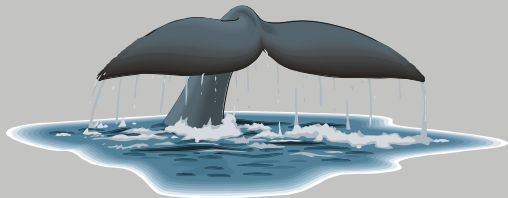


# Whalers



Atletiekklub  
Athletic Club  
HERMANUS

1251  
Hermanus  
7200

## Newsletter - May 2008

*The past three months have been fairly busy for members of the club. However with winter approaching things normally quieten down. Highlights of the past months have been our AGM and prize-giving, 32 members entering the Two Oceans races, Mikki Milne running the London Marathon and Leo Bennings' achievements at the SA Masters Championships.*

*Our senior membership now stands at 79 and we would like to welcome Juanita Oosthuizen as a new member.*

### Social 15 June 2008

*The committee has decided on an informal get together at the Tennis Club on Sunday, 15 June which is the day the Comrades is being run. The idea is that we get there from about 10:00 so that we can watch the race on TV. We'll make it a bring and braai - the club has a new indoor braai facility so inclement weather should not be a problem. We would also be expected to support the club's bar facilities. Please diarise this event - all welcome.*

### AGM and Prize giving

*Our AGM was held on 15 March 2008 during which members were also recognized for their achievements during 2007. A new committee which will serve for two years was also elected.*

Chairman	Les Hanna	028-3163820
Club Captain	Mikki Milne	028-3121563
Secretary	Louise Erasmus	028-3122220
Treasurer	Ronel Boothe	028-3132551
Race Co-ordinator	Carina van der Merwe	028-3163450

*The committee also co-opted Arlene Ehrenberg as additional member. All enquiries with regard to the kit must be made to Louise.*

### Time Trial and long runs

*The Zwelihle time trials were initiated and under the capable hands of Brine Nofotyo are going from strength to strength. Please note new times for the following.*

*Time trials at the Cricket Club on a Thursday now start at 17:30 through to the end of August.*

*Onrust 10km on Tuesdays from 7 Eleven start at 17:15 until further notice.*

*Saturday long runs start at the Wine Village at 07:00 until further notice.*

## Comrades 2008

To our knowledge only Barney Louw and Jeremy Brown intend running the Comrades this year. We wish them all the best with their training schedule and their run.

## Hermanus Wheels and Runners relay

This event was held for the 2<sup>nd</sup> time on 3 May and organised by the Access for Citizens Committee at which the club was represented by Carina van der Merwe. The event was an enormous success with 325 entries. This year the event was well supported by Whalers athletes. The club does not benefit financially however it is an opportunity for the club to be involved in disabled sport.

## Track and Field

At the 32<sup>nd</sup> SA Masters Championships in Sasolburg on 25/26 April Leo Benning was the only Whaler who competed, but there were about 20 other Boland athletes present. Leo (M70) won the high jump (1.30), long jump (3.49) and the triple jump (7.86) and was placed 2<sup>nd</sup> in the discus. In the javelin and weight throw he came 4<sup>th</sup> and also ran in one of the relay teams.

Anybody in the club who would like to know more about MASTERS ATHLETICS must please contact Leo at 028 3164960 or 083 6930825 or e.mail <[leobenning@lantic.net](mailto:leobenning@lantic.net)>

## Road Running League

Whalers has been taken to task for not supporting the road running league. There are certain logistical and financial constraints to sending teams to compete, however individuals who want to participate are more than welcome to do so. It would be nice to find someone who is prepared to assist in this regard. Information is available on the club notice board or from Mikki Milne.

The following are races that form part of the league for 2008:

10 May	Mitchells Pass 10 and 21km	Ceres
7 June	Robertson 10 and 21km	Robertson
19 July	Voorsieners 21km	Worcester
6 September	Riebeeck Kasteel 10 and 21km	Riebeeck Kasteel
27 September	Hermanus 21km	Hermanus
11 October	Voet of Africa 10km	Bredasdorp
1 November	Dwarsrivier 10 and 21km	Dwarsrivier