



IN TOUCH

NEWSLETTER OF THE PINELANDS ATHLETIC CLUB

April/May/June

Three months into the year and so much has already happened. The Hohenort is done, big events ie. Peninsula Marathon, Red Hill, Lion of Africa – done. Two races cancelled, the cycle tour reduced in distance. What's next? Rock falls on Chapman's Peak before Oceans? Let's not think about that!!!

So far, at the time of going to press, there are 25 new members in the club.

As you know there are organized road runs every weekend and on some Wednesdays in the summer months. A full set of results of these runs is available- on line see www.raceresults.co.za – under roadrunning or at www.wpa.org.za under calendar – look up the month and race, on the far right hand side there will be the letter "R" click for results. The letter "F" is for the flyer of that race. Failing this, results of Pinelands members in the weekly runs will be posted on the club's webpage under " for the record" These will be updated on a regular basis.

The next big event is the Two Oceans Ultra and 21km. There is a large number of club members who will be in action on 4 April. Good luck to you all, may you achieve whatever you have set for yourself , whether it is your first or twenty-first. Go well.

The club tent will be at site 75 which is the first site on the left when turning down to the finish.

Cheers, *The Editor*

WELCOME

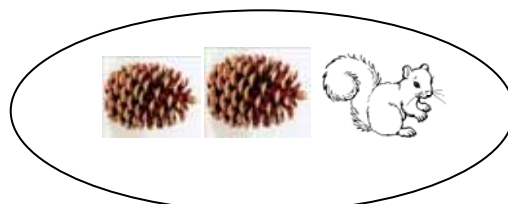
To all the new members.

Felix Agoha, Peter Arendse, Jeremy Aries, Cheryl Davids, Philip Du Plooy, Shagita Gounden, Vessela Hobson, John Hobson, Athol Hudson, Lily Joan I thier, Shane Kiernan, Kyla Leen, Taryn Miller, Jacqueline Misroll, Khutso Ngoasheng, Sharleen Scott, Skye Smith, Mark Siebritz, Greg Short, Tsholofelo Tiro, Raymonde van der Scholtz, Ilze van Rensburg, Jeanne Webb, Averon Windvogel, Alexander Zuhike.



Design a Medal – you could win a pack of beer.

See elsewhere in this newsletter for details.



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Chairman's Chat

Welcome to all our members for 2015 and to our new members I hope you will enjoy running in Pinelands colours and be proud to be part of the Pinelands Athletic Club.

Everybody is currently focused on their training for Two Oceans, I wish you all well and hope you achieve your goals.

Just a reminder that the club is organising the X-Country Relay and it is taking place on **Saturday 11th April**, at the "Green School" in Pinelands. Your assistance is once again required. We would like to enter a few teams this year, as we have been absent from running in this event for a few years now, so the more helpers we have the more teams we can enter.

Once again I must appeal to our members **"not to litter"** as this problem is still ongoing. Please use the bins provided at water stations or carry your sachets with you if you have missed the bins or hand it to a marshal.

Our social committee is planning a few functions for the year and I appeal to members to please support the events as it will benefit you as the runner at the end of the day, watch your inbox for the upcoming events.

To our evening runners, remember it is beginning to get darker now so it's time to get the reflector gear out so that you can be visible.

See you on the road.

Cheers

Wendal



Mary Kelly recently ran in a 10km Charity Run in Cambodia
(Note the SA flag - SONAeditor)



Nancy and Marlene - Female Athletes of the year



Damian - Male Athlete of the year



Melanie and Carmen for Keeness and Enthusiasm



Ryan - Trail Runner of the year



Tony - Service Award



Delyse - Trail Runner of the year

Annual Awards 2014

Two Oceans 2015



This is the 46th running of the Two Oceans Ultra . From Pinelands, Kenny Williams (32) Kaare James (31) and Sidney Cleophas (28) have been at it the longest (Crazy!!)

At the last count there are 70 club members in the Ultra.

Going for milestones are :- Alvin Witton (twentieth trip)

Delyse Rist and Wendal Smith (tenth trip). There are 17 novices in the Ultra.

In the half marathon, there are 107 from Pinelands of which Michelle Cupido and Malcolm Rhodes are going for number ten.

It is important to note where your start is and at what time. There is always much confusion at the starts. The half marathon starts in the Main Road, Newlands near the Swimming Baths **not** with the Ultra start. Starting times are staggered - Groups A-B-C start at 05h50 - Group D at 06h00 and Group E at 06h10.

The Ultra starts at 06h30 at the corner of Dean and Main Roads.

There is an "Oceans Pasta Evening" at the club on Thursday 2 April - details will be made known shortly. On Friday 3 April there is much activity at UCT. Firstly, the trail runs in which a few Pinelands members will be in action. Later in the day are fun runs for all ages.

Don't forget your chip - no chip no result - plus both the Ultra and 21km are club incentive runs - so no chips means no name in the results!!

If possible try to get to your starting pens as early as you can - it becomes very congested.

GOOD LUCK - GOOD LUCK

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McKenna Scott 10km - this run is organized by the club, it will take place on Sunday 2 August 2015. Dion Stevens is the race organiser. Dion is at present busy with all the paperwork required. The present route is a 5km loop x2 , however, the club is considering making it a 10km loop. Should you have any ideas on a suitable 10km in Pinelands without crossing Forest Drive. Please let us know. The club is also considering introducing a new medal. You are invited to design a medal, you could win a pack of beer. Look at the medals you get when completing a run at present you may get an idea. The medal can be square, round, triangular, oval and must depict the event. Pinelands, pine trees, squirrels, pinecones , 10km etc. It does not have to include the wording McKenna Scott thereon. This could come on the ribbon. You can send your designs to either Dion or Kaare by mid May 2015. Please make a note of this date, (2August) because your assistance will be required - not only on the day but with the pre-race planning. Water points, marshals, registration, start & finish layout.





KHON KAEN International Half Marathon - 2015 (By Malcolm Rhodes)

A friend of mine lives in Khon Kaen, a city in North East Thailand, about 200 km from the border with Laos. He had invited me to visit on a number of occasions, and a brief internet search showed that there was a marathon and half-marathon, organised by Khon Kaen University, to be held on 25 January. I needed no further urging, confirmed that my friend would be home at that time, and in the space of two days organised flights, an on-line entry and accommodation in Bangkok for a few days before I flew to Khon Kaen.

Khon Kaen is the capital of Khon Kaen province and is the home of the largest university in the North East. My friend put me up for a week and showed me the sights of Khon Kaen, the surrounding district, and we took a trip to the banks of the Mekong River to look across to Laos. My having completed the obligatory tourist stuff, it was time to concentrate on running: Registration took place on the Friday and Saturday in the university's Convention Hall, near where the start and finish would be, and we went there on the Saturday. Everything ran smoothly, and I was issued with two timing chips, a number and a vest. I had decided to run in Pinelands colours, so the vest will be a nice souvenir. In fact, the whole organisation was very professional, well up to the standard of our big name events. A nice touch was the requirement of attaching a photo to the online entry, for identification purposes, on top of the need for foreigners to show their passport. I now have to confess that it was my first selfie.

There were some 800 entries in the full marathon, 1100 in the half, and some thousands in the mini-marathon, which strangely is 11,55km. My Pinelands Blue School arithmetic teacher taught me that a quarter of 42,2 is 10,55, so I do not know where the extra km comes from. There was also a 4,5 km walk, so the whole event had a cast of thousands.

My friend was running his first half and a friend of his, his second, but I seemed to be the only one excited about the experience. I asked to be dropped at the start 30 minutes before hand, which turned out to be unnecessary, but I'm not keen on starting from the back.

The weather was 18 degrees at the start, with humidity in the upper thirties, so it was not too unpleasant. Sunrise was at 6h40 and the marathon started at 4h15 and the half at 5h25, so we did not have to run too long in the heat of the day.

The half-marathon route was an out and back through the streets of the city, with a loop through the university grounds for the last 6km. It was relatively flat, but did have a few gentle hills, which seemed never to end and would not usually be a problem. If I do something like this again, I will definitely run first and sightsee afterwards, as I found that I was a bit more tired than I would have expected. Climbing the steps of pagodas is great cross training, but not a couple of days before a race.

They supplied lots of water, obviously, but no energy supplements, so at about 15km, my body was crying out for some Coke. The crowd support was tremendous, especially for the foreigners (**aka farang**), of which there were quite a few.

Well, I've used up all the excuses. My time was 2.07.26, far slower than I had hoped. I was 442 overall and 18 in the M65+ category. It was my first international race and the experience was terrific. Ten days of Thai food was no penance, either.

The highlight was the free food at the finish. No, not sandwiches and powdered soup, but many stalls offering various types of Thai food with many local specialities. I had two helpings of sushi. Yes, you read correctly, sushi served after a marathon. Something the organisers of some of our big name races could learn from perhaps. The food was only for the marathon and half-marathon competitors, so we fed a third member of their group who had run the mini-marathon, through the fence.

Would I run it again? If the opportunity arises, yes, but I'd visit Khon Kaen only for the race and see other parts of Thailand afterwards.

CROSS COUNTRY - 2015



The 2015 Cross Country season kicks off on Saturday 11 April with the 5 x 3 relay to be held on the banks of the Elsie Kraal Canal in Pinelands – starting and finishing at the “Green School” Nancy Will is in charge of Cross Country in the club. She will soon be putting together a squad of helpers to record, marshal and to assist with setting up the three km course.

Cross Country Fixtures for 2015 :-

- 1st – Sat. 2 May – CPUT CAMPUS – Bellville
- 2nd – Sat 9 May – ATLANTIS
- 3rd – Sun. 17 May – ELFINDALE – Princess Vlei
- 4th – Sat 23 May – YOUNGSFIELD MILITARY BASE
- 5th – Sat. 6 June – KOEBERG NATURE RESERVE
- 6th – Sun. 14 June – ATHLONE (new venue at Nantes in Silvertown, Athlone)
- 7th – Sun. 26 July – UWC – Bellville
- 8th – Sat. 1 August – POLLSMOOR
- WP Champs – 15 August – CPUT CAMPUS – Bellville
- SA Champs – 12 Sept. – MIDDELBERG ?



To all new members and existing members – give Cross Country a go this year. Come and see what it is all about. There are 4km, 8km and 12km courses (depending on age) over all types of terrain. Cross Country running is a good stamina and strength builder.

Want to know more? Give Nancy a call or speak to a committee member. Watch the “Weekly Diary” for Cross Country details. **See YOU on 2 May in Bellville!!**



BIRTHDAYS

April

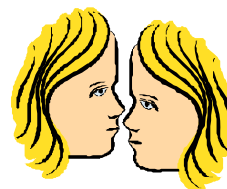
- 01 Helga Louw
- 03 Hayley Smith
- 03 Jerome Campbell
- 03 Siobahn Boonzaier
- 03 Skye Smith
- 05 Tamsanqa Matose
- 06 Sumanthra Moodley
- 10 Heather Hill
- 10 John Dawes
- 10 Renee Fourie
- 11 Tony Pick
- 12 Graeme Lakay
- 12 Felicia Abrahams
- 12 Tony Will
- 13 Alan Thomas
- 13 Judith Davidse
- 15 Michael Adams
- 17 Clive Ulrich
- 18 Murray Leibbrandt
- 23 Michelle McDiarmid
- 26 Brian Farrell
- 26 Malcolm Rhodes
- 26 Nathan van Sittert
- 26 Patrick Swanson
- 28 Delyse Rist

May

- 01 Charmiane Kruger
- 02 Shane Moodley
- 04 Peter Arendse
- 09 Linda Zenzile
- 09 Mervin Schnehage
- 09 Trevor Winter
- 12 Geraldine Newey
- 13 Graham Swartz
- 13 Tim Harris
- 16 Calvin Leen
- 18 Anita Scott
- 23 David Hofmeyr
- 27 Lauren Thorne
- 30 Lindsay Dawes
- 31 Alain Rogers
- 31 Andrew Redfern
- 31 Charles Parry
- 31 Kyla Leen
- 31 Queen Gumede

June

- 01 Maitele Tshfularo
- 02 Dickie Weers
- 02 Ryan Johnson
- 06 Andreas Gensicke
- 08 Gary Grant
- 10 Melanie Fortune
- 11 Sean Harris
- 11 Sean McDiarmid
- 12 Hayley Jackson
- 12 Stuart Reid
- 13 Brian Samuels
- 13 Ilze van Rensburg
- 14 Angelo Adams
- 14 Chris Underwood
- 18 Simon Short
- 20 Michael Mortley
- 20 Shu-Aib Loubscher
- 22 Robert Faull
- 22 Roy Mac Gregor
- 23 Marvin Bester
- 24 Robyn Ann Martin
- 25 David Scheppening
- 27 Samantha Swanson
- 27 Peter Williams
- 29 Neville Sharpley



Come run with us

We thank and support our sponsors

