



IN TOUCH

NEWSLETTER OF THE PINELANDS ATHLETIC CLUB



The club was founded in August 1937 - 2017 is the club's 80th Anniversary. To celebrate the occasion, a special t-shirt was designed, a cocktail party for invited guests, past chairmen and presidents was arranged. A relay of 80 x 1km took place on Saturday 26 August for club members. The following morning at a 10km road race over 50 club members took part wearing the special t-shirt and running together in a huge "Pinelands Bus" with a finishing time of 80 minutes.



At the Cocktail evening l-r Justin Moloney (ex-chairman) Grant Stephenson (long standing member) Wendal Smith (club chairman) Betty Goble (life member) Esme Sinden (life member) Kaare James (president) Geoff Patrick (ex- chairman and ex- president) Borg Stannius (life member)



The "Pinelands Bus" finishing the 10km

Chairman's Chat

So much has happened the past few months, so let's begin where we left off in March.

Let me say congratulations to each and all who completed the Two Oceans Half & Ultra Marathons as well as the Comrades Marathon, you guys all rock.

Thank you to our Social Committee for organising the "Family Potjiekos Day" in May and the "Sop en Soete's" in July, both events were well supported.

Thank you to Dion Stevens our race organiser for the McKenna & Scott 10km race and his team of helpers for a job well done. Positive comments and feedback were received all round, even a letter from the traffic department was the cherry on top, congratulating us on excellent marshalling.

We could not have achieved this without the assistance of our members, to you I once again want to say thank you very much and to those that couldn't assist due to other commitments, there is always next year and looking forward to have you on board. We had another record field of 2001 runners (last year 1502) in the 10km run and with the inclusion of the league walk an additional 103 can be added to the total. We also had ±300 in the Fun Run and once again thank you to Lee-ann & Sean Harris for organising the Fun Run event.

The X-country was again a huge success and we have 66 members who qualified for the 2017 Incentive. Thank you to Nancy Will for organising the treats and Damian for taking over at the end when Nancy was away. To Brian Thorne, thank you very much for taking the gazebo to all the events.

Well done to all our Puffer finishers, five set out on their respective journeys with one goal in mind to complete the 80km over the mountain and that's exactly what they accomplished. Congratulations to Melany Porter with an overall Ladies Second place finish and also to Phillipa Cloete on receiving her permanent number. Thank you to Chris Schnehage for organising the water table and to everyone that assisted him on the morning.

Our 80th Anniversary celebrations took place in August in the form of a cocktail evening, a 80km relay and then a 80min "bus" at the Khayelitsha 10km race that rounded off the proceedings.

Thank you to everyone who came out and supported these events.

Once again thank you the 80th Anniversary committee who organised these events:- Kaare James, Melany Du Plessis, Lee-ann Harris, Marlene James and Jonathan Miller.

Well done to Emma Brassington for initiating a shoe collection drive as a school project, she managed to collect 50 pairs of shoes, which were handed over on the 2 September to the Race Walking Commission for the development athletes at Youngsfield after the Race Walking Grand Prix. Thank you to all the members who supported her initiative by bringing their old shoes to the club, she was very grateful and overwhelmed with the response from her fellow club mates. The Race Walking Commission was very grateful for the shoe donation and being part of the hand-over made me feel extra proud as it was Pinelands Athletic Club driven. As the project proved to be so successful we would like to continue with the initiative and appeal to our members to continue bringing their old shoes to the club so we can help or assist more development athletes in this way in the future.

To everyone participating in the Cape Town Marathon, whether it's in the 10km or the Marathon, good luck and to the novices in marathon, enjoy the journey. The gazebo will be there so please come around and share your stories after the run.

To Jess & Damian Will, thank you for always organising the treats for the runners after the various races, it is much appreciated and by saying that there will be some treats after the Cape Town Marathon on Sunday.

Last but not least, please be on the look-out for future correspondence regarding the Club's AGM in November and our Annual Awards Evening taking place on the 2nd December.

Thank you and please be safe on the road.

Wendal

CROSS COUNTRY 2017

The season is over and once again club support has been great. There were a few first timers who enjoyed the new adventure and will be back next year. There was one new venue, that being at the Kaapzicht Winery in Stellenbosch. The weather was on the hot side at most of the venues except for the last part of the season with cold winds and rain. (which is ideal cross country weather) Overall, the team performances were good - well done to the Men 60+ team on winning their section in the league. There was one medal at the WP Championships that being gold to Manfred Geutner in the Men 75+ section. Unfortunately no Pinelands representatives in the WP team to the SA Champs this year.

A huge thanks to Nancy (before going overseas) Damian and Jess for the organization. Thanks to the evergreen Brian Thorne who made sure the club tent was at the venues.



COMRADES 2018



"Asijiki" - No turning back

Next year Comrades is on 10 June and is a "down run"
Entries are now open and will be capped at 20000. So it is time to commit yourself.
Early bird entries are R460.00 until 30 September 2017, thereafter it is R500.00
If you have finished 25 or more Comrades - entry is free.



1000km Challenge By Lee-ann Harris



1000km Challenge is about the pleasure of running/walking as many races as you can to attain a set goal. It is not a competition between athletes. It is a personal journey.

Each year they support a different charity and R10 of each entry goes towards the charity. This year (the 28th Challenge) the charity is the National Sea Rescue Institute. To enter, you have a choice between R420 which includes a t-shirt or R220 excluding the t-shirt.

The Challenge is for Walkers and Runners. The incentives for the Runners are:

Bronze Medal – 1000km

Silver Medal – 1609 km (1000 miles)

Gold Medal – 2414 km (1500 miles)

Platinum athletes – 5023 km – Sum of bronze (1000 km), silver (1609 km) & gold (2414 km) will get one Gold, one Silver & one Bronze Medal. There are also Regional and National Awards

I joined the Challenge three years ago and have earned 2 bronze medals and 1 silver. I received my permanent number this year as I have now completed 3 Challenges.

In the 2014-2015 Challenge I completed 1171.7 km

In the 2015-2016 Challenge I completed 1182.70 km

In the 2016-2017 Challenge I completed 1774.80 and thus getting my first Silver medal.

My total Lifetime distance on Challenge stands on 4493 km (August 2017).

What I enjoy most about Challenge is the people. It has been wonderful meeting like-minded people who share my passion for running. The circuit races are fun as most of us walk and talk, catch up and share stories of what we have done. I always enjoy listening to Challenge members who have travelled the country to run. It is humbling to hear stories of members who do between 3000-5000km in a year, what events they have done, where they have been, the struggles they had, the people they met, etc.

Here in the Cape I have taken part in two Circuit races. Orak is a 12 hour race on a 1km grass track. It is held in Vredendal in July every year. Always good fun and you can do a minimum of 30km to get a bronze medal, 60km for a silver and 80km for a gold. The second circuit race is also a 12 hour/1km loop held at the Melkbos Athletic Club. This event is taking place on the 28 October this year and I challenge you all to come give it a try. You do not have to do all 12 hours.

This year (2017-2018) I aim to achieve another Silver medal. But my ultimate goal is to do the 6-day circuit race in Pietermaritzburg and perhaps get a gold medal that year. A bucket-list item for sure.

The rules are very simple. The aim is to run 1000 km in road races sanctioned by a international, national or provincial road running association from the day after Comrades to next Comrades, but Comrades is not compulsory. www.parkrun.co.za 5km events are acknowledged.

Entering is easy. You create a log-in on the website, pay your annual fees and start logging your kilometers. It's all done on the website and it is exciting to see the kilometers increase week by week.

Terry Fox

"the Marathon of Hope"

Terry Fox was diagnosed with bone cancer at age 18. In 1977 his right leg was amputated just above the knee.

While in hospital he was overcome by the suffering of other cancer patients, many young children. He decided to run across Canada to raise money for cancer research.

He called this journey "the Marathon of Hope"

He started his run in April 1980 from the Canadian province of Newfoundland. He prepared for this by running 5000 kms in 18 months first. Then he set out in April 1980 doing 42km a day.

The support was slow at first but public enthusiasm soon grew and the money collected en route mounted up.

In September after 143 days and 5373 miles he was forced to stop. The cancer had spread to his lungs. The nation was stunned and saddened.

Terry Fox passed away on 28 January 1981 at age 22



Marlene and Kaare James at the Terry Fox memorial in Victoria
British Columbia - Canada



ANDREW REDFERN

First Pinelands runner home in the Two Oceans Ultra (4hr27.13) and Comrades (8hr 42.41) this year.

Well done to a Super Star!



The Mauritius Marathon is on 15 July 2018. Interested?
e-mail info@africantouchtours.com for prices on a package deal.

Penthouse Travel have package deals for many International Marathons .
Very popular are: Prague (6 May); Paris (8 April) and London (22 April) all 2018
For Paris and London you would need to book asap.



Stephen Cloete joined the "Couch to 10km" squad in January this year weighing in at 135kgs. After weeks of training on the road Stephen reached his goal, - that 10km run in April. Now at 117kgs he is increasing his distances and is enjoying the experience. Will he have a maiden marathon under his belt?



Stephen at 135kg



Stephen at 117kg



PHIL CROWSON



Two years after our first international marathon in Venice, Gideon (my long-time running partner) and I decided it was time to try our luck once again in Europe. With a birthday and a Silver Wedding anniversary to celebrate we needed no further excuse and all that remained was to choose a suitable event. Prague seemed to have it all - history, culture and plenty of world renowned beer.

Registration was at the 'Running Mall', a temporary event housed in a rather grand exhibition hall a short tram-ride from the city centre. There was quite a good range of goods on display and I even broke my own first rule of running and bought some energy boosting gels for race day (I had been unable to get my usual brand before leaving home!). We were able to choose our commemorative t-shirts from a variety of colours and styles and we also received a very nice branded rain jacket.

One of the good things about running in Europe is that they don't have to worry about running in the heat of the day. The marathon only started at 9:00 and with free public transport for the day there was no hectic rush to get to the starting line. Instead, we had plenty of time to drop our bags in Wenceslas Square (named after the Good King of Bohemia) and take the short walk to our seeding pen. The actual starting line was in **Old Town Square** but because of the number of (approximately 11,000) the starting pens snaked back into the narrow roads surrounding the square. We saw a number of other South African runners both at the start and along the route, including a few from Cape Town.



Another difference was that the seeding discipline was far better than we have experienced at home. There were no barriers to prevent runners entering a higher seeded pen. The runners just didn't seem to do it. Everybody had a starting position and that was that. It never occurred to them to try and sneak into a faster group.

For the first time that I can remember we couldn't actually hear the starting gun (or the chimes of the Astronomical Clock), and it was a good nine minutes before we started to move! After a leisurely start, enforced by the narrow streets around the Square, we crossed the Vltava river for the first time and were soon crossing back again over the iconic Charles Bridge. For the first four kilometres the race wound through the delightful Old Town before taking an eight kilometre loop along the river to the east of the city centre. This highlighted some of the more modern areas of Prague before cutting through the centre again and off

on a tour of some of the less glamorous parts of the city. It's reassuring to know that all cities have the typical residential and industrial areas that we see at home.

Unfortunately, this section also included two long out-and-back loops, one on either side of the Vltava, where you pass runners going in the opposite direction.

Always a bit of a downer when the faster runners are coming towards you and looking fresh and strong - but you also get a boost when you reach the turning point and realise you may not be as far back as you feared!

Crowd support in the middle section of the race was a bit patchy and in the 23rd km we started to suspect that our lack of training might catch up with us. But at 32 km we were back in the city centre criss-crossing the river again before repeating the eight km loop that we had run earlier in the day. I'm always in two minds as to which of point-to-point, one lap or multiple laps offers the best racing option. Prague is a mixture of the latter two and I would have to say it was pretty good on the day. On the final loop we had a good idea of the run-in and were able to pace ourselves accordingly. After the mid-race slump (haven't we all been there?) we actually finished pretty strongly, and after 42.2 km the race ultimately ended, amidst massed, cheering crowds, back in Old Town Square. Gun to gun we came home in a fraction under 5:15. Not our fastest time but you shouldn't expect a PB in this type of event. We had been warned to expect a lot of running on cobbles, but that was limited to parts of the Old Town including the start and finish. And if you could avoid the tram lines it was a

pretty good running surface. The course was runner-friendly and the numbers were not overwhelming. The weather played its part and we were pleased to see a number of SA flags being waved at various points.

We were each given a space blanket as we crossed the line. It wasn't really required on the day but it's a nice touch and something they should consider doing at home in the winter. As the finish was in Old Town Square we didn't have to look far to find a pavement café for a celebratory drink. And there was no shortage of Czech dark pilsner to quench our thirsts.

So where to next? We'd love to do one of the BIG city marathons at some point, but these second tier events certainly have their charm.



Nicholas



Melany



Sean



Jono



Phillipa



80th Anniversary



Emma Brassington's shoe collection

GIRLS & BOYS TOWN APPEAL

Established in 1958, Girls & Boys Town is a dynamic non-profit, developmental organisation that focuses on strengthening young children, families and communities in difficulty. Girls and Boys Town offer residential services and provide care to over 250 children with behavioural problems from all communities in ten nationally located residential centres. In Cape Town, our Youth Development Centre Macassar, accommodates 40 youth for which we are registered and we currently have two family homes in Kenilworth and Claremont which accommodates 10 youth respectively. Should you wish to visit our campuses you will be most welcome.

It costs Girls and Boys Town R6 875 per month (R82 500 per annum) per child for education and tutoring. With your help we can ensure that the young girls and boys we care for learn to experience themselves, others and the world differently - in a hopeful, positive and trusting way and break barriers that challenge their future happiness and success.

If, after thoughtful consideration you wish to make a donation to this worthy cause, you may make a direct deposit into the Girls and Boys Town account (details as indicated below) or you may contact the Fundraising Department at our Pinelands Office (contact details as indicated).

Banking Details: Girls & Boys Town SA Standard Bank Mowbray Account No: 07 130 2190
Branch No: 024 909

Please note that the club is not part of this appeal. Any donations you make is from you as an individual and not from the club)

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THANK YOU TO OUR SPONSORS



CWFM





HAPPY BIRTHDAY



October

02 Cindy Maree
02 Nancy Will
10 Benadette Ainemani
11 Maghdi Arnold
12 Liezel Arendse
17 Qhama Cossie
17 Theresa Douniama
18 Barbara Stevens
18 Jacob Martin
18 Melany Porter
20 Cindy Duvel
23 Rhoda Jones
24 Frank Matose
25 Brenton Abrahams
25 Glenda Stevens
28 Insula Solomons
28 Jon Calder
30 Dion Stevens

November

02 Grant Stevenson
02 Ken Stuart
07 Glen Birtles
10 Philip Du Plooy
11 Bernard Adams
12 Alexia Von Essen
14 Melanie Dawes
15 David Isaacs
15 Katharina Gensicke
17 Shane Kiernan
20 Sarah Binos
21 Kariema Simons
21 Tracey Muscat
23 Cheryl Faull
26 David Rhodes
27 Betty Goble
27 Cameron Richards
28 Venon Murtz
29 Raymonde van der Scholtz
30 Ricco Visser

December

01 Isabel Lakay
01 Ruth Siebritz
02 Makhosi Dlalisa
05 Joseph Vergotine
06 Adrian Stellenberg
06 Marilyn Rorich
06 Phillipa Cloete
07 Nyaweleni Tshifularo
07 Sarah Buchner
09 Jeremy Aries
10 Laura Underhill
10 Taryn Miller
13 Desiree Scholtz
14 Steve Johnston
15 Jacqueline Mullany
15 Jeanne Webb
16 Owen Porriell
18 Lusanda Ngxonono
18 Rob Logan
19 Pierre Cloete
21 Michael Nell
21 Sithombo Maqungo
22 Andrew Harris
22 Hendrik De Villiers
23 Niklaas April
24 Renata Gensicke
27 Darnell Martin

If we have omitted your birthday which should be with the above, sorry! Please let us know.

PINELANDS ATHLETIC CLUB: PO BOX 35 HOWARD PLACE 7450

www.pinelandsathleticclub.co.za / <https://www.facebook.com/PinelandsAC/>

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COME RUN WITH US

