

FEBRUARY NEWSLETTER 2011



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Hermanus
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The Committee of Whalers Athletics Club would like to wish all its members everything of the best in 2011. We ended 2010 with approximately 100 members and to date 73 have bought licenses for 2011. Contact Louise Erasmus in this regard. We would like to welcome the following new members to our club Tina-Mari Meyer, Jan Geldenhuys, Charlene Acker, John and Glenda Theobald, Josua Blom, Andie de Bruyn, Annemarie Steyn, Emmie Gouws and Marzell Horn.

Thank you to all members who helped with the Onrust 10/5km races on 18 December 2010. The Committee is satisfied with the overall result despite the fact that the attendance was slightly down on the previous year.

Annual General Meeting

The AGM and prize giving will be held at 11:00 on 21 March 2011 at Fernkloof. We will have an informal get together afterwards with sponsored wors rolls. Please bring your own drinks.

Road Running

So far 12 members/prospective members have entered Comrades. We wish them all the best with their training schedules. For those aiming to do Two Oceans Gavin Turner has put together a training programme and you are welcome to contact him for a copy.

The next big race that Whalers will be attending is the Peninsula Marathon on 20 February 2011. We are trying to organize transport to this event and you can speak to Mikki Milne in this regard.

An appeal is made to all members who get lifts to events to make a contribution towards petrol costs. The owner/driver may not want to accept anything but the proper thing is to at least offer to make a contribution.

Also we ask that Whalers run in correct club colours when attending events. Besides the Whalers tops, shorts have to be dark blue. Louise Erasmus can advise.

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.

As things stand now you are required to bring your own drinks to long runs. Coke is supplied compliments of the "Beer Fund" and may or may not be available.

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

Personality of the Club –

Christine Hibbert is one of the more active members of our club. She is a prime example of the saying "life begins at fifty" Although she participated in athletics at school (Ermelo) she only did short distances and was a good sprinter. Later in life her exercise was walking and this is what she did after moving to Hermanus from Pietermaritzburg 12 years ago.

She only started running in 2007 at the age of 51! It is really amazing to see what she has achieved in the last 4 years. I remember doing a 5km time trail with her and pacing her so that she could break the magical 25min. Nowadays she leaves me for dead at any distance.

Her first race was a 21km in 2008 (Peninsula) and she completed it in 2H02! Not a bad time for your first race. She subsequently brought her best time down to a 1H48 in Robertson. That day she left before the prize giving and actually won her age group! Her distances increased rapidly and in 2009 she did her first marathon (in 3H58) and went on to do the Comrades in 10H47. She again successfully completed the Comrades in 2010.

During a trek in the Himalayas to Everest Base Camp last year we met a Chinese guy from Taiwan who had done the Everest Marathon. This race is run in May and starts at Base Camp at 5500m and ends in Namche Bazaar at 3400m. The winning time is usually around 4H30 and the first non-sherpa usually take about 6 hours. The cut off is 12 hours. This is just the challenge that Christine likes so watch this space in May 2012. Any sponsors will be welcome!

Christine is one who likes the outdoors and has done most of the hiking trails in the West and Eastern Cape and climbed most of the mountains. She also completed the Drakensberg Traverse from north to south with 3 other adventurous ladies from Hermanus. It took them 12 days of hard hiking. She is always game for an adventure and even likes riding on the back of a big motorbike.

She is also very good company to have on any hike or run and always friendly. Even when she's tired she never moans.

We are fortunate to have Christine as a friend and fellow-runner.

Road to SA Triathlon Champs

Christo du Plessis is a member of the best road running club in the world. He joined the Hermanus elite in 2003 . He is like the proverbial red wine that only gets better with age.

Christo was introduced to road running at the tender age of 15. When he was 16 he ran his first half marathon in a time of 1h49 and a few months later ran his 5th half marathon in 1h33. Once the bug bit there was no stopping him and he completed more than 20 road races before he finished school. He also started cycling and on some weekends cycled the 60km from his home in Durbanville to Hout Bay to visit his sister.

After school, in 1988, Christo joined the Air Force where no extra running was required. Two years later he was back in full swing at the University of Stellenbosch. Studying hard, training hard and playing hard (not in that order). He ran his PB half marathon in 1h24 at the Safari Half Marathon, a time that he recently matched at the age of 40 in the Whale Festival Half. It was also in this beautiful Maties environment where the cycling bug bit him hard. He completed 3 Argus Cycle Tours during this time, the first of which was done in T-shirt and "tekkies" in a time of 3h01.

Christo also managed to get his Accounting degree, Honours degree (through Unisa while doing his articles) and pass his board exam to qualify as Chartered Accountant. Oh yes, and he married Anzel. In 1995 they moved to the UK staying in the university town of Cambridge. The next couple of years were spent doing a little bit of running, touring with bicycles every other weekend and once climbing the 3 highest mountains in the UK in one weekend. Christo also ran the legendary mile through the colleges of Cambridge a few hours after the birth of his oldest son Michael, in 1997.

After returning to SA in 1997 the family settled in Paarl. Christo was back in action and ran up

and down Paarl Mountain for the next 2 years. After the birth of their second son John they moved to Durbanville where he joined their running club – he was also nominated member of the month a couple of times. In 2003 the family moved to Hermanus where Christo became the Financial Manager and later Managing Director for Abagold.

During his years as a whaler his PB's are 5km – 18'15, 8km – 30'36, 10km – 38'50 and 21km - 1h24. He successfully completed the two oceans and comrades in 2004 (in a time of 8h40).

What followed was a foray into ultra endurance events, completing three successive Epic mountain bike races (2006/7/8) where he finished in the top 100 teams in 2008. He has also completed 6 Double Century races (202km cycle race) with a best time of 6h26.

When he turned 40 in 2010 he vowed to “stop fanning about” with his sport and dedicate himself for once. He set out to do the “big daddy” of triathlons, the Ironman, consisting of a 3.8km ocean swim, 180km cycle and 42.2km run. On 25 April 2010 he completed the Ironman in 10h39, ending 19th in his age group out of 162 finishers and 145th overall out of 1550 finishers. His marathon time during the race was 3h43.

He currently dedicates himself to triathlon racing and recently finished 5th overall in the Jailbreak triathlon (2.2km swim, 100km cycle and 25km run). He also finished second in his age group at the WP Champs and will be a member of the Western Province team taking part at the SA Triathlon Champs in PE in March.

One thing we can learn from Christo is to train smart, race hard and be dedicated. No wind is too strong, no rain too hard and no bed too inviting to give up his training. His current favourite saying is: “Obsessed” is a word used by the lazy to describe the dedicated!

Track and Field

Sat 20 November 2011 Clive Truter meeting in Bellville

Women

W40 Zenobia Venter 1. long jump 4.27

Men

M55 Nellis Beyers 1. discus 35.45; 1. high jump 1.48

Sat 15 January 2011 Masters Clive Truter meeting in Bellville

Women

W80 Sonya Rudolph 1. discus 12.08, 1. javelin 10.63, 1. heavy weight 5.55

Men

M55 Nellis Beyers 1. high jump 1.53

M75 Leo Benning 1. high jump 1.28, 2. 100m 17.26, 1. javelin 24.17
1. discus 21.70, 1. heavy weight 10.23 (Boland record)

Dates of future meetings

26 Feb - Clive Truter 4 Parow Tygerberg Club Track

18/19 March WP Masters Championships Bellville Stadium

9 April Clive Truter 5 Parow

29/30 April SAMA Championships Durban

6/17 July World Masters Championships Sacramento, California, USA

World Masters Championships - These very well organised championships give athletes the chance to compete at high level and to see a new country and make new friends or renew old friendships. There are no qualifying standards and no teams are selected. This however means that all costs are borne by the athlete. These championships include the standard marathon and an 8 km cross country race as well as 10 km and 20 km road walks. There are a few Whalers who are planning on going. Remember the closing date is 24 April.

The Boland Masters Province will hopefully organize a meeting in the near future, but as yet no date is available. Information regarding Masters' Athletics is available from Leo Benning at 083 6930825 or leobenning@lantic.net Any person who is 30 or older may take part in masters athletics which operates in 5-year age groups.

Bertie Warren who has been a fairly regular track and field participant has moved to

Durbanville to look after his son's home as he has been transferred to Durban for two to three years. The Whalers Athletic Club wishes him and Magda everything of the best and hope that he will be soon be competing for a Western Province club.
Track training takes place at the High School field on Tuesdays from 16h00 and Thursdays from 16h30 by arrangement.

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

Web address:

www.whalersac.co.za