



IN TOUCH

NEWSLETTER OF THE PINELANDS ATHLETIC CLUB

July/Aug/Sept

After all the build-up and excitement of the Sanlam Cape Town Marathon - it's all over but for much discussed issues. Like: why the bridge after 32kms to climb up and down stairs. Why the late start 07h30, why not earlier to escape the heat. Was the course long? Some GPS's had the final distance as 43.26k. What was the attraction in Bree Street and zig-zagging up District Six!! This debate will go on.

No matter what, we did it and have the medal (which is also debatable) and achieved what we set out to do. For Pinelands the novices in the 42km did very well, in all 71 Pinelands runners completed the marathon. The total number of finishers in the marathon was 3430 (8 hour cut-off). Damian Will was the first Pinelands runner home in 2hr50.30 (a PB Damian?) Nancy Will was first in her age group getting the WP Marathon Championship gold medal and set a new WP record. Marlene James was second in her age group getting the WP Marathon Championship silver medal and together with the first placed lady in her age group broke the WP record.

It was great to see Tony Will (with the Pinelands feather) and Simon Taylor (with his little red scooter) popping up all over the route with encouragement and a big smile.

The Peace 10km had about 2672 finishers, 28 coming from Pinelands (this was a club incentive run). A group of Pinelands runners after completing their 10km Peace run were seen in Strand Street cheering on the marathon runners. Good to see club spirit and comradeship.

The Annual General Meeting of the club will take place on 20 November. As per the club's constitution, the present committee must stand down. Those present committee members who are available for another term must be nominated for re-election or, you can nominate a person who you think will and has the time to serve on the club's committee. Nominations must be done on special Nomination Forms and not from the floor at the AGM. However, before nominating such person, you will need to get their willingness and commitment to serve. The only nomination from the floor on the night is that of the President.

At the time of going to print it is not certain which present committee members are available for re-election. A certain amount of new blood on the committee is not a bad thing. A nomination form can be found at the back of the newsletter.

Although not an actual part of the club's committee, there two areas which need to be filled.

Clothing Officer: someone to take control of the club's clothing, stock control, buying and selling.

Barman: New blood is required, control stock, buying, selling, draw up roster for bar assistants.

Cheers, The Editor



PO Box 35 Howard Place Pinelands 7450 - www.pinelandsathleticclub.co.za

Editor: Kaare James 021-5316928/0724448082 - email jamesmk@iburst.co.za

CROSS COUNTRY - 2014 - Wrap Up -

By Nancy Will

The Cross Country season started with the 3km relay at Pinehurst Primary School on Saturday 12 April 2014. Western Province Cross Country commission was very pleased with the record turn out and the well- organized event. Well done Pinelands Athletic Club! It would be nice to have been able to enter some Pinelands teams - will definitely try to implement this next year.

Our participation at the 8 league events was pleasing, averaging 44 runners per event! Much fun was had by all. 45 members have qualified for the Cross Country incentive which will be awarded at our year end function on Saturday 6 December. (Tickets are now available for this function from Lesley-Ann - so get in early!) Well done to these athletes for having participated in at least 6 of the 8 league events and in the W.P. Cross Country Championship event.

In the team competitions our Master Men won 3 of the league events, Master Women 60+ were regularly placed 2nd or 3rd, Master Women 40-49 finished 2nd twice, Senior Women 4km also finished 2nd twice. Congratulations to the following athletes who regularly featured in the top 10 in their respective age groups: Nancy Will, Marlene James, Chris Schnehage, Robert Faull, Kanakana Mushanganyisi, Edwina Bartes and regularly in the top 20: Kaare James, Sumantha Moodley, Desiree Scholtz, Richard Majiet, Heimie Misroll, Nigel Strydom, Samuel Ngidiwe, Joseph Vergotine, Inga Reissenzahn, Melanie Fortune, Michelle Bedwell and Ruth Siebritz.

At the Western Province Championships Marlene and Nancy were first in their age groups and Kaare 3rd!! Nancy represented WP at the SA Cross Country Championships held in George in September and brought home the silver medal in her age group.

As the different races were staggered throughout the course of the afternoon athletes and family members were able to support and encourage each other along the course during participation and to socialize and get to know fellow club members. A relaxing family outing!! All enjoyed the snacks provided by the club throughout the season culminating with hot dogs at the championship event.

Being mostly off road Cross Country running builds strength and endurance - a good base to road running. Hopefully more members will join us on the Cross Country circuit in 2015?!!

Thank you to ALL who assisted during the season - putting up the gazebo, lifting fellow athletes, supporting, encouraging, contributing to the snacks provided etc etc - a great team effort. A special **THANK YOU** to Brian Thorne for transporting our gazebo to and from all the venues.

Which of the eight cross country courses did you like?

1st = UWC - a big No for the 2km loops which made it boring

2nd = CPUT - Grass banks and more spread out. OK - but running around soccer fields is not cross country.

3rd = ELFINDALE - Flat rough sandy sections difficult course but true cross country at times.

4th = YOUNGSFIELD - No! flat twisting grass sections . The old course was true cross country

5th = KOEBERG - Sandy will always be tough.

6th = ATLANTIS - No! too many flat zig zags on grass.

7th = ROCKLANDS - No! running around soccer fields is not cross country-no sand dunes this year.

8th = POLLSMOOR - Yes- true cross country uneven muddy sections very little grass.



CHAIRMAN'S CHAT

Where has the year gone ?

It was not so long ago that everyone experienced the hype of Oceans and then Comrades, now it's all just a memory, for some good and for others, one they just want to entirely forget. A number of club members are making plans for next year, some have already entered for the 90th Comrades up-run, good luck with all your preparations guys.

On the running front I just want to say a huge congratulations to our female athletes that are doing exceptionally well in getting podium positions in their respective age categories and

even smashing the WP records in the process and here I want to say a special congratulations to Nancy and Marlene, hard work really pays off and we are very proud of your achievements. Congratulations to our male athletes who are also winning in their respective age categories, well done gentlemen.

On the trail running side, I just want to say to all our Puffer finishers and to those that got podium finishers at the various races throughout the past months, well done and we are proud of you guys. A special thank you must also be said to all the members and family members that assisted at the Puffer water table.

Please remember that the club's AGM will be held on Thursday the **20th November**. There are a few portfolios that are becoming vacant and must be filled and here I want to appeal to our members to please avail themselves for upcoming elections.

Last but not least I want to remind everyone that the club's annual awards evening will be held on **Saturday the 6th December**. Please book your tickets early to avoid disappointment.

That's it for now, enjoy your running and see you on the road.

Cheers

Wendal



I combine my passion for jogging with my passion for wine

STOCKHOLM MARATHON (May 2014) - Simon Taylor



10 degrees C, rain and 22 000 fellow runners, was how I started my first international marathon. The course is two laps around central Stockholm and another bit that goes once around the Djurgården Island, which is like a big park. There were no boring or tedious bits of the course, which is unusual and this is definitely a good way to sightsee around a city for the first time.

Before the race: I went to the pre-race Expo on the opening day of registration as with 22 000 people it can get quite busy. We arrived at a marquee that did not look too big and I was glad to get there early as very few people could be accommodated at one time. The expo is held in the starting area so it is nice to be able to see the layout when it isn't so busy and make sure you know where you are going on race day. Everyone had to go to the Expo to pick up their numbers and I must admit the lack of exhibitors and merchandise for such a large event was quite a shock to me. This is where Two Oceans and Comrades show's everyone up. Asics is the main sponsor of the race, and although you could only buy Asics gear, this was the best selection of t-shirts and gear I had ever seen from one supplier, unfortunately at prices I had never seen before – very expensive. I was surprised to see that everyone's race number also had their country's flag on it. This was quite a fun touch and when running I found myself looking at other people's numbers more closely than usual! About one third of the entrants for this race are from outside Sweden with 93 countries being represented. I then wandered around the finish in the 1912 Olympic Stadium and it felt quite exciting to see the finish line being set up and to see what a fun area it would be to end the race in.

Race Day : Arrived at 10h45 at the starting area, changed, handed in my large Asics plastic bag with my cloths in for safe keeping. With 22000 runners and lots of supporters it can get very congested. The starting area through to the starting pens was fenced off so only runners were able to use this route and it worked very well. Then the rain started and it rained for twenty minutes before the start but it not deter the thousands of runners cheering and clapping with the announcers revving people up for the start. 12:00 and off we went, the start was very slow and they actually take your time from when you go over the start mat till the finish line. The race is also split into two groups leaving at two different times to ease congestion. The actual running was hard at times because when the roads narrowed they became very congested. The friendly people, supporters and great sights made the run memorable and at one stage a person tapped me on my shoulder to say he was an expat from SA and we ran for a while talking about SA which

was fun. I enjoyed the course but with all the rain I must admit the stadium was a very welcome sight at the end! I was happy enough with my finish time **3h48** given this had been a cold and rainy day but I enjoyed the race and would definitely do another international race.

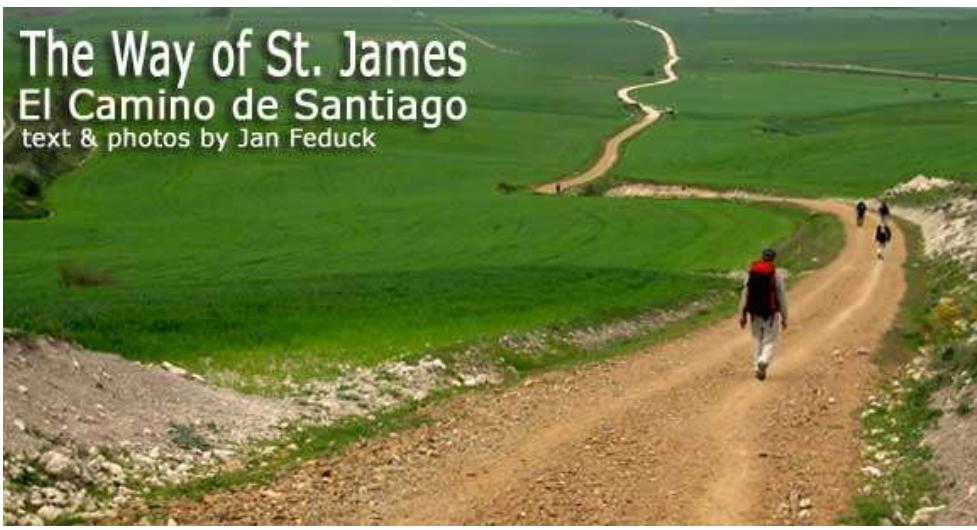
One thing to note is that the water stations do not have water sachets but cups of water which meant you had to stop at most of them and drink. The water stations were crowded but you get used to slowing down at the water tables to take your turn to get water. Interestingly there were all kinds of interesting things to eat along the way, which I'm not used to seeing – gherkins, vegetable stock, coffee and different energy supplements etc.

The finishing area was very easy to get around and finishers got a finishers shirt and a great medal. There were showers, free hot dogs, hamburgers, beer and many other treats to eat. If it was a nice day you could hang around there for hours!. Even though it was 10 degrees c and rain I was still left thinking "Wow, what a great race..."



The finish in the 1912 Olympic Stadium

*What's the next marathon Simon? The Stockholm Marathon is on 30 May 2015
Interested? see Penthouse Travel Sporting Tours www.runningtours.co.za*



Phil and Pierre Cloete



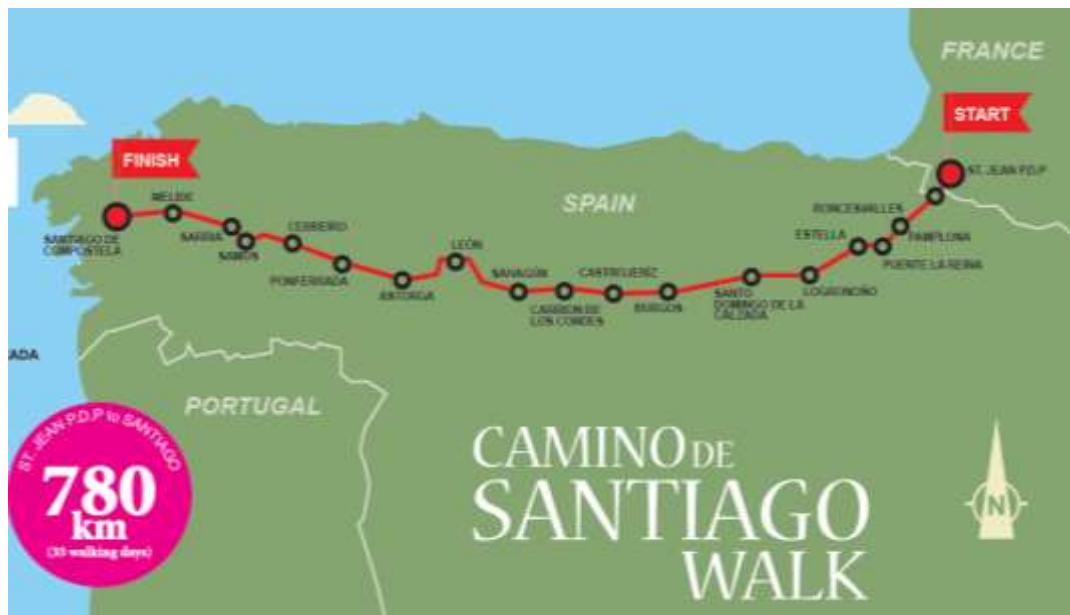
The Scallop symbol of the Camino

Most people have a long “Bucket List”, one of the items on ours was to walk part or all of the **Camino de Santiago** in Spain (pilgrims have been walking this route for about 1000 years). Opportunity afforded itself in June this year. So with not much planning and little time to practice and prepare we left SA for a weeks walk from Sarria to Santiago. The last 120km of the 790km Camino Frances. What an amazing experience, would we do it again? Most definitely!

We flew Emerates to Madrid and took an overnight train trip to Sarria where we had planned to start (we discovered later that flying Turkish Airlines direct to Santiago and then bussing back to Sarria would have been a much cheaper option), arriving at 7am, straight onto the Camino and our walk began! Northern Spain is beautiful, not flat by any means. Lovely forests, stunning lanes and the most beautiful old farms, buildings, history and architecture. We spent 5 days on our road to Santiago, walking in sunshine and rain, meeting the most amazing people from all over the world and all walks of life (all with their own reasons for being there). The Camino is a journey, a journey of self reflection, companionship, solitude. We met people who travelled pulling carts, some with their dogs, some on mountain bikes and some even doing it on horseback.

Before we left RSA we registered as ‘peregrinos’ with the Confraternity of St James in Cape Town who gave us a letter stating that we were Pilgrims which entitles you to stay in the many hostels along the route. There are municipal and private hostels where you can pay between €7 and €10 a night for a bed in just about every village and the villages are never more than 3 km apart. It’s best to start walking early after sunrise when it is cool (you don’t want to start in the dark as the cows use the same paths) and also so that you can reach your next overnight stop before all of the beds are taken. A cup of coffee costs just over a Euro and you can get a Parma Ham roll for the same price. Most Restaurants offer a 3 course dinner with plenty of wine included for €10. Therefore you can just about survive on €25 (about R350.00) a day. Because the villages are so close you hardly even need to carry water so can travel very light (our backpacks with sleeping bag weighed under 7kg), but most important you need to practice walking with a back pack in advance and make sure you have the right socks as Pierre managed to get blisters (on the balls of both feet) on the 3rd day as he thought his old faithfull running shoes and thin club socks would work for backpacking on ‘paths’....wrong!!

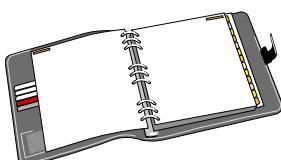
If you love walking in “safe” (no fear of being mugged for your watch or phone), lush surroundings, with beautiful 1000 year old buildings everywhere, surrounded by friendly, laid back people from all walks of life – then you need to put the Camino on your Bucket list!



Follow the yellow arrow and shell



My bucket list has over flowed!the editor



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.

HOHENORT 15KM - 2015

Unfortunately Asics will no longer sponsor this run - so the club is presently seeking a new sponsor or co-sponsor. If you have any contacts or ideas please let the club know.

The Hohenort is on the 10th January - Jerome Merton and Dion Stevens are the race organisers for next year.

Asics are now one of the main sponsors of the Cape Town Marathon and you see their logo on the Springbok rugby jersey. Which means that in SA, they are moving into the big league.

ANNUAL AWARDS - 2015

You have seen the teasers and the posters - so the story is out.

The club's Annual Awards will take place on Saturday 6 December at the Masonic Hall on Ringwood Drive in Pinelands. The dress code is Black and White and Bling.

Unfortunately you may not bring your own liquid refreshment. There is a cash bar available and a limited amount of complimentary wines will be on the tables.

Tickets will be on sale shortly, but you can book your seat/table with Lesley-Ann Smith right now. (082 4068384)

International Marathons

PARIS = 12 APRIL 2015

LONDON = 25 APRIL 2015

BARCELONA = 15 MAY 2015

STOCKHOLM = 30 MAY 2015

A few club members have booked for Paris next year. Anybody else ??

Inquiries and bookings can be made with PENTHOUSE TRAVEL

DID YOU KNOW

The world marathon record was broken at the Berlin Marathon last week by a Kenyan runner by 30 seconds. It now stands at 2hr 02.57 The second placed runner broke the record by 10 seconds.



Birthdays



October

02 Cindy Maree
02 Nancy Will
04 Taslynn De Wee
06 Michele Pienaar
08 Nicholas Booyesen
11 Maghdi Arnold
12 Liezel Arendse
13 Jason Govender
16 Stephan De Kock
17 Qhama Cossie
18 Barbara Stevens
23 Rhoda Jones
24 Frank Matose
25 Brenton Abrahams
25 Glenda Stevens
30 Dion Stevens
30 Mary Kelly

November

01 Lizl Davel
02 Peter Williams
02 Grant Stevenson
02 Ken Stuart
02 Mapule Maragela
04 Selwyn Cloete
11 Bernard Adams
11 Kathryn Hallock
13 Josephine Oppelt
14 Melanie Dawes
14 Keith Solomon
15 David Isaacs
15 Katharina Gensicke
22 Joseph Prince
23 Cheryl Faull
27 Betty Goble
28 Venon Murtz

December

01 Ruth Siebritz
02 Makhosi Dlalisa
05 Joseph Vergotine
06 Adrian Stallenberg
06 Phillipa Cloete
07 Nyaweleni Tshifularo
13 Desiree Scholtz
14 Saiedien Milward
14 Steve Johnston
15 Magret Maibi
16 Marilyn Rorich
19 Lunga Mkhosi
19 Pierre Cloete
21 Sithombo Maqungo
22 Andrew Harris
22 Malcolm Pike
22 Mark Lamprecht
22 Solly Malatsi
24 Renata Gensicke
27 Darnell Martin

We thank and support our sponsors



Come run with us



PINELANDS ATHLETIC CLUB

(PO BOX 35, HOWARD PLACE . 7450)

NOMINATION FOR COMMITTEE MEMBER

ANNUAL GENERAL MEETING TO BE HELD ON 20 NOVEMBER 2014

NOMINATION

I
 (BLOCK LETTERS PLEASE)

Nominate

Mr/Mrs/Miss)
 (BLOCK LETTERS PLEASE)

hold office as a Chairman/Secretary/Treasurer/Committee Member of the Pinelands Athletic Club. (please tick whichever portfolio you are nominating)

Signed :

CONSENT TO NOMINATION

I, hereby consent to the above nomination and confirm that I am prepared to serve as a Committee Member of the Pinelands Athletic Club.

Signed: Date:

NOTE: 1. Nominations must be received by the Club Secretary or E-Mail to (info @ Pinelandsathleticclub.co.za) not less than 48 hours before the date of the AGM.
 2. This nomination will be valid at the AGM and at any adjournment thereof.
 3. Existing Committee Members who wish to be re-elected, have to be re-nominated as above.

.....
 The Committee consists of:

Chairman, Secretary, Treasurer, plus five additional members from whom the portfolios Running, Cross Country/Trail Running, Social/Catering, Facilities & Maintenance will be chosen at the first meeting of the incoming committee.