

FEBRUARY NEWSLETTER 2010



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Hermanus
7200

The Committee of Whalers Athletics Club would like to wish all its members everything of the best in 2010. We finished 2009 with a senior membership of 90 and to date 70 have bought licenses for 2010. We would like to welcome the following new members to our club Lindie Boucher, James Shaw, Charlie Jenkin, Michael Taylor, Michael Boesak, Baba Seitumeng, Rudolph van den Berg, Jolene Koekemoer, Ernie Croucher, Sean Privett, Johan Siebrits, Marieta Coetzer and Sonia Rudolph. A special welcome to the Foulds family who have joined as social members, we hope you will soon progress to becoming licensed members.

Club clothing is on sale and usually available at the Time Trial on a Thursday. Alternatively contact Louise and arrange to meet with her to try on the clothes. The club would like to appeal to members that it is important to dress in club clothing when representing Whalers at races. Suitable attire would be the Whalers vest and dark blue shorts for both men and ladies. The ladies have the crop top as an alternative to run in which also bears the Whalers logo. Track suits have been ordered and will be available within the next 6 weeks.

Thank you to all members who helped with the Onrust 10/5km races on 19 December 2009. The Committee is satisfied with the overall result considering that the attendance slightly up on the previous year. Takings from the race boosted the Club's finances by approximately R9000.00.

Annual General Meeting

The AGM and prize giving will be held at 11:00 on 22 March at Fernkloof. We will have an informal get together afterwards with sponsored wors rolls. Please bring your own drinks. A new committee has to be elected this year. We will be calling for nominations for new committee members in March so please give this some thought.

Wheels and Runners race – 8 May 2010

Although the club is not involved in the organizing, individual members do offer their assistance on the day. The organizers are especially looking for help with the marshalling and if you are prepared to assist please call Karen Coetzee on 0829233201. Participation in the event is also encouraged.

Road Running

With the large contingent of Whalers doing Comrades this year serious training has started with members participating in the Bay to Bay and Redhill races. Members are welcome to speak to Carina and Hugh with regard to training programmes. The Whalers will also be able to provide transport to the Peninsula Marathon on 21 February and Mikki Milne is the person to speak to in this regard.

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

- * Chairman Les Hanna has had a rocky start to the New Year. He is battling with a hip injury, and instead of lying in bed on Saturday morning, he is very kindly the driver on the long runs. This guy is a star!
- * Comrade Barney has got behind on his Comrades running schedule, also due to a hip injury (what are these guys doing?). His is running mainly on the school track, and each circuit is recorded with the children in the classroom. If you have a time to spare, why not accompany Barney on one of his training runs?
- * Norma Wheeler says that she was "bullied" into running Comrades!
- * As far as Comrades is concerned, Carina van der Merwe is the "Boss"!
- * Karen du Bruyn has really improved her running this year. Well done protégée!
- * Good to see old members Nikki Payne and Carien Gooding rejoining the club this year. And also Michelle and Johan de Kock are well into running again.
- * The Three Stooges or the Three Musketeers (whatever!) have been spotted doing secret training up the Hemel-en-Aarde valley
- * Hugh Waters says that he enjoyed his visit to the medical tent after Red Hill – he got a free medical examination and lots of attention from "Les Girls"!
- * There is no doubt about it – Gavin Turner is Iron Man! Apart from all the metal he has got in his body, the training that he is doing for Two Oceans is awesome.
- * Annarie Nel has not stopped smiling over the past 6 months! Hi Gogo!

Personality of the Club – Ronel Bootha

Ronel Bootha is not a person who can sit still for very long, and that is exactly how her running career started. To pass the time waiting for the children after school each day, she and a friend decided to start walking. The walking turned into jogging, and in 1998 she did her first 10 km - the Spar Ladies race. After that, there was no looking back. In 2000 she did her first Comrades, and in 2001 the second. A lot of marathons and ultra marathons followed, including two City to City marathons, Voet van Afrika marathon, two Loskopdam 50 km ultra marathons, three Om-die-dam 50 km ultra marathons and two Two Oceans ultra marathons. While living in Pretoria, weekends consisted of a race every Saturday with her old club Tuks Alumni Roadrunners.

Ronel is married to Ben and they have two sons and a daughter. The family moved to Hermanus in 2006 and Ronel is currently a bookkeeper at Caroso Trading. Their daughter Rozelle seems to have inherited the love of running from Ronel, and often joins Ronel on training runs. Although Ben is not a runner, you will sometimes find him on a bicycle next to Ronel, keeping her company on the road. Rumour has it that he is the one taking care of any sore muscles after a run. You don't have to spend a lot of

time in this family's presence to see their strong family bond, and the strong family values they live by.

Perhaps it is just the way they look at the world that makes Ronel such a great running partner. Whenever one is tired and thinks of skipping a run - she will convince you that you will feel better afterwards, and yes, she's always right. If you struggle on a run, she will motivate you to the end. If you feel good on a run, she will push you to give it all. And if you have something weighing heavy on your heart, she will even give a kind word of advice that stays with you long after the sweat of the run has been washed off.

The highlight of Ronel's running career (thus far) was finishing the Comrades marathon twice, getting bronze medals both times. When you ask Ronel why she runs, she always answers with a laugh. Apparently she's also addicted to the feel-good-feeling you get after a run.

Comrades 2010

A record number of 25 brave Whalers have entered for Comrades 2010 and there is no turning back for these men and women. Due to the large number of Whalers who have entered it was felt the whole Comrades experience should be tackled as a group effort and during a meeting held in October it was decided that a group flight booking would be made, which was duly handled by Carina. From there on it has been practice practice practice. As the saying goes, practice makes perfect and this has been evident in the most recent race results of Whalers competing in a number of January races. It would appear that everyone is taking their commitment seriously and a number of very good race times have been recorded. Unfortunately Christa Nortje had to undergo an operation but will hopefully be back training in two weeks. Hugh Waters also gave everyone a scare after completing the Red Hill 36km – when he made an extended pit stop at the medical tent. Congratulations to all the comrades' entrants who have already qualified for the race and especially to Christiaan who has qualified for a B group start. Well done. To all the athletes who have yet to qualify good luck and keep on training it's only a matter of time!!

Track and Field

The 2nd Clive Truter meeting at Bellville on 7 November 09 was spoilt by unpleasant cold and wet weather and our club had only two participants, Leo Benning and Johann Andersen. Leo's results were 1sts in the high jump, shot put and discus and Johann was the winner in the 5000m (30:23).

The next event was the 3rd Clive Truter event on 16 January 2010 again at Bellville and five Whalers represented the club. Two new ladies graced our colours, they were Elize Muller (W65) and Sonya (W80) who competed in their first athletics meeting in many a year. In fact Sonya must have set some sort of record as it was the first time EVER in her very active life that she actually competed on an athletic track. Sonya has taken part in swimming, hockey, bowls, softball, table tennis and snooker! Some at provincial level.

Elize Muller was first in the shot put (5.91), discus (15.53) and javelin (12.52) and Sonya Rudolph was victorious in the discus (12.85) and javelin (8.88). These are all Boland age group records as none existed. We expect both these ladies to improve as they are learning to master their techniques with each practice session. Thank you Andre for your help and encouragement!

Andre van Rooyen (M65) who has spent a lot of time coaching Sonya and Elize won his events : shot put (8.86), discus (31.36), hammer throw (24.68 Boland rec) and heavy weight (8.14). Bertie Warren (M70) won the long jump (3.23), high jump (1.15) and was second in the 100m (17.8), 200m (41.6), shot put (8.73) and discus (20.88). Leo Benning

(M75) was the winner in the high jump (1.27), discus (24.05), javelin (25.05), hammer throw (18.77) and heavy weight (9.85 (Boland rec).

FIXTURES These are for athletes of 30 and older and results are presented in 5 year age groups.

1. **Fri 19 and Sat 20 February WP/Boland Masters Championships - Bellville Stadium (MUST ENTER by 12 Feb)**

2. **Sat 13 March Clive Truter Meeting Bellville Stadium**

3. **Fri 30 April and Sat 1 May SA MASTERS ATHLETIC CHAMPIONSHIPS Bellville Stadium**

(Please consider participating in these championships as they usually up-country.)

For any further information on Master's athletics contact Leo Benning -**028 3164960**, or leobenning@lantic.net)

Committee

Chairman	Les Hanna	028 3163820
Club Captain	Mikki Milne	028 3121563
Secretary	Louise Erasmus	028 3122220
Treasurer	Ronel Bootha	028 3132551
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