



IN TOUCH

NEWSLETTER OF THE PINELANDS ATHLETIC CLUB
December 2018

Our new Office Bearers for 2019



CHRIS



HENRY



ANDY



LILY

Club President : Chris Schnehage

Club Chairman : Wendal Smith

Club Secretary : Ruth Leverton

Club Treasurer : George Reissenzahn

Additional Members: Nancy Will, Brian Thorne, Lionel Abrahams, Andreas Gensicke, Sean McDiarmid, Henry Du Plessis, Andy Duncan, Renata Gensicke, Lily Ithier and Cheryl Swanson.

Congratulations to the new members on the committee. Please support the committee.



Another year which means another year older - Oh dear!

So much has happened but no time to reflect - A record number of new members in 2018, and 2019 should be no different. 2019 is upon us and no time to rest. The hassles and questions regarding entries for Comrades and Two Oceans had the social media working overtime. What can we expect in the new year? More runs where the numbers are going to be capped or cancelled. Carry your own water could be on the increase. Littering is a huge problem.

In the first week of the new year it is the Beachcomber15k, the next week is the Bay to Bay 30k, then the Hohenort and then the Red Hill 42k/36k. All in the first month of a new year. A new pair of running shoes will be a great Christmas present!

Please note that the 2019 licences will be available in Jan 2019, therefore your 2018 number will be valid until 31 Jan.2019

Enjoy the last few social runs in the last few weeks of 2018 - if you are going on holiday travel safe. Have a great festive season. The editor





Chairman's Chat



We have once again come to the end of yet another interesting year. On the running front we saw members that have reached their goals, well done to each and every one of you and on the academic side we also had a few graduates, congratulations whatever your achievements were; all the best for the future.

At our AGM held in November we had yet another few new additions to the club's committee, it was heartwarming to see that so many members are prepared to serve on the committee and to be of service to the club and its members, welcome on board and may we as a committee and club grow from strength to strength. To Kaare James who has been our Club President since 2002, thank you for all the years of service, dedication and commitment and for the valuable contributions you have made throughout the years towards the club and will still be making. Like you said at the awards evening, you are not going anywhere and that is exactly the way we want it to be.

At our annual awards evening held on Saturday the 8th December we acknowledged all our athletes that put in the hard work throughout the year with their respective awards and accolades. Irrespective of what you received, well done to each and every member, your dedication and commitment didn't go unnoticed and to those that didn't make it this year, there is always next year. Thank you to Nancy Will for the use of her house to put the awards together and also to everyone that came to assist. A special thank you to Cheryl Swanson as well for putting the evening together although she was not on the committee the past year she was still prepared to serve the club in the best way possible.

Our flagship race, The Hohenort 15km will be held on Saturday the 19th January 2019. We have lost our primary sponsor Fry's Family Food but are pleased to announce that we have two new sponsors on board, namely Solid Rock Financial Planning and Duracell Batteries, thank you for coming on board when you heard our distress call.

To all our members, your assistance is once again needed, please contact Jerome Merton the race organiser, Cindy Maree in charge of registration or Timothy Siebritz for marshalling duties. We received the race of the month for January from WPA this year and this was only achieved because of you our members who stepped forward and offered your assistance and making sure that we had one of the best races on offer for the month of January, so we need to up our game and see if we can make it two in a row.

I want to take this opportunity to wish all our members, social members and their families a Merry Christmas and prosperous New Year.

If you are travelling, please be safe.

Yours in running

Wendal





COMRADES 2019

Next year Comrades will be an "UP" run taking place on Sunday 9 June. Entries were snapped up very quickly, capping at 25000.

From the club there are 41 entries. The substitution period is from 1 March 2019 until 15 April 2019. Info such as 2019 licence number, qualifying times must be submitted to the Comrades office by 2nd May 2019.

TWO OCEANS 2019

Two Oceans Ultra and 21km will be on Saturday 20 April 2019, entries for both events were applied for in great numbers, resulting in many not getting an entry. The substitution period is still to come.



A well attended Two Oceans and Comrades forum was recently held at the club. The forum was addressed by a few runners, with a number of Comrades and Two Oceans ultra under their belts, sharing their knowledge and experience. The aim was to give novices an idea of what running an ultra marathon is all about. It is not a "walk in the park" as they correctly said.

As a build up to the Ultra, certain runs on the calendar can be earmarked as Oceans training runs. This means slow and easy. Discipline yourself. The Bay to Bay 30km is the start of the build up to Oceans. Next is the Red Hill 42k/36k, the Peninsula Marathon (may have to be used as a qualifier or the Cango 42km on 23 Feb.) The Tygerberg 30km and the Weskus 42km are next on the calendar.

A good training run would be over Boyes Drive (Kalk Bay) and up Ou Kaapseweg and back to Kalk Bay via Boyes Drive.(many climbs) which would be about 30km. Then there is the Hout Bay to Hout Bay 40km (used to be an annual club run) Certain shorter runs on the calendar (Milkwood 21k, Tyger Run 21k, Voet of the Vine 21k) would have to be sacrificed to fit in the above runs.

These are only suggestions, if anyone is planning any group runs for Oceans training, please spread the word.

At present there are 68 club members entered for the 56km and 166 in the 21km. These figures could change after the substitution period. Which is: 9 January to 18 March 2019.



ENOCK

2018 Annual Awards.

The club's Annual Awards Evening was held at the Rondebosch Golf Club on Saturday 8th December. The evening was enjoyed by all, with good vibes, music, food and wine of course. Thanks to Cheryl Swanson and all who helped to make the evening memorable. The evening had a surprise which had everyone on their feet not believing what was happening.



Douglas

Lionel Abrahams proposed to Sumanthra Moodley immediately after prize giving in front of everybody. Sumanthra said "Yes" and Lionel presented her with a ring which he put on her finger. Congratulations to you both.



Lionel & Sumanthra



Jonas

The award winners for 2018 are:

Male Athlete of the year = **Enock Gijimani**
 Runners-up = **Damian Will and Douglas Mitchell**
 Female Athlete of the year = **Nancy Will**
 Runners-up= **Marlene James and Jacky Misroll**
 Most Improved Athlete = **Mervin Schnehage**
 Service Award = **Ken Stuart**
 Female Cross Country Runner = **Nancy Will**
 Runners-up= **Mel Porter, Jacky Misroll**
 Male Cross Country Runner = **Damian Will and Douglas Mitchell**
 Runners-up= **Heimie Misroll and Manfred Geutner.**
 Most improved Cross Country Runner = **Julian Smith**
 Most Spirited Cross Country Runner = **Natalie Fisher**
 Male Trail Runner = **Ryan Winter**
 Runners-up= **Damian Will and Nicholas Lykiardopulos**
 Female Trail Runner = **Mel Porter**
 Junior athlete of the year= **Jonas Gensicke**
 Most improved junior male athlete = **Ricco Visser**
 Most improved junior female athlete = **Jade Misroll**
 Novice runner of the year = **Mathilda Guler**
 Most spirited runner of the year = **Mercia Smith**
 Heavy Metal award (Track & Field) = **Borg Stannius**
 Most persistent runner= **Peter Arendse**
 Adam and Eve Competition =
 Adam = **Nyaweleni Tshifularo - 1740.58 km**
 Eve = **Maitele Tshifularo - 1784.28 km**
 Chairman's Award = **Kaare James & Mercia Smith**



Damian



Mervin



Ricco



Marlene Nancy Jacky



Nyaweleni



Maitele



Peter



Mathilda



COUCH



10 KM

PINELANDS ATHLETICS CLUB IS HOSTING A COUCH TO 10K TRAINING PROGRAMME.

The target race is the Central 10 km on 7th April 2019.

Please diarise to start 14 January 2019; Time 6pm at the Pinelands Athletic Clubhouse.

Training days will be Monday, Wednesday & Thursday with the odd weekend run.

ANYONE WELCOME

Contact Dion via e-mail:

dionmstevens@gmail.com for any further information.



If your family and friends are not runners, this is your chance to get them going. You never know they could become "Top Runners"




HOHENORT

15KM ROAD RACE

WPA LEAGUE RACE

Run in memory of Dave Spence




SAT 19 JANUARY 2019

Registration: Entries on the day at registration
Christ Church, cnr of Constantia Main Road and Parish Road, Constantia from 04h45

Start and finish: Alphen Centre, Constantia Main Road, Constantia at 06h00

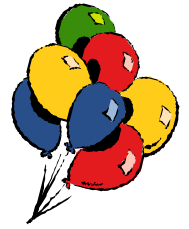
This is the club's "flagship" run, your assistance, no matter how big or small, will make it a success.

We welcome two new sponsors on board:- **Solid Rock Financial Planning and Duracell Batteries.**

There will be a "helpers run" over the 15km course on Wednesday 16 January, starting at 18h00 from the Alphen Centre. Water and Coke will be supplied on the route.



BIRTHDAYS



January

01 Sam King
03 Brenda Stevenson
05 James Kavanagh
06 Stephen Cloete
07 Belinda Rhodes
07 Shagita Gounden
08 Julian Smith
09 Brian Thorne
09 Jason Hudson
09 Douglas Mitchell
10 Beverley Tucker
10 Zola Mbulawa
12 Gregory Smith
14 Beth MacGregor
14 Edwina Bartes Solomon
14 Elizabeth Bax
15 Genevieve Lentz
15 Cheslyn Smith
18 Barrie Porter
18 Michelle Crockett
19 Ronald Holmes
20 Andrew Lang
21 Lesley-ann Smith
21 Lara Muller
23 Donnell Mwanjirah
24 Paul Turner
26 Clara Marincowitz
26 David Rhodes
27 Susan Purchase
28 Stanley Adams
29 Marlene James
29 Matthew Newey
29 Brent Van Reenen
30 Bruce Pope

February

01 Lee-Ann Harris
02 Felix Agoha
03 Tyrone Scamaton
04 Mervyn Franciscus
04 Zakithi Myeza
05 David Craig
05 Julia Johnson
06 Johathan McGill
06 Sharon James
07 Enock Gijmani
08 Lionel Abrahams
09 Ian Smith
10 Chris Erlangsen
12 Sharon v/d Schyff
13 Jess Will
13 Sasha Cottie
15 Linda Coetzee
15 Wendal Smith
16 Logan Oppelt
16 Tara Coztee
17 Carmen Holtzman
17 Phillip James
17 Veena Naran-Smith
18 Borg Stannius
18 Themba Mathaba
19 Adlar Abeda
19 Steven Binos
20 Monique Lentz
21 Marguerite Steppe
23 Amy Vicars - Thorne
23 Henry Du Plessis
24 Helen Nell
25 Athol Hudson
26 Paul Meeser
26 Tlou Masehela
27 Denis Jefferies
27 Kerri Lea
27 Peter Crockett
27 Sithandiwe Sekesseke
28 Clinton van Reenen

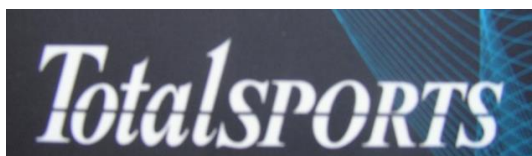
March

01 Johanneke Johnson
02 Liesl Winter
02 Nigel Daniels
03 Mark Siebritz
04 Delene Waller
04 Richard Majiet
04 Yolande Petersen
05 Catherine Austin
06 Lynnae Endersby
06 Sihle Stephan
10 Melikaya Ntshingwa
10 Ray Harris
11 Livhuwani Nemugumoni
11 Shamiel Mathews
12 Bianca Richards
13 Kenny Williams
16 Timothy Siebritz
16 Catherine Duncan
17 Chaldene Misroll
17 Chris Mackrill
17 Eungisle Chayichayi
18 Lauren Badenhorst
18 Lynette Voight
18 Trevone Maarman
22 Jocelyn Jefferies
23 Warren Gronewald
24 Damian Will
24 Sandiswa Mbewana
28 Ashraf Hendricks
29 Astrid Ruiters
29 Ravid Goldstein
31 CJ Visser

We may have missed a few birthdays – sorry – please let us know.



Please support our sponsors



CWFM



PINELANDS ATHLETIC CLUB: PO BOX 35 HOWARD PLACE 7450
www.pinelandsathleticclub.co.za - <https://www.facebook.com/Pinelands AC/>

Editor: Kaare James 0724448082 - 021-5316928
e-mail - jamesmk@iburst.co.za