



IN TOUCH

NEWSLETTER OF THE PINELANDS ATHLETIC CLUB
(April/May/June 2013)

From the editor's desk:



There are about four or five new members since the last In Touch. Welcome to you all, by now you have settled in and enjoying the Pinelands vibe. So much has happened since the last In Touch. Two Oceans, Comrades, Cross Country 2013 is already past the half way stage.

The wind was the dominant factor in this year's Two Oceans Ultra. Of the 56 club members who entered nine either did not finish or start the run. Jerome Merton completed his tenth trip thereby getting his permanent number. The club issued merit certificates to the novices, Shu-Aib Loubscher, Margret Maibi, Charles Parry and Matthew Perkins. Matthew did his first 56km Ultra in 4hr56 (Wow! what a good time, can only get better next year!) Damian Will 4hr16 and Angie Rabie 4hr46 were the first Pinelands male and female to finish.

In the Lynne Spence Two Oceans Challenge between Celtics and Pinelands. Celtics were the winners with an average of 3.95 points while the Pinelands average was 3.64. Close but not close enough.

In the Two Oceans half where the wind was not such a factor, 14 of the 84 club members who had entered either did not finish or start. Milestones were achieved by Lydia Myers, Chris Schnehage and David Hunter who completed their tenth Two Oceans half getting a permanent number. Two Oceans next year will be on 19 April, entries will open sometime in August.

What happened at Comrades 2013? For quite a few it was a disaster and for some a personal success. The success was finishing a hot, humid, windy and smokey (in places) "up" run. Of the 28 Pinelands entries - 14 made it to the finish within the 12 hour time limit. Oh yes there were a few very close calls. Last Pinelands runner 11hr54.45. (Close hey Kana)

The stats indicated that it was not going to be a good Comrades. Of the 18000+ entries, about 14550 crossed the start mats. This means that about 23% did not start - the norm is about a 10% "no-shows". Of the 14550 odd starters about 4000 did not make the finish. We can't choose the weather to run in and must make the best of it. Heat training is something to consider.

The Pinelands star of Comrades was Angie Rabie (8hr 56) in her first Comrades. Andre Ferreira (9hr21) was the first Pinelands male to finish in a time he will not be happy with. Club merit certificates were issued to Angie Rabie, Karen Versfeld, Barbara Kingsley, Selwyn Cloete and Mardre Bethke for completing their first Comrades.

Comrades next year is on 1st June. Entries usually open in September.

See you on the road.

Cheers

The Editor



Dates to diarise:

AGM = 28 November 2013

Annual Awards Evening = 6 December 2013

President's Breakfast Run = 8 December 2013

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Chairman's Chat

Well, another six months has come and gone, Two Oceans and Comrades are behind us, what challenges are next? Congrats to those that completed the Two Oceans and Comrades Marathon respectively. It was tough going out there and to those who didn't complete any of the races or missed the cut-offs, remember there is always next year ☺.

Once again a reminder that winter is here and it is dark out there, please wear light colour clothing and reflector gear so that you can be visible at all times to motorists, you might see them but the chances are they might not see you.

On the social side we just had our Trivial Pursuits evening which was very well supported, a huge thank you to Lesley-ann for organising it and to Kaare for compiling the questions. To the others who assisted with the set up, thank you your help is always appreciated.

Next on the calendar is the Mckenna Scott 10km race in August and my appeal to all our club members is to avail yourself to come and assist, there is never ever enough helpers, as they say, many hands make light work.

Cross Country is currently on a break until 21 July. So far the 5 meetings held have been well attended by the club. Keep it up guys.

To those of you who are starting to prepare for the Cape Town Marathon, good luck and may you all stay injury free.

That's it for now, enjoy your running and see you on the road.

Cheers

Wendal



OPTOMETRISTS - PINELANDS

McKenna Scott 10km + 5km Fun Run

Sunday: 11 August at 07h30

Start: in Uitvlugt

Finish: in front of the club on the Lower Oval

This event is organized by Pinelands Athletic Club, which means that members are requested to assist in one way or another. The following are overseeing certain areas of the event: Hayley Smith (Race Organisor), Dion Stevens and George Reissenzahn (Marshals); Judith Davidse and Alison Smith and Arlene Carelse (Registration); Brian Thorne and Patrick Swanson (Water Tables); Kaare James (Start and Finish); Fun Run (Lee-ann Harris); Lesley-ann Smith (Catering). Assistance is required in these areas.

On Wednesday 7 August at 18h00 there will be a "helpers" run over the 10km route starting at the club. Remember to wear reflective gear.

PARIS MARATHON 2013



My dream to run the Paris Marathon started about two years ago when a conversation with Lynne went tangential, the way conversations have a habit of doing, and we found ourselves swooning over the city of Paris. Lynne had already run a Paris Marathon and suggested we do one together. The 2012 marathon was not convenient for either of us; but by November 2012 we were paid up entrants for Marathon de Paris on Sunday 7th April 2013. Paris in the spring!

Training for the marathon wasn't a really big focus of our Paris preparations. I was concentrating on getting around the Two Oceans route, which fell on the weekend before the marathon, and Lynne has a lot of natural talent. The biggest obstacle to overcome on the way to the start of the marathon was the bulldog like lady at the French Consulate. Without that visa, I would be doing no running and her duty it seemed was to make it as difficult as possible to get one. It was obvious that charm would not help. Filling forms in triplicate, for no apparent reason, was the only solution. A week later, I had the visa and was good to go.

We arrived in Paris on the Friday before the race. Paris was wet and cold. Mmmm, Paris in the spring indeed. That afternoon we visited the expo and picked up our race numbers.

The expo was, in many ways, very different to the ones we are used to. There was less emphasis on product marketing and greater attention is placed on show casing marathons and races available in Europe. On Saturday at 9am we joined the 5km breakfast run. Paris was still wet and cold. This did not deter a fair number of marathoners, family members and anyone else who felt like it, from joining the noisy and festive running parade. Preceded by a truck blaring out music and encouragement, we made our way through Paris ending near the Arc de Triomphe for a breakfast of fruit, muffins, cake and coffee. Then back to the hotel to change for some sightseeing. Time was ticking and there was so much that needed doing and seeing. Yikes, I usually put my feet up the day before a marathon.

Race day dawned. We were excited and apprehensive. The logistics in getting 50 000 athletes to the start was outstanding. It did involve a rather cosy, but relatively short metro ride, buried under a fellow racer's armpit and surrounded very closely by a zillion others. However, there was no danger of being late or having to fight to gain entry to your seeding pen. Everyone is courteous and pushing and shoving does not occur.

It was a chilly start, with temperatures at 3 degrees aiming for a high of 7. However, entertainment was on hand in every seeding pen; to keep you warm with aerobic sessions.



Finally the big moment arrived and the gun went off at 8:45 am. We would not reach the mat, however, for another 43 minutes. It is a mat to mat race so there is no stress in having to wait and wait and then wait a little more for your turn to cross the start and head down the glorious Avenue des Champs Elysees.

I floated for the first half, hardly able to believe that I was running through the streets of Paris. The whole city came to a standstill as runners were given priority. The spectator crowds were something to behold, not to mention the bands that occupy almost every street corner and the Firemen perched on fire engine ladders strung across the roads.

Lynne crossed the finish in an excellent 4:06 and I trotted in a while later in 4:31. My only regret was that I was unable to beat a group of Dutch runners who, I am embarrassed to admit, were carrying their fellow runner who had broken her leg before race day!

We received a T-shirt, poncho and medal at the finish. At that stage we might have preferred a three course meal. We were both famished. They do serve water, dates, sugar cubes, bananas and oranges every 5 kms. However, given the late start, it was well past lunch and breakfast was a distant memory. Obie fed us partly cooked chips, to no complaints, and guided us back to the hotel. This has certainly been one of the greatest running experiences of my life.

Heartfelt thanks go to Obie:

He had to contend with two jittery pre-marathon women and two sugar low post-marathon woman. He did this with good grace and extreme patience.

He ran his own marathon that day, to key meeting points en route, for which there was no medal or t-shirt.

He compiled a beautiful DVD memorabilia for each of us.



Inge Reissenzahn



Obie



Lynne Shannon

To run in an international marathon with people from different parts of the world is a wonderful experience, with a great vibe and excellent organisation . It looks as if you girls (and Obie) had fun. Well done! The Paris Marathon in 2014 is on 6 April. The editor.



Looking back over the years.....

Looking back at club newsletters from the 1980's some interesting stories come to light.

The weekly time trial used to start and finish outside the Pinelands Police Station which was in St.Stephen's Road. There was also an eight km route which meant having to run up Ridge Way. The attendance at the time trials in 1984/1985 was about 80 at times - the 5km times were 15mins for the first runners. Names on the time trial results sheets included Grant Stevenson (15.54) Dicky Weers (18.38) and Kaare James (19.57) These guys are still around today!

The "Early Morning Sparrows" were in action from 1983 every Wednesday morning at 05hr20 for a 13km run. Leading the group were Ron Strybus (former mayor of Pinelands) and Betty Goble (Life Member of the club) Their motto was "getting up with the sparrows"

During 1986 - 23 club members ran sub three hour marathons. 11 at the Rooibos in Stellenbosch, 9 at the Peninsula, 2 at the Kellerprinz (Winelands) in Stellenbosch and one at the Bellville Marathon.

During 1987 - 26 club members ran sub three marathons. 18 at the Peninsula, 7 at the Rooibos and one at the SA Marathon Champs.

Names to come up who are still around today are, Kenny Williams (2hr49) 1987 Rooibos; Grant Stevenson (2hr 55) 1987 Peninsula ; Kaare James (2hr56) 1985 Milo Marathon in Stellenbosch.

For the Comrades boys and girls, special accommodation in 1984 at the Rob Roy Hotel (near half way - Drummond) R13.50 with full breakfast per night per person.

Also in 1984 were Nike Pegasus (just arrived) at R67.95

In 1987 the club arranged a 100 x 1 mile relay on the grass track in front of the club. This was for club members only and who could only run once. The total time achieved was 9hr 41.54 !

What say we challenge this time ?? The editor

<p>I bought a book on jogging for R12.00 I bought a pair of jogging shoes for R300.00 I bought a tracksuit for R450.00 I then joined a jogging club at R120.00 pa. Now I know what they mean by running into debt.</p>
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Cross Country - 2013



Pedro on the grass tracks at Bellville

There is a break in Cross Country until 21 July when the second half of the season starts. So far the weather has been kind with warm conditions – rather warm for Cross Country. Only Koeberg was run in rain on sandy tracks. There was one new venue, on the Durbanville race course, which was hot and dusty.

There are three fixtures left and the WP Champs. Two of these fixtures have a few sand dunes and criss-crossing on grass with a few banks to climb. Last year rain and hail pelted down on the runners with no cover to shelter.

The average turnout of club runners at Cross Country is 42 – well done to you all, keep it going for the next four fixtures and bring a few friends. Thanks to Phillipa for organizing, to Brian for bringing the tent and to the ladies who assist Phil with the munchies. It is noted that the OBs only came out at the fourth fixture when there was an icy wind! Donations of OBs are welcome.

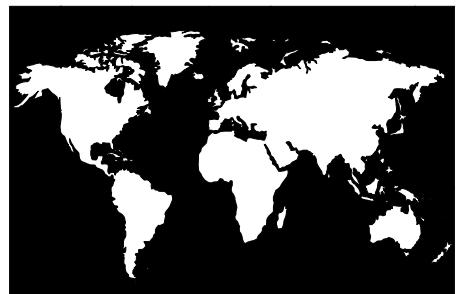
International Marathons

Running in International Marathons has become a must do within the club for some members. The grape vine says there may well be a few takers for next year's Paris Marathon.

Some International Marathons for next year are:

23 Feb: Toyko (35000 runners) 7 hour cut-off

16 March: Barcelona (17000 runners) 6 hour cut-off



23 March: Rome Marathon (12000 runners) 7 hour cut-off Passes many famous landmarks

6 April: Paris Marathon (speak to Inge and Lynne about this run – well worth the trip)

13 April : London Marathon (35000 runners) Very popular – always a sell out

13 April: Rotterdam Marathon (10000 runners) 5hr30 cut-off Fast and flat course

Contact Penthouse Travel (021 9768110) for info on other international marathons and bookings

Well done to our achievers: 10 x Two Oceans 56km and 21km



Jerome 10 x 56km



Chris 10 x 21km



Lydia 10 x 21km

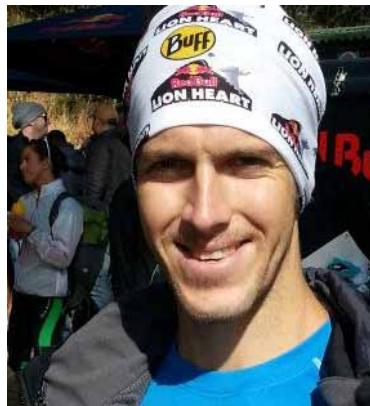


David 10 x 21km

Angie Rabie



Damian Will



Andre Ferreira



Damian was the first Pinelands runner to finish the Two Oceans Ultra while Andre was the first Pinelands male to finish Comrades. Angie was the first Pinelands lady in both Two Oceans Ultra and Comrades.



Ag shame, Patrick will be back!

Cape Town Marathon

Sunday 22 September - Cut-off 8 hours - Ideal for first timers

At this stage the route is unknown – it could most likely be the same as last year. The start in the City Centre and the finish at the Cape Town Stadium.

A training program for the weeks ahead is below but not for the serious runner who wants to do a fast time. Modify the program to suit yourself, but remember you will need to do long runs to gain “time on the legs” Therefore you may want to give the 10km and 15km on the calendar a miss. Saturday or Sunday should be a long slow distance (LSD) (2hr30 to 3hrs)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1 July 10km	2 Hill Repeats	3	4 5km TT	5 REST	6 Knysna	7 Long Run
8 10km	9 Hill Repeats	10	11 5km TT	12 REST	13 12 Hour	14 Long Run
15 10km	16 Hill Repeats	17	18 5km TT	19 REST	20 10km	21 C Country
22 10km	23 Hill Repeats	24	25 5km TT	26 REST	27 C Country	28 Long Run
29 10km	30 Hill Repeats	31	1 Aug. 5km TT	2 REST	3 C Country Riebeeckberg	4 Long Run
5 10km	6 Hill Repeats	7 Helpers 10 km	8 5km TT	9 REST	10 Long Run	11 Mckenna Scott
12 10km	13 Hill Repeats	14	15 5km TT	16 REST	17 C Country	18 Korasie 30km
19 10km	20 Hill Repeats	21	22 5km TT	23 REST	24 Puffer	25 Long Run
26 10km	27 Hill Repeats	28	29 5km TT	30 REST	31 Saldanha 21km	1 Sept Satori 16km
2 10km	3 Hill Repeats	4	5 5km TT	6 REST	7 10km	8 Long Run
9 10km	10 Hill Repeats	11	12 5km TT	13 REST	14 15km	15 Easy 10km
16 10km	17 Hill Repeats	18	19 5km TT	20 REST	21 REST	22 D Day

Notes : Mondays easy 10km

Tuesdays: Hill Repeats (20mins until 29 July then 30mins until 26 Aug. then 20mins)

Wednesdays easy 10km or rest

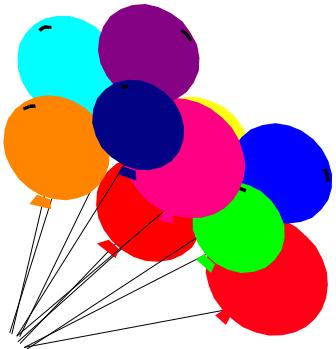
Long Runs can also be Club Runs (start easing up to 20km then to 28/30km back down to 20km then 15km)

Watch weekly diary for venue of club runs – will alternate Sea Point – Big Bay.

Thursdays is 5km time trial. You need to warm up and warm down!

The runs marked in black over weekends are on the calendar.

Birthdays



July

01 Harry Fillies
02 Simon Taylor
04 Heimie Misroll
06 Phillip Frech
08 Inge Reissenzahn
10 Richard Kille
10 Susan Charles
11 Chanda Lombard
11 Pedro Pheiffer
15 Tim Low
16 Michelle Bedwell
17 Mandla Moyo
22 Jonathan Miller
22 Nadeema Marks
23 Haaroem Milward
27 Jonas Gensicke
29 Dumisani Ndevu
29 Khuthala Mbomvu

August

03 Angelique Rabie
03 Nigel Strydom
05 Philip Crowson
05 Robin Buck
06 Kaare James
07 George Reissenzahn
08 Eugene Griego
11 Arlene Carelse
12 Stanley Kanakana
13 Craig Bowker
16 Donovan Will
16 Vanessa Rogers
17 David Spencer
20 Cedric Lamb
20 Jerome Merton
25 Esme Sinden
26 David Finch
26 Lydia Myers
26 Richard Scott
28 Mandisi Ndzombane
28 Mercia Smith
29 Michael Ulrich
29 Ryan Winter
30 Neil Hodgson

September

01 Zuraya Lamb
05 Jean Jones
07 Paull Lawrence
11 Paul Rist
12 Randall Brown
13 Terence Carelse
14 David Jehring
14 Laura Troost
15 Katherine McGrath
16 Chris Schnehage
16 Luke Bax
17 Ian Dinan
18 Anita Carelse
19 Alison Smith
19 Laura Morgan
21 Melany Du Plessis
23 Graeme Shepherd
24 Alvin Witten
24 Martin James
25 Ruth Leverton
26 Christiaan Engelbrecht
29 Michelle Cupido
30 Simon Hill

10 Commandants for staying injury free

- Thou shall not become a slave to running.
- Thou shall not train on legs that are dead
- Thou shall not experiment with shoes in a race
- Thou shall not run through muscular or skeletal pain
- Thou shall not attempt to make up kilometers lost because of injury
- Thou shall not increase mileage by more than 10% per year
- Thou shall not do more than one hard workout on successive days
- Thou shall not do more than one long run a week
- Thou shall not be carried away by an exceptional race and plunge onto a higher level of training.
- Thou shall not be afraid to rest

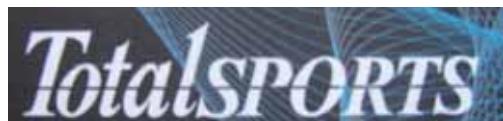
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