IN TOUCH

NEWSLETTER OF THE PINELANDS ATHLETIC CLUB
Jan/Feb/Mar 2016

Pinelands will be hosting the annual Cross Country Relay on 9 April which is the kick off to the 2016 Cross Country season. This event will be held at the Pinehurst Primary School (the Green School), the 3km course is along the banks of the Elsieskraal River. Nancy Will is in charge and to help her, your assistance is required. Firstly, the 3km course needs to be set up on the morning. Marshals will be needed and writers to record the laps are also required.
Please give Nancy a call. 083 555 8100

At the time of writing this newsletter there are 285 members in the club. Of these 9 are social members and 7 are juniors. There are 40 new members plus a few who have returned to the fold.
Welcome to all the new members and welcome back to those who have returned. Good choice !

Since the beginning of this year, in the Weekly Diary and at the AGM in November last year, there has been a lot of emphasis placed on the wearing of correct club colours at races. Unfortunately there are still a few members who do not comply with this, particularly the shorts. The club produced a leaflet displaying the Club's Kit. These leaflets were handed to members when they renewed their subs. New members were also given a leaflet.
This leaflet can be found elsewhere in this newsletter.
What can be done about this matter? Committee members have been asked to speak to club members when they see them not in the correct club colours. Name them and shame them ? There has been a suggestion, that those members who keep on wearing the incorrect colours will not be eligible for any of the club's incentives.
Unfortunately we are all bound by a set of rules in life, which could be petty but are necessary. Without rules there would be no control. Free for all, do what you like.
The club has a constitution in which the colours of the club are clearly mentioned. The club's constitution can be viewed on the club's webpage www.pinelandsathleticclub.co.za

Littering at the weekly runs has become a huge problem. Certain runs have adopted a "carry your own water" policy. This could well be the case in future for many more runs. The Cape is known for windy conditions which causes a problem with discarded empty water sachets, Vooma and Gu sachets . True, certain race organisors could provide more boxes on the route, but this does not mean we can throw a sachet anywhere. If you are holding a sachet after the water point, then hang on to it until the next water point. This is not a problem, they are light, they can be tucked into the waistband of your shorts.

The Modern Athlete magazine started the "run clean" campaign. The aim to stop littering. "RUN CLEAN" these logos should be seen at all runs, as a reminder to us not to LITTER Let us work together to stop littering. Should you see runners dropping sachets and not thinking about it, shout at them and point out to them what they did. It works, ask the Pinelands " bus" when running the "Lion of Africa 21km "

See you on the road !
THE EDITOR

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This year is the 46th running of the Two Oceans 56km. The first run took place in 1970 when 26 runners started. This year 11 000 runners will take on the challenge of " The Oceans"
From the club there are 70 entrants (not sure if all will be running) however, of them 15 are first timers over the 56km .

Going for their individual milestones are: Sidney Cleophas (30th trip), Sumanthra Moodley (10th trip) and Nyaweleni Tshifularo (also his 10th trip). Still at it is Kenny Williams doing his 34th trip.

In the Two Oceans Half (21km) there 124 entrants from the club. 27 will be taking on their first Two Oceans Half. Going for their tenth half are: Sandra Swartz and Geraldine Newey.

The club's gazebo will be at Site 22 which is in about the middle of the club tents on the right hand side of the finish straight. Which means you do not have to climb over the bridge after 56km !

Make sure of your starting times (56km at 06h30) and the 21km at 05h50 for groups A,B and C at 06h00 for group D and at 06h10 for group E. Note the start of the 21km is IN FRONT of the 56km start. Near the Newlands Swimming Pool.

Leading up to the Two Oceans day is the International Friendship 5km on Friday 25 March starting in the Waterfront. Also on Friday at UCT are the Trail Runs at 07h00 over 22km and 11km (on the slopes of Devil's Peak) There are various fun runs for the family at UCT - 5.6m Nappy Dash, 300m Toddlers Trot, 2.1km jog and 5.6km fun run. See www.twooceansmarathon.org.za for online entries or entries will be taken at the Expo and on the day at UCT. (The Trail Runs are full)

Thursday 24 March is the club's Two Oceans Pasta evening. If you would like to supply a dish of pasta please contact Ruth at **(ruth@manyano.org.za or 082 417 1855)**

DON'T FORGET YOUR CHIP FOR 56km and 21km

Remember the flag last year? Look out for it again this year.

CHAIRMAN'S CHAT

A very warm and hearty welcome to all our members new and old for 2016.

I am aware that everyone who managed to get an entry into Two Oceans are seriously busy preparing for the big event, with less than two weeks to go I wish everyone good luck and hope you all stay injury free.

A reminder, the club is organising the X-Country Relay which it is taking place on **Saturday the 9th April**, your assistance is once again required. We want to register a few teams to run in the relay. So if you are helping and want to run as well, please speak to Nancy, the more helpers we have the easier it will be to enter teams to participate.

I am appealing to our members to continue supporting the **"RUN CLEAN"** campaign at races and **not to litter"**, please use the bins provided at water stations or on the route and if there are no bins which does happen, then carry your sachets with you till the next water station.

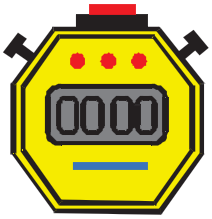
Our social committee is once again planning a few functions for the year, we need to build on the success that was achieved last year and I appeal to members to please support the events, please watch the weekly diary as more details will be revealed shortly.

To our members, for your own safety it's time to be more visible on the road as it's beginning to get dark so much earlier in evenings.

Always try to run in a group or with a friend, with the escalating crime and attack against runners it's better to be safe than sorry.

See you on the road.

WENDAL



A new system will be soon be used to time the weekly time trials. This system will provide a permanent record which will enable you to keep track of your times, number of time trials done to date etc.

Read the notice below and follow the instructions should you regularly be at time trials or you intend to partake in the weekly time trials at sometime.

New Timing System for Thursday time trials

We will be implementing a barcode timing system for our Thursday time trials from **21 April 2016.**

Every runner must have and run with a barcode that will be scanned at the finish to determine finishing time. **No barcode No result No exceptions**

Park Run Members:

- Your park run barcode will be accepted
- Please email your name, email address and Park Run ID to timetrial@pinelandsathleticclub.co.za

Runners without Park Run barcodes:

- Please email your name and email address to timetrial@pinelandsathleticclub.co.za
- A Pinelands Athletic Club barcode will be generated and emailed to you
- Please print out and laminate or put in a firm plastic name tag holder.

Make sure you print your barcode on good quality paper with a high print quality.
Please do not fold, mark or cut into the barcode.
Electronic pics on cell phones will not be accepted.

Remember to bring your barcode with you and to have it ready as you cross the finish line so that your time is accurate.

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DID YOU KNOW – The weekly time trial results are posted on the club's webpage. The results of the Pinelands runners in the weekend runs are also posted on the club's webpage.
Photos of some Pinelands runners at recent runs will also be posted.
Peninsula, Constantia Village and Milkwood are there. Have a look.

Fixtures for the 2016 Cross Country season are listed below. At present the venues are yet to be published by WPA.

Sat 09 April – Cross Country Relay – Green School - Pinelands
Sat 30 April – 1st League venue TBA
Sat 07 May – 2nd League "
Sat 14 May – 3rd League "
Sat 21 May – 4th League "
Sat 04 June – 5th League - Koeberg Nature Reserve??
Sun 12 June – 6th League venue TBA
Sun 24 July – 7th League "
Sat 30 July – 8th League "
Sat 13 Aug – WPCC Champs "
The date and venue of the SACC Champs is still to be announced by ASA

Hopefully this year we will see the usual faces at Cross Country plus many new faces.
To all our new club members, come and try Cross Country. You need only do 4km, 8km or 10km depending on your age group.
Nancy Will is in charge of Cross Country within the club – call her for more info: (083 555 8100)
Watch the Weekly Diary for the venues and starting times.

HOHENORT 15km Road Race

Run in memory of Dave Spence

16 JANUARY 2016

A record field of 2627 runners enjoyed this event organized by Pinelands Athletic Club. Thanks to, the race organisor Jerome Merton, and all who pitched in and assisted Jerome with the many tasks involved with a road race. The accolades received from runners from different clubs, far outweighed the criticism received.
The club has donated R10 000.00 from the proceeds of the Hohenort to the Woodside Special Care Centre. On Thursday 17 March the General Manager of Woodside visited the club and was presented with the donation.
Feedback sessions of 2016 are already underway. If you have any ideas and/or suggestions for Hohenort 2017 send them to Jerome or to the editor.

SPOT THE PAIRS RUNNING TOGETHER

Mother&Daughter, Father& Daughter, Husband& Wife, Brothers, Sisters, Brother& Sister
The whole family, Mother&Son

NOTE THE SIGNS

BIRTHDAYS

March

01 Nina Carr
02 Liesl Winter
02 Nigel Daniels
03 Anthony Newfeld
03 Mark Siebritz
04 Delene Waller
04 Richard Majiet
06 Sihle Stephan
07 Alistair Chivell
07 Karin Wilson
10 Ray Harris
11 Sandra Swartz
11 Shamiel Mathews
12 Barbara Kingsley
13 Kenny Williams
16 Timothy Siebritz
17 Calvin Hammond
17 Chaldene Misroll
17 Chris Mackrill
18 Lauren Badenhorst
22 Jocelyn Jefferies
24 Sandiswa Mbewana
26 Karen Low
27 Tayana Raper
28 Ashraf Hendricks
29 Astrid Ruiters
29 Ravid Goldstein

April

01 Helga Louw
03 Hayley Smith
03 Jerome Campbell
03 Siobahn Boonzaier
03 Skye Smith
04 Carlyn Fester
05 Tamsanqa Matose
06 Sumanthra Moodley
09 Shane Howe
10 Heather Hill
10 John Dawes
10 Patrica Swart
10 Renee Fourie
11 Tony Pick
12 Graeme Lakay
12 Steve Finegan
12 Felicia Abrahams
12 Tony Will
13 Alan Thomas
13 Judith Davidse
15 Michael Adams
16 Renda Tshifularo
17 Clive Ulrich
17 Lukhanyo Kweyama
18 Murray Leibbrandt
23 Michelle McDiarmid
26 Brian Farrell
26 Malcolm Rhodes
26 Nathan van Sittert
26 Patrick Swanson
27 Hajiera Jinoo
28 Delyse Rist

May

01 Bernice Down
01 Charmiane Kruger
02 Shane Moodley
04 Peter Arendse
04 Travis Craig
05 Yolanda Shepherd
09 Linda Zenzile
09 Marc Wormald
09 Mervin Schnehage
09 Trevor Winter
12 Geraldine Newey
12 Joe Vergotine
13 Graham Swartz
13 Tim Harris
14 Melanie Howe
14 Clint Readhead
16 Calvin Leen
18 Anita Scott
23 David Hofmeyr
25 Manfred Geutner
27 Lauren Thorne
30 Lindsay Dawes
31 Alain Rogers
31 Andrew Redfern
31 Charles Parry
31 Kyla Leen
31 Queen Gumede

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