

NOVEMBER NEWSLETTER



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Hermanus
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The weather is obviously always a talking point amongst runners and this year has been no exception. Of late, we've had the most miserable Thursday evenings for the time trials. October the 22nd was different however and all the fair weather runners came out in force. We had a record 67 participants at the time trial and Ruby Waters had her hands full recording times and names.

Carien Gooding has kindly volunteered to keep doing the club statistics and also maintaining the website which has maybe been neglected of late – we thank her for that.

A record number of runners have or are in the process of registering for Comrades 2010 – more about that later. However, Alfred Tshabeni has also intimated that he wishes to run Comrades next year and would require sponsorship. The club would help to an extent, but assisting him in this regard would be appreciated.

Our membership currently stands at 90 senior and 3 junior members. We would like to welcome new members Michael Taylor and Marusa Mason to the Club.

End of the year function – 4 December

Our end of the year function will be held at the Tennis Club on the evening of 4 December which is a Friday. It will be an informal function at a nominal charge of about R30 per head. Children are welcome at no charge. There will be a cash bar available. Please give your name to Arlene Ehrenberg if you are attending the function.

Onrus Gateway Superspar 10km/5km races

This event will be hosted by Whalers AC on 19 December. This is the one race that Whalers AC tackles on its own and we need assistance on the day. We appeal to members to assist before or after the race, even if you intend participating. Volunteers should contact Carina van der Merwe on 0828238632. An appeal is also made for contributions in cash or in kind towards lucky draw prizes.

Track and Field

Leo Benning reports:

The World Masters Athletics (WMA) Championships took place in Lahti about 100 km north of Helsinki in Finland from **28 July to 8 August**. Thanks to kind and much appreciated assistance of Whalers and a number of other sponsors I was able to travel to Finland to participate in this event. The only regret is that I did not bring back a medal. I was a couple of centimetres from bronze in the high jump, eventually coming in 4th with a height of 1.27. My other results were 7th in the triple jump (7.82 which was 1cm short of the SA record), 9th in the long jump and 10th the 100m. These championships were extremely well organised and the officials and helpers were very competent and friendly.

The competition was very strong and there were between 15 and 18 in these events with a few withdrawals. I became the team manager as well as the unofficial photographer and managed to get pics of most of our team of 31 athletes. The SA team of 31 athletes brought back 21 medals (8 gold, 6 silver and 7 bronze) which placed us 22nd out of 80 countries. There were 5300 entrants.

To economise I stayed at a school for further education which is a type of technical high school / technical college. As the school does not have a boarding department I slept on a mattress on the floor of a classroom and had to provide my own food. However, things worked out well. I shared the room with about twelve men of different ages and from many different countries.. The advantage was that the main stadium was only about four minutes walk away Finland is a lovely country but due to the expense and my duties I only had one day off when I went on a short boat trip on one of the lakes and shopping at a special market that is held on the 1st Wed of the summer, autumn and spring months. The people, especially the women are very friendly and on three occasions they walked a few hundred meters with me to make sure that I got to my destination. .(Please don't misinterpret that.) Most younger Fins speak English fairly well

I can recommend attending one of these championships. It gives one the chance to visit a country, one that you have probably not visited before and you will invariably make friends that can last a lifetime. For the road runners, remember that there are the following LD events: 5000 m, 10000 m, 8 km cross country and the standard marathon. The next championship is in Sacramento in California in July 2011 and two years later (2013) it is scheduled for Porto Legro in Brazil.

The **Golden Games** are organised by the Department of Social Development and although it is aimed at under privileged people anybody of 60 and older can take part. There are two groups, 60 - 69 and 70+ men and women. It is low key sport - fun events such as passing a rugby ball through hoops, jukskei, kicking a soccer ball into a small goal, duck walk, 20" soccer games, etc and 500m walk, 100m, 200m, 400m and 800m. One could only take part in one event and there are six regions viz. Cape Town City, Winelands, West Coast, S-Karoo, Eden (George, Knysna) and Overberg who competed against one another. These teams have between 50 and 70 members. The Department gives each team member a track suit and a T-shirt and free transport

and accommodation. Willie Leadoff and I travelled by car to Dal Josephat, near Paarl on Heritage day Sept 24. I easily won the 100m and was selected for the Western Cape team to go to Port Elizabeth at the end of Oct at the Department's expense to compete in an inter-provincial against the Eastern Cape, Northern Cape, Gauteng North, etc. Team members from distant towns flew to PE. As I had an injury I withdrew from the team.

WP Master's Club Meeting - 3 October, Bellville

M80 Willie Loedolff, 1500m – 1st. 9:30.9, 5000m walk 1st - 39:54.1

M75 Leo Benning, 100m – 2nd - 16.9, highjump 1st - 1.29, hammer throw 1st - 20.01 (Boland record), javelin 1st - 23.60

SWD Championships - 24 October, Oudtshoorn, M70 Johann Andersen, 10000m 63:13

Fixtures

- Saturday 7 November at the Bellville stadium
- Saturday 16 January 2010 Belville
- Thurs 18, Fri 19, Sat 20 February **WP Masters Championships Bellville GIVE IT A GO! WHY NOT?**
- Fri 30 April and Sat 1 May **SA Masters Athletics Championships Bellville**

For any further information on Master's athletics contact Leo Benning on **028 3164960, 028 3164960 or leobenning@lantic.net**)

Berlin Marathon

Brummer Olivier reports on his and Mirijam Gaertner's experience at the Berlin Marathon earlier this year:

“Been there, done that, got the medal and 2 t-shirts and it was worth every mile we traveled to get there. Running a marathon with 41 000 runners from 132 countries and supported by about 1 000 000 people (as well as every music band in Berlin) along the way is maybe not every runners idea of fun but for us it was an experienced that won't be forgotten for a very long time. It was a perfect day in Berlin with sunshine and no wind. The winner, Haile Gebrselassie, even admitted that it was maybe a little to hot! Even though the route is very flat, it's not a race for a PB because of the numbers but the vibe along the way and the spirit of the runners and spectators makes one want to enjoy it a bit longer. And that is just what we did. We finished through the Brandenburg Gate (goose bump stuff) in a modest time of just under 4:30. A “PB” none the less for our first overseas marathon.

Anyone, who would like to obtain more info on the Berlin Marathon, is welcome to contact me on 072 688 1168.”

Comrades 2010

Next year's Comrades will be very special:

- it will be the first time that there will be two 'down runs' in succession

- because of the Soccer world Cup, there will be special medals
- the last time they had more than 20 000 runners, was in the year 2000 and next year, they are again expecting 25 000+ runners
- the Whalers AC will have 20 entrants, if all goes well with the training and if our runners stay injury-free!! That is amazing as it represents about 25% of our adult members.

At a recent meeting held at the Cricket Club clubhouse, about 20 of our club members committed themselves to running the 2010 Comrades. So far 20 runners have registered, 5 more novices still to register.

The club takes this opportunity to wish all the entrants well with their training and we are sure that they will do the club proud.

Carina will be sending out an information sheet shortly to all the entrants, so please make sure that she has your correct email address. The idea is to book flights as a group and to pool our resources with regard to accommodation and transport. Further exciting news is that Andre vd Merwe & Les Hanna has offered to go along as chauffeurs and baggage masters. This will be a tremendous help to all the runners. Thanks guys!!

Personality of the Club

Louise Erasmus 13/1/1964. Louise and Abel own a guest house in Eastcliff, which they have been operating since 2002. Louise was born in the Cape and grew up in Fish Hoek. In 1975 she moved to Pretoria and lived there until 1995 during which time she completed matric, did a National Diploma in Public Relations at Pretoria Technikon, worked in the Communications Department at the Pretoria City Council, got married and had a son, Luke. After a 4 year stint in Nelspruit, the family moved back to the Cape and settled in Hermanus.

Louise started running at the age of 41 mainly as a training partner for her son Luke. The bug soon bit and very often it was Luke sitting on the pavilion waiting for mom to finish a race and not the other way around. Louise particularly enjoys shorter faster races and was selected to represent Boland on two occasions at the Boland SA 10km championships in Stellenbosch, with Stellenbosch being one of her favourite locations to run in. It is fast and flat and the weather is usually good.

It has been Louise's goal to break the magical 4 minute per km barrier in the time trial runs and has so far done this in the 3km – 11:14, 5km 19:50 and is 45 seconds off doing it in the 8km. Maybe Andre's new and faster flatter route will assist with this goal.

2010 goals include breaking 40 minutes in the 10km and doing a 90 minute half marathon. At the moment she is following a runner's world programme aimed at adding zip to the legs, only time will tell. During the first weekend of October Louise and Luke participated in their first duathlon together at the Clanwilliam Dam, adding a bit of diversity to the programme. In temperatures exceeding 35 degrees they both

managed to win their categories and were the only “mom and son” competitors. Louise also enjoys spending time helping other runners and Alfred Tshabeni, Luke Erasmus and Thomas Browne are currently “in training”, with Thomas and Luke preparing for the coming school season.

Louise genuinely loves running and always says that our club members are so privileged to be able to run in such a beautiful and safe town as Hermanus.

Website Details

Visit the whaler’s website on www.whalersac.co.za

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