



IN TOUCH

NEWSLETTER OF THE PINELANDS ATHLETIC CLUB

April/May/June 2016

It's done and dusted – the Two Oceans and the Comrades. The happy stories and the not so happy stories are over and just about forgotten. Congratulations to all who finished the Oceans Ultra and half and the Comrades within the time limits. The novices in both events put in many hours to achieve their goals. Two Oceans next year is on 15 April, there have been rumours of changes to this event but as yet nothing has been confirmed. There is a rumour that Comrades will be another “down run” next year, the date is 4 June.

And now - we move on! What is next ?

We have a few members heading off to Mauritius in July for the marathon and half marathon which sounds very exciting. July 31 is the McKenna Scott 10km in Pinelands which the club organizes. (Hopefully your name is down to assist!!) Then it is the “Puffer” – a trail run over the mountains between Cape Point and Granger Bay (next to the Waterfront) a distance of about 80km. Every year Pinelands has about five or six doing this very challenging run. The club also has a water station along the route providing much needed refreshments. It is also a chance to come and support your fellow club mates and other runners.

There are a few runs which will attract some club members. There is the Orak 12 hour on 2 July, in Vredendal (running around a grass track for 12 hours). The John Korasie 30km on 14 August is popular with club members although it is up and over Red Hill in Simon's Town.

The Satori Camel 16km in Noordhoek is very popular (11 Sept.) You need to get in early as entries are limited which get snapped up very quickly.

Then it is the Cape Town Marathon 42.2km (18 Sept.) - many club members are preparing themselves for this. The club has a training program for club members to follow not only for those who want to break 5 hours but for first time marathon runners as well. To qualify for Two Oceans Ultra and Comrades you need to run the marathon in under 5 hours.

The Cape Town Marathon is ideal for those wanting to run a PB, to qualify and the first timer, as it is a flat run but this means that you put your head down and work. One consolation is a generous cut-off of 7 hours. Entry forms are available at the club. Entries close 5 Sept.

Elana Meyer with club members

See YOU on the road !!
The Editor



PINELANDS ATHLETIC CLUB

PO Box 35. Howard Place. 7450

www.pinelandsathleticclub.co.za

<https://www.facebook.com/PinelandsAC/>

Editor: Kaare James 0724448082 - 021-5316928

e-mail: jamesmk@iburst.co.za



CHAIRMAN'S CHAT

I congratulate all our members who completed the Two Oceans, whether it was in the Half Marathon or the Ultra, well done you did the club and yourself proud. To all our members that lined up for Comrades Marathon and those who attempted the grueling 89Km for the first time, well done whether you finished or not, you are all winners in my eyes, you gave it your best.

Once again reminder that winter is here and it is dark out there, please wear light colour clothing and reflector gear so that you can be visible at all times to motorists, you might see them but chances are they might not see you, there are still runners that wear clothing that is too dark.

Next on the calendar is our McKenna & Scott 10km race at the end of July and I once again appeal to all club members to avail themselves to come and assist, we are going to need **extra helpers** so please add your name to the lists if you have not done so by now.

The X-Country is currently on a break although WPA has introduced a Winter Series it doesn't count towards the Incentive. With two cross country meetings left there are about 50 who could qualify for the cross country incentives. BUT you must also run in the WP Cross Country Champs!

Good luck to those of you that are starting to prepare for the Cape Town Marathon and may you all stay injury free.

Please watch the weekly diary for upcoming Social Events.

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

Cheers WENDAL



On Sunday 31 July is the McKenna Scott 10km and 5km (fun run) which is organized by the club. The route is through certain roads in Pinelands which is a flat course. The start is in Uitvlugt, the finish is in front of the club on the lower Oval.

Last year there were just on 1500 finishers, this year we anticipate a much bigger turnout. Therefore, we need to be prepared, which means that we require your assistance. Marshals, water tables, registration, setting up the start and finish. The finish is set up on the Saturday late afternoon.

Then there is the clearing up after the event, here help is also required.

On Wednesday 27 July at 18h00 there will be a "helpers run" over the 10km route for those who will be assisting on the Sunday.

Hopefully many of the club's newer members will come forward and assist in one of the areas. This gives the newer member a chance to meet other club members and to see how the club organizes an event like the McKenna Scott.

Dion Stevens is the "race organisor" please contact him if you are available, or send your name to the editor who will give your name to the person in charge of one of the areas. dionmstevens@gmail.com

Bread Tags



If you are throwing these little white tags away, Don't! Bring them to the club and place them in the box provided. These tags found on the bread packets are a means of raising funds for the disabled.



There is a break in the Cross Country season during schools midyear holidays.

The next league event is on 24 July (Sunday) at CPUT in Bellville (Old Pentech)

So far the club support has been good with an average turnout of 59 club members per event. There are two events left in order to qualify for the cross country incentives.

(You need to complete 6 or more of the 8 events plus the WP Champs)

Our ladies are doing very well in the team competitions, particularly in the 40+ and 4km categories. Well done ladies keep on supporting each other.

There are two cross country meetings left. 24 July at CPUT and 30 July at Pollsmoor. The WP Cross Country Champs will be in Keurboom Park, Rondebosch.

On 2 July there is a cross country meeting at Nantes Park (Silvertown/Athlone) which is a gap filler during the school holidays. No points will be awarded and it does not count as an incentive event. Starting times, distances are the same as normal. In the 10km for men and women, this is a relay event consisting of four per team (2 men and 2 women) which do not have to be from the same club. Each runner will run one lap of 2 kms then pass on to the next runner. Cost per team is R30.00 and prizes will be up for grabs.

THE CLUB'S CLOTHING IS AVAILABLE AT THE CLUB ON THE FIRST THURSDAY OF THE MONTH

PINELANDS ATHLETIC CLUB CLUB KIT

Running T-Shirt, Men and Ladies' Cut
All sizes **R250**

Running Vest, Men and Ladies
All sizes **R225**

Club T-Shirts, Men's and Ladies' Cuts **R100**

Running Shorts, Men and Ladies
All sizes **R200**

Skort, Ladies
R130/R170

Leggings, Ladies
R100

Winter shirt
R175

Tracksuit Top, Men and Ladies: R170
Tracksuit Bottom, Men and Ladies: R120
(R260 complete set)

All club members are expected to wear the correct club kit at all official events. Disciplinary action will be taken against those who refuse to comply.



**THE CROSS COUNTRY
LOOK**





HAPPY BIRTHDAY



July

- 01 Harry Fillies
- 01 Jessica Westwood
- 02 Simon Taylor
- 04 Heimie Misroll
- 06 Michael Duncan
- 06 Madeleine Scheppening
- 11 Chanda Lombard
- 15 Tim Low
- 16 Edgar Rorich
- 16 Michelle Bedwell
- 17 Mandla Moyo
- 21 John Hobson
- 22 Jonathan Miller
- 22 Nadeema Marks
- 23 Ed Elson
- 25 Bruce Hallock
- 26 Bradley Anderson
- 27 Jonas Gensicke
- 28 Cheryl Swanson
- 29 Dumisani Ndevu
- 29 Khuthala Mbomvu

August

- 02 Kim Brooks
- 03 Nigel Strydom
- 05 Tsholofelo Tiro
- 05 Philip Crowson
- 06 Achmat Toefy
- 06 Kaare James
- 07 George Reissenzahn
- 08 Eugene Griego
- 11 Arlene Carelse
- 12 Kanakana Mushanganyis
- 16 Anton Wale
- 16 Donovan Will
- 17 Stacey-Lee La Gorie
- 19 Jacqueline Misroll
- 20 Magdalene Williams
- 20 Cedric Lamb
- 20 Jerome Merton
- 25 Christopher Westwood
- 25 Andrew Van Wijk
- 25 Esme Sinden
- 25 Zac McDonald
- 26 Lydia Myers (Day)
- 26 Richard Scott
- 27 Dave Law
- 28 Mandisi Ndzombane
- 28 Mercia Smith
- 29 Michael Ulrich
- 29 Ryan Winter
- 29 Velia Duncan
- 30 Arthur Hodgson (Niel)
- 30 Phumie Ngxonono

September

- 01 Melissa Webb
- 02 Tamsin Carelse
- 05 Jean Jones
- 08 Megan Johnson
- 09 Mveleli Boo
- 09 Vessela Hobson
- 11 Paul Rist
- 12 Randall Brown
- 13 Terence Carelse
- 14 David Jehring
- 16 Chris Schnehage
- 17 Ian Dinan
- 17 Refiloe Kubheka
- 17 Sharleen Scott
- 18 Eugene De Kock
- 19 Alison Smith
- 20 Rebecca Craig
- 21 Melany Du Plessis
- 24 Alvin Witten
- 24 Lily Joan Ithier
- 24 Martin James
- 25 Roger Braaf
- 25 Ruth Leverton
- 29 Michelle Cupido
- 30 Aletta White
- 30 Simon Hill



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