



IN TOUCH

PINELANDS ATHLETIC CLUB NEWSLETTER

December 2019

And Now For 2020

It sounds so nice and easy to say - 2020

It is going to be an exciting and significant year for many in the club.

Bookings for International Marathons, ie. Athens, Maritius are done. Accommodation for runs like The Voet, Knysna, Outeniqua, Meiringspoort etc. are booked. Not forgetting Comrades. Sea cruise booked. Going on retirement. Starting out on a new adventure. Moving to a new house.

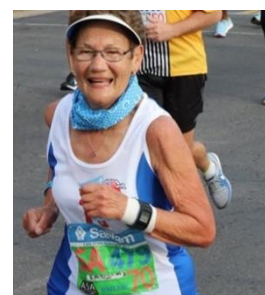
For some there will be special milestones. For Ruth Leverton 2020 will be three milestones in the year, 20 x Two Oceans Ultra and 20 x Comrades. Plus she will be riding her 21st Cape Town Cycle Tour. What a busy year it is going to be.

Double 2020 is 40. Kaare James will be doing his 40th Winelands Marathon.

For Nancy Will it will be number 20 Two Oceans Ultra. Hopefully building around the club will commence.

Don't forget the Tokyo Olympic Games Jul/Aug 2020

Good Luck for 2020, may this be your year ! *the editor*



Chairman's Chat



Another year has come and gone, did you achieve what you set out to do? Whether it was on a personal note or a running related goal, remember it's not the end of the world, there is always next year and as long as you have your health and determination, anything is possible.

At the AGM held in November we once again saw two new faces being added to the club's committee, welcome on board and to the members who stepped down, thank you very much for your time and services rendered and for making a difference during the time you have served on the committee.

Our annual awards evening was held on Saturday the 7th December where we acknowledged and celebrated all our members achievements throughout the year, well done to each and every member who received awards and club incentives. Once again, I must say thank you to Nancy Will for the use of her house to put the awards together, it is greatly appreciated. Thank you to Cheryl Swanson for putting the evening together, although the night started out with a few challenges, the rest of the evening went off well and we all had a great time.

Remember our flagship race, The Hohenort 15km, will be held on Saturday the 11th January 2020. I'm happy to announce that Solid Rock Financial Planning are back on board again as one of the sponsors with co-sponsors Brooks & Totalsports.

Once again, I must appeal to our members that your assistance will be needed and if you are available, please contact Jerome Merton, the race organiser or Cindy Maree who oversees registration or Timothy Siebritz for marshalling duties.

To all our members I want to wish you and your families a Merry Christmas and prosperous New Year and if you are going to travel, please drive carefully and be safe on the roads.

Thank you for an awesome year.

Yours in running.

Wendal

.....



2020 Licences

The 2020 licenses will be available at the clubhouse as follows:

Tuesday 17 December from 4:00pm – 5.45pm.

Thursday 19 December from 4:30pm – 7.30pm.

Thereafter: every Thursday 17h30 – 19h00

If possible please make use of the EFT payment system or SNAPSCAN to minimize the risk of handling cash.

2020 License renewal process:

EXISTING members

On arrival, you will be given your 2020 ASA form to check for errors. Then choose your 2020 licence number, pay or produce your POP and collect your number.

Payment of **R350**. EFT, SnapScan or Cash

Bank: Nedbank

Branch code: 104709

Account name: Pinelands Athletic Club

Account number: 104 7007 932

Reference: Use your name and surname

2020 fees are as follows:

	Membership Fee	WPA Licence	Total	Total New member *
Senior Member	R210	R140	R350	R370
Senior Member +65	R140	R140	R280	R280
Junior Member **	R105	R30	R135	R155
Senior Social Member	R210	N/A	R210	
Senior Social Member +65	R140	N/A	R140	
Junior Social Member	R105	N/A	R105	
Life Members and Vice Presidents	N/A	R140	R140	

**** Junior members must supply a copy of their birth certificate or ID – special junior licence numbers will be issued by WPA.**

NOTE: Your 2019 licence is valid until 31 January 2020



2020/2021 Committee

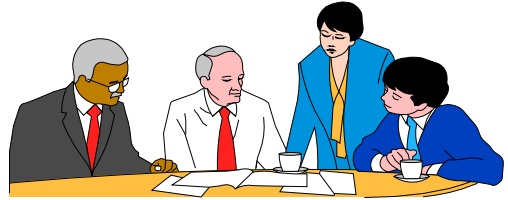
The following were elected onto the club's committee for a period of two years:

PRESIDENT: Chris Schnehage (2nd year)

CHAIRMAN: Wendal Smith (9th year)

SECRETARY: Ruth Leverton (4th year)

TREASURER: George Reissenzahn (7th Year)



ADDITIONAL MEMBERS:

Lionel Abrahams (Road Running - Time Trial + Attend WPA Meetings)

Henry du Plessis (Road Running - Annual Awards Convener)

Andreas Gensicke (Road Running - Time Trial Admin)

Peter Arendse (Road Running - Compiler of Stats (Race Results))

Kaare James (Road Running - Assist with Annual Awards, Cross Country and Time Trial)

Andy Duncan (Trail Running + Compiler of Stats (Race Results))

Nancy Will (Cross Country + Kitchen)

Renata Gensicke (Clothing)

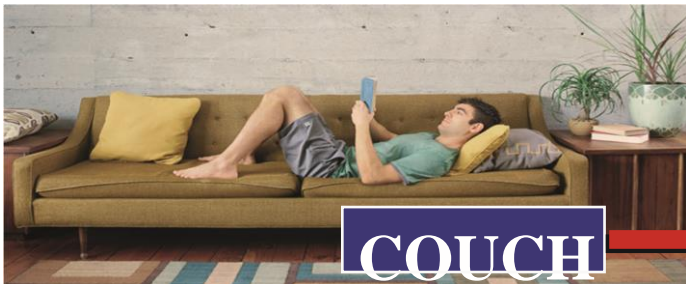
Cheryl Swanson (Social)

Brian Thorne (Facilities)

Please support the committee. Should you have ideas, suggestions or constructive criticism regarding club matters, please feel free to approach any of the above.

.....

Start 2020 by getting off the couch and onto the road.



COUCH



10 KM

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

The target race is the Central 10 km on 19th April 2020.

Please diarise to start 13 January 2020; 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.



Friends and Family are welcome.

Wanting to get back into running after a layoff? join us!



The Club's Annual Awards was held on Saturday 7 December at the Cattle Baron in Pinelands. The dress was casual, everyone looked good. The food and the vibe was good. After the Awards Presentation, the DJ took over with music which had many on the dance floor. A good time was had by all.

- *Male Athlete of the year = **Damian Will**
- *1st Runner-up = **Jonas Gensicke**, *2nd Runner-up = **Heimie Misroll**
- *Female Athlete of the year = **Nancy Will**
- *1st Runner-up = **Marlene James**, *2nd Runner-up = **Jacky Misroll**
- *Junior Athlete of the year = **Ricco Visser**
- *Most Improved Runner of the year = **Renata Gensicke**
- *Novice of the year = **Nelson Maduche**.
- *Male Cross Country Runner of the year = **Damian Will**
- *1st Runner-up **Jonas Gensicke**, 2nd Runner-up = **Heimie Misroll**)
- *Female Cross Country Runner of the year = **Marlene James**
- *1st Runner-up **Jacky Misroll**, 2nd Runner-up = **Sumanthra Moodley**
- *Most Improved Cross Country Runner of the = **Mathilda Guler**
- *Most Spirited Cross Country Runner = **Veena Naran-Smith**
- *Male Trail Runner of the year = **Ryan Winter**
- *Female Trail Runner of the year = **Mel Porter**
- *Service Award = **Lee-ann Harris and Mercia Smith**
- *Most Spirited Runner of the year= **Rosie Makhumalo**
- *Most Persistent Runner = **Pamela Duarte**
- *Heavy Metal Award = **Borg Stannius**
- *Most Time Trials run in the year = **Marlene James**
- *Adam and Eve Competition (most kilometers done in the year)
Lee-ann Harris: 1845.5 km and Unathi Solara: 1766.63km
- *Chairman's Award = **Peter Anders and Peter Arendse**



Marlene, Nancy, & Jacky
Most Podium Finishers



Nancy & Damian
Athletes of the year



Jonas (Runner-up) with Borg
Stannius Heavy Metal Winner



HOHENORT 15km

11 January 2020

This is our race, together we organize a great run which is very popular with runners from all over. Since 2013 we have had over 2000 finishers giving an average of 2200 finishers per year. In order for us to keep up this good record, we need YOU - to assist.

Two of the most critical areas of the organization are: Registration and Marshals.

Timothy Siebritz is putting a list of marshals together: give him a call.

TIMOTHY SIEBRITZ - 0828833184 - tsiebritz@gmail.com

Cindy Maree is looking for names for her registration list: give her a call.

CINDY MAREE - 0824144851 - mareecb121@gmail.com



We need You!

NB: There will be a "Helpers" run over the Hohenort route on Wednesday 8 January starting at 18h00 from the Alphen Centre. A slower group will start at 17h30 - 17h45

.....

Start of Hohenort January 2012





CROSS COUNTRY 2020

The 2020 Cross Country season kicks off on Saturday 16 May. There are six league events, the WP Champs and

a relay. Venues for the events are still to be made known.

The fixtures are: 1st - 16 May (Sat)

2nd - 23 May (Sat)

3rd - 7 June (Sun)

4th - 21 June (Sun)

5th - 5 July (Sun)

Relay - 26 July (Sun)

6th - 1 August (Sat)

WPCC Champs - 15 August(Sat)

To qualify for the Club's Cross Country incentive you will need to complete any six out of the seven events (the relay does not count).

Nancy Will (0835558100) is looking after cross country and will be assisted by Kaare James (0724448082)

The club support at cross country has always been great, with so many new members in the club, let's encourage even more support in 2020.

Please feel free to contribute munchies at the cross country events.



2020 Fixtures - January February and March

Sat 4 Jan – Beachcomber 15km + 10km Walk

Wed. 8 Jan – Hohenort Helpers 15km

Sat 11 Jan. – Hohenort 15km

Mon. 13 Jan – Couch to Ten starts

Sun 19 Jan – Bay to Bay 30km +15m (sold out)

Sat 25 Jan – Red Hill 42km + 36km

Wed 29 Jan – Curro Brackenfell 10km



Sat 1 Feb – Firgrove Challenge 21km + 10km + 10k walk

Sat 8 Feb – Top Form 10km

Sun 9 Feb – Dan Luyt 15km (Durbanville)

Wed 12 Feb - Sanlam 10km

Sun 16 Feb – Peninsula Marathon 42km + 21km

Sat 22 Feb – Cango Caves 42km +21km (Oudtshoorn)

Sun 23 Feb – Slave Route Challenge 21km + 10km

Sat 29 Feb – Century City 10km

Sat 29 Feb – Hemel & Aarde 42km (Caledon to Hermanus)

Sun 1 Mar – Milkwood 21k/10k

Wed 4 Mar – Lighthouse 10km

Sat 7 Mar – Constantia Village 15km + walk

Sun 8 Mar – Knysna Heads 42km /21km

Sat 14 Mar – LCE Weskus 42km/21km/10km (Langebaan)

Sat 21 Mar – Tyger Run/Walk 21km/10km

Sat 28 Mar – Ravensmead 15km

Sun 29 Mar -Tygerberg 30km (Big Mama)



JANUARY

01 Sam King
 03 Brenda Stevenson
 03 Kelly Smith
 05 James Kavanagh
 06 Stephen Cloete
 06 Tertius Van Zyl
 07 Belinda Rhodes
 07 Shagita Gounden
 08 Julian Smith
 08 Aqeelah Ceres
 08 Karen Veenendaal
 09 Brian Thorne
 09 Douglas Mitchell
 09 Jason Hudson
 23 Donnell Mwanjirah
 09 Pamela Duarte
 10 Beverley Tucker
 10 Zola Mbulawa
 12 Gregory Smith
 14 Beth MacGregor
 14 Edwina Solomon
 14 Elizabeth Bax
 14 Graham Down
 15 Cheslyn Smith
 15 Genevieve Lentz
 16 Graham Dalton
 16 Reyhana Salie
 17 Michael Haw
 18 Barrie Porter
 18 Michelle Crockett
 19 Ronald Holmes
 20 Andrew Lang
 21 Lesley-ann Smith
 21 Lara Muller
 21 Ammaarah Ceres
 21 Jaco Crafford
 23 Colleen Ryklieff
 23 Merlyn Volkwyn
 24 Paul Turner
 26 David Rhodes
 26 Bertram Jacobs
 26 Clara Marincowitz
 27 Susan Purchase
 28 Stanley Adams
 29 Marlene James
 29 Matthew Newey
 29 Brent Van Reenen
 29 Colleen Moore
 29 Sima Mkungela
 30 Bruce Pope
 30 Antoinette Mitchell
 31 Likho Sikutshwa

FEBRUARY

01 Lee-Ann Harris
 02 Felix Agoha
 02 Tarryn Clarke
 03 Tyrone Scamaton
 04 Keith Dalton
 04 Mervyn Franciscus
 04 Thandi Moyo
 04 Zakithi Myeza
 05 David Craig
 05 Julia Johnson
 06 Johathan McGill
 06 Sharon James
 07 Enock Gijimani
 08 Gcinikaya Dlodlo
 23 Amy Vicars - Thorne
 08 Lionel Abrahams
 09 Ian Smith
 09 Sharon Jacobs
 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 Coetzee
 17 Carmen Holtzman
 17 Phillip James
 17 Timony Siebert
 17 Veena Naran-Smith
 18 Borg Stannius
 18 Michelle Petersen
 18 Themba Mathaba
 19 Adlar Abeda
 19 Steven Binos
 20 Monique Lentz
 21 Marguerite Steppe
 23 Henry Du Plessis
 23 Sinazo Mandondo
 24 Helen Nell
 25 Anne-Marie Smith
 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

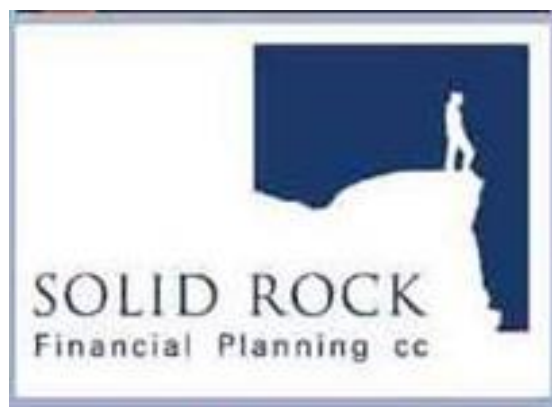
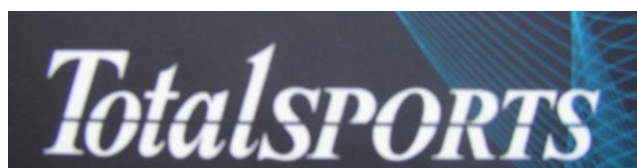
MARCH

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
 09 Ashleigh Grove
 10 Melikaya Ntshingwa
 11 Livhuwani Nemugumoni
 11 Nelson Maduche
 11 Sabrina Fielies
 11 Sandra Swart
 11 Shamiel Mathews
 12 Bianca Richards
 13 Kenny Williams
 14 Kelly Herselman
 14 Yvette Rensburg
 16 Catherine Duncan
 16 Timothy Siebritz
 16 Waleed Ackers
 17 Chaldene Misroll
 17 Chris Mackrill
 17 Eungisle Chayichayi
 18 Lauren Badenhorst
 18 Lynette Voight
 18 Trevone Maarman
 20 Abby Malamba
 22 Jocelyn Jefferies
 23 Warren Gronewald
 24 Damian Will
 24 Sandiswa Mbewana
 25 Ryan Brown
 28 Ashraf Hendricks
 28 Janine Africa
 29 Astrid Ruiters
 29 Ravid Goldstein
 31 Celeste Februarie
 31 CJ Visser
 31 Rethaa van der Berg



Happy Birthday

PLEASE SUPPORT OUR SPONSORS



CWFM ➤ BROOKS

PINELANDS ATHLETIC CLUB – PO Box 35 Howard
Place, Pinelands 7450

www.pinelandsathleticclub.co.cza

Editor: Kaare James jamesmk@iburst.co.za

0724448082

www.pinelandsathleticclub.co.za /

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