

## AUGUST NEWSLETTER 2010



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Hermanus  
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As usual things have been relatively quiet during the past few months. With the exception of Comrades 2010, which was run on 30 May, Whalers athletes have not been too active. We look forward to warmer days and to see many more Whalers on the road and at events.

### COMRADES 2010

In the newsletter of August 2009 it was mentioned that a number of Whalers intended doing the Comrades in 2010. Well what an event it turned out to be for Whalers AC. 28 members entered, 3 did not qualify, and 2 did not start and of the 23 who started all finished within the cut-off time. This is exceptional for club of ±90 members.

The whole weekend was an unforgettable experience for those who participated as well as those who supported.

For the record Carina van der Merwe was the first Whaler who finished in 8:28:16 and Rian Nortje the first male in 8:51:35.

### JONKERSHOEK HALF MARATHON – STELLENBOSCH 28 AUGUST 2010

With the Potberg Half Marathon having been cancelled we've decided to encourage Whalers to attend this event. Registration can be done on the day. Details from Louise or at the Time Trial

### WHALE HALF MARATHON

This is one of the three events that Whalers AC is actively involved in, in conjunction with Hermanus High School. We have found that in the past, because 25 September falls in the school holidays, we 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 know. We encourage active participation in the event by all Whalers but if you are able to assist before or after the race please let Mikki know.

### FOOT OF AFRICA

Please diarise this event – Saturday 9 October. There is a full marathon, half marathon and a 10km. The Gazebo will be erected and everyone is encouraged to participate and enjoy the good vibe afterwards.

### TIME TRIALS AND LONG RUNS

Time trials will be starting at 18:00 as from 2 September. Similarly the Onrus 10km run on Tuesdays will start at 17:30 from 7 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.

## TRACK AND FIELD

The following events can be diarised for all those interested in the coming track and field season.

9 October: First Clive Truter meeting to be held in Parrow

16 October: SWD meeting to be held in Oudtshoorn

13 November: OFS championships to be held in Bloemfontein

20 November: Second Clive Truter meeting to be held at the Bellville track

SONYA RUDOLPH (81) a member of Whalers AC performed extremely well in her debut season in masters' athletics. She has always been an active person and tried many sports and activities such as swimming, hockey, tennis, table tennis, softball and bowls, many of which were on provincial level.

Do you notice that athletics has not been mentioned? The reason is that this very versatile lady with a very young outlook on life NEVER took part in any athletics in her life before she turned 80 in 2009. Thanks to Bertie Warren, Andre van Rooyen and Leo Benning of the Whalers Athletic Club Sonya started training and were coached by Andre van Rooyen in the discus and javelin events on the sports field of the Hermanus High School. She took part in her first athletic meeting organised by Western Province Masters at the Bellville stadium on 16 January this year. This was followed by the WP Masters Championships at Bellville a month later. At both these meetings she won her events with good distances which were automatically Boland records as none existed. Another meeting followed in April and then came the South African Masters Athletics Championships three weeks later. Here Sonya was again victorious in the discus and javelin and also the heavy weight which she had started practising about a month before. Here she received some coaching from Leo Benning. In this event she improved on the South African W 80 – 84 record by almost a metre. (Masters Athletes compete in 5-year age groups.) The heavy weight is similar to the hammer throw but has a much shorter wire and is about twice the weight of the hammer.

In masters' athletics, weights of implements are reduced approximately every ten years. In the heavy weight the correct weight of 4kg was not available so Sonya had to use a 5.4 kg one which makes her performance even more praiseworthy.

Anyone of thirty and older who wants to know more about Masters Athletics should contact Basil Carnie the President of SAMA at [bcarnie@absamail.co.za](mailto:bcarnie@absamail.co.za) or Leo Benning Whalers Track and Field Representative at [leobenning@lantic.net](mailto:leobenning@lantic.net) or 083 6930825 .

## KIT

Official Whalers AC kit is available from Louise and can also be viewed most Thursdays at the Time Trial. The list of clothing available is the Track Suit selling at R460, the running vest selling at R100 and the lightweight summer running T selling at R100. The blue running shorts and lycra running pants sell at R55 and R40 respectively. Stock is however limited in these items as they will not be renewed once the stock has been sold out. The new winter Orange long sleeve running T arrived and was almost sold out within the first week. We have a few remaining sizes for those who may be interested. The top sells at R145 and is very good quality and easily noticeable.

We request all Whalers members competing in races to make every effort to adhere to the official dress code which the Whalers is running vest and blue shorts. We are always complemented at races on our neat appearance and would like to maintain this high standard.

### **WHALERS AC LIBRARY**

Willie Loedolff has very kindly donated a number of very good running books to Club which he has collected over the years. Due to chronic knee problems which he has been experiencing, forcing him to downscale from running to walking, he decided to make these invaluable sources of information available to the club by means of a Library. Arlene Ehrenberg has volunteered to be the official librarian and has the books documented with a short note about the contents of each book. Club members are welcome to contact her and “take out” books for a period, affording all members the opportunity of enjoying these quality books.

The books donated are;

The Lore of Running by Tim Noakes (1<sup>st</sup> Edition), Running your Best by Tim Noakes, Galloway’s Book of Running by Jeff Galloway, The Complete Book of Running by James Fixx, Everyman’s Guide to Distance Running by Norrie Williamson, Precision Running by Roy Benson, Comrades by Bruce Fordyce, Running Injuries by Tim Noakes and Stephen Granger, Cures for Common Running Injuries by Steven I. Subotnik, Running Injury-free by Joe Ellis, Die Sport Dieet by Karen Inge and Peter Brukner, Stretching Book by Nell Weaver, How to Run a Marathon by Tony Benyon and Kevin Macey and The Inner Athlete .

Leo Benning has also very kindly donated four books to be added to the Library. These are The Running Foot Doctor by Steven I. Subotnik, Jogging with Arthur Lydiard by Garth Gilmour, Be Fit or be Damned by Percy Cerutti and The Varied World of Cross Country, Runners World Book 2.

### **PERSONALITY OF THE MONTH - ROELOF VAN WEELE**

Roelof is another Whaler who took up running at a “mature” age, namely as a Master. Thank goodness he discovered a liking for the sport (possibly because he has a natural talent for it!) because he is a very active participant and member of our club. He has put those two legs of his to good use in a variety and in numerous races. I have often seen him flying past me on the cliff paths or up near the Fernkloof Reserve in training. You can see he enjoys his sport as nearly every time I spy him his t-shirt is wet with effort and his legs are high back-kicking in that typical van Weele gait. For a small but older (forgive me there Roelof!) guy you train hard and well and at age 67 you should be very proud of that. It must inspire the younger Whalers who have a few decades to catch up to you and think that life is over at fifty Little do they know!

I know that he has run four Comrades and four Two Oceans ultras (obviously the number four is his lucky number) plus numerous other events up in the Gauteng and Mpumalanga area, e.g. the Om die Dam, Wally Hayward, Jacky, Loskop, Jock of the Bushveld, City to City. There’s not a lot really that he hasn’t entered and run in that province up north that we Western Capers only visit with great reluctance or when there is a call of duty!

Some of his best times over a variety of distances are:

10km	42,30
15km	69,20
21km	1.34
marathon	3.21
56km	5.15
89km	9.45

He was selected to represent Boland in the Masters over 60 10km.

Roelof is married to Dorea. Although Dorea originates from Stellenbosch they spent 36 years up in Pretoria (where Roelof worked at the University of Pretoria, Physics Department) until his retirement and their move down to Hermanus. They regularly visited and knew Hermanus intimately so they were able to immediately settle into their idyllic retirement lifestyle. They have three children, two daughters and a son and I am sure there are a couple of grandchildren too.

Roelof has been a great influence on their son, Gerard, as he is an ultra long off-road adventure racer and in fact they have occasionally teamed up to participate in various Powerman, Duathlon and cycling events. Now that his son has recently moved to Cape Town (he obviously has inherited his father's good sense too) we look forward to another van Weele joining or at least visiting our club.

#### **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

#### **WEBSITE**

The Whalers website has undergone a bit of a facelift and spring clean with lots of up to date information and photos. Members are encouraged to view the website for news updates and if you feel you have anything of interest to fellow club members please forward the information to Louise or Carina and we will make sure it reaches its destination. The address is [www.whalersac.co.za](http://www.whalersac.co.za)