



# IN TOUCH

NEWSLETTER OF THE PINELANDS ATHLETIC CLUB

Jan/Feb/Mar 2017

Three months into the year and so much has happened around the club. Firstly **WELCOME** to all the new members. At the time of going to press there are 55 new members. At present the total membership of the club stands at 311 which includes 8 juniors and 2 social members. And it will not stop there.

The introduction of the novices "Couch to 10km" program has taken off very well and will bring more new members to the club. This program, the brainchild of Dion Stevens started on 9 January when about 90 people turned up to test their belief that they can do 10km within a few months. The target date is Sunday 9 April for the Central Athletics 10km road run in Newlands. So far it is going very well, the numbers have dropped a bit but the support and spirit is there. The "Couch to 10km" squad is in action every Monday, Wednesday and Thursday. It started with stretching exercises, walking around the Oval, jogging around the Oval and are now on the road, doing various distances building up to 10km.



The "Couch to 10km" squad receiving instructions.

Dion Stevens giving the instructions





## CHAIRMAN'S CHAT

Welcome to all our members, hope you going to have a great 2017 and achieve all your goals that you have set for yourself.

We have once again a very special year ahead of us; the club will be celebrating its 80<sup>th</sup> Anniversary. We have a few things in the pipeline which will be revealed shortly as a subcommittee has been formed to deal with the celebratory proceedings.

As usual the races taking centre stage this time of the year are the Two Oceans Ultra and Half Marathon taking place over the Easter weekend, if you are running in any of the distances; hope your preparations are going according to plan and that you stay injury free in the last two weeks. The club gazebo will be erected at the finish so please pop around and share your experience on the day with fellow club members, there will be refreshments available for each and everyone to enjoy.

The couch to 10 Km program that was kick started in January was a huge success, with over 60 novices joining in, some of them have already joined the club and I'm sure there is more to follow. To Dion Stevens and all the other club members that assisted him, a big thank you for driving the initiative.

Remember to continue supporting the "RUN CLEAN" campaign at races and "not to litter", please make use of the bins provided at water stations or on the route and if there are no bins, carry your sachets with you till the next water station.

Our social committee are once again planning a few functions for the year and we already had our first event which was a Bingo Evening, where so much fun was had by all that were present, if you weren't there, you definitely missed out. Please be on the lookout in the weekly diary for our next event and I appeal to members to please support.

To all our members and families, please wear light colours so that you can be visible to motorist and fellow runners, whether you are running in the mornings or evenings.

Just a safety tip, don't run alone, safety in numbers are better as to avoid becoming a victim to attackers and robbers, please be safe and vigilant at all times.

See you on the road.

Cheers  
Wendal



## Hohenort 15k - 2017

This is the club's flagship run, which went off well, although a few last minute hitches called for quick rearrangements. In the end it all worked out and a number of compliments were received from various quarters, plus there were enough socks and calendars. The total number of finishers this year was 2389 which is slightly down from last year. Thanks to the race convener, Jerome Merton and all who assisted in one way or another.

At the "helpers run" on the Wednesday before Hohenort, there were 47 club members and a few visitors. Thanks to Pierre and Tony for their support.



## CLUB SUPPORT

Club support at most of the runs so far this year has been great. Kloof Nek 21k = 77, Constantia Village 15k = 95, Century City 10k = 90, Old Mutual 10k = 72, Lion of Africa 21k = 73. There were 118 in the Peninsula 42k +

21K. At the TygerRun 21k there were 68. As can be seen, the runs with the big turnouts are Club Incentive Runs. In most of these runs a "Pinelands Bus" can be seen. Not only one bus, there are a few at times. The "Edu-Bus" for example. Anyone is welcome to join the busses. By joining in with a bus, you will find it helps to motivate and keeps you going. Our roaming photographer (Tony Will) is at most times somewhere on the route (he pops up without you seeing him) to capture the moment.

There are still a few members who are guilty of not wearing the correct club colours. Shorts and tights are the problem.

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## On the Social Scene

Social events in the club still to come are:

- 13 April – Two Oceans Pasta Evening
- 20 April – Braai Nite "Welcome New Members"
- 9 July – Booze Run in Pinelands – starts and ends at the Club
- 8 Sept. – "Cowboy Evening" ( the Club)
- 22 Oct. Family Bring & Braai (the Club)
- 2 Dec. – Annual Awards Evening – Cattle Baron Pinelands

Details will be made known closer to the events





## CROSS COUNTRY 2017

Nancy Will is in charge of cross country matters in the club this year. Any ideas and offers to assist please call her (0835558100)

The Cross Country seasons kicks off on 29 April with the relay, which will take place in Athlone at Nantes Park. This year the club hopes to enter a few teams.

The Cross Country League starts on Sat 13 May at CPUT - Bellville

League 2 is on Sat 20 May in Atlantis

League 3 is on Sat 27 May at Bottelary (Kaapzicht Winery)

League 4 is on Sun 11 June at Youngsfield

League 5 is on Sat 17 June at Koeberg Nature Reserve

League 6 is on Sat 24 June at Pollsmoor

League 7 is on 29 July at Nantes Park - Athlone

League 8 is on Sun 6 August at Elfindale

WP Champs Sat 12 August at CPUT - Bellville

SA Champs Sat 9 Sept. in Potchefstroom



# 80 YEARS

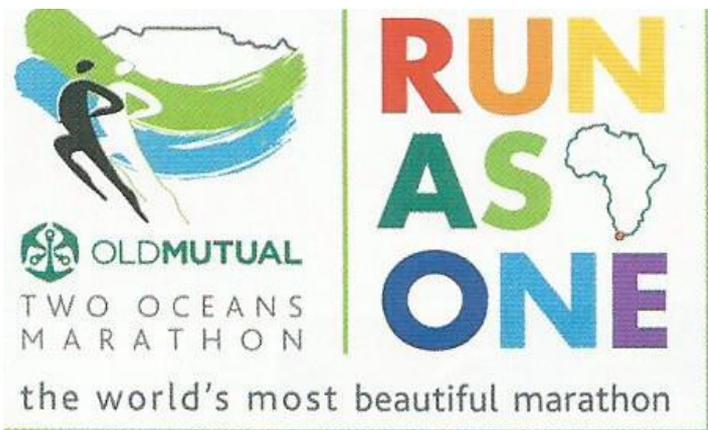
In August this year the club will celebrate it's 80<sup>th</sup> anniversary.

An organizing committee consisting of: Kaare James, Marlene James, Jonathan Miller, Lee-ann Harris and Melanie Du Plessis (assisted by Carmen Holtzman and Judith Davidse) will be arranging the following:

- Design a special logo
- Design a special t-shirt (which will go on sale to members)
- Cocktail evening for invited guests on Wed. 23 August
- 80 x 1km relay on the top and lower ovals - 10h00 to 17h30 – Sat 26 August  
Eats, drinks, music, bring and braai will be on the go.

Details to follow.





The build - up to this year's Two Oceans Marathon is just about over. All that is left to do is run and enjoy.

This year there are 67 club members doing the 56km, of them 19 are ladies and 20 novices.

This year's event is a highlight for Linda Coetzee and Nyaweleni Tshifularo who will be doing their tenth trip. The evergreens will

also be there, Kenny Williams and Sidney Cleophas both with over 30 trips. This year it will be 35 for Kenny and 31 for Sidney.

Good luck to you all.

Then there is the Two Oceans Half Marathon. The question has been asked, what is so great about this half marathon? There are plenty others which are nicer and more scenic than this one. Well, that is true, but it is part of the Two Oceans weekend, with all the hype and excitement by doing the half (if you can't do 56km) you are part of the scene. Why are 16000 doing the half! In the half marathon there are 130 club members taking part of which 19 will be their first Two Oceans Half. The following will be doing their tenth TO Half thereby getting a permanent light blue number:

Delene Waller, Matthew Newey, Mike Le Sueur, Khuthala Mbomvu, Michael Hall, Michael Duncan, Carmen Holtzman and Murray Liebbrandt. Good luck to you all.

This year the whole finish area at UCT has changed. The club has secured a site on the cement stands adjacent to the rugby field on the Wynberg side. It is site no.33.

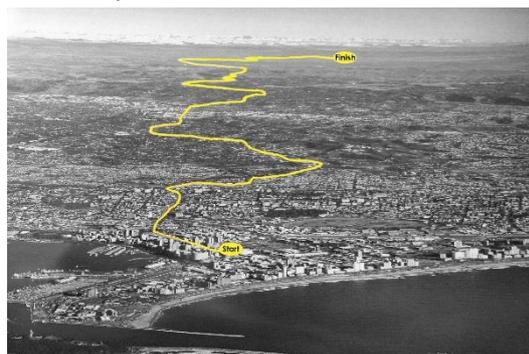
Please come to the site after your run and tell us all about your run.



This year the Comrades Marathon (Sunday 4 June) is an up run. There are 40 club members entered of which 12 are ladies. This year it will be number 35 for Kenny Williams and 25 for Sidney Cleophas.

No permanent number contenders but maybe silver medals?

**The way to Pietermaritzburg**





# HAPPY BIRTHDAY



## April

03 Hayley Smith  
04 Carlyn Fester  
04 Theodore Galetta  
05 Tamsanqa Matose  
06 Sumanthra Moodley  
09 Shane Howe  
10 Heather Hill  
10 John Dawes  
10 Patrica Swart  
10 Renee Fourie  
12 Graeme Lakay  
12 Steve Finegan  
12 Felicia Abrahams  
12 Tony Will  
13 Alan Thomas  
13 Judith Davidse  
15 Michael Adams  
16 Renda Tshifularo  
17 Clive Ulrich  
17 Lukhanyo Kweyama  
18 Murray Leibbrandt  
21 Jacques Verster  
23 Michelle McDiarmid  
26 Brian Farrell  
26 Malcolm Rhodes  
26 Nathan van Sittert  
26 Patrick Swanson  
27 Hajjera Jinoo  
28 Delyse Rist  
28 Unathi Solora  
29 Moegamat Jinoo  
29 Richard Webb

## May

01 Bernice Down  
01 Charmiane Kruger  
04 Peter Arendse  
04 Travis Craig  
05 Yolanda Shepherd  
09 Linda Zenzile  
09 Marc Wormald  
09 Mervin Schnehage  
09 Trevor Winter  
11 Mariesa Nock  
11 Meriesa Noek  
12 Geraldine Newey  
12 Joe Vergotine  
12 Nicole Rhoda  
13 Graham Swartz  
13 Tim Harris  
14 Melanie Howe  
14 Clint Readhead  
16 Calvin Leen  
18 Anita Scott  
23 David Hofmeyr  
25 Manfred Geutner  
27 Lauren Thorne  
30 Lindsay Dawes  
31 Alain Rogers  
31 Andrew Redfern  
31 Charles Parry  
31 Kyla Leen  
31 Queen Gumede

## June

01 Maitele Tshifularo  
02 Michaella Billett  
10 Melanie Fortune  
11 Bulelani Mayekiso  
11 Sean Harris  
11 Sean McDiarmid  
11 Yamkela Dwakaza  
12 Ethne Stevens  
12 Hayley Jackson  
12 Pinky Kama  
12 Stuart Reid  
13 Brian Samuels  
13 Ilze van Rensburg  
16 Andre Tromp  
18 Deidre Vrede  
18 Khaleed Kamedien  
18 Simon Short  
20 Dion Johnson  
20 Michael Mortley  
20 Shu-Aib Loubasher  
22 Robert Faull  
22 Roy Mac Gregor  
23 Kingsley Webb  
23 Marvin Bester  
25 David Scheppening  
25 Helen Turkstra  
27 Pierre-Andre Rabie  
29 Neville Sharpley

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PINELANDS ATHLETIC CLUB :

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[www.pinelandsathleticclub.co.za](http://www.pinelandsathleticclub.co.za) / <https://www.facebook.com/PinelandsAC/>

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