

AUGUST NEWSLETTER 2009



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The winter months are not conducive to running and only a handful of Whalers have kept the flag flying at local races. With a membership of 90 it is surprising how few are really active. With the season having changed there are a number of events scheduled that should encourage more active participation. Surprisingly our time trials have been very well attended lately with one recording an attendance of 50 runners/walkers.

Our congratulations to Christine Hibberd, Marc Rolfe, Jeremy Browne and Barney Louw for successfully completing the Comrades in May this year. Christine, a novice this year, said she enjoyed it immensely. Rumour has it that there are a number of Whalers who have intimated that they intend doing Comrades in 2010.

HEMEL & AARDE 14km DOWNHILL HANDICAP RACE

This is a race designed to drag you out of your lethargy!

On Monday 10 August (Women's Day) the club will be holding an event which starts from the beginning of the tar road in the Hemel-en-Aarde Valley and ends up at the Cricket Club. The distance is approximately 14km, and the event will be timed. It will be a handicap race whereby all participants will finish at the Cricket Club by 11am. Starting times will be determined by using your average time per kilometer at the time trials and you should be able to work out this for yourself from the following table;

Average minutes per km	Start Time
9	08.54
8½	09.01
8	09.08
7½	09.15
7	09.22
6½	09.29
6	09.36
5½	09.43
5	09.50
4½	09.57
4	10.04



There will be no seconding and the Club Captain advises that all runners and walkers carry a

500ml bottle of Energade. There will be only one coke station at the Wine Village and this will be a compulsory one minute stop for all runners and walkers. Runners must run facing the traffic until they reach Wine Village and after that to keep well on the left hand side of the road until they reach the pavement at Mount Pleasant. There on, turn up Mountain Drive and face the traffic once again. There is no entrance fee. There is also no insurance covering you in this event, so make sure you act sensibly on the road.

Everyone is invited to join us for a complimentary "Boerewors Roll" at the Cricket Club after the run. Drinks will be for sale. Children welcome.

TIME TRIALS AND LONG RUNS

Time trials will be starting at 18:00 as from 3 September. Similarly the Onrus 10km run on Tuesdays will start at 17:30 from 1 September. Currently Saturday long runs start at 07:00 from the Wine Village and this time will also change as the summer approaches. Announcements in this regard are made at the Time Trial. Otherwise, call Mikki Milne or Les Hanna to confirm.

FYNBOS 21km – POTBERG 22 AUGUST

We are trying to arrange some form of transport to attend this race. If you are attending and have transport available please let Les Hanna know. If the weather is nice this is always a good outing.

WHALE HALF MARATHON

This is one of 3 events that Whalers AC is actively involved in, in conjunction with Hermanus High School. Because 26 September 2009 falls in the school holidays we may experience problems with marshalling. If each Whaler can volunteer at least one person to assist with marshalling (we need ± 70) it would be a great help. Please let Mikki Milne know.

FOOT OF AFRICA

Please diarize this event – Saturday 3 October. There is a full marathon, half marathon and a 10 km. The Gazebo will be erected and everyone is encouraged to participate and to enjoy the good vibe afterwards.

TWO CLUB MEMBERS RUNNING THE BERLIN MARATHON

Running one of the world's large marathons is an experience that most of us long distance sloggers only dream of. I have been dreaming about running in Berlin, London and New York for the last 15years and you can imagine the look on my face when my fiancé, Mirijam, informed me (out of the blue) that we had been accepted to participate in the Berlin Marathon on the 20th September this year.

While participating in the Knysna Marathon earlier in July this year, I couldn't help thinking what a great pass time marathon running is and the diverse experiences it offers. Compare for instance Knysna and Berlin. Both are exactly the same distance and both you experience while running, but that's where the similarity ends. The two races take place in 2 different hemispheres, in different seasons. Knysna's route took you over some serious up- and downhills on gravel roads through the mud whereas Berlin is a flat and fast course run entirely on tar. 1000 runners lined up for Knysna. We will be around 45 000 runners outside the Brandenburg Gate in September. Most of the Knysna route took us through forests while the whole Berlin will take us

through one of the great historical cities of the world.

Two very different runs indeed!!

Running marathons for us is a bit like visiting game reserves. I hate to compare them in terms of the one being better than the other. Each one has its own unique features and attractions, albeit in Soweto, Cape Town, Antarctica or Berlin.

However, this amazing adventure still lies ahead of us and we would love to tell everyone about it when we return.

Brummer Olivier and Mirijam Gaertner.

TRACK AND FIELD

We wish Leo Benning all best at the coming World Masters Athletics Championships to be held in Finland where he will be competing. Leo, who has previously won gold in high jump at a World Champs, will be competing in the high jump, triple jump, long jump and 100m

The Championships are held every two years and Leo is competing in the age category 75 – 79. Leo says he stays fit by exercising two to three times a week at the gym and weather permitting, two to three times a week at the High School.

We would also like to thank the 13 whalers, sponsors and the officials/helpers who competed in the track and field meeting held at the High School in March this year. Only two of our women took part, Zenobia Venter and Ronel Boothea. Ronel threw the discus 16.63m.

Zenobia Venter (42) ran the Kleinmond 10km race in the morning and then competed in the 60m (9.5), 100 (15.8), 200 (34.7), 800 (2:58.7), long jump (3.95) and javelin (in the afternoon). One very good result was the 31.05m that Andre van Rooyen (66) threw the discus in the M65 group. This is a Boland record.

BITS AND PIECES

- * Chairman Les Hanna went to the Worcester half marathon and 10km and said he would run it slowly just under 2 hours as he was not all that fit. He ran 1.46, which proves that you cannot trust anyone, not even the Chairman!
- * Comrade Barney is still on a high since running Comrades. He allowed Ruby to check him in at the time trial although he had not run at all! Again you cannot trust anyone, not even a school teacher! Also be careful when to talk to Barney as he is lining up all sorts of ideas for next year's Comrades.
- * Speaking of Comrades, all sorts of names have been mentioned to tackle it next year. In addition to our 4 – Barney, Mark, Christine & Jeremy, we hear that Carina, Karen, Hugh, Johan de Kock, Michelle, and Ronel have said they are prepared to give it a go! Maybe they said this in a moment of madness! We will find out next year.
- * Norma Wheeler says that shopping in the UK is fantastic!
- * Karen du Bruyn has stepped up to the challenge to be Hugh Waters protégée! Bad luck Karen!
- * We hear that a potential new member will be joining the Whaler family in approximately 7 months time. Congratulations to Johan and Anneline. First-time-to-be grand parents Sarel and Annarie

contemplated cutting their holiday short to rush back to congratulate them!

- * “Les Girls” - Hanli, Karen and Carina all went walkabout on the Otter Trail in June and by all accounts had some very exciting moments! Like losing rucksacks when crossing rivers, mountain goat scrambling, watching others in the party strip off!
- * Pleased to see that Louise Erasmus is up and running again – that injury sure took a long time to heal. Also, after a long break, Luke has pitched up at a couple of time trials and he hasn’t lost too much of his talent.
- * Mat Browne has opened up his new gym, which we hear is well worth visiting, especially for his spinning classes.
- * Rumor has it Hugh Waters had to sell his running shoes to help pay for his new Toyota Rav. He recently arrived at the Time Trial in the new car, but wearing slippers.

PERSONALITY OF THE MONTH

Mikki Milne

Date of birth: 14 December 1957 .

Our likeable club captain is happily married to Lidia, who is an artist. They have two children: Matthew (21) 3rd year BA Film & Media student at UCT and Robyn (18) 1st year BSc student at Stellenbosch.

Mikki has been a teacher for more than 20 years. After teaching for 5 years at Hermanus Primary, he decided to join the high school as Head of Sport & Marketing.

This sport-loving Liverpool supporter is very much loved and respected by pupils and parents alike. Mikki is an excellent golfer and under his guidance Hermanus High School’s golf team has gone from strength to strength.

Mikki is also an excellent cricket coach and has already organized 4 overseas tours to England & Wales. During these overseas trips he watched rugby at Twickenham and the Millennium Stadium, visited Anfield (Liverpool’s home ground) watched tennis at Wimbledon, FA soccer at Villa Park & Upton Park, cricket at Lords and baseball at Anaheim Stadium in Los Angeles (Angels vs Red Socks)

Since Mikki started road running in 1979 he has completed close to 100 marathons and half marathons. While he was at college he also competed in two 24 hour Relay marathons! The absolute **highlight** of Mikki’s running career has definitely been competing in the London Marathon (April 2008): “The atmosphere, crowd support and organization of this unique Marathon (35 000 competitors) was awesome. To be a part of the world’s largest charity marathon and finishing down the Mall in front of Buckingham Palace is something that will live in my memory forever.”

Mikki`s best times:

Two Oceans Ultra : 5 hr 23 min

Standard marathon: 3hr 42 min

Half marathon: 1 hr 36 min

Why do you run?

“I don't really have any earth shattering philosophy about running, but running has become a way of life for me. I use the time on the road while I am alone, to pray a lot and it is also a time to organize my thoughts and to work through my personal issues. Running helps to clear my head and keeps me in reasonably good shape most of the year.”

Biggest embarrassment as a runner?

While I was in Wales on a teacher / pupil exchange programme I mentioned that I was a runner back home in Cape Town. The next thing I knew, the Phys Ed teacher at the school had entered me in a 10 km race at Bath University. Thinking that it was only 10 km's, I could easily cruise around the course without really exerting myself too much. After all I was on a tour and the few beers and steak from the night before wouldn't be too much of a problem!! Ha! Ha!

Much to my dismay, when I arrived at Bath University with the Phys Ed teacher, she had neglected to inform me that it was an Elite race and I was a special invite – the race was part of the trials to choose the South Wales team for the 10km Champs. I came into the stadium in 44th place (there were only 45 entries!), cheered on by my students and a couple of very polite spectators who were still on the stands. The winner came in at something like 27 minutes, while I suffered to the line in 44 minutes!

Goals for the future?

I would like to run my first Comrades Marathon next year, if the old knees will hold up!

Whalers Athletic Club can indeed be proud to have a captain like Mikki Milne. He is no Mickey, believe me. He is a giant!

We salute you: “Oh Captain, my captain!”

CLOTHING

New running vest stock has arrived and anyone looking for bigger sizes should contact Louise. There is also a couple of L to XXL tracksuits still in stock and anyone wishing to order another size tracksuit should contact Louise as tracksuits will have to be ordered.

COMMITTEE

Chairman	Les Hanna	028 3163820
Club Captain	Mikki Milne	028 3121563
Secretary	Louise Erasmus	028 3122220
Treasurer	Ronel Bootha	028 3132551
Race Co-ordinator	Carina van der Merwe	028 3163450
Social/Walking rep	Arlene Ehrenberg	028 3162037