

NOVEMBER NEWSLETTER 2010



☎ 1251
Hermanus
7200

Approaching the end of the year we look back to see that 2010 has been a notable one for Whalers in the 14 years of its existence. The biggest single event was 23 of our members starting and finishing Comrades within the cut-off time. This has caused a number of our members to already enter Comrades 2011.

- For the first time our club has been nominated for a 5 star Boland Athletics Achiever Award for hosting the Whale Half Marathon in September for which an overall rating of 98% was recorded. Congratulations to all especially Mikki and Carina. Carina has also been nominated in the Administrative category for serving on the LOC of an event for the past 14 years. Leo Benning has been nominated for being Team Manager of the SA team to the World Masters' Championships in Helsinki in Finland.
- A number of road runners have not been very active since Comrades and through winter, but the warmer weather will change all that – if only summer would arrive.
- Our membership currently stands at 97 seniors, the highest ever, and we welcome Nellis Beyers, Sarah Gordon and Andre Koekemoer as new members.

End of the year function – 3 December

Our end of the year function will be held at the Tennis Club on the evening of 3 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 18 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

The 2010/2011 track and field season has just started and still Boland Masters are very quiet and no meeting is on the programme. Our athletes will have to travel to Bellville or Parow to compete and to Durban for the SA Championships.

Fixtures

20 November WPM League 2 (Clive Truter) Bellville 13:30 - 17:30
15 January WPM League 3 (Clive Truter) Bellville
26 February WPM League 4 (Clive Truter) Parow
18/19 March WPM CHAMPIONSHIPS - Bellville (late Fri pm and whole day Saturday)
9 April WPM League 5 (Clive Truter) TBA
29/30 April SAMA CHAMPIONSHIPS - Durban
7 - 17 July WMA (World Masters Athletics) CHAMPIONSHIPS, Sacramento, USA

Results

9 October WPM League 1 (Clive Truter) Parow

M55 Nellis Beyers **1.** high jump 1.52 (Bol Rec) **2.** Discus 31.83 (BR)
M75 Leo Benning **1.** high jump 1.32 (equals SA & Bol Rec) **1.** discus 24.10
1. javelin 25.69

16 October SWD Championships Oudtshoorn

M55 Nellis Beyers **1.** high jump 1.55 (BR) **1.** discus 33.98 (BR)

Best wishes are extended to Sonya Rudolph who has been ill with flu for more than a month, Bertie Warren who burned his leg that required a skin graft and Andre van Rooyen who is recovering from a shoulder operation. Baie welkom aan Nellis Beyers aan Hermanus en Whalers A K. Hy was in 1975 die SA tienkamp kampioen en het ook lank Currie-beker rugby gespeel vir Natal, nou die Sharks.

Details about Masters Athletics are available from Leo at 028 3164960 or 083 6930825 or leobenning@lantic.net

Bits and Pieces

The new orange T shirts have really caught on. The Saturday morning runners (the A Team) have adopted the shirt as compulsory wear.

- * Comrade Barney enjoyed his trip around the Overberg with friend Rudolf van den Bergh. These guys spent a week of their time running (with their families in support) and raising funds for a charity in Zwelihle. It was a “time in a life time” says Barney. But Barney is not stopping there. He is planning a 1000km sponsored run to raise funds for Zack – date not known yet, but a plan has been hatched!
- * Adele de Wet is losing so much weight that we wonder if we will recognize her! She is learning fast. After running alongside Gavin and Hugh for 18km of the Napier Half Marathon, she decided to dump her companions 3km from the end! She didn’t even apologise, and we don’t even see her these days – she is maxing out in the gym!
- * Norma is back from wombling around Wimbledon Common!

- * You've heard about Iron Man! What about Iron Woman? Christa Siebrits has run 2 marathons since running Comrades 2 months ago! This woman is strong!
- * Christo and Anzel cannot make the time trial together! Possibly Christo doesn't want to be seen with a grey haired woman!
- * Has anyone commented on the Comrades run? You can deduce quite a lot from them
 - * Carina is definitely "The Boss"
 - * Christiaan de Wet is still a "new boy"
 - * Baba did not listen to his coach
 - * Karen (The Prot) finally listened to her coach
 - * Jean de Villiers did not deserve to be in the medical tent (but did not do much to get himself out of it!)
 - * Hugh Waters is good at timing his race
 - * Barney is not good at timing his race
 - * Andries de Villiers was too busy doing other things!
- * Rumour has it that Carina was seen at the Van der Stel Pass Half Marathon at Bot River wearing the incorrect running gear and with a temporary number! She has a good excuse however, and can put the blame on husband Andre for her not being adequately prepared.

IT PAYS TO BE HEALTHY

Make use of this opportunity to pay less, because you are healthy!

Athletes can get up to 35% discount on their life, disability and other risk policies. Discounts are based on fitness, your BMI, distance run in events etc.

For more info email Emile Calitz at ecalitz@fnb.co.za or 028- 3121140

Personality of the Club – Alfred Tshabeni

Alfred Tshabeni has been a member of the Whalers AC for the past three years and has endeared himself to many during his short association with the club. Alfred is a committed and proud club member and athlete, always striving to do better on the race course. Alfred was born on 4 January 1974 in Aliwal North and is one of four children. He has two brothers and a sister. Alfred started running in 1993 and soon showed his talent as a track athlete, clocking a 2 minute flat as a school athlete in the 800m where he subsequently qualified for the Border championships. One of the highlights of his running career was the Lammergeier Mountain race over 24km which he completed in 1.44, coming second but only to his brother who narrowly beat him.

Alfred was chosen to represent Border at the Lesotho Summer Marathon series where he competed in the half marathon, posting his best half marathon time of 1.13.

In January 1998 Alfred moved to Hermanus to live with his mother. During this period he continued with his running competing in the Comrades marathon in 2002 and completing this arduous race in 8.29.

Alfred always maintains that he has found his home at the Whalers and is a regular at the time trial on a Thursday evening and the Saturday morning long run. Those who have run with him will know that nothing is too much trouble for Alfred. He is passionate about his club and running and continually motivates and encourages fellow runners en route. His hard work was rewarded when he won the best male road runner for 2009 award and received certificates for posting the best times in the 3, 5 and 8km distances in the Time Trial.

Alfred's goal for 2011 is to compete in the Comrades Marathon and his preparation for this race will commence in January. Members will take a keen interest in his progress for this event where he will no doubt do the club proud.

Well done Alfred on all your achievements and we hope you have many long and happy years ahead at Whalers.

Website Details

Carien Gooding maintains the website and keeps the club statistics. She has asked for ideas or suggestions to improve the website and these can be forwarded to Carina who will liaise with Carien. Visit the whaler's website on www.whalersac.co.za

Modern Athlete

Remember the new running magazine Modern Athlete is available at the Time Trial free of charge, while stocks last. Leo Benning has very kindly arranged that a consignment is received each month and members are welcome to pick one up at the time trial on a first come first served basis.

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