

# Newsletter

## May 2011



☎ 1251  
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 95, Juniors 5 and 3 social members.

### **Social**

We will have a get together at the Tennis Club on Sunday 29 May 2011 – “Comrades Day” from 10:00 to about 15:00. It will take the form of a bring and braai as in the past with the club supplying salads and snacks. There is a cash bar available. The idea is to support our Comrades runners of whom 13 have entered. We are aware of some withdrawals and to the best of our knowledge the following are running; Philip Fyfer, Frank Gillion, Jacobus Jansen, Rian Nortje, Marc Rolffe, Alfred Tshabeni, Rudolf van den Berg, and Christine Hibberd. We wish them all the best.

### **Clothing**

The club is thinking of doing a re-order on the very popular Orange winter running top. Any new or existing members who would like to order one should contact Louise Erasmus on [brownjug@hermanus.co.za](mailto:brownjug@hermanus.co.za) or by phone 0828971650 to place and order and indicate the size required. A minimum order of 20 must be placed so anyone interested please respond asap.

### **AGM and prize giving**

Carien Gooding compiles the statistics used at the annual prize giving held at the Whalers AGM. Her presentation is always shows great depth and is very interesting and entertaining. The following summary is well worth reading.

In 2010 there were 50 Thursdays when time trials were held where members of the club and visitors competed - either walking or running one of the three distances - 3, 5 or 8 kms. Time trial attendance figures have dropped ever so slightly compared to the previous year. 50 Thursday time trials: 2035 individual time trials; 140 walks & 1895 runs; avg of **40.7** people per time trial.

Compared to 2009, less 3km and 5km runs but more 8km runs and more walks were done. Despite having less people attending, together, they covered a greater distance in total compared to 2009: They ran/walked 9864km in 52823min21, or 880h23min21 or 36 days 16h23min21 @ an average speed of 5:21/km. They ran 94.69% of the way - 9340km in 33 days 14h26:31 (or 48386min 31sec, or 806h 26min 31sec), @ an average speed of 5:10/km, and the rest they walked, i.e 5.31 % or 524km in 3days 1h56:50 @ an average speed of 8:28/km.

On average the runners ran 2 seconds per km faster and the walkers walked 41seconds /km slower than in 2009. So all in all there were longer faster runs and slower walks. With just over 3% of the total distance, Frank Gillion covered the most distance in the time trials with 299km in 44 time trials, followed by Christiaan de Wet: 294 (39) and then Mikki Milne: 276 (36). A summary of the totals follows:

Time Trials		#	Distance km	% of total Distance	Time minutes	seconds	Average min/km		
Walks	3km	103	309		2679	15	8	:	40
	5km	27	135		1103	50	8	:	10
	8km	10	80		653	45	8	:	10
<b>TOTAL</b>	<i>Walked</i>	<b>140</b>	<b>524</b>	<b>5.31</b>	<b>4436</b>	<b>50</b>	<b>8</b>	<b>:</b>	<b>28</b>
Runs	3km	765	2295		13184	46	5	:	44
	5km	665	3325		17190	21	5	:	10
	8km	465	3720		18011	24	4	:	50
<b>TOTAL</b>	<i>Ran</i>	<b>1895</b>	<b>9340</b>	<b>94.69</b>	<b>48386</b>	<b>31</b>	<b>5</b>	<b>:</b>	<b>10</b>
<b>Grand Total</b>		<b>2035</b>	<b>9864</b>	<b>100.00</b>	<b>52823</b>	<b>21</b>	<b>5</b>	<b>:</b>	<b>21</b>

The following certificates were awarded:

1. Most Time Trials attended: (46) Arlene Ehrenberg total km 236km; Frank Gillion (44) 299km

2. The fastest time of the year in each distance in the male and female categories.

Walk	3km	Lady	Juanita Oosthuizen	19:00	2min25 sec faster than Arlene in 2009
Walk	3km	Men	Leo Benning	19:00	24 seconds slower than 2009
Walk	5km	Lady	Arlene Ehrenberg	39:40	51 seconds slower than 2009
Walk	8km	Lady	Arlene Ehrenberg	63:14	1 minute 14 seconds slower than 2009
Run	3km	Lady	Louise Erasmus	11:22	6 seconds faster than 2009
Run	3km	Men	Hendrie Punt	9:55	4 seconds faster than Alfred Tshabeni in 2009
Run	5km	Lady	Louise Erasmus	20:14	24 seconds slower in 2009
Run	5km	Men	Michael Boesak	17:35	21 seconds slower than Alfred Tshabeni in 2009
Run	8km	Lady	Louise Erasmus	33:37	9 seconds slower than 2009
Run	8km	Men	Alfred Tshabeni	28:19	1 minute 19 seconds slower than 2009

3. Boland Colours Track & Field Masters:

Zenobia Venter	W 40	100m		15.42 sec	72.67 %
Sonya Rudolph	W 80	weight throw	6.76 m	(SA record)	67.13 %
Leo Benning	M 75	high jump	1.32 m	(SA record)	93.06 %
Bertie Warren	M70	high jump		1.20 m	80.91 %

4. Best Track & Field Athlete: **Leo Benning**

5. 1st Female whaler in the Whale Half Marathon 1.41.17 **Louise Erasmus**

6. 1st Male whaler in the Whale Half Marathon : 1.20.24 **Alfred Tshabeni**

7. MOST IMPROVED RUNNER: **Adele de Wet**

8. Best Ultra Distance Runner: **Carina van der Merwe** (2 Oceans : 4h49:45 75.49%;  
Comrades: 8h28:16 73.31%)

9. Best Female Road Runner of 2010 (based on performance in races): **Louise Erasmus, 77.77%**

10. Best Male Road Runner of 2010 (based on performance in races): **Frank Gillion: 76.69%**

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 5km runs will be used in the calculation

- you need to submit a list of races that you participated in during 2011 to Carina van der Merwe by 31 January 2012
- Leo Benning will monitor the performance of track and field athletes
- Certificates for other achievements may be awarded at the discretion of the Committee

### **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 3 May.

Hugh Waters compiled the following running programme which will be used to base the winter Saturday long runs on

### **WINTER WEEKEND RUNNING PROGRAMME - 2011**

Date	Start/event	Distance (km)
June 4	Boland half marathon, Robertson	21
June 11	Wine village	21
June 18	Napier half marathon, Napier	21
June 25	Wine village	21
July 2	Stanford	21
July 9	Knysna road races	42, 21
July 18 (Monday)	Worcester Hospice Half Marathon	21
July 23	Wine village	21
July 30	Riebeeck Berg Road Races	42, 21, 10
August 6	Swellendam half marathon	21
August 9 (Tuesday)	Whalers 14km Downhill	14
August 13	Wine village	21
August 20	Wine village	21
August 27	Jonkershoek Half Marathon, Stellenbosch	21
September 3	Wine village	25
September 10	Kogelberg Mountain Races	21, 10
September 17	Wine village	30
September 23 (Friday)	Bainkloof Pass	63, 21, 10
September 24	Wine village	15
September 25	Cape Town Marathon	42
October 1	Whalers Half Marathon, High School	21

October 8	Wine village	25
October 9 (Sunday)	Gun run	21,10
October 15	Ceres Road Races	21,10
October 22	Foot of Africa, Bredasdorp	42, 21, 10

Please note that runners should check at the Time Trial before the weekend to see if a long run is being organized from Wine Village on Saturday

### **Road Running**

We would like to encourage attendance of the Napier Half Marathon and fun run on 18 June 2011. The run forms part of the annual "Patatfees" and if the weather plays along is a most enjoyable occasion. We will ask Gavin Turner to supply some drinks at the venue.

Also do not forget the annual Hemel and Aarde 14km handicap race on 9 August, which is a holiday. This is also a fun event and we will have Gert there as usual with his lovely "wors rolls". Further details will follow.

### **Track and Field**

#### **4th Clive Truter 27 Feb (WP club meeting) Parow**

##### Vroue

Sonya Rudolph (V80) het eerste plekke behaal in die `n nommers - diskus (13.28), spiesgooi (10.36) en swaar gewig (6.24)

##### Mans

Nellis Beyers (M55) wen die hoogspring (1.56)

Leo Benning (M75) het eerste plekke behaal in die volgende nommers: gewigstoot (6.92), spiesgooi (26.0), swaar gewig (9.84) en hoogspring (1.27) en hy was tweede in die 100m (17.0)

#### **Western Province Masters Championships 19 March Bellville.**

Charl Barnard joined our club shortly before the WP Masters Championships. Hy is `n voormalige Gauteng-Noord meestersatleet. " Welkom by die klub en ons hoop jy gaan gereeld deelneem".

Nellis Beyers en Zenobia Venter het weens beserings nie deelgeneem nie. Voorspoed met die herstel!

##### Women

Sonya Rudolph - Congratulations to Sonya for persevering when she struggled with flu earlier in the season and for setting a good example.

Sonya won her three events: (W80) discus (12.72), javelin (13.96) and heavy weight (7.70) and beat a few younger women in some of these events. This is a new Boland and SA record. The previous record was achieved with a weight of 5.40 kg, but this one was set with the correct weight of 4 kg. CONGRATULATIONS!

##### Men

Charl Barnard (M50) 1st in shot put (12.44) and 1st in discus (32.17) both are Boland records. Mooi so.

Leo Benning (75) He could only compete in the first half of the meeting.

1st places high jump (1.20), weight throw (11.01) Boland record, 2nd shot put (7.00) 3rd 200m (39.92)

#### **35th SAMA Championships 29/30 April Durban**

Unfortunately only Leo was able to attend. As he had run the Two Oceans the Saturday before he was not at his best for the track but did quite well never-the-less.

His performances were the following M75: gold - high jump (1.25), triple jump (6.67), javelin (24.57), discus (24.07), heavy weight (8.44), silver - long jump (3.40), bronze - 100 m (17.91)

(By the way athletes are only allowed to take four medals. As a matter of interest to save tired legs for the high jump, Leo only took two jumps in the triple and long jumps.)

### **19th World Masters Athletics (WMA) Championships 6 - 17 July Sacramento, California, USA**

As Leo has obtained sponsorship to attend these World Championships and was also appointed as the chief manager to the SA team of 35 he has entered only two events, the high jump and the cross country.

The fact that he has a relation (a second cousin) who lives very close to Sacramento has made this trip to the United States feasible. Unfortunately no other Whaler will be going. The next WMA Championships are in July 2013 in Porto `Legro, Brazil. Start planning NOW

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**

- \* Karen is back in town with a new message not for the faint hearted with her plans for next year!
- \* Comrade Barney doesn't like spiders! No wonder - his 6<sup>th</sup> attempt at Comrades has been thwarted by a tiency wiency spider!
- \* Wonder Grannie is still in good form! Arlene was 1<sup>st</sup> lady over 70 in the 10km "Wheels and Runners Race"
- \* Man, Christiaan is as strong as ever! What a body! Little Tiaan is as busy as ever! A small body moving all those large sticks (or anything else he can find) at the Time Trials!
- \* For the faster runner's information, the real race is at the back of the field in the Two Oceans 56km Marathon, as 7 hours is quite a stiff time to beat. Micki Milne (6.34) only just managed to beat Jean de Villiers (6.36 and who does no training) and Jacobus Jansen (6.36). Ronel Bootha and Annarie Nel were our star performers, accompanied by our favourite hippie Marius Venter running all the way and finishing together in 6.42 hours. Hugh Waters was running with them at first, but was last seen departing to the bushes, so he will struggle to find Protegeé Number 3 for next year! But we must comment on one of the fast runners – Sarah Gordon (5.03) – well done, and where did she get her pedigree?!
- \* Adele de Wet – the 21km Patat Fees next month – the challenge is on!
- \* Willie Loedoff has given up walking and taken up running again!

### **WHALERS AC LIBRARY**

Willie Loedoff has very kindly donated a number of very good running books to Club which he has collected over the years. Due to chronic knee problems which he has been experiencing, forcing him to downscale from running to walking, he decided to make these invaluable sources of information available to the club by means of a Library. Arlene Ehrenberg has volunteered to be the official librarian and has the books documented with a short note about the contents of each book. Club members are welcome to contact her and "take out" books for a period, affording all members the opportunity of enjoying these quality books.

The books donated are;

The Lore of Running by Tim Noakes (1<sup>st</sup> Edition), Running your Best by Tim Noakes, Galloway's Book of Running by Jeff Galloway, The Complete Book of Running by James Fixx, Everyman's Guide to Distance Running by Norrie Williamson, Precision Running by Roy Benson, Comrades by Bruce Fordyce, Running Injuries by Tim Noakes and Stephen Granger, Cures for Common Running Injuries by Steven I. Subotnik, Running Injury-free by Joe Ellis, Die Sport Dieet by Karen Inge and Peter Brukner, Stretching Book by Nell Weaver, How to Run a Marathon by Tony Benyon and Kevin Macey and The Inner Athlete .

Leo Benning has also very kindly donated four books to be added to the Library. These are The

Running Foot Doctor by Steven I. Subotnik, Jogging with Arthur Lydiard by Garth Gilmour, Be Fit or be Damned by Percy Cerutti and The Varied World of Cross Country, Runners World Book 2.

### **Whalers in Action**

Many club members have met Dave and Kathy Johnson, regular visitors to Hermanus and almost honorary members of the Club. Kathy regularly takes photos at events and whenever she spots a Whaler, usually captures the person on film. Members are welcome to visit Kathy's website on [www.throughkathyslens.com](http://www.throughkathyslens.com)

### **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