

# May Newsletter



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Hermanus  
7200

In putting this newsletter together it is quite difficult not to repeat what was written last year. However we do have new members joining annually and they may not be as informed as the average member. So here goes. Our senior membership now stands at 89 and we would like to welcome all our new members to the Club. We trust your association with the Whalers will be a long and happy one.

## **Social**

Our mid-year get-together will be held at the Tennis Club on Sunday 24 May.

This is the day that the Comrades is being run and as the club has a big screen TV we'll be able to watch the race while enjoying one another's company. The function will take the form of a bring and braai with fire provided by the Tennis Club (indoors or outdoors depending on the weather).

Whalers will provide snacks and salads. As it is a licensed facility we would be expected to support the bar. To catch the first runner's home we will be there from about 10:00. When you leave is your business.

## **Club Clothes**

Our new running vests have arrived at long last. The cost of the vests will be R95 and members will be able to purchase clothes at the Time Trial on Thursdays. Alternatively contact Louise and she will assist you where she can. There are also a number of large size track suits still available as well as running tops. There are also lycra tights and shorts available. The shorts and tights will not be re-ordered once the stock is depleted as Land and See stock the same shorts and club members can purchase directly from them.

## **AGM and prize giving**

Our AGM was held on 13 March 2009 and the following members were recognized for their achievements in 2008:

Runners: 3km Time Trial – Brine Nofoty 10:29 and Louise Erasmus 11:45,  
5km Time Trial – Alfred Tshabeni 17:18 and Louise Erasmus 20:03, 8km  
Time Trial – Alfred Tshabeni 29:02 and Louise Erasmus 33:23

Walkers: 3km - Leo Benning 18:22, George Hanna 20:43, 5km Bertie Warren 35:58, Arlene Ehrenberg 36:59

1<sup>st</sup> Male in the Whale ½ Marathon – Alfred Tshabeni 01:17:27 and 1<sup>st</sup>

Female in the Whale ½ Marathon – Christine Hibberd 01:47:18

Best Male road runner of 2008 (based on performance in road races) – Frank Gillion and best female road runner of 2008 (based on performance in road races) – Louise Erasmus.

Best Track and Field athlete – Leo Benning

Boland Colours in Road Running: Louise Erasmus and Roeloff van Weele and Boland Colours in Track and Field Masters: Bertie Warren and Leo Benning.

The criteria to be used for the selection of prize winners in 2009 will be as follows;

- only official times will be used
- official age graded tables will be used
- your best 5km runs will be used in the calculation
- you need to submit a list of races that you participated in during 2009 to Carina van der Merwe by 31 January 2010
- Leo Benning will monitor the performance of track and field athletes

### **Comrades 2009**

To our knowledge 5 runners from Whalers intend running the Comrades this year. They are Barney Louw, Jeremy Browne, Christine Hibberd, Rian Nortje and Marc Rolfe. We wish them all the best with their final preparation and their run.

### **Time Trials and Saturday long runs**

As from 1 May through to 31 August the time trials will be starting at 17:30. The Saturday long runs are currently starting at 06:30 from the Wine Village unless announced otherwise at the time trials. Contact Mikki Milne or Les Hanna if you are uncertain. The Tuesday Onrus 10km from the Trading Post will be starting at 17:15 as from 5 May.

### **Track and Field**

For the first time since the formation of Boland Masters in 2004 Boland medals were awarded to those athletes who qualified. Four Whalers athletes took part in these championships that were combined with the Western Province Masters Championships in Bellville on 20 and 21 February 2009. The athletes who came home with eighteen gold medals are to be congratulated on this excellent achievement.

W55 Juanita Oosthuizen 5000m walk 1. 32: 24 , 10km walk 1. 67:28, M65 Andre van Rooyen discus 1.28.81, 1. shot put 8.68 and hammer throw, M70 Bertie Warren, high jump 1. 1.20, 1. 100m 16.57, 1. shot put 8.75. He was also first in the 200m, long jump and discus

M75 Leo Benning, high jump 1. 1.28, triple jump 1. 7.85, 1. long jump 3.47  
He also won the 100m, 80m hurdles, javelin and discus. In the triple jump he broke the long standing SA masters record but unfortunately the wind meter reading of +2.8 meant that the record could not be accepted.

WP Clive Truter Meeting , Parow 18 April 2009

M70 Bertie Warren HJ 1.16, LJ 3.37, SP 8.35, discus 20.86, M75 Leo Benning HJ 1.25, LJ 3.46, 100m 17.27, javelin 22.86, discus 22.97, M80 Willie Loedolff, 5000m walk 38:17.7, 1500m 9:01.4

### **33rd SA Masters Championships - Pilditch, Pretoria 1 & 2 May 2009**

Unfortunately only one Whaler, Leo Benning was able to attend and he performed very creditably. He took gold in five events and second in the 100m with a time of 15.87 which was a Boland record. HJ 1.25, LJ 3.61 or 4.03 ( uncertainty about the result - 4.03 would be a SA record), TJ 7.61, discus 23.95 ( Boland record), javelin 24,22

### **Bits and Pieces**

- \* Comrade Barney Louw is still going strong, and also practicing his walking as he feels that he will be doing plenty of it in the Comrades Marathon.! Jeremy Browne has also put a lot of training as he hopes to break 10 hours. Not many people have met Marc Rolfe, and yes, he is also one of the novices in this year's Comrades Marathon, the other being Christine Hibberd. Best of luck to all of them.
- \* Karen du Bruyn has not done so much running for a long time. She has a bet to win a huge ice cream at the Wheels & Runners event in May when she goes under 2 hours for the half marathon. If she does not make it, ask her what she has to do!
- \* Thanks to Barney Louw there are quite a few junior runners now at the Time Trials.
- \* Norma Wheeler is back on the road, but keeping it cool by running shorter distances.
- \* Patrick Bless has been running extremely well in races.
- \* Nice to see Cliffy Coombe at TT's after a long absence.
- \* Hugh Waters has a vacancy for a protégée in September.
- \* Gavin Turner is somewhere in Africa (but not Onrus)

### **Personality of the Club**

**BARNEY LOUW (05-11-1965).** Barney is a Gr 7 class teacher at Hermanus Primary School, where he also coaches rugby, cricket and athletics. He is married to Inge and they have two sons, Simeon(10) and Bjorn(4).

He is a Namaqualander, born and raised in the tiny mining town of Nababeep, near Springbok. At school he was always passionate about sport, particularly tennis, where he featured throughout his school career. He participated in the Inter College tennis tournaments and went on to play over 100 league games for Brackenfell tennis club over a period of 15 years.

Barney only started running competitively in 2003 and ran the Winelands as his first marathon. He has now completed 5 Two Oceans Ultra Marathons since struggling through his first one in 2005 after tripping over a 'cat's eye' at the top of Chappies (he finished 47s before the 7 hour cut-off time!). He has also completed 3 Comrades Marathons to date and will be attempting his 4<sup>th</sup> on 27 May this year. We wish him well and will be looking out for him on the TV.

Of interest is Barney's best times over various distances:

5km	-	20min 51s
10km	-	44min 06s
15km	-	68min
21,1km	-	1h 42min
30km	-	2h 32min
42,2km	-	3h 49min
56km	-	5h 58min
89km	-	11h 51min

**Some highlights in Barney's running career:** The day he competed in the Bay to Bay with his brother and he clocked his fastest time over the 30km distance.

He also remembers happily recalls completing his first Comrades with the 12 hour bus after clocking 500km in training from Jan – June.

Some lowlights: The toughest race for Barney was the 2008 Comrades when he trained almost exclusively on his own and then ran the race without any company, in extreme heat!! Earlier this year Barney also suffered through much pain and fatigue when completing the 7 hour endurance race around the Primary School track for charity.

He also feels that he has never been able to realize his full running potential because of family commitments and job obligations.

Barney's response to some questions:

*Running motto for the Comrades?* "If you feel you are running too slowly, run even slower!"

*Why do you run?* "Because I can. I have one left leg and one right leg."

"To show Hugh Waters what I look like from behind"

*Goals for the future?* "Permanent green number in the Comrades."

"Sub 10 hour Comrades, one day when I'm big."

"2000km in my Comrades logbook."

Some interesting things that you didn't know about Barney:

- He enjoys writing poetry and would one day like to publish his own collection of poems.
- He enjoys acting and would like to be part of a production one day
- Every year Barney runs for a charity organization – in 2008 it was SOFCA and Huis Lettie Theron. This year he is raising money for Overstrand Hospice.

To summarise: Barney is a true friend and loyal clubman, and it is no surprise that he is a Liverpool supporter (“You’ll Never Walk Alone”). He is ‘Mr Athletics’ at Hermanus Primary School and is steadily developing a culture of - ‘running is fun and being fit is good for one.’

Thank you, Barney, for the fantastic work you are doing with our youth and for your invaluable input at the Whalers.

### **Runners World Tip**

What to eat? After an easy, short run, you have not burned a ton of calories or worked your muscles extremely hard, so usually there is no need to eat much. If you are hungry it’s a signal your carbohydrate levels are low and you started the run depleted. To satisfy yourself without overdoing it eat some high fibre food such as a wholewheat roll or a handful of dried apricots.

Still hungry? Go for some fat in the form of a few nuts or an egg. Foods high in water, such as fruits and vegetables are good after a short run; they satisfy your hunger with few calories and fulfill your hydration needs.

After a 45 minute run and short on time aim for a few healthy choices to top up the energy levels. If you run in the morning, freeze a fruit and yoghurt smoothie the night before and take it out before your run. If you are a midday runner, pack a chicken and salad sandwich to eat when you get back. After an evening run a quick meal such as a chicken breast with some fast cooking brown rice and steamed broccoli will do the trick.

Eating the same meal every morning can limit the range of nutrients you get. Try something new, like whole-grain cereal with complex carbs and protein. Scramble eggs and serve on seedloaf bread, which is slightly higher in protein than regular wholewheat.

Happy running.

### **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