IN TOUCH

NEWSLETTER OF THE PINELANDS ATHLETIC CLUB

April/May/June

Two Oceans and Comrades has come and gone, some have the medals and others missed out.

If you start an ultra marathon with a slight injury or just getting over flu, you will find the going very difficult and finishing can be a problem !!

The club had record entries in both the ultra and the half Two Oceans. The number of novices in both events was also a record. There were a few non-finishers in the Ultra this year which was a surprise. The group of Two Oceans Ultra novices were very chuffed to finish within the cut-off of 7 hours. The same can be said for the group of Two Oceans 21km novices who also put in many hours on the road preparing for this occasion. Personal milestone achievers in the Two Oceans Ultra were Phil Crowson 20 trips while Alan Thomas finished his 10th trip. In the half marathon Greg Smith completed his 10th half.

The Comrades Marathon took its toll again this year. It was not as hot as last year, however, there were a few from the club who did not finish. For some of those who did not finish it must have been déjà vu - last year they also missed out. As they say there is always next year – true! with maybe a few more long training runs and include a hill or two in each long run! In other words focus on Two Oceans Ultra and Comrades training.

Patrick Swanson was determined to finish this year, and he did, plus he got his permanent green number.

The club will be organizing the McKenna and Scott 10km and 5km Fun Run on Sunday 3rd August 2014. At the helm controlling matters are Jerome Merton and Dion Stevens. They are at present attending to all the preparatory matters and will soon be calling on helpers in all the facets of the event. You will be requested to assist wherever help is required. This is a Pinelands Athletic Club event and members are expected, if possible to assist in one way or another.

On Wednesday 30 July at 18h00 there will be a 10km “helpers” run over the McKenna and Scott Route - your times will be recorded.

A fair number of club members have been or are about to venture overseas on holiday, visiting family and or going to do a run on foreign soil. Many of the overseas runs (marathons etc.) are very well organized and the numbers are huge.

If you are planning a trip overseas, let us know so that we can feature your trip in the newsletter. Elsewhere in this newsletter is a story from Ruth Leverton on her recent marathon run overseas. Hopefully there will be more stories of overseas trips in the next In Touch.

Cheers, ***The Editor***

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CROSS COUNTRY – 2014

There is a break in the Cross Country season until July 20th.

The cross country courses so far have been challenging, different but mostly uninteresting.

The course at UWC in Bellville was tight, flat and with short twisty bits . At Pentech it was more open, mostly on grass with a few grass banks. At Elfindale it was flat, very uneven and also spread out. It was back to Youngsfield after a few years. Flat open grass area and it rained. The Koeberg course is known to be sandy making it tough going from the start- the good thing about Koeberg it that one lap is four kms. Whereas others are two kms or three kms.

Now for the rest – Atlantis is a new venue, Mitchells Plain is around soccer fields with two sand dunes to climb. Pollsmoor is flat with off-road tracks.

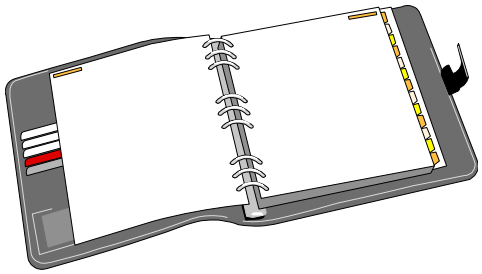
So far this season there has been on average about 40/42 members at each of the last five events which is on a par with last year. There are a few faces from last year who have not as yet put in an appearance and then there are a few new faces. Ruth Siebrits who is new to cross country is hooked on it!

Nancy who is assisted by a few ladies and Tony, is providing munchies and the OBs (for those wet runs) Anyone wanting to contribute some munchies of sorts would be most welcome.

The remaining 2014 Cross Country fixtures:

6th League	**Sun. 20 July**	**Atlantis**	**This is a new venue**
7th League	**Sat. 26 July**	**Mitchells Plain**	
8th League	**Sat. 2 August**	**Pollsmoor - Tokai**	
WP. Champs	**Sat. 16 August**	**CPUT - Bellville**	

You are welcome to contact Nancy (0835558100) should you want to know more about cross country.



Make a note of the following dates:

Thursday 20 November: Club's Annual General Meeting
Saturday 6 December: Annual Awards Evening
Sunday 14 December : President's Breakfast 10km run.

A Story Worth Sharing: By Rob Henst

In 2012, Graham Marcy (23 yrs), an American student decided to join his first running club: the Pinelands Athletics Club. The main reason was to get a permanent license, which would make partaking in running events easier. However, before he left South Africa for his home country again, he knew that joining PAC was so much more than just a practical decision.

After a couple of small races and a lot of training, Graham decided to run the Two Oceans. This event was undoubtedly his best experience in his running career. He found that PAC (and its members) had taught him so much, it helped him finish the TO and many other races in the USA. It was Wendal Smith who told him: "You can get out and try to beat the road, but the road has been there longer than you and will be there long after you. You must respect it". Graham also remembers how Pierre Cloete helped him up Constantia Nek by cheering him on, "that gave me a huge boost" he said.

I can remember Graham saying that it was nice to see, that in a country with such a bad history of prejudice, people can just run together while things like race or gender do not matter. Everything falls away and you are just out running with your friends and family.

Now, two years later and still running strong in many long distance races in the USA, Graham decided to make his memory and gratitude to PAC visible for as long as he lives. Today, he got a tattoo of the artistically redesigned PAC logo on his calf. The runners behind him in the next race will know that the PAC made him the runner he is now.

Rob and Graham

Graham (a wet Two Oceans)

Rob Henst

MSc (Med) Candidate

MRC/UCT Exercise Science and Sports Medicine (ESSM) unit

Department of Human Biology

University of Cape Town

(I have invited Rob to visit the club and join the time trials …… the editor)

Happy Wanderers

A number of club members have recently travelled overseas or are about to venture off to see how the rest of the world gets by. Let's see who and where they have been or are about to visit.

In March **- Ken and Ruth Leverton** were in New Zealand and Australia. Ruth ran the Te Houtaewa Challenge while on New Zealands North Island at 90 Mile Beach (see Ruth's article elsewhere in this newsletter*)*

Start Banner of Te Houtaewa

90 Mile Beach

In March- **the Neweys and the Lakays** visited Thailand (Phi Phi – Phuket)

In April – **Michelle Crockett** ran the London Marathon in just over 7 hours.

London Marathon

Tower Bridge

2014 Medal

In May – **Simon Taylor** ran the Stockholm Marathon in 3hr47

Stockholm

Stockholm Waterfront

In June – **Alison Smith** went to watch the Hockey World Cup in the Netherlands. Her brother is captain of the South African Hockey team.

In June - **Pierre and Philippa Cloete** walked the Camino Trail in Spain and then it was off to Prague to attend Pierre's son's wedding. In order to get recognition of doing the walk they have to walk the last 100kms of the trail.***(we will get Pierre or Phil to give us a story on the Camino Walk)***

Prague and the VItava River

The Camino Walk – Spain

Scallop Shell

In June/July – **Sean and Lee-ann Harris** are off to Thailand to visit their son James. They are taking their running shoes with them in case they find some places to run in Thailand. (Phuket/Krabi/PhiPhi)

Also in June – **Michelle Tickner** is also visiting Thailand.

James Bond Island

Krabi Beach

Also in June – **Michele Pienaar and her husband David** are visiting Austria.

Kitzbuhel - Austria

In August**: Roy and Beth MacGregor** will be attending a wedding in Munich - Germany

Brandenberg Gates – Berlin

Munich Beer Festival

Also in August: **Dion and Glenda Stevens** are going to the UK where they have family. Dion is planning on doing a few runs while there.

London Eye

St Pauls in London

In December: **Sam Ngidiwe** will be spending Christmas with family and friends in the UK

Later in the year or early next year **Kaare and Marlene** are planning another boat trip, this time somewhere in the Mediterranean.

Celebrity Century – Hubbard Glacier - Alaska

If you have been away (and we missed you) or planning an overseas trip soon, let us know. ……..the editor

By Ruth Leverton

You really know you're a runner when, despite all weather warnings to batton down the hatches and not leave home, you travel 7 hours in driving wind and rain to the tiny town of Kaitaia, North Island, New Zealand – for an event that may well be cancelled!

That is where, for the past 23 years, the annual Te Houtaewa Challenge has been held, offering a 62km Ultra, Marathon, Half and 6km Walk along 90 Mile Beach to the little village of Ahipara This year Tropical Cyclone Lusi did her best to spoil the party, and she did manage to cancel the 62km Ultra event. But on 15 March nineteen intrepid runners spilled out of the bus onto a blustery beach ready to take on the challenge of completing a standard marathon on the edge of a cyclone!

We were greeted by a Maori warrior dressed in traditional garb - a grass skirt and intricate tattoos! With stick in hand, loud noise and aggressive grimaces he issued the challenge, placing a kumara (sweet potato) on the sand. Without averting her eyes from his, a Canadian runner accepted the challenge and after a traditional Maori blessing it was "3.. 2.. 1" and a hand-clap to set us off.

Off into headwinds gusting up to 40kph, blasting sand and squalls of rain! By half way the weather had mellowed a little with breaks in the clouds and the wind moderating to a cross wind. It was almost pleasant jogging along an amazing beach with wild waves tumbling up the sand to greet us. However, uprooted trees had prevented the bus from reaching the traditional starting point for the marathon. Instead we had started at the 36km mark – and with 3km to go we were turned back to the 6km mark. That was when the heavens opened and the wind returned with cruel avengeance! Ahipara was a very welcome sight

Support was provided by the Kaitaia 4X4 club, a remarkable array of refreshments spilling from the tailgates of vehicles every 3km and served by wonderfully cheerful folk braving awful conditions for over 7 hours. The beach is in fact a road as the sea is the main source of income for the folk in Ahipara, who will drive great distances up 90 Mile beach for their catch.

The race springs from the legend of Te Houtaewa, a remarkable runner from a northern clan who, when asked by his mother to collect kumara for their evening meal, ran to Ahipara where he stole the sweet potatoes from 2 clans there. He was chased back up 90 Mile Beach by the best runner from these clans. He waited for each runner in turn and killed them – before heading home for supper! Some time later warriors from Ahipara exacted their revenge, killing Te Houtaewa. Each year now a kumara is returned to Ahipara as an act of reconciliation. A wonderful legend and, under normal circumstances, a wonderful way to spend a few hours running in beautiful surroundings.

(Take a peek at last year's photos on www.tehoutaewa.co.nz)

For the record Ruth Lavernton was the second MALE in the 60-64 age category!

Birthdays

July

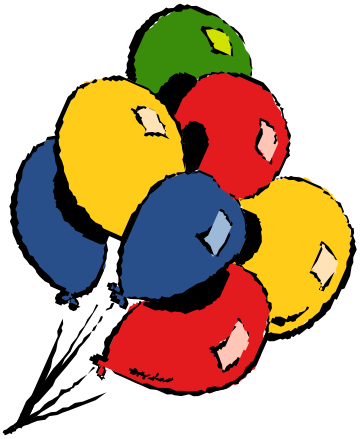
01 Harry Fillies
01 Jessica Law
02 Amy Roseveare
02 Simon Taylor
04 Heimie Misroll
06 Phillip Frech
08 Inge Reissenzahn
11 Chanda Lombard
13 Paul Green
15 Ndumie Melani
15 Tim Low
16 Michelle Bedwell
17 Mandla Moyo
18 Frederick Verwest
21 Sharon Steenkamp
22 Jonathan Miller
22 Nadeema Marks
23 Ed Elson
23 Haaroem Milward
25 Bruce Hallock
27 Jonas Gensicke
28 Cheryl Swanson
29 Dumisani Ndevu
29 Khuthala Mbomvu
31 Jane Fitzgerald
31 Theo Steenkamp

August

02 Clara Machado
02 Kim Magnet
02 Linda Knoop
03 Angelique Rabie
03 Nigel Strydom
05 Philip Crowson
06 Kaare James
07 George Reissenzahn
08 Eugene Griego
11 Arlene Carelse
12 Stanley Kanakana
16 Donovan Will
16 Vanessa Rogers
20 Cedric Lamb
20 Jerome Merton
25 Christopher Westwood
25 Esme Sinden
26 Lydia Myers (Day)
26 Richard Scott
27 Dave Law
28 Mandisi Ndzombane
28 Mercia Smith
29 Michael Ulrich
29 Ryan Winter
30 Neil Hodgson

September

01 Zuraya Lamb
05 Jean Jones
11 Paul Rist
12 Randall Brown
13 Terence Carelse
14 David Jehring
16 Chris Schnehage
17 Ian Dinan
18 Eugene De Kock
19 Alison Smith
21 Melany Du Plessis
24 Alvin Witten
24 Martin James
25 Roger Braaf
25 Ruth Leverton
29 Michelle Cupido
30 Dominique Liebbrandt
30 Simon Hill



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CWFM

Come run with us