



Western Province Athletics

www.wpa.org.za

December 2011 Newsletter

Editorial

A monumental year in Western Province Athletics' history is drawing to a close. This year has witnessed great changes in sport in the country, with the recent Sports Indaba setting the path for South African sport going into the future. It also witnessed major changes in the sport of athletics. Far from the turmoil of 2009, 2011 was the year in which the sport started to perform, WPA was central to this.

It is necessary to take a couple of steps back into history and remember the role which WPA played in bringing about the changes in the administration of the sport after the scandals which wracked ASA in 2009.

But it was not just in the role of activist which WPA excelled. When called upon to assist, we have been ready and able to do so. Such that ASA and other provinces have been able to call on WPA to assist with personnel and equipment when needed. When WPA was asked to step in to organise a track meeting for ASA, we did not hesitate. And we have not been short on providing leadership to the sport on a national level. Not many provinces have been able to boast having the ASA, SAMA and USSA Athletics Presidents all being members of their province.

The year saw WPA hosting three internationally recognised events, in the inaugural CAA African Cross Country Championships in March, the Cape Town Marathon and the SA 50km Race Walking Championships. In addition, Cape Town also played host to national track and field events, with the Yellow Pages Series and the Yellow Pages Interprovincial meetings both being held at Bellville. That, in addition to organising the most successful Spar Women's Challenge in Cape Town to date, with a record number of participants. With numbers up in nearly all events and a record numbers of licences being sold, it was a good year all-round.

Our athletes' definitely excelled, good performances at the SA Championships for Track & Field and Road Running led to a number of WP athletes being selected for national teams. At an international level they continued to perform, with Sonja van der Merwe, Samantha Pretorius, Rocco van Rooyen and Valentina da Rocha all being crowned African Junior Champions; Morne Moolman breaking the World Youth Championships record in the heats before taking silver in the final (being beaten only by another South African); and Bradley Britz forming part of the team which broke the SA Youth 4 x 100m record. Roscoe Engel represented South Africa at the World Championships in Athletics in Daegu, South Korea.

The province also showed the way with many of the Board standing down due to the rule in the WPA constitution which prevents anyone standing for more than two consecutive terms; allowing new blood to come into the sport at an administrative level while at the same time avoiding unnecessary conflict. It is possible for administrative control to change hands in sport without the need for a revolution. Jakes Jacobs, the road running commission chairperson for the past four years, took over from James Evans as the President. James was elected as the President of ASA earlier this year. Sue Forge, our general manager, also added to the WPA family when she gave birth to Ella at the end of July.

It is sign of what WPA produces that when the IAAF recently appointed its new commissions after the Council elections in Daegu in August it chose two WPA products to serve on them. Geraldine Pillay

(former WPA Athlete of the Year) was appointed to the IAAF Athletes' Commission and James Evans was appointed to the IAAF Road Running Commission.

After a year like that, everyone is entitled to a well-earned rest. We have already started preparations for the second CAA African Cross Country Championships to be held in March, with events like the Spar Women's Challenge, Aca Joe Cape Town Marathon, Yellow Pages Interprovincial, SA Half Marathon Championships and the SA Race Walking Championships, 2012 does not promise to be any quieter. Green Point Stadium should also be finished by year end.

We wish everyone a peaceful festive season and an absolutely fantastic new year. Keep training hard, don't drink and drive, drive safely and be ready for a bumper 2012.

WPA Awards

The WPA Awards Function was held on Saturday 26 November. WPA would like to extend congratulations to all the athletes and officials listed below, we are extremely proud of your achievements.

WPA COLOURS

SENIORS / MASTERS:

AWIE VELDSMAN (Cross Country & Road Running)
JOHN SEPTEMBER (Cross Country)
SHERYL DE LANGE (Cross Country)
ROSALIE RICHFIELD (Cross Country)
ALTA WELMANS (Cross Country)
MARIAAN MALAN (Cross Country)
NOKUFA TSHABALALA (Cross Country)
MARNETTE MEYER (Cross Country)
OLGA HOWARD (Cross Country)
ELMARIE COETZEE (Cross Country)
ZONIA BARNARD (Cross Country)
TANA JANSE VAN RENSBURG (Cross Country)
ROSS McDONALD (Race Walking)
TRUDI CARSTENS (Race Walking)
ALPHONSUS SALIDA (Race Walking)
VELANIE LUSASENI (Road Running)
VLADIMIR KOTOV (Road Running)
LINDIKHAYA MTHANGAYI (Road Running)
NKOSINATHI MADYO (Road Running)
VIRGINIA NGUDLUMANA (Road Running)
JOANNA THOMAS (Road Running)
URSULA FRANS (Road Running)
SANDRA VAN GRAAN (Road Running)
OLGA HOWARD (Road Running)
ZINTLE XINIWE (Road Running)
NOMVUYISI SETI (Road Running)
BULELWA SIMAE (Road Running)
ASIPHE SIKABALANJANA (Road Running)

JUNIORS

ROWHALDO RATZ (Cross Country)
McMARSHALL HARTZENBERG (Cross Country)
ANTHONY TIMOTEUS (Cross Country)
ASIWE NJENXA (Cross Country)
ORION FARO (Cross Country)
PAMELA MTSHEMLA (Cross Country)
KRISTEN HEATH (Cross Country)
KHANYA MATEYISI (Cross Country)
ASIPHE SNYMAN (Cross Country)

AMY ABRAHAMS (Cross Country)
ASIPHIWE JAFTA (Race Walking)
JEROMY ANDREAS (Road Running)
DOMINIQUE SCOTT (Road Running)

ROAD RUNNING

CHARLIE SAVAGE TROPHY - BEST JUNIOR ATHLETE - JEROMY ANDREAS
BEST FEMALE PERFORMANCE OF THE YEAR - JOANNA THOMAS
BEST MALE PERFORMANCE OF THE YEAR - SITYILO DIKO
FEMALE ROAD RUNNER OF THE YEAR - ZINTLE XINIWE
MALE ROAD RUNNER OF THE YEAR - VLADIMIR KOTOV

TRACK & FIELD

INTERNATIONAL PARTICIPATION

SONJA VAN DER MERWE
SAMANTHA PRETORIUS
VALENTINA DE ROCHA
ANE FOURIE
DOMINIQUE SCOTT
MAREIKA WOLHUTER
CELESTE RIETELS
ALET VAN WYK
STACEY GARDINER
STACEY WELSCH
JEROMY ANDREAS
BRADLEY BRITZ
TIAAN SMIT
TIAAN MOUTON
MORNÉ MOOLMAN
ROSCOE ENGEL
RAMSAY CARELSE
TAARIQ SOLOMONS

RACE WALKING

RACEWALK.CO.ZA WPA INTER CLUB TROPHY - SPARTAN HARRIERS

CROSS COUNTRY

GORDON MINNAAR SHIELD - JUNIOR FEMALE RUNNER OF THE YEAR - ZANI KRUGER
ARMISTICE DE LEEUW SHIELD - JUNIOR MALE RUNNER OF THE YEAR - JEROMY ANDREAS
HARRY BEINART TROPHY - MOST IMPROVED SENIOR MALE J P ABRAHAMS
VINCE O'DONOGHUE SHIELD - MOST IMPROVED MASTER FEMALE TANA JANSE VAN RENSBURG
LANA DONALD TROPHY - BEST MASTER WOMEN ATHLETE OLGA HOWARD
MIKE WALTERS SHIELD – MITCHELLS PLAIN TITANS
TANYA PECKHAM TROPHY - FEMALE RUNNER OF THE YEAR SHERYL DE LANGE
WPA CROSS COUNTRY TROPHY - MALE RUNNER OF THE YEAR AWIE VELDSMAN
TEAM LEAGUE WINNERS -

MASTER WOMEN 60+	SPARTAN HARRIERS
MASTER MEN 60+	ACSIS VOB
MASTER WOMEN 50+	ACSIS VOB
MASTER MEN 50+	CELTIC HARRIERS
MASTER WOMEN 40+	ACSIS VOB
MASTER MEN 40+	CELTIC HARRIERS
MASTER WOMEN 35+	SPARTAN HARRIERS
MASTER MEN 35+	ACSIS VOB
WOMEN 4KM	ACSIS VOB
MEN 4KM	ACSIS VOB
WOMEN 8KM	NB MULTI SPORT
MEN 12KM	ADIDAS

TECHNICAL OFFICIALS OF THE YEAR

CROSS COUNTRY - BEN OLIVER
ROAD RUNNING - GLYNIS BOWIE
TRACK & FIELD - COLIN LE ROUX

DEDICATION & APPRECIATION: 2011

ELSA OLIVER
RIËL HAUMAN

Commission News

TRACK & FIELD

TRACK AND FIELD ENTERS NEW REALM WITH NEW VISIONS AND ENERGIES

With the sizzling summer series, sponsored by Yellow Pages due to start in a weeks' time, athletics enthusiasts can look forward to a fantastic 2012 season which WP track & field kicked off in October with the Collison Series. This series is immensely popular with athletes as it serves as a platform to which their strenuous winter training can be tested in preparation for a bumper and well organised track and field season. The Collison series which lasts an hour, shuttles from stadium to stadium throughout the pre-season and draws between 250 to 300 athletes to each event. Two of our prominent track clubs presented their annual TNLC primary school and Bellville junior competitions during the early part of the season. Both events were well attended by competitors and spectators. We are extremely proud of these two clubs for their continued support to our track and field programme and hope that their individual sponsors grow in leaps and bounds.

Western Province boasts three silver medals in combined events at the recent national senior track and field championships and it is for this reason that the commission is engaging more clubs to participate in these activities. An all club meeting for discussions on combined events was scheduled at Vygieskraal during October and was not well attended by our clubs. Greater awareness needs to be propagated amongst our track clubs concerning combined events. The province hosted their first combined events competition at the Parow track and the Octathlon and Pentathlon for the under 16 age group were introduced. The combined events are far more popular amongst athletes from certain high schools and clubs. We are looking forward to greater competition in January when the province hosts their second combined events on the 20th and 21st of January 2012 at the Bellville Stadium. The masters hosted their very successful Clive Truter series at the Parow track in October and November. It should be recommended to the masters that field event entries to be entered beforehand and not on the field at the event and this will prevent the late completion of these events due to the influx of younger competitors.

The highlight of the coming season will undoubtedly be the sizzling summer series which kicks-off in December, the 8th in PE, the 12th in Oudtshoorn, the 15th in Stellenbosch and the 17th at the Parow Track. We are looking forward to great performances by our top athletes who will undoubtedly be invited and hope to showcase the very best our province have for the athletics enthusiast. So come on, young and old, join us at Coetzenburg and Parow for breathtaking and scintillating performances by our athletes as we kick-start an exciting track and field calendar with world class events which will surely culminate with the 30th Olympiad in London in August 2012. Many of the top national athletes will be out to compete in these early season holiday meetings. Events like the Javelin, where the Western Cape boasts Robert Oosthuizen (member of SA team to World Championships in Deagu); Morne Moolman (World Youth silver medalist) and Rocco van Rooyen (African Junior Champion). Throw in Sunette Viljoen (SA and African Record Holder) and you have a great competition in store. With several World, African and National Champions lined up to take part; these meetings should not be missed.

Yellow Pages Summer Series

Date: Thursday, 15 December 2011
Time: 16h30 – 20:00 (Main Events)
Place: Coetzenburg

Date: Saturday, 17 December 2011
Time: 16h30 – 18:00 (Main Events)
Place: Parow Athletics Track. (De Grendel Road, Parow North)

RACE WALKING

The WPA Race Walking Commission held our first meeting since the AGM early in November, with a couple of new faces present. Despite the fact that some of the "older" commission members will be missed, it is always good to get some fresh ideas with new members and we are confident that the growth and development of race walking will continue into the future. With the great success of the ASA 50km Championship which was held in October, it was announced at the meeting that Cape Town will once again be the first choice for hosting the event in 2012. We are awaiting official notification from ASA.

The Discovery/Cape Times Big Walk 80km distance this year was one of the most exciting races ever, with the race being won by an overseas contender Robbie Callister who won the race in a time of 8hrs54min and he also holds the 2nd fastest time for the Isle of Man Parish 85 mile walk. In 2nd place overall was Bernadette Eales from Run/Walk for Life in Gauteng, beating a field of reputable male athletes in her wake.

Walkers were faced with temperatures as low as 10 degrees, plenty of rain which didn't seem to dampen their spirits, and even a couple of bouts of hail. Our Western Province heroes in the 80km were Ross McDonald and Vanessa Theron, both from Spartan Harriers.

The winners of the 50km were Lindela Madikizela and Cynthia van Wyk, and in the 30km Pieter Vorster and Althea Janari.

With the endurance events out of the way, all our attention is now focussed on the track season.



(Ross and Bernadette walking together on their way back from Simonstown)

Club News

WEST COAST ATHLETIC CLUB

Realtors International 21,1km and 6km Fun Run – 12th of November 2011

There were perfect weather conditions for our annual race in Big Bay which is going from strength to strength with 620 finishers in the 21km and for the first time ever we had a 6km Fun Run which attracted 77 entrants.

A new record was set in the men's open section, Nkosinathi Madyo finished in a fantastic time of 1:05:44, leading home Zolani Ntongana and Sityhilo Diko. Roger Dickson stormed to victory in the men's 35- 39 category showing fatherhood makes one faster! Graham Katzen ran a fantastic time of 1:12:23 to win the men's 40-45 category. Isaac Opperman from Boland surprised the local runners in the 45-49 section finishing just ahead of Johnny Persents. Vladimir Kotov dominated the 50+ section finishing 7 minutes ahead of his closest rival. Barry Bester ran a very fast 1:39 to win the 60+ category, a minute ahead of Kevin Kohler. The 65+ category was even faster with the very impressive Ronnie Le Roux storming home in 1:36:47! In the 75+ category the indomitable Caspar Greeff broke 2 hours which is absolutely phenomenal. In the juniors Xolisa Melane and Thandile Joseph look great prospects at just 17 years old finishing in 1:13:27 and 1:14:45 respectively.

In the ladies, Bulelwa Simae held off a strong field to finish in 1:23:49 just ahead of Bulelwa Mtshagi and Nomvuyisi Seti. In the 35+ ladies Tania D'Argent just pipped Karen Wentzel by 2 seconds with 2 West Coasters Hayley Seton-Smith and Maralize Pretorius taking 3rd and 4th place respectively. Ursula Frans broke 90 minutes to win the 40+ ladies comfortably ahead of second place Sheryl De Lange. The ever consistent Olga Howard won the 50+ ladies running a great time of 1:35:55 with Cheryl Rudolph and Dawn Middelkoop in close pursuit.

Pixie Sparg also ran a superb race to finish in 1:54:11 leading home Nkala Honour and our local heroine Avril De Lapelin Dumont. There were only 2 junior ladies with Lohandi Janse van Rensburg comfortably finishing ahead of Benine Havenga.

Thanks to our sponsors Realtors International, The Edge Café and Debt Therapy for making the race possible. Thanks to SA Rugby for letting Bokkie and his handler come and spend the morning with us, his handler has advised he will definitely be back next year!
See you all next year; it will be bigger and better!



EDGEMEAD RUNNERS

December is an exciting month for the club, our annual 8km Runners Memorial Race takes on Saturday, 31 December 2011, at the Mouille Point Lighthouse. We are in full swing organising and arranging all the requirements for the event and we believe the event will be a huge success. Please contact our Race Organiser, Mervyn Lee at committee@edgemeadrillers.org.za or 074 309 4623 should you need more info on the event. Race flyers will be available at all races and sports stores soon. We look forward to you joining us for the last race of the year!

Our Annual Year End Club Awards Evening took place in November 2011 and was well supported. Congratulations to the following recipients:

The Tygerberg Aquatics floating trophy

Criteria: "Awarded to a member for regular participation and consistent performances during the Cross Country season"

Recipient: Kelly Bestbier

Edgemead Primary School Junior Shield

Criteria: "Awarded to the most promising junior boy"

Recipient: Liam Brinders

Walker Trophy

Criteria: "Awarded to the most promising junior girl"

Recipient: Micaela Swart

The 7 – 11 Shield

Criteria: "Awarded to the most improved runner in terms of time and / or distance improvement over the previous year"

Recipient: Wendy Jansen

Video Express Trophy

Criteria: "Awarded to the runner with the best spirit in the club. One who best reflects our motto "Fitness & Friendship"

Recipient: Erwin Rencken

Edgemead High School Bronze Shoe

Criteria: "Awarded to the most persevering runner"

Recipient: Richard Goodhead

Verdi's Bronze Shoe

Criteria: "Awarded for the best single performance by an individual in terms of time and position in a particular event"

Recipient: Windell Nortje

Isle of Man Trophy

Criteria: Awarded to the Master or Grandmaster who has achieved the most during the past year"

Recipient: Lynda Fillmore

Cape Trophies Shield

Criteria: "Awarded to the most dedicated club member"

Recipient: Francois Gouws

Mitchell Mase Memorial Cup

Criteria: "Awarded at the Chairman's discretion for outstanding achievement during the year"

Recipient: Karen Bell

Van Schalkwyk Family Trophy

Criteria: "Awarded for the Ladies' Runner of the Year"

Recipient: Sandra van Graan

Garden Cities Shield

Criteria: "Awarded for the Men's Runner of the Year"

Recipient: Gavin McCarthy

Thank you to all club members for your support at the Landmarks, Realtors International and Winelands Marathon events in November. All these races were well attended and a number of personal best times were achieved. The support, guidance & club spirit is encouraging members to perform at their best and we look forward to more good results in December. All indications are that the club will also have an all-time record entry for the 2012 Old Mutual Two Oceans Event.

Most of us will be enjoying a well-deserved break over the festive season. Please take care on the roads should you be travelling & for those spending time at home, enjoy the rest! We wish all a blessed festive season & a splendid 2012!

If you would like to find out more about us please go to www.edgemeanrunners.org.za or email us on committee@edgemeanrunners.org.za or contact one of the committee members or speak to us at one of the races.

December Event Diary

DATE	DAY	EVENT	DIST	TIME	VENUE	CLUB	Contact Person	Contact No.	EMAIL
03-Dec	Sat	Vital Run	10	07:30	Lourensford Wine Estate, Somerset West	Run / Walk for Life AC	Mariè Barnard	083 713 2858	runwalk@intekom.co.za
	Sat	Vital Walk	10W	07:35	Lourensford Wine Estate, Somerset West	Run / Walk for life AC	Mariè Barnard	083 713 2858	runwalk@intekom.co.za
	Sat	Vital Fun Run	4	07:45	Lourensford Wine Estate, Somerset West	Run / Walk for life AC	Mariè Barnard	083 713 2858	runwalk@intekom.co.za
07-Dec	Wed	Metropolitan 10km Road Race	10	18:30	Parc Du Cap Bellville	Metropolitan AC	Kenneth Jantjies	083 412 3366	Kenneth.jantjies@t-systems.co.za
10-Dec	Sat	AVBOB 15km	15	06:00	Pick 'n Pay Shopping Centre, Table View	Tygerberg Northlink AC	Leon Thelander	083 999 6450	leon.thelander@onthedot.co.za
16-Dec	Fri	RCS Guguletu	10	07:30	NY 49 Stadium, Gugulethu	RCS Guguletu AC	Marshall Moila	084 650 8758	nbmultisport1@gmail.com
	Fri	RCS Guguletu Fun Run	4.2	07:10	NY 49 Stadium, Gugulethu	RCS Guguletu AC	Marshall Moila	084 650 8758	nbmultisport1@gmail.com
17-Dec	Sat	Mitchells Plain Titans 21km	21,1	06:00	Rocklands Sports Grounds Mitchell's Plain	Mitchells Plain Titans AC	Lance Scheepers	076 245 5872	lance.scheepers@gmail.com
	Sat	Mitchells Plain Titans 10km	10	06:15	Rocklands Sports Grounds Mitchell's Plain	Mitchells Plain Titans AC	Lance Scheepers	076 245 5872	lance.scheepers@gmail.com
	Sat	Mitchells Plain Titans 10km Walk	10W	06:20	Rocklands Sports Grounds Mitchell's Plain	Mitchells Plain Titans AC	Lance Scheepers	076 245 5872	lance.scheepers@gmail.com
	Sat	Mitchells Plain Titans Fun Run	5	08:30	Rocklands Sports Grounds Mitchell's Plain	Mitchells Plain Titans AC	Lance Scheepers	076 245 5872	lance.scheepers@gmail.com
21-Dec	Wed	Sundowner	10	18:00	V & A Waterfront	Easterns Athletic Club	Top Events	021 511 7130	info@topevents.co.za
26-Dec	Mon	Tokai Manor House	16	07:00	Tokai Forest	Southern Striders AC	Peter Powell	082 892 3778	Peter.Powell@capetown.gov.za
31-Dec	Sat	Brooks Runner's Memorial	8	18:01	Green Point Lighthouse, Mouille Point	Edgemead AC	Merwyn Lee	074 309 4623	commite@edgemeadrunners.co.za

Should you wish to share your club or event news please send the information to sue@wpathletics.co.za



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