



Newsletter – April 2014



Important Notices

- **Achievements**

- ✓ Congratulations to **Andriel De Lange** who won the prize for the 1st lady at the CSIR invitational time trial with a time of 41minutes11seconds for the 9.3km race.
- ✓ Congratulations to **Anna Haw** who won the prize for 3rd lady at the CSIR invitational time trial with a time of 42minutes3seconds. She also placed 3rd lady on the Denel 21.1km race with a time of 1hours36minutes.

- **Loskop away weekend (11-13 April)**

Camping accommodation at Loskop Forever Resorts for the Loskop 50km and 21.1km race has been fully booked. Wishing all runners a fantastic run and wishing all campers a 'lekker kuier'!

- **Overkruin club run (26 April)**

Due to the cancellation of the AGN race scheduled to take place on this date, a club run has been arranged for the morning of 26 April. The run will start at Hoërskool Overkruin at 06:30. The run will follow the usual time trial routes so that runners may run a 5km or 8km route, or any combination of the two. For those who are interested in a longer run, the routes may be run in laps. A basic water point with water sachets will be placed where the 5km and 8km routes split at the intersection of Marija St and Pambati St. A water point offering Coke and water will be available at the start of the club run on the Hoërskool Overkruin grounds. A donation of R10.00 is requested of all runners so that Coke and water sachets can be purchased.

- **Magnolia long run (27 April)**

Overkruin is assisting at the Magnolia long run by managing a water point along their 15 km route. Helpers are required from our club in order to make this possible. If helpers would like to run the route, they are free to do so after the initial rush of the first lap has passed the water point. Please contact Leon telephonically at 072 390 9775 or by email at leon.marais1@gmail.com if you are willing to offer your time to the club on this morning.

- **Comrades Marathon (1 June)**

Club accommodation in Ballito has been fully booked. **All runners AND supporters are requested to please send their names and T-shirt sizes to Ronell as soon as possible.** Ronell can be contacted by sms/whatsapp/BBM on 072 431 4183 or by email at ronell.herbst1@mobileemail.vodafonesa.co.za. Wishing all Comrades runners happy training!

- **The Mongena Big5 Race (28 June)**

Overkruin Atletiekkklub is proud to announce that the club will be hosting a 5km and 15km ASA race at Mongena game lodge inside the Dinokeng Nature Reserve on **28 June 2014**. The assistance of all club members is essential for the success of this race. Please take a note of this date and if at all possible, make yourself available to assist us on this day. Further information will follow as the exciting day approaches.



Road Races



- A complete AGN race calendar for 2014 is available at www.agn.co.za.
- All AGN race results are available at www.raceresults.co.za.

Date	Race	Distances	Time	Venue	Tent	Helpers
Saturday 05/04/14	Ford	5km, 10km, 21.1km	06:30	Ford Sports and Recreation	Yes	Leon & Steph
Saturday 12/04/14	Solomon Mahlangu	5km, 10km	06:00	Mamelodi	No	
Saturday 19/04/14	Morula	5km, 10km, 21.2km	07:00	Shoshanguve PnP	No	
Monday 21/04/14	Family Day Fun/Walk	5km, 10km, 21.1km	07:00	The Grove Shopping centre	Yes	Hennie & Ronell
Thursday 01/05/14	Wally Hayward Marathon	5km, 10km, 21.1km, 42.2km	06:40 06:30	Zwartkops Highschool	Yes	Willie & Jeanne
Saturday 03/05/14	Jacaranda Centre Run/Walk	5km, 10km, 21.1km	07:00	Jacaranda Shopping Mall	Yes	Taetse & Schalk
Saturday 10/05/14	Jackie Mekler	5km, 10km, 25km	06:45 06:30	DSC Thaba Tshwane	Yes	Willie & Jeanne
Saturday 17/05/14	Road Safety Run/Walk	5km, 10km	07:00	EcoPark	Yes	Hennie & Ronell
Saturday 24/04/14	Love Run	5km, 10km, 21.1km	07:00 06:45	Hatfield Christian Church	Yes	Taetse & Ronell
Saturday 30/05/14	Great Run Series II	6km, 10km	07:00	Weskoppies Hospital	No	

- **AGN League results**

Overkruin is currently lying 11th in the league. Overkruin men and ladies are lying 21st and 16th respectively in the super-league. With continued participation of all members at the league races, our club will continue to excel.

- **AGN League Races 2014**

- ✓ 12/04/14 Solomon Mahlangu
- ✓ 24/04/14 Love Run
- ✓ 05/07/14 Race for Friendship
- ✓ 09/08/14 Castle Walk
- ✓ 06/09/14 Spirit of Flight
- ✓ 25/10/14 CSIR
- ✓ 06/12/14 Great Run Series IV



Ford Athletics Club



3 In 1 Run and Walk 5km, 10km and 21.1km			
Venue	Ford Motor Company (Sports Ground) CNR Simon Vermooten & Alwyn		
Date:	5 April 2014		
Time:	10km & 21.1km @ 06:30 5km @ 06:45		
Registration:	04:00 - 06:15		
Entry Information		Prizes: Runners	
Entry Fee	5 km -R30 10 km -R50 21.1 km -R70	Position	10km 21.1km
Temporary Licence	R30	1st	R350 +Gold R450 +Gold
Athletes 60 years +	50% Discount	2nd	R250 +Gold R350 +Gold
ON LINE ENTRIES: www.entrytime.com Closing Date: 30 March 2014		3rd	R150 +Gold R250 +Gold
		1st 40-49	R150 R200
		1st 50-59	R150 R200
		1st 60-69	R150 R200
PRE-ENTRIES: Run-A-Way Sport: 012 361 3733 Running Inn: 012 362 7322 Sportsmans Warehouse Kolonade: 012 548 5131 Atterbury Value Mart: 012 991 4926 Closing Date: 2 April 2014		1st 70+	R150 R200
		Silver medals to the first 100 finishers after the winners Bronze medals to the rest of the finishers	
Race Enquiries: Dennis 083 567 8218 Dan 072 171 7390 Robert 083 231 0324 Pat 083 321 1566		Prizes: Walkers	
		Position	10km 21.1km
Brought to you by 		1st	R200 +Gold R250 +Gold
		2nd	R150 +Gold R200 +Gold
See the reverse for the rules and map		Bronze medals to the rest of the finishers	
		Prizes giving at 09H00	



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SOLOMON MAHLANGU RACE



PRESENTED BY AGN IN CONJUNCTION WITH CITY OF TSHWANE

OFFICIAL AGN LEAGUE RACE

AN OFFICIAL AGN RACE		10 km Road Race & 5 km Fun Run		RUN/WALK	
DATE TIME REGISTRATION		12 th APRIL 2014 06:30 From 04:00			
VENUE		MORETELE RESORT :MAMELODI			
FEES		PRICES: MEN & WOMEN RUNNING			
ENTRY FEE		10 km – R50.00		OPEN 20-39 1 st R 1000.00 + Gold	
		5 km – R20.00		2 nd R 800.00	
TEMPORARY LICENCES		R30.00		3 rd R 600.00	
60+		R 30.00		40-49 1 st R 500.00 + Gold	
Contact Details:		2 nd R 400.00			
WALTER @ 072 196 7821		3 rd R 300.00			
KATLEGO @ 084 448 4873		50-59 1 st R 300.00 + Gold			
OFFICE @ 012 327 4930/1/2		2 nd R 200.00			
Entries at Shops : Run Away Sport 012 361 3733		60-69 1 st R 100.00+ Gold			
:Running Inn 012 362 7322		70+ 1 st R 100.00+ Gold			
On Line Entries: www.entrytime.com		JUNIORS(U19YRS) 1 st R 300.00 + Gold			
		2 nd R 200.00			
		3 rd R 100.00			
		WALKERS OPEN 1 st R 300.00+Gold			
		2 nd R 200.00			
		3 rd R 100.00			
		40-49 1 st R 100.00+Gold			
		2 nd R 100.00			
		50-59 1 st R 100.00 +Gold			
		2 nd R 100.00			
		60-69 1 st R 100.00 +Gold			
		70+ 1 st R 100.00 +Gold			

BROUGHT TO YOU BY AGN&CITY OF TSHWANE

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RULES & REGULATIONS

- The race is to be held under the rules of the ASA and the AGN
- 2014 licence number have to be worn on the front.
- Temporary licence numbers available at an additional cost of R30.00 for unlicensed participants
- Obey all marshals and traffic officers. Identification of proof of age may be required
- Official age category tags must be worn back and front of the vests by athletes competing for category prizes
- Time limit of 2 hours applies. The judge's decision is final.
- No Ipods allowed.
- Runners must not be younger than 16 years of age to compete in the 10km race
- FOREIGN ATHLETES must also adhere to IAAF rule 4, paragraph 2
- Race organizers, sponsors and venue management, will not be responsible for any theft, damages, on personal items nor injuries or death sustained during the race(indemnify by entering the race)
- Walkers competing for prize money must wear WALKER/W tags on the front and back of their vest.
- Medical assistance will be provided.



PnP Sosh

MORULA MARATHON

**5 km
10 km
21.1 km
(Run/Walk)**

Date : Saturday, 19 April 2014
Venue : Soshanguve Pick n Pay Centre
Start Time : 21km & 10km @ 07h00, 5km fun run @ 07h15
Entry Fee : 21km = R60, 10km = R40 & 5km = R20
Great grand masters (70+) free entry
Temporary License : R30.00

ENTER ON THE DAY OF THE RACE from 04h00 at the venue

Pre entries will be accepted at the following stores:
Soshanguve PnP, Runaway Sport, Sweat Shop & Running In

Register Online at www.entrytime.com/index.asp?GoTo=EventInfo&EventID=3752

Race	Position	Open	40 - 49	50 - 59	60+	Junior	21.1km Walkers
21.1km	1	R1000	R200	R230	R150	R150	R500
	2	R500	R100	R130			R250
	3	R250					
10km	1	R600	R150	R150	R100	R100	R300
	2	R300	R100	R130			R150
	3	R150					

PRIZE MONEY EQUAL FOR MEN & WOMEN
Gold medals to category winners. 50 silver medals for each race, bronze medals to all finishers.
THE FIRST 500 PRE ENTRIES WILL RECEIVE A FREE T-SHIRT!!!
Prize giving for all races will be at 09h00.

Enquiries : Solly Raborife - 082 774 3202 • raborifes@yahoo.com
Thapelo Bodibe - 072 055 7042 • bodibethapelo@gmail.com
Mmapule Raborife - 082 774 3202 • kaybee02@vodamail.co.za
Race Information : 012 - 702 3000



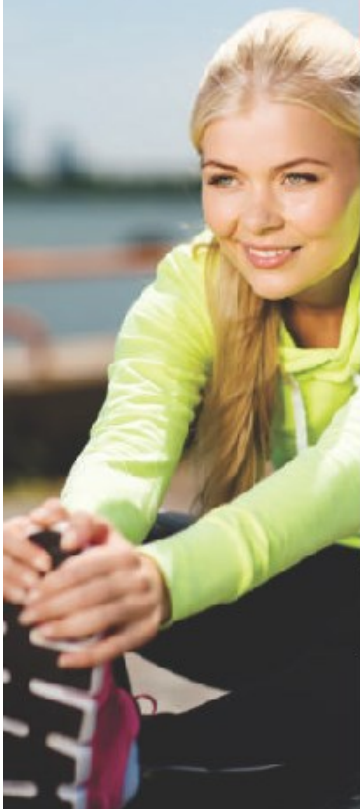




3.

RULES for 10km and 21.1km

1. The race run in accordance with the rules of ASA and AGN
2. Foreign athletes must abide by the IAAF rule 4.2
3. Registered athletes must wear 2014 licenses at the back of the vest and the race number should be worn in front of the vest.
4. Temporary licensed athletes should wear temporary licenses at the back of the vest. The race number should be worn in front of the vest



**PICK N PAY –
THE GROVE MALL
RUN**

**5km, 10km and 21.1km
Experience the New Route**

Date: 21 April 2014

Start Times:
21.1km + 10km: 07:00, 5km: 07:10
Pre-Entries: 24 March 2014 in
Totalsports (012) 816 9320
at The Grove Mall
Register on-Line:
www.enteronline.co.za
or on the day from 5:00
Cost: 5km – R30; 10km – R50;
21.1km – R60
(Non-registered athletes
(10 and 21.1km) must purchase
a temporary license at R30)

Information:
Paul 082 200 4219





Chr. Lyrwood and Simon Vermaak, Equashia | www.thegrovemall.co.za



Twenty three Overkruin members have entered to run the Two Oceans half-marathon and ultra-marathon this year! Wishing all of them an amazing run and safe travels.

Name	Gender	Age	Ultras	Halfs	Race	Race No	Personal Best
WILLIE ENGELBRECHT	Male	39	4		Ultra	23516	5:27:20
ANSU LAUBSCHER	Female	48	1	1	Ultra	21746	6:25:43
MECHIEL LAUBSCHER	Male	48	2		Ultra	21720	5:48:37
STEPHANIE MALLORY	Female	27	4		Ultra	24410	5:09:15
LEON MARAIS	Male	27	2	1	Ultra	24412	5:12:15
CINDY MENTZ	Female	48		1	Ultra	23289	
STEFFEN NOTLEY	Male	29	2		Ultra	22635	6:44:20
LINDA VAN ROOYEN	Female	41		1	Ultra	30405	
SCHALK VISSER	Male	68	10	1	Ultra	4434	5:29:57
TAETSE VORSTER	Male	34	4		Ultra	22148	4:35:26

Name	Gender	Age	Ultras	Halfs	Race	Race No	Personal Best
JOULANDA DU TOIT	Female	46			Half	61530	
HENNIE FERREIRA	Male	55			Half	60937	
MOYA NEL	Female	53		9	Half	15083	2:06:15
GRANT NEUPER	Male	50		1	Half	60672	2:23:58
JENNIFER NEUPER	Female	51		1	Half	71823	2:23:59
LEZANNE NOTLEY	Female	30		3	Half	65008	2:54:11
CAS PRINSLOO	Male	57		2	Half	60633	2:13:01
JEANNE PRINSLOO	Female	54		2	Half	60731	2:28:48
BENJAMIN SMIT	Male	35			Half	78318	
INGE SMIT	Female	31			Half	77954	
BEATRIX SOLOMONS	Female	51	1	9	Half	15022	2:09:57
GOOLAM SOLOMONS	Male	66	19	4	Half	77175	2:29:06
LEENDERT ZIETSMAN	Male	38			Half	66004	
LYNN ZIETSMAN	Female	37		1	Half	60333	2:36:25

Time Trial

- Time trial takes place every **Wednesday at 17:30** at Hoërskool Overkruin. Runners may choose between 5km and 8 km routes.
- Cold drinks are available for sale at the Clubhouse after every time trial.
- A 'bring and braai' takes place on the **first Wednesday of every month** after time trial. The next time trial braai will be on 2 April.
- The May braai will take place on 14 May as the first Wednesday of the month is a public holiday. This will be a special braai to allow club members to celebrate with the Comrades runners and wish them well before their big day.
- **Time Keepers**
 - ✓ 02/04 Schalk Visser
 - ✓ 09/04 Stephan/Katinka Jacobs
 - ✓ 16/04 Willie Engelbrecht
 - ✓ 23/04 Leon Marais
 - ✓ 30/04 Hennie Meintjes

Membership fees and Club clothes

- 2014 Membership fees are as follows
 - ✓ Seniors R370.00
 - ✓ Juniors R300.00
- Fees include one ASA licence number that must be worn on the front of the race vest
- For further information regarding payment of membership fees, please contact Schalk using email at schalk.marinda@telkomsa.net
- According to AGN regulations, members of a running club must participate in races while wearing appropriate running club clothes. Overkruin athletes run wearing club vests that may be worn with any black pants.
 - ✓ **Vests** **R180.00**
 - ✓ **Crop tops** **R160.00**
 - ✓ **Black 'skorts'** **R160.00**
 - ✓ **Long sleeve shirts** **R160.00**
 - ✓ **Jackets** **R260.00**
 - ✓ **Social T-shirts** **R150.00**
- For any information regarding running club clothes, please contact Ronell using email at ronell.herbst1@mobileemail.vodafonesa.co.za
- All payments to the club may be done using EFT using your name as a reference. The applicable banking details follow:
FNB - Cheque account
Overkruin Atletiekkklub
Account number: 6208 331 3248
Branch number: 251 037



Birthdays



Renette Havenga	2 April
Schalk Visser	9 April
Wilbie Venter	12 April
Koos Janse van Vuuren	14 April
Tanja Swart	14 April
Louis Heunis	17 April
Andriël de Lange	18 April
Rocky van Staden	26 April
Jaco van Wyk	30 April

Fun times



Words of wisdom

- "I run so my goals in life will continue to get bigger instead of my belly."
- Bill Kirby
- "Running is a mental sport...and we're all insane!"
- Author unknown
- "Life is short... running makes it seem longer."
- Baron Hansen
- "I didn't train all that time just to come here and get it over with as fast as I can."
-John Bingham, on running marathons
- "My mascara runs faster than you do."
-seen on a runner's T-shirt
- "I go running when I have to: When the ice cream truck is doing sixty."
- Wendy Liebman
- "We can't all be heroes because someone has to sit on the curb and clap as they go by."
- Will Rogers
- "It's the road signs, 'Beware of lions.'"
-Kip Lagat, Kenyan distance runner, on why his country produces so many great runners

Peninsula Half Marathon and Cango Caves Marathon – by Leon

Na baie beplanning en minder oefening as wat waarskynlik benodig was het vier Ovies, (Stephan , Katinka , Leon en Stephanie) die pad aangedurf Kaapstad toe vir 'n hardloop vakansie. Eerstens was dit die Peninsula Half marathon in Kaapstad. Ons het in Vishoek gebly en het vroeg oggend die trein geneem na die wegspring by Bergvliet sportgronde. Die roete volg Main weg al langs die kus, verby Muizenberg, deur Kalkbaai, deur Vishoek en eindig dan by die Vloot museum in Simonstad. Die roete is waarskynlik een van die mooiste half marathons in Suid-Afrika. Kaapstad was besonders warm en die baie sterk Suid-Ooste wind wat die hardlopers reg van voor getref het vir die laaste 8km het dit baie moeilik gemaak. Na die tyd was die weer egter vergete en almal het groot waardering gehad vir die mooi roete en die stories is lekker gedeel om die kort trein rit terug na Vishoek.



Na 'n week waar ons onder andere tyd spandeer het in Mosselbaai, Sedgefield, Wildernis en Knysna het ons aanbeweeg tot in Oudtshoorn vir die Kango marathon. Die wedloop begin by die Kango grotte, atlete word met busse vervoer na die wegspring en daar is koffie en beskuit by die wegspring vir atlete wat wag. Die roete begin met 'n moeilike eerste 8km, waarna dit baie geleidelik afwaarts neig na Oudtshoorn en eindig by die Infanterie skool. Die waterpunte word deur die weermag beman en die water is lekker koud. Stephan en Stephanie het beide PB's gedoen op die marathon en Katinka het 'n PB gedoen op die 21,1km. Beide wedlope was absoluut die moeite werd en sal vir almal aanbeveel word.



Sincere thanks to the members of Overkruin Atletiekklub for your continued support and enthusiasm. Your committee wishes you happy training!

May the Lord lead your hearts into a full understanding and expression of the love of God and the patient endurance that comes from Christ. (2Thessalonians 3:5)



Chairman

Hennie Meintjies
082 443 4894
henmein@gmail.com



Vice Chairman

Willie Engelbrecht
081 347 5353
engelbwi@telkom.co.za



Secretary

Jeanne Prinsloo
084 661 5175



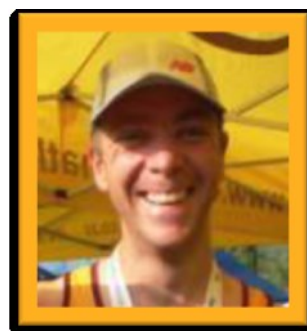
Finances

Schalk Visser
083 316 7881
Schalk.marinda@telkomsa.
net



Club Captain

Ronell Herbst
072 431 4183
Ronell.herbst1@mobile
email.vodafonesa.co.za



Club Captain

Taetse Vorster
083 439 5975
taetsev@yahoo.co.uk



Statistics

Leon Marais
072 390 9775
Leon.marais1@gmail.com



Social

Stephan and Katinka Jacobs
083 409 8123
082 968 0688
Katinka.Jacobs.up.ac.za



Communication

Stephanie Mallory
079 369 8383
Stephaniemallory@hotmail.
co.uk