

# May Newsletter 2010



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Hermanus  
7200

Firstly a warm welcome to all new members of Whalers AC. We trust that your association with Whalers will be a long and happy one. Our senior membership now stands at 92, Juniors 2 and 3 social members.

Please pass this newsletter on to those that you know do not have e-mail.

## **AGM and prize giving**

Our AGM was held on 21 March 2010 and a "new Committee was elected.

At the prize giving the following members were recognized for their achievements in 2009:

Fastest male runner in 3km Time Trial (09:59): Alfred Tshabeni  
Fastest female runner in 3km Time Trial (11:28): Louise Erasmus  
Fastest male walker in 3km Time Trial (18:36): Leo Benning  
Fastest female walker in 3km Time Trial (21:25): Arlene Ehrenberg  
Fastest male runner in 5km Time Trial (17.14): Alfred Tshabeni  
Fastest female runner in 5km Time Trial (19:50): Louise Erasmus  
Fastest male walker in 5km Time Trial (32:35): Leo Benning  
Fastest female walker in 5km Time Trial (38:49): Arlene Ehrenberg  
Fastest male runner in 8km Time Trial (28.19): Alfred Tshabeni  
Fastest female runner in 8km Time Trial (33:18): Louise Erasmus  
Fastest male walker in 8km Time Trial (62.00): Bertie Warren  
Fastest female walker in 8km Time Trial (62:00): Arlene Ehrenberg

Most Time Trials attended: (46) Willie Loedolff

1st male in the Whale Half Marathon (01:30:37) Frank Gillion  
1st female in the Whale Half Marathon (01:40:59) Louise Erasmus  
Best Male Road Runner of 2009 \*\*: Alfred Tshabeni  
Best Female Road Runner of 2009 \*\*: Louise Erasmus \*\* based on performance in races  
Best Track & Field Athlete: Leo Benning  
Boland Colours Track & Field Masters: Leo Benning & Bertie Warren  
MOST IMPROVED RUNNER: Karen de Bruyn

The criteria to be used for the selection of prize winners in 2010 will be as follows;

- only official times will be used
- official age graded tables will be used

- your best 5 runs will be used in the calculation
- you need to submit a list of races that you participated in during 2010 to Carina van der Merwe by 31 January 2011
- Leo Benning will monitor the performance of track and field athletes
- Certificates for other achievements may be awarded at the discretion of the Committee

### **Social**

We are hoping to arrange a social after Comrades – we will keep you posted. Gavin Turner has kindly offered to host members at his home on 30 May for a bring and braai and to watch Comrades on TV. Please contact Gavin in this regard.

### **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 4 May.

### **Road Running**

As far as road running is concerned the focus has been on training for Comrades 2010. With approximately 25 entrants – the most in the club's short history – Saturday long runs have been very well attended. We would like to thank Andries and Coia de Villiers for hosting a 50km run on their farm Paardeberg on 17 April. Also thank you to all who have made their vehicles available as support vehicles. Thank you also to Andre and Carina van der Merwe for hosting the Comrades function at their home on 1 May and also for all their effort in arranging flights and accommodation.

Please diarise 9 August as the date for the annual Hemel and Aarde 14km handicap race. Further details will be sent out closer to the time.

### **Track and Field**

#### **Western Province Masters Championships Bellville 20 February**

Seven athletes from the Whalers Athletic Club competed on Saturday at the Bellville stadium in scorching heat (+36\*c) in the Western Province Masters Championships. Nevertheless good performances were recorded by most of them. The four women and three men took part in twenty-four events and won twenty-three medals. Leo Benning improved on his own SA Masters high jump record by one centimetre and cleared 1.32 m. There was a good turn out of athletes of over 180 that ranged in ages from thirty to over eighty. This included a few from Namibia and one from the USA. The results are the following.

#### **WOMEN**

W40 Zenobia Venter 1. long jump 4.21, 2. 100m 15.42, W45 Louise Erasmus 2. 5000m 20:30

W65 Elize Muller 2nd in the three throws: shot put 6.25\*\*, discus 15.31, javelin 14,34\*\*

W80 Sonya Rudolph 1. discus 12.07, 1. javelin 11.71\*\* ( \*\* Boland record )

#### **MEN**

M65 Andre van Rooyen 3rd in the following throws: shot put 9.18, discus 31.12, hammer throw 23.58

M70 Bertie Warren 1. high jump 1.20 , 1. long jump 3.25, 2.100m 16.55, 3. 200m 37.57, 3. shot put 9.09, 4. discus 20.26

M75 Leo Benning 1. high jump 1.32 (SA & Boland rec), 1. triple jump 7.72, 1. javelin 24.68, 1. discus 23.20, 1. heavy weight 9.78, 2.100m.16.41, 2. 200m 35.73

### **WP Clive Truter meeting Bellville (13 Maart)**

Results are as follows; V40 Zenobia Venter, long jump 1st. 4.09, 100m 3<sup>rd</sup> 16.00, shot put, 2<sup>nd</sup> 5.64.

V80 Sonya Rudolph, Discus 1<sup>st</sup> 14.84 (Boland rec – 2.26 further than previous record), javelin 1<sup>st</sup> 11.61 (Bol Rec),

M75 Leo Benning, Hammer throw 1<sup>st</sup> 20.42 (Boland Rec), shot put, 1<sup>st</sup> 6.40, discus 1<sup>st</sup> 23.94 (Bol Rec), javelin, 1st 24.78, weight throw 1. 10.04 (Bol rek), worpe vykamp 1. 2897 punte (Bol rek), high jump, 1<sup>st</sup> 1.25

### **SAMA Championships - Bellville Stadium - 30 April to 1 May**

Three hundred and eighty athletes from 30 up to 89 from twelve provinces took part in the 34th SAMA Championships in the Bellville stadium on Friday 30 April and Saturday 1 May in perfect weather conditions. These championships were organised extremely well by the Western Province Masters headed by their Chairman, Basil Carnie. Five Whalers athletes participated in these championships out of about twenty-five from the Boland. There were also five athletes from Namibia and one each from Canada, Germany and Zimbabwe.

Interestingly three of the Whalers won long jump titles, viz in the W40, M70 and M75 categories and another athlete, Sonya Rudolph was the oldest woman at 81 and broke the SA record in the weight throw by more than one metre! Twelve South African age group records were broken during the meeting. At the awards/dinner function on Saturday evening held at the Castle in Cape Town seventeen athletes received their national colours as they had reached the required standards during the last two years while Leo Benning received a re-award after first receiving his colours in 1990. At these championships athletes may enter as many events as they like, but may not take more than four medals.

The results are as follows:

W 40 Zenobia Venter 1. long jump 4.34 (Boland record)  
W 65 Arlene Ehrenberg 6. 10 km walk 1:15.43 (Boland record)  
W 80 Sonya Rudolph 1. discus 13.58, 1. javelin 11.08, 1. weight throw 6.72 (SA & Boland record)  
M 70 Bertie Warren 1. long jump 3.63, 2. 100 m 16.87, 3. 200 m 36.68, 4. shot put 9.41, high jump no ht  
M 75 Leo Benning first in high jump 1.27, triple jump 7.47, long jump 3.55, javelin 24.90 & discus 22.22 and 2nd in weight throw 9.98, 100 m 17.22 & 200 m 36.98.

Athletics is an individual sport and athletes find that as they move up the age ladder the groups unfortunately become smaller for various reasons such as injuries, lack of enjoyment or motivation or laziness and possibly ill health and of course eventual demise.

However, there are those who like to persevere and enjoy the challenge to continue in spite of small numbers as there is always the competition against one self, provincial and other records. Then there is naturally the opportunity to participate in South Africa and elsewhere in the world. What are you waiting for?

Some athletes enjoy variety and participate in a number of events and the winning of medals is of no great concern. (At the recent national championships in Bellville the number of medals was restricted to four.) But it is obvious that if an athlete really wants to excel then only a few events should be entered.

The motto of Masters Athletics is "athletics for life" and the whole concept of the sport is built around the age groups and the fact that "rejuvenation" takes place every five years and then being the youngest in the group for a while! This is a sport where one looks forward to advancing age because the weights of throwing implements are reduced, hurdle heights are lowered, etc.

Finally, we all have the choice of being active and jumping for joy or shaking a leg OR being passive and sitting or lying around and feeling sorry for ourselves. Remember the body has been designed to move and that inactive muscles get weaker and later atrophy. So if athletics is your choice do something about it NOW. Join the masters group and become an active tourist and see the South Africa and even the World!

The Whalers AC has nine track and field athletes but has room for many more. Contact Leo Benning at [leobenning@lantic.net](mailto:leobenning@lantic.net) or 083 6930825 for further details.

### **Bits and Pieces**

- \* Thanks to Carina van der Merwe (the Boss), Comrades organization is moving along nicely. The function after 60km run at her house for all who participated was especially pleasant. We owe Carina (and not to forget Andre – the power behind the throne) a great vote of thanks for their efforts.
- \* Whilst Andre and Carina were at the Iron Man, protégée Karen du Bruyn really let the side down. After all the training with Carina, she suddenly decided to train with the “Eastcliff” group. It was like a convent school girl being let out at night! Fortunately, the “Eastcliff” group decided that she was not up to standard, and rejected her application! I don’t know if Carina was pleased or displeased (especially from the manner in which Karen started the 60km run)!
- \* Comrade Barney is back on track, and also Rudolf van den Bergh who twisted his ankle when we set off in the dark from Andries de Villiers farm. There was also another splendid after run function – thanks Andries and Coia. Christiaan de Wet also had bad ankle injury from a fall off his motor-cycle, but survived the 60km run remarkably well.
- \* Norma Wheeler says that she is now pleased that she is running Comrades!
- \* Iron Man Gavin Turner has a method of working out your predicted finishing time for Comrades. So contact him if you really want to know!
- \* For those of you who do not know, another little Whaler will be arriving this year. Congratulations to Michelle and Johan de Kock on what will be their first born. Meanwhile, the Hugo’s little daughter Nina will be about 7 weeks old and has only once kept them awake all night! Amazing that Anneline is back in to doing time trials already.
- \* Ask Christo du Plessis why he is always smiling these days?
- \* Well done to Adele de Wet who has been improving her times in the 8km time trial. She has now set her sights on her next victim - Hugh Waters!
- \* When Christa Siebrits gets the bit in her mouth, she certainly knows how to push it. Having had an op in her one leg, the other started feeling the strain, but no one would have known by the manner she powered on in the 60km! Her husband Johan also did sterling work by providing back-up to the back markers in the 60km. Thanks Johan, and of course, Les.
- \* Alfred has changed his hair style but we still recognize him! He says that next year will be the year for him!
- \* Orange Whale(rs)!

### **Personality of the Club – Anzel Du Plessis**

Anzel was born in Hermanus and is a fourth generation Bishop to grow up in Hermanus. The family lived in Ninth Street, Voëlklip and her father owned Bishop's Dairy. Back in those days Voëlklip was undeveloped and only a few houses were scattered across the landscape. The dairy herd was kept close to the yacht club, up against the mountain and the pasteurisation plant was situated at the back of the house.

Even during her primary school years Anzel excelled at sport, and crowned her final year by being awarded the Victrix Ludorum trophy for all round performance in athletics. She spent her first two High School years in boarding school at the all-girls Bloemhof High in Stellenbosch. She returned to Hermanus High and matriculated in

1986. She enjoyed running middle-distance races throughout high school.

The travel bug bit and Anzel left for Europe to spend 1987 abroad. Upon her return she studied Therapy Radiography at Tygerberg Hospital and once qualified, worked with the treatment of cancer patients until 1995. During this time she met Christo and they got married in 1995 and left for the UK at the end of that year. She continued to work as Radiographer at the Addenbrookes Hospital in Cambridge.

In September 1997, Michael, the first of her two sons, was born and the family decided to return to sunny SA, where they settled in Paarl. In September 1999 their second son, John, was born. When presented with the opportunity to relocate to Hermanus in 2003, the family had no hesitation to make the move. They had spent many weekends and holidays in Hermanus and were delighted to make this wonderful town their home.

Throughout her adult life Anzel has been an active runner, but has lately begun to run more seriously. She completed several half marathons before finally deciding to run a marathon, the Peninsula marathon, in 2004, which she completed in just over 4 hours. She has also run the Winelands marathon twice.

Her economical running style and strong will makes her ideal for longer races, and she typically outruns some of her training partners in marathons and longer races. She has taken up the challenge to run the Comrades marathon this year. In training for the big race she completed the Winelands in October 2009 in a time of 3h52, Bay to Bay 30km in 2h32, Red Hill 36km and the Two Oceans marathon in 5h17. Her current form is such that she equalled her best half marathon time at the 2010 Wheels and Runners race - 1h45, on a training run. She has completed a total of 1200kms of running from January to April 2010!

She is a regular at the Whalers time trial and weekend long runs and has indicated that she might take up the challenge of Duathlon and Triathlon in future - which she is sure to make a success of, judging by her running accomplishments.

#### **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