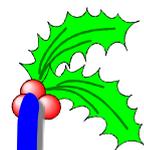




IN TOUCH



NEWSLETTER OF THE PINELANDS ATHLETIC CLUB

December 2016

The year is just about gone. Already plans for next year are filling up - Comrades, Two Oceans are many months away but full. Online entries for runs in May next year are open. What does this tell you, "time waits for no one."

What has happened around the club during the year? A huge membership of 355 which includes licensed runners, social, juniors, vice presidents and life members. This year there are over 80 new members. Club support at many runs has been huge - Two Oceans Ultra and the 21km saw 177 club members in action (57 = 56km 120 = 21km) The Comrades had 33 finishers (for next year there are 38 club entries). Early in the year the Peninsula 42km and 21km had 112 club finishers (59 - 42km; 53 - 21km). The John Korasie 30km saw 68 finishers. All this was a build up to the Cape Town Marathon where 110 club members finished. Many were first timers to marathon running. The training groups for the CT marathon were well supported and ably led by Dion Stevens and Andreas Gensicke. There's a large number of club members who have qualified for the long and short club road incentive this year.

The lease agreement with the City Council is progressing rapidly which should be in place early in the new year. The Council has indicated that they will look into the possibility of erecting lights for the finish of the time trial route around the cricket nets.

The club has applied for a liquor licence (as advised by the City Council) The application has been lodged with the Liquor Board which can take four to six months to finalise. Once the licence has been granted the club will have to introduce a few rules pertaining to the Liquor Act.

The 2017 road running fixtures have been finalized. A list of the club's long and short incentives will soon be published. Mark your 2017 calendars with:- Hohenort 15km - 14 January and McKenna Scott 10km - 30 July 2017. These are events organized by Pinelands Athletic Club, which means that you as a member can get involved with the organization. The club will not be organising the annual Cross Country Relay next year.

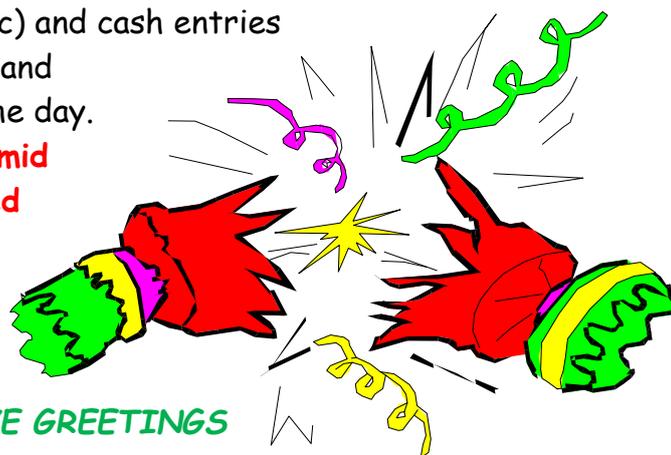
The first run of 2017 is the Bay to Bay 30km/15km on Sunday 8 January. Many club members usually support this event - please wear the correct club kit. No colourful t-shirts under the club vest. No different colour tights under the club shorts. (only black or navy blue). Entries for this event are open online (online close on 30 Dec) and cash entries at Sportsman's Warehouse - Rondebosch, Sea Point and Tygervalley on Saturday 7 January. No entries on the day.

NB. The 2017 licences will not be available until mid January. Therefore your 2016 licence can be used until 31 January 2017

Enjoy the festive season, rest well but not for long.

See YOU on the road !!

The Editor



FESTIVE GREETINGS



CHAIRMAN'S CHAT

So we come to the end of another successful year, we had our AGM and have a few new faces on the committee, welcome guys. I once again just want to say thank you to the committee members that stepped down, it was really a privilege and honour to have worked with you the past few years and your valuable contributions as committee members will be missed, to the new committee members, welcome on board and may it be a long and fruitful one.

We had our awards evening on the 3rd December and what a great evening it was, to our awards winners well done on your excellent performances throughout the year, your hard work and dedication paid off and to our social committee under the guidance of Cheryl Swanson, once again thank you for organising such a great event.

Our flagship race, the Hohenort 15km with our new sponsor on board Fry's and co-sponsors Brooks and Totalsports is taking place on Saturday 14th January 2015 and once again your assistance will be needed. I appeal to all our members to avail themselves and let's show the rest of the running community what a great event we can dish up, "BIGGER & BETTER" but we won't be able to do it without **all** the members support. C'mon guys let's pull together and do this for our sponsors and by making sure we will have their support again in 2018.

I wish all the members, social members and their families a Merry Christmas and prosperous New Year, you must enjoy a well deserve break with your love ones and friends.

Please be safe when out on the road driving and if you go out running, beware of your surroundings and be vigilant at all cost.

Yours in running.

Wendal

2017 Committee

At the club's 78th Annual General Meeting held on Thursday 24 November 2016. the following were elected to serve on the club's committee.

Club President - Kaare James (0724448082)

Chairman - Wendal Smith (0731774395)

Secretary - Ruth Leverton (0824171855)

Treasurer - George Reissenhazn (0832734967)

Additional Members

Nancy Will (0835558100)

Damian Will (021 5311067)

Brian Thorne (0833915489)

Cheryl Swanson (0842407745)

Andreas Gensicke (0714178022)

Renata Gensicke (0714178021)

Please note that the committee can co-opt club members onto the committee should additional assistance be required.

The 2016 Cross Country Season was once again well supported by members. There were a few first timers, who will be back next year. The average turnout over the eight league events was about 57.

Two new courses were introduced which went down well with the members. The Nantes Park course in Athlone and the Keurboom Park course in Rondebosch were challenging yet enjoyable. Although not much rain fell during the cross country season, the Keurboom Park event was muddy causing a few runners to lose their shoes! The Pinelands ladies in the various age groups did well during the year finishing in the top three in the leagues.

CROSS COUNTRY 2016

Nancy (Gold), Judith (Gold) and Marlene (Bronze) brought home the medals at the WP Cross Country Champs. Nancy and Judith represented Western Province at the SA Cross Country Champs where Nancy came home with a silver medal in her age category.

Thank you to Nancy, Tony and Brian Thorn for their organisation during the season. After many years of organising a cross country event, the club will not be organising the annual Cross Country Relay (8 April) which will now be held at Nantes Park in Athlone.

The first full cross country league event is on Saturday 13 May 2017 at CPUT in Bellville.

CROSS COUNTRY FIXTURES FOR 2017

Sat.	8 April	3 x 5 Relay	- Nantes Park - Athlone
Sat.	13 May	1st League	- CPUT Bellville
Sat.	20 May	2 nd League	- Atlantis
Sat.	27 May	3 rd League	- Bottelary
Sun.	11 June	4 th League	- Youngsfield
Sat.	17 June	5 th League	- Koeberg (Eskom)
Sat.	24 June	6 th League	- Pollsmoor
Sat.	1 July	Winter CC Relay	- TBA
Sat.	29 July	7 th League	- Nantes Park (Athlone)
Sun.	6 Aug.	8 th League	- Elfindale
Sat.	12 Aug.	WPCC Championships	- CPUT Bellville
Sat.	9 Sept.	SA CC Championships	- TBA





By Alison Smith

They say that around a significant birthday, like those that end with a zero, you should celebrate by running a significant marathon. Actually, I don't know anyone who says that, but it seemed like a good idea to me! If you had told me 5 years ago that I would be picking holiday destinations based on when the local marathon was run, I would have wondered what you were smoking! It seemed that the best way to do this was to disguise the marathon inside a package holiday and then find a running buddy crazy enough to join me. I am blessed to know many such people. Being the middle of winter in South Africa it seemed like a good idea to go some place warm. As most of my running buddies are teachers we had to find a marathon that coincided with school holidays. So, with rather large parameters of "school holidays" and "some place warm" I searched the Internet and Mauritius seemed like a fantastic option! 42.195 km along a coastal road, through small fishing villages ending on a white, sandy beach alongside the Indian Ocean – how could that not be fun!

When I spoke to my mom about this proposed trip, she wanted to join us, though without the marathon part! I thought that I would be able to convince her to at least walk the 10km, but it seems that her stubbornness is stronger than my negotiating skills.

Mauritius is a fascinating place. The island is only 65km long (that's shorter than the Comrades route) and 45km wide. It has an Africa feel to it in its relaxed state and definite lack of health and safety laws, but seems to lack an identity of its own. It has many cultural influences, all of which show up in various places, but no one seems to stand out and no unique Mauritian blend seems to have emerged, or perhaps I just didn't stay long enough to find out. Mauritius was the only known home of the dodo, which was eaten to extinction by the Dutch. Although the dodo has been extinct since 1662, this bird is still the national animal of Mauritius. 90% of the island is covered in sugarcane, which is used to produce sugar, rum and fuel. The entire island is surrounded by a coral reef, which makes for some spectacular snorkelling – I truly felt like I was swimming in the middle of an aquarium! They only told me afterwards that there are also stonefish who all this reef home and that is why one should not put their feet down while snorkelling – after two snorkelling trips no one had told me this! The reefs are extremely shallow and the current is strong, which can make for some nasty coral cuts, which is not ideal pre marathon running!

Race registration was the day before the race at a hotel about 200m down the beach from where we were staying. The race start was about 8km from this hotel, so they had shuttle busses to take us to the start. Naturally one of the questions that I had was what time the shuttle busses would leave, no one seemed to know – it was all VERY relaxed and they could have done with some of the PAC race organizers there! They had a race briefing later that evening, so we thought it would be a good idea to attend that. Unfortunately that did not give us much more information! There was a lot said in French and a few bits translated into English, so we kind of hoped for the best!

On race morning we arrived early, as we were still not 100% sure what time the shuttles would leave! On arriving at the start everyone just put their tog bags down under a tent and this seemed to become the "official" tog bag area. With minutes before the official start time we all moved to the road where there was a line with "DEPART" painted on the road. I am pretty sure that I have been on club runs with more people than were standing on this start line, but with 28 different nationalities entered into the 3 races (and very few locals) it had a very international feel, even with so few people. The first 4 km were marked at every km, but after that it seemed to be only every 5km that were actually marked. We ran 4km out, turned around and ran back, so after 8km we were back at the start area. We then continued along the coastal road, through small fishing villages, where the stray dogs seemed to outnumber the people. Road running does not seem to be big in Mauritius, there were a few kids who cheered us on (well, I assume that's what they were doing, my Creole is not good), but most people just seemed confused as to why foreigners seemed to be running through their town with some sort of purpose.

At the 25km mark we turned around and ran back on the same road, which made the second half seem slightly shorter than the first. It was nice to be able to see the front-runners coming back and we were able to cheer on the South Africans, most of whom were wearing either their club colours or South African flag gear. The water tables were only every 5km and were stocked with water, Coke, bananas, raisins and bowls of sugar and

salt. With so few runners they seemed pleased each time someone arrived at their table. The water and Coke were in cups, so the easiest way to enjoy a drink was to stop at the table, which was fine with me!

When Bruce Fordyce said: “It’s better to arrive at the start line overweight and undertrained than underweight and over-trained”, this either applies only to Comrades or I had taken it to the extreme!

A weeklong holiday, which consisted mostly of eating delicious 3 course meals, 3 times a day (we somehow got upgraded from half board to full board) certainly adds up! My marathon prep had basically been reading a book about running, so not the best prep, but it was so worth it! The race ended alongside a beautiful beach where we could soak our weary feet in the warm seawater after a long run. All marathon finishers received a gold medal; the ribbon was in the colours of the Mauritian flag. We were given sandwiches and rice, served at tables that looked set for a wedding reception!

All in all, a fantastic experience and I truly think that the best way to experience a new place is to run it! I would highly recommend this marathon to all my running friends and to those who don’t run yet . . . start, you will never regret it!

The Mauritius Marathon is on 16 July 2017



Alison and Judith with Sega Dancers

The finish - Saint-Felix Beach





WANNAWALK K?



Who is or what is Wannawalk? It is a group of retired club members (and their friends) who on average walk once a week somewhere in the Cape Peninsula.

The walks, usually on a Wednesday last for about 2 and a half hours to three hours. Most walks are easy, now and again there may be some stony paths to negotiate. Areas walked so far are, Tafelberg Road on Table Mountain, Signal Hill, Lion's Head, Milnerton Beach to Big Bay, the Constantia Green

Belt, Kalk Bay Harbour to Muizenberg and back, Hout Bay Beach, Kommetjie Beach, exploring the old Platteklip Wash House in Oranjezicht, the Sea Point Promenade, the Pipe Track above Camps Bay, Newlands Forest, Constantia Nek following part of the Centurian route.

The toughest route yet was from Silvermine to the mast on Constantia Berg via Elephant's Eye. It was the hottest day of the year - 30 December.

Getting as far as the Eye it was decided not to go to the mast. The cool water of the Silvermine dam was most welcome.

Wannawalk was the brainchild of Pierre Cloete who can no longer enjoy running on the road. Walking, however he manages well. Both Pierre and Tony Will enjoy their regular weekly walks, anyone is welcome to join the Wannawalk group. Give Pierre a call (0826543702) and he will add your name to the Wannawalk Whatsapp



CONSTANTIA GREEN BELT



SILVERMINE DAM



SILVERMINE - MUIZENBERG SIDE

ANNUAL AWARDS 2016

Female athlete of the year

NANCY WILL

Runners - Up

**Marlene James
Melany Porter**



Male athlete of the year

DAMIAN WILL

Runners - Up

**Kanakana
Heimie Misroll**

Tim Low Floating Trophy: Most Improved Runner: **LUSANDA NGONONO:**

Novice of the year: **UNATHI SOLORA:** Most Spirited runner: **TIM SIEBRITZ**

Kevin Mulder Floating Trophy: Junior Runner of the year: **SIMON SHORT**

Kevin Mulder Floating Trophy: Most Improved Junior runner: **SHANE MOODLEY**

Trail Runners of the year: Male - **DAMIAN WILL:** Female - **MELANY PORTER**

Ann McKenzie Floating Trophy: Most Improved Cross Country Runner: **DELYSE RIST**

Back of the pack Award: **BRIAN THORNE**

Ken Macdonnell Floating Trophy: Service Award: **ANDREAS GENSICKE**

Cross Country Runners of the year: Male - **DAMIAN WILL;** Female **JUDITH DAVIDSE**

Runners - Up Male- **HEIMIE MISROLL & CHRIS SCHNEHAGE**

Runners - Up Female - **NANCY WILL & MARLENE JAMES**

Most Spirited Cross Country Runners: **HAYLEY JACKSON & LAUREN THORNE**

Adam and Eve Competition (Highest Mileage in the year)

ADAM = DAMIAN WILL

EVE = LEE-ANN HARRIS

Regular Podium Finishers in the year (5 or more)

NANCY WILL - MARLENE JAMES - RUTH LEVERTON - JACKY MISROLL

KAARE JAMES - DAMIAN WILL - MELANY PORTER





HAPPY BIRTHDAY



January

- 03 Brenda Stevenson
- 04 Jameel Ahmed
- 07 Shagita Gounden
- 08 Jean Erasmus
- 09 Brian Thorne
- 09 Jason Hudson
- 10 Beverley Tucker
- 10 Zola Mbulawa
- 12 Dave Couperthwaite
- 12 Gregory Smith
- 14 Beth MacGregor
- 14 Edwina Bartes
- 14 Elizabeth Bax
- 15 Genevieve Lentz
- 18 Barrie Porter
- 18 Michelle Crockett
- 20 Andrew Lang
- 21 Lesley-ann Smith
- 21 Dominic Sides
- 21 Lara Muller
- 24 Greg Short
- 25 Danie Visser
- 26 Bertram Jacobs
- 29 Marlene James
- 29 Matthew Newey
- 30 Bruce Pope

February

- 01 Lee-Ann Harris
- 02 Felix Agoha
- 03 Tyrone Scamaton
- 04 Mervyn Franciscus
- 05 David Craig
- 06 Sharon James
- 07 Colette Tennison
- 07 Enock Gijimani
- 08 Derek Reissenzahn
- 08 Lionel Abrahams
- 09 Felicity Ohlson
- 10 Chris Erlangsen
- 11 Khutso Ngoasheng
- 13 Jess Will
- 13 Linda McDonald
- 14 Mark Fester
- 15 Linda Coetzee
- 15 Wendal Smith
- 15 Wendy Overett
- 17 Carmen Holtzman
- 17 Phillip James
- 18 Borg Stannius
- 18 Themba Mathaba
- 23 Amy Vicars
- 23 Henry Du Plessis
- 25 Athol Hudson
- 26 Tlou Masehela
- 27 Denis Jefferies
- 27 Kerri Lea
- 27 Peter Crockett
- 27 Sithandiwe Sekesseke
- 28 Clinton van Reenen
- 28 Michael Law
- 28 Michelle Tickner

March

- 01 Nina Carr
- 01 Johanneke Johnson
- 02 Nigel Daniels
- 03 Anthony Newfeld
- 03 Mark Siebritz
- 04 Delene Waller
- 04 Richard Majiet
- 06 Lynnae Endersby
- 06 Sihle Stephan
- 07 Alistair Chivell
- 07 Karin Wilson
- 09 Kirsten Amsterdam
- 10 Ray Harris
- 11 Sandra Swartz
- 11 Shamiel Mathews
- 12 Barbara Kingsley
- 13 Kenny Williams
- 16 Timothy Siebritz
- 16 Catherine Duncan
- 17 Calvin Hammond
- 17 Chaldene Misroll
- 17 Chris Mackrill
- 18 Lauren Badenhorst
- 22 Jocelyn Jefferies
- 24 Damiaan Will
- 24 Sandiswa Mbewana
- 26 Karen Low
- 27 Tayana Raper
- 28 Ashraf Hendricks
- 29 Astrid Ruiters
- 29 Ravid Goldstein



COME RUN WITH US !



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