



AUGUST 2014

RUNNING IN CIRCLES

IN THIS ISSUE

Chairman's Chat

Dis hoe dit is...

August has brought with it the end of winter hibernation and several new members! Welcome to them. It seems that the club has been back to keeping local races "green". It has to be said our Nike kit looks fantastic so well done to all who have invested. Congratulations to all our podium finishers at Rhodes, Legogote and Skukuza races (Race reports to follow) Congratulations too to Joseph and Catherine our new race referees.

Let's not forget our HALL's race in July. Congratulations to race co-ordinators Toy and Adriaan. Although numbers were slightly down on last year we still had a great turn out (considering the freezing weather) and a huge growth in the 10km entries. Thank you to everyone who dedicated their time to helping out. I would also like to thank those clean-up run helpers on the Sunday. Thank you it was a fun morning.

Nedbank have agreed to sponsor Om die Dammetjie in September and with this race we have decided to take an entirely new approach to managing a race. All members who agree to assist with the race for the morning of September 6th 2014, will be rewarded with a complimentary ticket to attend the running section's year end function. Should you feel you would rather like to run the race please enter the race as you would any other by completing the entry form and paying the entry costs.

Please let us know which you would prefer to do as soon as possible to assist us with our planning. Thanks.

This will be my last Chairman's report for LVCC Running section. As of last week Paul has taken over as Chairman- in- waiting until Om die Dammetjie when he will take over the position completely. I would like to thank all who have supported and challenged me during my time as chair. It has been a rollercoaster journey from when I agreed to try and manage the club 2 years ago when I was a fairly new member myself. I am proud to say that the club has achieved some phenomenal running achievements during this time, under gone a complete change in terms of membership, communications, and partnering expectations with Nedbank Running nationally. Hard work of the team has enabled a substantial re-investment to our development portfolio and it has given me great satisfaction to include junior development. I would like to personally congratulate Paul and wish him all the best. I am confident each one of you to give him your full support.

To this end we will be asking for a new club captain. If anyone is interested please let us know as soon as possible to lvccrun@gmail.com.

As always I would encourage you to support our time trails on Thursdays at 17:15 from LVCC and continue to send us your running stories, events and achievements to post on the blog.

See you on the road.

Steve



Halls Race Report



Skukuza Race Report

Captain's Corner

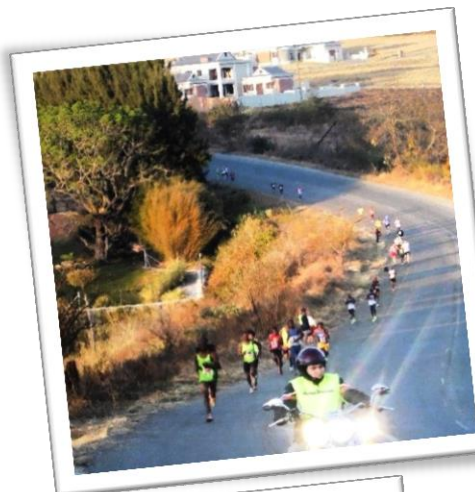
By Paul Norman

Hopefully this is the last of the “winter greetings”. Those of you who are back on the road would have noticed the slight change in the mornings, starting to get lighter sooner & starting to show signs of warming up (yaaa right). So now the rest of you had better start joining the runs before you get left behind.

Something I have noticed and find strange is that when we host a run all our club members would like to run it, but you can't because we need the manpower to host the race. But when other clubs host races we don't support them ??? Why ??? We need their support just as much as they need ours. So come now guys get out there & support all local races. In saying that it was great to see 16 of our club mates supporting the Mozma's Legogote runs in White River. We had some great results too with William taking 1st place in the mens 10km, Ntotoku taking 2nd in the mens 21km, Nontokoza taking 1st in the females 21km & Elsa taking 3rd in the females 21km. Well done to you all.

On behalf of the club I would like to wish our ladies doing the AFB SOX Trail run all the best, <http://www.soxtrailrun.co.za/> the run is 80km over 3 days. Venessa , Petro , Barbara we wish you an awesome time & we look forward to lots of pics & stories for the blog when you return. Keep your eyes on the calendar as Helette has introduced some nice fresh routes for the weekday runs, so I expect you all to come explore them with us. Keep the takkie on the tar as we start to run far.

Paul



Halls Report

By Toy Dupper

I love the Halls Race. It was one of my very favourite races to run before I joined LVCC and I was always impressed with the attendance despite its mid-winter fixture.

[Adriaan](#) and I took over from long time race coordinator Mark Greeff this year. It was certainly daunting organising a big race that has been in existence for 23 years but we had a great, experienced team of helpers at Nedbank LVCC that backed us all the way. Without their help a successful race would not have been possible.

Thank you to all my fellow club members that assisted.

I love running, it has given me so much and I like giving back.

Don't be a consumer. Join a club, help at races and support other clubs' races.

Cheers,

Toy

Atlete trotseer die koue

Carli Koch | 18 July 2014 12:02

'n Landelike atmosfeer het honderde atlete

Saterdag op die Mataffin-landgoed vir die Halls-wedloop verwelkom.

Dit was 'n koelerige oggend vir die 371 en 162 deelnemers in onderskeidelik die 10- en 21km. Sommiges het serpe en musse aangehad terwyl ander met kaal arms die koue aangedurf het. 'n Prettdraf van 3km is ook gehou.

Abenico Mashaba van die marathonklub, Born to Win, het die 21km in 01:07:29 voltooi, met William Mothosola kort op sy hakke in 01:08:02. Die eerste vroue-atleet oor die eindstreep was die 18-jarige Shedilene Gerlderblom van Midmack in 01:26:51. Sy het party manne ore aangesit en met spoed die laaste 7km klaargemaak.

Ashleigh Sevenster van UJ was tweede in 01:28:51. 'n Plaaslike atleet van Nedbank, Folavio Schohle het 'n eerste plek in die 10km verower in 31:29:00. Dié klub het ook die derde posisie ingeneem, met Ntuthuko Maseko wat die wedloop in 32:05:00 voltooi het.

Simonay Weitsz mag dalk net 15 jaar oud wees, maar sy was die eerste vrou wat die korter roete in 37:40:00 voltooi het.

Die eerste Halls-wedloop het in 1990 plaasgevind en is deur een van die direkteure van Halls, Mark Baker ontwerp. Dié roete is vanjaar aangepas en atlete het 'n hele nuwe pad gehardloop. 'n Paar deelnemers het oor die baie sand op die roete gekla, maar oor die algemeen het almal dit geniet en die dag was beseringvry.

"Die mense het baie goed gedoen hierdie jaar. Die uitsig was baie mooi," het 'n lid van LVCC, Toy Dupper gesê. Volgende jaar vier hulle die 25ste bestaansjaar en die organiseerders belooft dat dit 'n groot een gaan wees.

Heleen

wrote:

Thanks Halls and Nedbank LVCC for a great event! It is always nice to run the Halls and the view was spectacular this year! My husband and I loved it. Better than the previous route.

2014-07-19

22:51:55



Skukuza Race Report

Skukuza this year turned out to be the race of the season! And it would not have happened without the co-ordinated efforts of Helette and Adriaan so a huge thanks to them.

This year we had several members complete their first 21km on this run and several others achieve a PB. Congratulations to you all. It was however the crowning achievement of our podium finishes who rounded the day's event by a total dominance of the male podiums and win for the ladies. Well done to Folavio (1st) Ntuthuko (2nd) Lovers (3rd) and Ntokozo (1st lady). A great day for the green team!

A thanks must also go to the efforts of all concerned for the new gazebo and cooler box, filled to the brim which all members enjoyed after the race.

The aim of the Skukuza 21 is raise funds for conservation and this year for the anti-poaching unit and their families. Well done to all who contributed to this worth cause.

For those of you who were at Pretorioskop a thank must also go to Schizelle for her motherly organising at the braai on Saturday night. It was appreciated. It was also a fitting way to raise a glass of red in heartfelt memory of Duncan.



August Training & Events Calendar

Sat Aug 9, 2014

5am Club run - Belladonna

Where: Belladonna filing station

Description: Belladonna -> Kaapsehoop road out & back 20km

8am Halls parkrun

Where: Halls Gateway

Description:
<http://www.parkrun.co.za/halls/>

Mon Aug 11, 2014

5am Club run from Steiltes Spar

Where: Spar - Steiltes, Aurora Drive, Nelspruit.

Description: Steiltes Spar -> FIRST wire -> von Braun -> home 9km

Wed Aug 13, 2014

4:45am Club run from West End

Where: West End Centre, Dr Enos Mabuza Drive, Nelspruit.

Description:

West-end -> cemetery -> Sonpark -> Lowv High -> Fitzpatrick -> Laersk

Laev -> up to College -> home

Thu Aug 14, 2014

5:15pm Time Trial

Where: Lowveld Country Club Steiltes Nelspruit

Fri Aug 15, 2014

5am Club run from Steiltes Spar

Where: Spar - Steiltes, Aurora Drive, Nelspruit.

Description: Steiltes Spar -> Bateleur Gate 8.5 km or Aurora Loop 10 km

Sat Aug 16, 2014

5am Club run - Orchards

Where: Orchards Spar

Description: Orchards Spar -> N4 -> Old Croc Valley road out & back +- 20km

8am Halls parkrun

Where: Halls Gateway

Description:
<http://www.parkrun.co.za/halls/>

Mon Aug 18, 2014

5am Club run from Steiltes Spar

Where: Spar - Steiltes, Aurora Drive, Nelspruit.

Description: Steiltes Spar -> FIRST wire -> von Braun -> home 9km

Wed Aug 20, 2014

4:45am Club Run from El Madre

Where: El Madre Butchery, Nelspruit.

Description:

El Madre -> left in Ehmke str -> Bergland -> Sonpark -> Lowv High ->

Belladonna -> Brewers -> N4 -> Ferreira Str -> home

Thu Aug 21, 2014

5:15pm Time Trial

Where: Lowveld Country Club Steiltes Nelspruit

Fri Aug 22, 2014

5am Club run from Steiltes Spar

Where: Spar - Steiltes, Aurora Drive, Nelspruit.

Description: Steiltes Spar -> Bateleur Gate 8.5 km or Aurora Loop 10 km

Sat Aug 23, 2014

5am Club run - Virgin Gym

Where: Virgin Gym

Description:

Virgin Gym -> N4 -> Stadium loop -> bypass -> Sabie road -> return viashowgrounds to gym. 20km

8am Halls parkrun

Where: Halls Gateway

Description:
<http://www.parkrun.co.za/halls/>

Mon Aug 25, 2014

5am Club run from Steiltes Spar

Where: Spar - Steiltes, Aurora Drive, Nelspruit.

Description: Steiltes Spar -> von Braun -> wire -> home 9km

Wed Aug 27, 2014

4:45am Club run from West End

Where: West End Centre, Dr Enos Mabuza Drive, Nelspruit.

Description:

West-end -> cemetery -> Sonpark -> Brewers -> Fitzpatrick -> Laersk Laev -> up to College -> home

Thu Aug 28, 2014

5:15pm Time Trial

Where: Lowveld Country Club Steiltes Nelspruit

Fri Aug 29, 2014

5am Club run from Steiltes Spar

Where: Spar - Steiltes, Aurora Drive, Nelspruit.

Description: Steiltes Spar -> Bateleur Gate 8.5 km or Aurora Loop 10 km

Sat Aug 30, 2014

5am Club run - Grove Spar

Where: Grove Spar

Description:

Grove Spar -> down around Riverside mall -> Agricultural road to end -> return Agricultural road -> Makro -> home 20km

8am Halls parkrun

Where: Halls Gateway

Description:

<http://www.parkrun.co.za/halls>

Mon Sep 1, 2014

5am Steiltes Spar

Where: Steiltes Kwikspar, Aurora Dr, Nelspruit

Description: Steiltes Spar -> FIRST wire -> von Braun -> home

Wed Sep 3, 2014

4:45am Virgin Gym

Where: Virgin Active, Generaal Dan Pienaar Rd, Nelspruit.

Description: Gym -> Graniet Street -> Belladonna -> Fitzpatrick -> Laersk Laev -> home



Nedbank LVCC Running Club Mpumalanga

0796917196 / lvccrun@gmail.com

Fax: 0865659058

<http://nedbank-lvccrunning.blogspot.com/>

