

FEBRUARY NEWSLETTER 2009



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The Committee of Whalers Athletics Club would like to wish all its members everything of the best in 2009. We finished 2008 with a senior membership of 84 and to date 77 have bought licenses for 2009. We would like to welcome Wayne Cooke, Robert Cooke (J), Celeste van Beek, Marius and Zenobia Venter, Suzelle Erasmus, Rian Nortje, Marilize Louw, Julia Barlow, Christa Nortje, Nicolette Cronje, Charlene Acker, Dan Pringle, Rozelle Bootha (J) as new members of the Club.

Thank you to all members who helped with the Onrust 10/5km races on 20 December 2008. The Committee is satisfied with the overall result considering that the attendance was about 50% up on the previous year. The increased attendance would also help to secure future sponsorship from Gateway Superspar. Takings from the race boosted the Club's finances by approximately R8000.00.

Annual General Meeting

The AGM and prize giving will be held at 18:00 on 13 March at Fernkloof. We will have an informal get together afterwards with sponsored wors rolls. Please bring your own drinks.

Road Running

The year has got off to a flying start with good participation in both the Bay to Bay 30km and Redhill 36/42km races. With Two Oceans scheduled for 11 April this year the more serious runners are following Hugh Waters' training programme. Included in this programme are a run to Kleinmond (30km) on 7 February and a run to Caledon (34km) on 7 March which will have vehicles as back-up. A copy of Hugh's programme is attached.

The Puma Marathon and Half to be run on 22 February is the last chance to qualify for Two Oceans. We are not able to provide transport this year but because of the route changes (start and finish in the Simon's Town area) it should not present too big a problem.

Time Trial and long runs

For the benefit of new members time trials start at 18:00 with the exception of the period 1 May to 31 August when the start is at 17:30. We try our best to have time trial results published every week but we are unfortunately at the mercy of the Hermanus Times. Saturday long runs start at the Wine Village (currently 06:00) and all are welcome as we cater for the fast and not so fast. A vehicle goes along for those who don't want to run too far. Generally Saturday runs happen unless the club is participating in a particular race. We normally make announcements at Thursdays' time trial. Alternatively contact Mikki or Les for details.

Please also forward all your race results through to Carina van der Merwe for publication and statistical purposes. If you would like to be taken into consideration for a possible prize at the annual prize giving this year, you must please forward your past years results to Carina before the end of February. E-mail address is carina@cegela.co.za

Bits and Pieces

So what is going on in the Saturday morning run? Last week 10 ladies and only 7 men ran! Are the ladies going to take over the 'A' team? As guys in the Club outnumber the girls by almost two to one, the guys must make more effort. Club Captain Mikki Milne has broken with tradition and doesn't greet the ladies with a hug and he reckons this is the reason for the increase of their numbers! And it was good to see Cecelia Koen back on the road again.

- * Louise Erasmus was seen walking with Norma Wheeler at last weeks' time trial. Both are 'walking wounded' and have had enough of loafing! We are all hoping for their soonest recovery.
- * Comrade Barney Louw is taking his training seriously, and now gets into the starting blocks at the start of the time trial, and we hope that no one trips over him! He is going to be joined by Christine Hibberd and newcomer Christa Nortje this year on the Comrades Assault Course, so he will have someone to talk to instead of himself!
- * Sorry to hear that George Cloete (and Joshua) one of our old members, friend of Stiffy du Toit will be immigrating to Canada later this year. Good luck George. In the meantime, Gavin Turner has decided to take a holiday 'Down Under', so we won't be getting his 'Vasbyt' for the long training runs.
- * Ruby Waters has been doing a roaring trade in license numbers on the boot of her car! If you haven't got your number yet, you should get in line as soon as you can. She has also got the category numbers now.
- * Carina is running beautifully this year. Running easily at 5.24 per km in both the difficult 30km Bay to Bay and the 36km Redhill, she clocked 2.42 and 3.14! Alfred Tshabeni has also started to open up and with several excellent runs over the Christmas season. In the Redhill he came 6th which is no mean feat! And if anyone has had an opportunity to train with Alfred, you will soon realize what dedicated and motivated person he is.
- * Roelof's car doesn't like the Saturday long runs - his boot just won't open to let us get the drinks!!

Track and Field

Results Leo Benning M75 100m x 2, 200m x1, HJ x3, TJ x 2, LJ x 1 (the number of events competed in)

24 January Parow	M70 100m 2.	Johann Andersen	18.6
	M75 100m 1	Leo Benning	16.5
	high jump 1	"	1.27
	triple jump 1	"	7.68
	long jump 1	"	3.51

The next meeting will be the WPA Masters and **Boland Masters** Championships at the Bellville stadium on 20 and 21 February. Let`s have about ten Whalers competing here.

28 March the Whalers Open Track and Field Meeting will take place on Saturday afternoon at the Hermanus High School.

SAMA (South African Masters Athletic Championships) 1 and 2 May - Pilditch, Pretoria.

World Masters Championships 28 July - 8 August Lahti, Finland

For more details about athletics (from age 30+) contact Leo at leobenning@lantic.net or 028 316 4960 or 083 693 0825
Some of our members are more suited to track and field than road running but can easily combine the two. Walking is also included on the track.

On 29 October 2008 a very worth-while lecture by Professor Wayne Derman of the SA Sports Science Institute took place in the auditorium of the municipality on the Paralympics that took place in Beijing last year. One of our Whalers sent this SMS to Leo who was the organiser. *Thanks for setting up the most inspirational lecture. It was a wonderful insight and personally beneficial.* Thank you, Norma.

Committee

Chairman	Les Hanna	028 3163820
Club Captain	Mikki Milne	028 3121563
Secretary	Louise Erasmus	028 3122220
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