

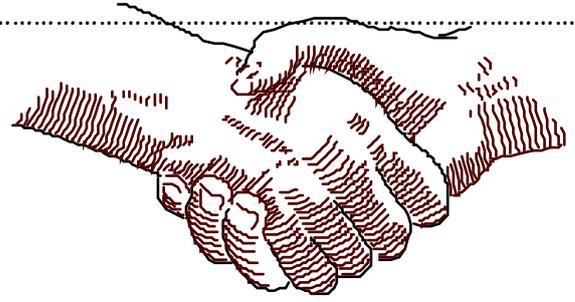


NEWSLETTER OF THE PINELANDS
ATHLETIC CLUB

IN TOUCH

1st Quarter 2018

WELCOME



WELCOME

A hearty welcome to all our members. At the time of going to press there are 46 new members. More are expected to join nearer to the date of the target run for the "couch to 10km" program, which is 8 April. Meantime, new members you are welcome to join in at club functions and at the Thursday time trials and monthly braai-nites. Also look out for the "Weekly Diary" sent via e-mail to all members on a Monday. Please familiarise yourself with the club's kit when running in official road/cross country/walking and track & field events. The club's kit is available at the club on Thursdays.

Are you observant while out running or is it head down watching the road? While doing one of my short runs around Pinelands recently, it reminded me of the days when my running partner, the late Ken MacDonnell and I would run through the back roads of Mowbray and Rondebosch. We would marvel at the huge properties and houses in these back roads, trying to guess how old they must be. Even the trees in the gardens looked old. I ventured down Peak Drive between Forest and Acacia Way the other day and was surprised at the number of thatch roof houses there are in this short stretch. Every house on both sides are thatch. Plus many have the old dutch gables. Mead Way (the next road) is the historical road of Pinelands where every house bears the National Monument crest. No.3 Mead Way was built in 1922



Good luck to all who will be part taking in the events over the Easter Weekend. Trail Runs on Friday, 21km and 56km on Saturday. To the first timers and those going for milestones. Have a good one!

See you on the road ! *the editor*



FEBRUARY



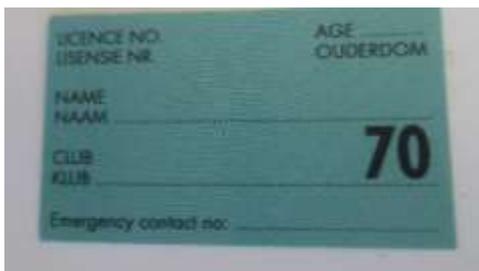
What do we know about the month of February? The shortest month on the calendar. End of the tax year. The month of love. Saint Valentine's Day is in February. February is the Chinese New Year. Flowers associated with February are, Violets and the Common Primrose. The birth stone is Amethyst. The star signs for Feb. are Aquarius to the 19th and Pisces from the 20th.

The next Leap Year (29 days) will be in 2020. Any "leap-year" birthdays in the club?

In the club, February was (or still is) a popular month for weddings. Why? For one, getting married before end of Feb. you were taxed as married for the whole tax year (in those days). Then cupid seems to like the month of February. There were five wedding anniversaries (that we know of) in the club in Feb. Kaare and Marlene (48 years), Dion and Glenda Stevens (31 years), Sean and Lee-ann (29 Years), Barry and Linda Coetzee (23 Years) and Michael and Linda Mallon (12 Years) The Coetzee's, the Harris's and the Mallons all got married on the 25th. Apologies if we have missed someone -please let the editor know.



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Please complete these entry cards neatly and correctly and please print.



The people who compile the results find it very difficult, when only one name and or no club etc. is reflected on the card, plus deciphering handwriting. Please put these cards on the board or in the box provided at the finish. Otherwise your time will not be recorded, which means you will miss out should it

be a club incentive run.



Chairman's Chat

Let me start by saying a warm and hearty welcome to all our members old and new, trust you will have a great 2018, both on the running side and on a personal level and that you will remain injury free.

I just want to say a big thank you to all the members and their families who assisted at the Hohenort race in January, we as the club are forever grateful for your assistance and with the last minute route change it turned out that most of the runners enjoyed the new route and we only received positive feedback, I think we have a winner here as they want us to keep the new route. Although the numbers were down due to various reasons we still had a field of over 2000 runners.

Our couch to 10 Km program, now in its second year was started on 8th January and what a huge turnout we have seen and with the success from last year we can certainly say that there is definitely a need for more of these type of programs as people have become more health conscience or maybe just want to start exercising, whatever the reason(s) they have joined the program, it is a good initiative. The program is once again driven by Dion Stevens and he is being diligently assisted by some club members. However the challenge will always remain as seen last year that once the

program has been completed we need to make sure that we have additional training programs to ensure that those members who are joining the club can continue to enjoy their new fitness lifestyle which they have become accustomed to and not fall by the wayside or become despondent later in the year.

The big event everyone is currently training for the Two Oceans Marathon is just around the corner. With less than two weeks to race day, I hope your training is going according to plan and whether you are doing the Half/Ultra, all the best and may you have an awesome race.

The **"RUN CLEAN"** campaign at races is still in full swing but we still see a lot of runners littering, either due to a lack of bins or just due to runners that don't give a damn. My appeal to each and every member, please do not litter and make use of the bins provided or carry your empty sachets to the next water station and if you see anyone litter, name and shame them, that is the only way we will get the message across that littering is **UNACCEPTABLE** and it won't be tolerated.

As there is no social committee this year, we certainly have a challenge on our hands to arrange a few social events but please keep a beady eye on the weekly diary in the upcoming weeks as there will be a few events planned.

One item of concern is also the wearing of correct kit at races: I have noticed that a few of the members are still running with the incorrect shorts/tights. The club has spent a lot of money making sure that there is sufficient clothing in stock. So please come down to the club on a Thursday evening and purchase the correct kit if you have not done so by the time this document goes to print.

Last but not least, it is almost time to take out your torches and headlamps again as it is beginning to get darker earlier and you need to be visible at all cost.

That's all from me for now, see you on the road.

Cheers

Wendal





TWO OCEANS 2018



The Hohenort has come and gone, so has the Peninsula and the Cape Town Cycle. Now it is Two Oceans time. All the training is done. Whatever you do between now and Oceans day will not help you run any faster. It is all in the mind. Rest up, do a few very easy jogs. Get your running gear in order. Cut your toe nails a few days before Oceans and not on the night before.

In the Utra 56km there are 68 entries (14 novices) from the club. Will they all be there on the day? One who unfortunately will not be on the start line is Sidney Cleophas (31 trips). He injured his foot and will be out for a while. Making a comeback is Kenny Williams who will be going for 35 Ultras. Also making a comeback is Grant Stevenson (17 trips) his last Oceans Ultra was in 2010. Going for their milestones are: Lynette Voight 20th, Heimie Misroll 10th and Nyaweleni Tshifularo 10th **Good luck to you all!**

In the 21km there are 158 entries from the club of which 26 will be doing their first Two Oceans 21km. Going for their personal milestones are: Marlene James 20th, Ben Crede, Lee-ann Harris, Sean Harris, Shamiel Mathews, Bruce Pope and Desiree Scholtz all going for number 10. **Good luck to you all!**

Please take note of the following:

- There will be water on the route but may be more spread out. If you can you may want to carry your own water.
- Unfortunately no club tents are allowed on the finish area. All club tents will be on the UCT Cricket Oval - lower campus off Baxter Road.
- The club tent will be at this venue at site no.27. The club will be providing refreshments.
- Make sure of the starting time of your run and which seeding group you are in and where your start is. In the 21km there are groups A, B and C all starting at 05h50. Group D starts at 06h00 and Group E at 06h10
- The 56km starts at 06h30. Not in the same place as the 21km - about 200m behind it at the Spur.
- It is advisable to get to your starting group as early as possible. It will be very busy and congested. Something like 27000 people all heading in the same direction.
- The club's annual Two Oceans Pasta evening is on Thursday 29 March.

On line entries for many races is administered by Top Events. There has been mixed reaction from club members regarding the service which Top Events provides. Not only for the high fee charged but the problems encountered at number collections and other issues. The club would like to address these matters with Top Events.



TOP EVENTS In order to do so your feedback is required. Please let the club have your thoughts and views, good or bad, and constructive criticism (no names will be mentioned).

Send your reply to either the editor, the secretary@pinelandsathleticclub.co.za or to info@pinelandsathleticclub.co.za Please do not reply via social media.

The club will arrange a meeting with Top Events.

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TRACK AND FIELD

The Track and Field section of the club is in full swing. There have been a few Masters Track and Field meetings this year, where our Masters have performed very well in their respective age category.

At present they are preparing for the WP Masters Track and Field Championships which is on 14 April. Thereafter on 28 April is the SA Masters Championships. They should do well in both the Championship events, as they have bettered the WP standards and the SA standards. Known as the Heavy Metal members of the club they throw the hammer, hurl the discus and the javelin, heave the shot putt and a few other events to do with weights. Our heavy metal guys are Steve Johnston, Borg Stannius, Shukei Wiener and Anton Wale. On the track also doing well in their age category are Manfred Geutner and Neville Sharpley.

We wish you guys well at the Championships.

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Cross Country 2018

The cross country season for 2018 kicks off on Sunday 26 May. At present the venues are still to be made known. Watch the "Weekly Diary" for dates and venues.

BIRTHDAYS



| April | May | June |
|-----------------------|---------------------------|---------------------------|
| 01 Marlon De Wee | 04 Peter Arendse | 01 Maitele Tshfularo |
| 01 Shukri Wiener | 04 Travis Craig | 05 Gem Crede |
| 03 Hayley Smith | 05 Yolanda Shepherd | 05 Tersia Fisher |
| 04 Theodore Galetta | 09 Linda Zenzile | 06 Emily Gibson |
| 05 Tamsanqa Matose | 09 Marc Wormald | 10 Melanie Fortune |
| 06 Sumanthra Moodley | 09 Mervin Schnehage | 10 Stella Hertantyo |
| 10 Benjamin Crede | 10 Jean Minnaar | 11 Sean Harris |
| 10 Heather Hill | 11 Loren Hendricks | 11 Sean McDiarmid |
| 10 John Dawes | 12 Geraldine Newey | 11 Yamkela Dwakaza |
| 10 Patrica Swart | 12 Joe Vergotine | 12 Dale Scholtz |
| 10 Renee Fourie | 13 Tanya April | 12 Ethne Stevens |
| 11 Tony Pick | 13 Tim Harris | 12 Hayley Jackson |
| 12 Graeme Lakay | 14 Clint Readhead | 12 Pinky Kama |
| 12 Steve Finegan | 16 Calvin Leen | 12 Stuart Reid |
| 12 Felicia Abrahams | 18 Anita Scott | 13 Brian Samuels |
| 12 Tony Will | 18 Michael John Roman | 13 Ilze van Rensburg |
| 13 Alan Thomas | 19 Michael Mallon | 15 Sue-Ann Fourie |
| 13 Anna Young | 20 Linda Mallon | 18 Simon Short |
| 13 Judith Davidse | 23 David Hofmeyr | 20 Dion Johnson |
| 14 Emma Brassington | 23 Mark Willoughby | 20 Michael Mortley |
| 15 Michael Adams | 25 Manfred Geutner | 20 Shu-Aib Loubscher |
| 16 Molau Sefara | 25 Tanya Zeederberg | 21 Candice Fortune |
| 16 Renda Tshifularo | 27 Lauren Thorne - Vicars | 22 Robert Faull |
| 17 Clive Ulrich | 27 Nicholas Lykiardopulos | 22 Roy Mac Gregor |
| 17 Kavesh Govender | 30 Joy Cupido | 23 Kingsley Webb |
| 17 Lukhanyo Kweyama | 30 Lindsay Dawes | 23 Marvin Bester |
| 18 Jolene Kannemeyer | 30 Munyaradzi Hozheri | 25 David Scheppening |
| 18 Murray Leibbrandt | 31 Andrew Redfern | 26 Jade Misroll |
| 23 Deon Solomons | 31 Charles Parry | 27 Samantha Swanson |
| 23 Michelle McDiarmid | 31 Joan Bull | 27 Taryn Christie- Smith |
| 24 Andrew Bretchie | | 28 Clive Zeederberg |
| 26 Malcolm Rhodes | | 29 Hylton Christie- Smith |
| 26 Patrick Swanson | | 29 Jennifer Samsodien |
| 27 Hajiera Jinoo | | 29 Neville Sharpley |
| 28 Delyse Rist | | |
| 28 Unathi Solora | | |
| 29 Moegamat Jinoo | | |
| 29 Richard Webb | | |

COME RUN WITH US

How long have you been a member of the club?

The club has a supply of cloth badges in five year gaps ie. 5, 10, 15, 20, 25, 30 and 35 years which can be worn on the back of your vest. These are available at the club, speak with the editor, the Secretary or Wendal to get a badge.



THANK YOU TO OUR SPONSORS



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

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