Seal nr	N/A / /
	Delivery Instructions:	63801559 01685

Item	Material	Material Description	Batch	Order Qty & Unit	Gross Weight
000010	4086953	RB Own Green HEINEKEN 650ml K2-02 Emb PO		17,556.000 PC	7,724.640
000020	4085918	RB Empty GENERIC		15,708.000 PC	6,911.520
000030	4085925	Crate Own Generic 12x660ml		1,309.000 PC	2,748.900
000040	4085928	Crate Own HEINEKEN 12x650 RB		1,463.000 PC	3,072.300
000050	4085904	Pallet Rental Wood 1200x1000mm CHEP		36.000 PC	720.000
Total weight:					21,177.360

SBONISO
DRIVER NAME

MBATHA
DRIVER SIGNATURE

09/12/24
DATE

Matthew
SECURITY NAME

[Signature]
SECURITY SIGNATURE

09/12/2024
DATE

Nkumbieng
RECEIVER NAME

[Signature]
RECEIVER SIGNATURE

09/12/2024
DATE

SECURITY NAME

SECURITY SIGNATURE

DATE



Transfer OUT



4244736683

A Brambles Company

From:	References:	Dates :
CHEP Global ID: 1000125751 Address : Heineken Pretoria East Trade E 305 Zasm Street PRETORIA 0184 SOUTH AFRICA Tel: +27128109730 Fax:	Reference: 41111731 Other Reference:	Shipment Date: 09/12/2024 Effective Date: 10/12/2024 Capture Date: 09/12/2024

Transporter: Own Transport

Vehicle Reg No: HML 453 FS

Shipped To:

CHEP Global ID: 101032817
Address:
ZAB1 - Heineken Beverages Prim
1 De Man Street Klipriver Business
KLIPRIVER
1960
SOUTH AFRICA
Tel: +270102161000
Fax: +270102161022 (0)00 000 0000

Notes(Hand Written):

Created by:
Kgaboesele Thandazile :- pp-kgaboet
Thandazile.Kgaboesele@heineken.com

Equipment	Quantity
1-B1210A-1200x1000 Block Pallet	36
Total	36

Shipper's Signature	Received By <i>Ntombi</i>	Driver Name Siboniso
Date Received	Receiver's Signature and Date <i>[Signature]</i> 09/12/2024	Driver's Signature <i>[Signature]</i>

Sedibeng Brewery
Kliprivier Business Park
1 De Man Road, Midvaal
Johannesburg



Sedibeng Brewery
Kliprivier Business Park
1 De Man Road, Midvaal
Johannesburg

010 010 0551

Lodewyk.dewet@lrsa.co.za

Liquor Runners Sediben SEDIBENG PRIMARY

Www.lrsa.co.za

GRV for RETURNABLES - LRSA NR: 33514 (GRV)

Receiver: Asande Maqhubu
Checker: Brian Kgaripana
Warehouse: PRETORIA EAST DEPOT
Sender Ref 1:
Receive Date: 2024-12-09
WarehouseRecv: SEDIBENG BREWERY
Sender Ref 2: 63801559

SKU Code	Stock Description	Bin	Batch Number	QTY(Cases)	QTY(Units)
Stock Received					
4085904	PALLET RENTAL WOOD CHEP			3	36
4085945	CRATE OWN GENERIC 12 X 660ML			1309	15708
4085928	STAR CRATES			1463	17556
4085918	RB EMPTY GENERIC			15708	188496
4086953	RB STAR GREEN HNK 650ML (TRADE)			17556	210672
				36,039.00	432,468.00
			Total QTY Received	36,039.00	432,468.00

Checked By:_____

Transport Company:_____

11/12/2024 03:15:17 PM

Receiver: HML453FS

Checker: SIMON

Driver Signature:_____

1. *Staphylococcus aureus* (1000)
 2. *Staphylococcus aureus* (1000)
 3. *Staphylococcus aureus* (1000)

Abstract—The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were randomly assigned to a control group (CON) and an exercise group (EX). The EX group performed a 12-week training program consisting of three sessions per week of 30 min of moderate-intensity aerobic exercise. The HR and EE were measured at rest and during a 30-min submaximal exercise test at baseline and after 12 weeks. The EX group showed a significant decrease in HR at rest and during exercise, and a significant increase in EE at rest and during exercise compared to the CON group. The results suggest that a 12-week training program can improve the cardiovascular fitness and energy expenditure of sedentary, middle-aged women.

1. *Chlorophyll a* and *Chlorophyll b* were determined by the method of Arar and Collins (1971).

PROFESSOR : JOHN S. GIBSON, JR.

440100 REFERENCE: 1. KENNEL, C. 3514 (1962)

Chen, Y. J. H. Kuo

1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 26

M. J. Griffin and S. D. Parsons / *Journal of Sound and Vibration* 253 (2002) 111–128

WING: 105.00mm: 43.75 INCH BPS: 1.00

Sender: Airtel

9914 10.2: 5550114

SKU Code	Stock Description	Bin	Batch Number	QTY(Cases)	QTY(Units)
Crock Receipt:					
4085904	PALLET RENTAL VAN O CHEP			7	76
4085945	CRATE OWNERSHIP 100 LBSOML			1500	15000
4085928	TAR CRATES			160	17556
4085918	ADDITIONAL TARIFFS			15780	160496
4086951	10 YEAR GARAGE TRUCK VEHICULAR			15556	211672
				16920	169200
			Total QTY Cases:	9920	4469.00

Checked By:

Transport Company:

09/12/2024 09:49:33 PM

Receiver:

Checker:

Driver Signature: