



IN TOUCH

NEWSLETTER OF THE PINELANDS ATHLETIC CLUB

Sept./Oct./Nov.

Greetings,

It's been a while since our last newsletter and so much has happened. There's a number of new members, welcome to you all. By now you have run in the "wings" and are enjoying being a Pinelander. At present there are 270 club members, to this add the Vice Presidents and Life Members and we have a total of 280.

You may be wondering what happened about the "Design a Medal" competition. Altogether, we received eleven different designs from Helga Louw, Lee-ann Harris, Marlene and Kaare James. The club's committee judged all the designs and chose one of those submitted by Lee-ann Harris. This medal was given out to the finishers at this year's McKenna Scott 10km and 5km Fun Run. Well done and thank you Lee-ann - you will receive your prize soon.

From time to time some members change their address, cell numbers, phone numbers, e-mail addresses and in some cases their name. This information must be passed on to the club so that the database can be updated. There are two ways of doing this. Let the Club Secretary know, or go on-line yourself at www.asa.saclubs.co.za login, then select "editmydetails" and do the necessary changes.

It is important for the club to have your correct details. The only way the club can communicate with its members is mostly via e-mail or cell phones.(SMS or Whatsapp.)

Please mark your calendar with these dates

- 26 November 2015 - Annual General Meeting of the club.
- 5 December 2015 - Annual Awards Evening at the Mowbray Golf Club
- 13 December 2015 - Presidents 10km Run - Tafelberg Road

September is Spring month so put a spring in your step.

Cheers, The Editor



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CHAIRMAN'S CHAT

What a year it has been so far, the other day we were all excited about Comrades, well that has come and gone and entries are about to open again for 2016.

Thank you to Dion Stevens our race organiser for the McKenna & Scott 10km race, a job well done and I know you had a few sleepless nights. To those that supported him in the respective portfolios and to all our marshals, we needed double the amount this year compare to previous years a **BIG THANK YOU** to each and everyone.. We also had a record field of 1502 runners in the 10km and 230 in the Fun Run. I also want to say thank you to Lee-ann & Sean Harris for once again taking care of the Fun Run event.

We finally have our Social Committee on board, this portfolio being spearheaded by Lesley-ann Smith and Cheryl Swanson together with the "Social Team" have stepped up to the challenge and organised a Winters Warmers Evening for their major fundraising event of which the proceeds have gone towards the Annual Awards Evening, it was a huge success. Once again thank you to each and everyone one of you who have assisted and contributed in one way or the other to make the evening what it was.

Well done to all our female runners who always keeps the Pinelands flag flying high by achieving podium finishers and also to our male athletes who occasionally visit the podium. Once gain congratulations to Nancy who broke her own record in her age category at the WPA Half Marathon Championship in Atlantis.

The X-country season has come to an end and it was a huge success for our club with 49 members that qualified for the 2015 Incentive. Congratulations to Nancy will that was once again selected to go to the SA X-Country Championship.

To all our trail runners, well done on your achievements thus far, we had a few podium finishers that we as a club can be very proud of, keep it up guys. I also want to say well done to all our Puffer finishers, seven started this year and seven finished, a 100% achievement record, a tough day at the office but you guys persevered and conquered the grueling 80km over Table Mountain.

I once again want to appeal to our members to "**PLEASE DO NOT LITTER**", I saw runners dropping their empty sachets in the road away from the markers or water tables and I always call on them and tell them it's not acceptable. If you see this happening irrespective if they are from another club or a Temp License runner make them aware that someone else need to come and clean up after them and it's unacceptable.

Last but not least, please be on the look-out for future correspondence regarding the Clubs AGM in November and our Annual Awards Evening in December.

That's it for now, enjoy your running and please be safe out there whenever you out running or even driving.

Cheers.

Wendal





CLUB NITE = BRAAI NITE (Ruth Leverton)

For almost a year now our regular monthly Club Nite has become synonymous with Braai Nite when tired, sweaty runners happily munch on a delicious, marinated lamb chop, chicken and wors, with salad and a fresh roll thrown in for good measure - a steal at only R25 per serving.

Originally the brain child of George Reissenzahn, the braai was introduced to encourage runners to stay and socialise, get to

know each other and share war stories while waiting for the monthly lucky draws as well as the Athlete of the Month and Committee Awards. Pinelands SPAR very kindly offered an amazing deal to provide the braai-packs at an extremely good price and braai-masters have offered their services, arriving a few hours early to slave over a hot fire and ensure that anything up to 75 servings are cooked to perfection.

And so the monthly Braai Nite was born. It's become extremely popular but has not been without its teething problems. We thus felt it would be helpful to emphasise the following points so that no one is disappointed:

- ❖ Braai meals are strictly pre-ordered. SPAR need to be informed how many packs to prepare so orders need to be placed via email or SMS no later than the TUESDAY before Club Nite. A reminder (including the relevant address or phone number to contact) is included in our weekly diary. No order, no meal
- ❖ SPAR makes these packs available at a very good price – we must not abuse their kindness by ordering meals for the rest of the family at home. Rather bring your family to the club so that we can get to know them too. We would prefer that you don't order take-aways and have place a surcharge of R10 per meal on take-aways (unless you are one of the volunteers overseeing time trial and don't have time to eat your meal at the club)
- ❖ The packs consist of 1 chop, 1 chicken portion and 1 piece of wors. Please resist the temptation to swap your piece of wors for a second chop: you will make someone else very unhappy if you do
- ❖ If you've ordered a meal please ensure that you are at the club to purchase it; if, due to circumstances beyond your control you can't make it to time trial, please phone and let us know, so that your meal can be offered to someone else
- ❖ If you are delayed and unable to be at the club by 19:00, please phone and let us know or we might sell your order to someone else

The club does not make any profit from Braai Nite - in fact it often subsidizes the meal so that our runners can have a good time. Please help us to help you do just that. If you'd like to go the extra mile and offer to prepare a salad, braai the meat or help serve the meal please contact Ruth Leverton on ruth@manyano.org.za or SMS/Whatsapp 082 417 1855. The more we share the load the lighter it becomes. Additional "braai masters " are welcome to sign up for a turn.

We owe Brian Thorne a huge thank you for getting the braai area in shape and under cover (for the winter braai- nites) the editor



The editor and co-braai master, with burnt offerings.



Brian Thorne

CROSS COUNTRY WRAP-UP 2015 (Nancy Will)

Pinelands Athletic Club, once again, organized the 3km Cross Country relay at Pinehurst Primary School. This took place on Saturday 11 April 2015 - the first event of the Cross Country season. The Western Province Cross Country commission's report on the relay was very good. In their report Ben Oliver commented "Pinelands Athletic Club did a wonderful job. I recommend that the Relay must be held at the same venue for 2016". Marshaling was listed as being EXCELLENT!! Well done, Pinelands Athletic Club! It was good to see our Senior men competing in this event. Hopefully we will field more teams next year.

Our participation at the 8 league events was fairly good, averaging 47 runners per event - a slight improvement from 2014, despite last minute venue changes at the beginning of the season and the Senior Women's event changing from 8km to 10km and the Senior Men's event from 12km to 10km run over 5 x 2km laps in order to conform to IAAF rules. Much fun was had by all. 49 members have qualified for the Cross Country incentive which will be awarded at our year end function. Well done to these athletes for having participated in at least 6 of the 8 league events and in the W.P. Cross Country Championship event. A special mention goes to Michelle Bedwell, Rhoda Jones, Wendy Overett, Malcolm Pike, George Reissenzahn, Inge Reissenzahn, Brian Thorne, Nancy Will and Tony Will who competed in all 8 leagues and in the W P Championship event.

Congratulations to the following athletes who regularly featured in the top 10 in their respective age groups: Michelle Bedwell, Marlene James, Jackie Misroll, Kanakana Mushanganyisi, Wendy Overett, Lesley-Ann Smith, Nigel Strydom and Nancy Will and regularly in the top 20: Edwina Bartes, Alistair Chivell, Robert Faull, Melanie Fortune, Sumanthra Moodley, Sam Ngidiwe, Inge Reissenzahn, Chris Schnehage and Desiree Scholtz.

Our Women's Teams did exceptionally well throughout the season as did our Men's 34 - 39 team. After the 8 league events our teams placed:

WOMEN

4km Senior Women: FIRST (Kim Magnet, Ruth Siebritz, Jess Will, Hayley Jackson, Sumanthra Moodley, Lauren Thorne, Lungi Makosi)

10km Senior Women: FIRST (Nancy Will, Inge Reissenzahn, Delyse Rist, Judith Davidse, Wendy Overett, Lee-ann Harris, Phillipa Cloete)

35 -39: FIRST (Wendy Overett, Mackie Williams, Michelle Bedwell, Melanie Fortune)

40-49: FIRST (Jackie Misroll, Maggie van der Westhuizen, Nicole Adams, Sumanthra Moodley, Edwina Bartes, Phillipa Cloete, Michelle Cupido, Helga Louw, Michelle Bedwell)

60 -69: FOURTH (Nancy Will, Marlene James, Desiree Scholtz, Rhoda Jones)

MEN

34-39: FIRST (Kanakana Mushanganyisi, Nigel Strydom, Sam Ngidiwe, Robert Faull, Alistair Chivell)

At the Western Province Championships Marlene and Nancy were first in their respective age groups. Nancy has been selected to represent W P at the S A Cross Country Championships in Middelburg on 12 September.

As the different races were staggered throughout the course of the afternoon athletes and family members were able to support and encourage each other along the course during participation and to socialize and get to know fellow club members. A relaxing family outing!! All enjoyed the snacks provided by the club and individual members throughout the season culminating with boerewors rolls at the championship event.

Thank you to ALL who assisted during the season - putting up the gazebo, lifting fellow athletes, supporting, encouraging, contributing to the snacks provided etc etc - a great team effort.

A special THANK YOU to Brian Thorn for transporting our gazebo, table and stools to and from all the venues.

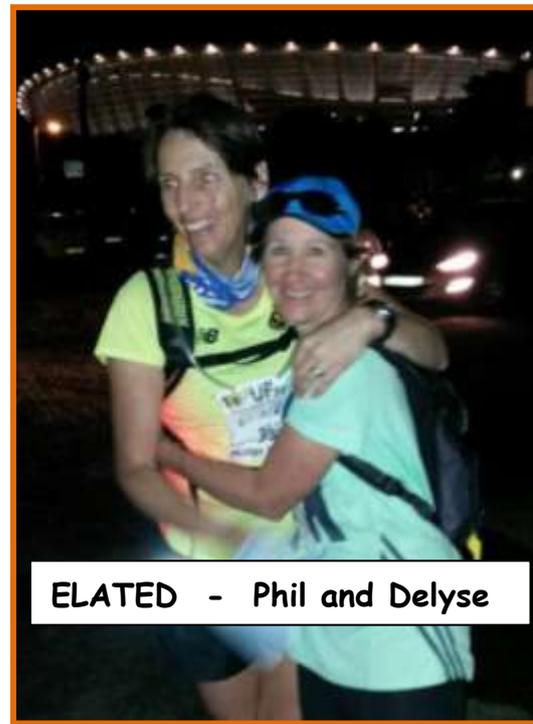
(On behalf of all the club's cross country runners and supporters in 2015, thank you Nancy, Tony, Brian and Jess for all the organization during the cross country season and for the crunchies and OBs)the editor)

The spirit of Cross Country





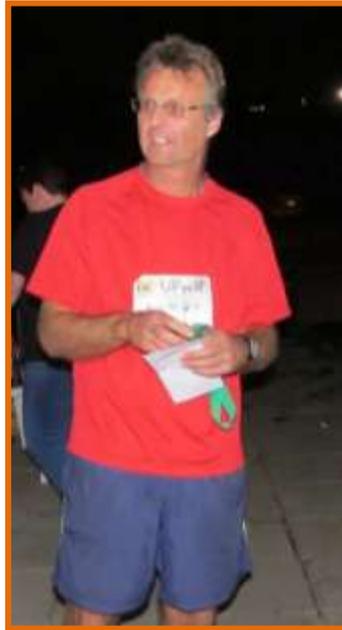
Damian at the finish



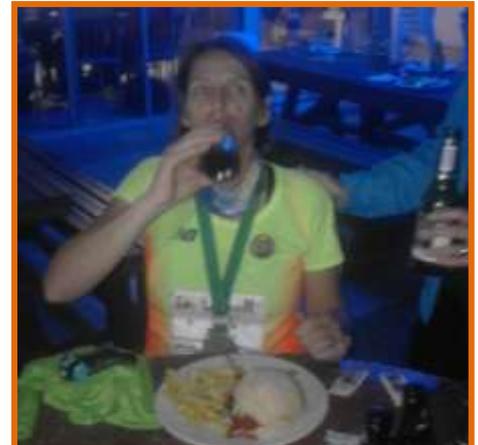
ELATED - Phil and Delyse



Later and looking better.



Where is George?



Look who is drinking a beer!!



Happiness is - Sean

PUFFERING and SUFFERING



Watch the speed limit
Simon and Tim



The Supporters



The "GOLDEN GIRLS"

So far this year both Nancy and Marlene have won the gold medal at the Western Province Cross Country Championships as well as the WP Half Marathon Champs in their respective age categories. Still to come is the WP Marathon and 10km Champs. So watch this space.

During 2015 Nancy has also set new international and local records in her age category and she is not done yet. More to come Nancy?



McKenna Scott 10km Road Race 2 August 2015



This year was the 11th

year that this run

started and finished on the Lower Oval.

To top it there was a record field of 1503 finishers in the 10km and 230 in the 5km Fun Run. This was the second year for Dion Stevens as race organiser and all went well. The Race Referee's Report was very favourable and complementary. It was decided to change the route from two laps of 5km to one 10km route. Comments on the new route were positive, there was a small hitch which will be fixed. The average time of the first ten finishers was 31.50 min in 2015 against 32.17min in 2014. This tells us the new course is faster. Western Province could pick this race for their 10km champs next year! The only downside is the breaking into cars while the run is in progress. This has happened at just about every road race held this year. Car guards and neighbourhood watch members patrol the car parks, yet they still manage to break into cars. The question has been asked and is still asked, what can be done?



Calvin Hammond

Calvin who is a junior member of the club has been a very busy young man of late. In June he was awarded the club's "Athlete of the Month" for his improved times particularly over 15km. In July he was in the Western Province Schools hockey team at the Interprovincial which WP won.

July/August saw Calvin heading over to Japan to take part in the World Scouts Jamboree. The jamboree was in Yamaguchi City which he found very hot. He also found the cultures over there very interesting.



BIRTHDAYS



September

- 02 Tamsin Carelse
- 05 Jean Jones
- 09 Vessela Hobson
- 11 Paul Rist
- 12 Randall Brown
- 13 Terence Carelse
- 14 David Jehring
- 16 Chris Schnehage
- 17 Ian Dinan
- 17 Sharleen Scott
- 18 Eugene De Kock
- 19 Alison Smith
- 21 Melany Du Plessis
- 24 Alvin Witten
- 24 Lily Joan Ithier
- 24 Martin James
- 25 Roger Braaf
- 25 Ruth Leverton
- 29 Michelle Cupido
- 30 Dominique Liebbrandt
- 30 Simon Hill

October

- 02 Cindy Maree
- 02 Nancy Will
- 06 Cheryl Davids
- 06 Michele Pienaar
- 07 Ebrahiem Hendriks
- 07 Alexander Zuhike
- 08 Nicholas Booysen
- 11 Maghdi Arnold
- 12 Liezel Arendse
- 16 Stephan De Kock
- 17 Qhama Cossie
- 18 Barbara Stevens
- 18 Melany Porter
- 23 Rhoda Jones
- 24 Frank Matose
- 25 Brenton Abrahams
- 25 Glenda Stevens
- 30 Dion Stevens
- 30 Mary Kelly

November

- 02 Peter Williams
- 02 Grant Stevenson
- 02 Ken Stuart
- 10 Philip Du Plooy
- 11 Bernard Adams
- 11 Kathryn Hallock
- 14 Melanie Dawes
- 14 Keith Solomon
- 15 David Isaacs
- 15 Katharina Gensicke
- 17 Shane Kiernan
- 23 Cheryl Faull
- 27 Betty Goble
- 28 Venon Murtz
- 29 Raymonde van der Scholtz
- 29 Averon Windvogel



SAVE THE DATE

SATURDAY 5TH DECEMBER 2015

PINELANDS ATHLETIC CLUB

YEAR END AWARDS EVENING

*AT THE
MOWBRAY GOLF CLUB*



We thank and support our sponsors



Come run with us