

AGM: Monday 21 March 2011; **ANNUAL WHALERS PRIZEGIVING for performances in 2010**

Time Trials:

In 2010 there were 50 Thursdays when time trials were held where members of the club and visitors competed - either walking or running one of the three distances - 3, 5 or 8 kms.

Time trial **attendance** figures have dropped ever so slightly compared to the previous year.

50 Thursday time trials: 2035 individual time trials; 140 walks & 1895 runs; avg of **40.7** people per time trial.

Compared to 2009, less 3km and 5km runs but more 8km runs and more walks were done. Despite having less people attending, together, they covered a greater distance in total compared to 2009: They ran/walked 9864km in 52823min21, or 880h23min21 or 36 days 16h23min21 @ an average speed of 5:21/km. They ran 94.69% of the way - 9340km in 33 days 14h26:31 (or 48386min 31sec, or 806h 26min 31sec), @ an average speed of 5:10/km, and the rest they walked, i.e 5.31 % or 524km in 3days 1h56:50 @ an average speed of 8:28/km.

On average the runners ran 2 seconds per km faster and the walkers walked 41seconds /km slower than in 2009. So all in all there were longer faster runs and slower walks. With just over 3% of the total distance, Frank Gillion covered the most distance in the time trials with 299km in 44 time trials, followed by Christiaan de Wet: 294 (39) and then Mikki Milne: 276 (36). A summary of the totals follows:

Time Trials		#	Distance km	% of total Distance	Time minutes	seconds	Average min/km		
Walks	3km	103	309		2679	15	8	:	40
	5km	27	135		1103	50	8	:	10
	8km	10	80		653	45	8	:	10
TOTAL	<i>Walked</i>	<i>140</i>	<i>524</i>	<i>5.31</i>	<i>4436</i>	<i>50</i>	<i>8</i>	<i>:</i>	<i>28</i>
Runs	3km	765	2295		13184	46	5	:	44
	5km	665	3325		17190	21	5	:	10
	8km	465	3720		18011	24	4	:	50
TOTAL	<i>Ran</i>	<i>1895</i>	<i>9340</i>	<i>94.69</i>	<i>48386</i>	<i>31</i>	<i>5</i>	<i>:</i>	<i>10</i>
Grand Total		2035	9864	100.00	52823	21	5	:	21

The following certificates were awarded:

1. Most Time Trials attended: (46) Arlene Ehrenberg total km 236km; Frank Gillion (44) 299km
2. The fastest time of the year in each distance in the male and female categories.

Walk	3km	Lady	Juanita Oosthuizen	19:00	2min25 sec faster than Arlene in 2009
Walk	3km	Gentleman	Leo Benning	19:00	24 seconds slower than 2009
Walk	5km	Lady	Arlene Ehrenberg	39:40	51 seconds slower than 2009
Walk	8km	Lady	Arlene Ehrenberg	63:14	1 minute 14 seconds slower than 2009
Run	3km	Lady	Louise Erasmus	11:22	6 seconds faster than 2009
Run	3km	Gentleman	Hendrie Punt	9:55	4 seconds faster than Alfred Tshabeni in 2009
Run	5km	Lady	Louise Erasmus	20:14	24 seconds slower in 2009
Run	5km	Gentleman	Michael Boesak	17:35	21 seconds slower than Alfred Tshabeni in 2009
Run	8km	Lady	Louise Erasmus	33:37	9 seconds slower than 2009
Run	8km	Gentleman	Alfred Tshabeni	28:19	1 minute 19 seconds slower than 2009

3. Boland Colours Track & Field Masters:

Zenobia Venter	W 40	100m	15.42 sec		72.67 %
Sonya Rudolph	W 80	weight throw	6.76 m	(SA record)	67.13 %
Leo Benning	M 75	high jump	1.32 m	(SA record)	93.06 %
Bertie Warren	M70	high jump	1.20 m		80.91 %

4. Best Track & Field Athlete: **Leo Benning**
5. 1st Female whaler in the Whale Half Marathon 1.41.17 **Louise Erasmus**
6. 1st Male whaler in the Whale Half Marathon : 1.20.24 **Alfred Tshabeni**
7. MOST IMPROVED RUNNER: **Adele de Wet**
8. Best Ultra Distance Runner: **Carina van der Merwe** (2Oceans 4h49:45 75.49%; Comrades 8h28:16 73.31%)
9. Best Female Road Runner of 2010 (based on performance in races): **Louise Erasmus**, 77.77%
10. Best Male Road Runner of 2010 (based on performance in races): **Frank Gillion**: 76.69%