Editorial

The grip of winter finally caught up with Western Province with the cold and wet weather having effect on most of the events. This definitely did not stop the enthusiasm of the members participating in some of the events presented on the calendar.

The medals earned by the athletes at the 20th Commonwealth Games, Glasgow Scotland is an inspiration for the local athletes to achieve better performances. The achievement from Rocco van Rooyen in the Javelin competition easily reached the final round with a throw of 77.57m. Due to the rain and dreadful conditions on the last evening of the games the athletes performed to the best of their abilities. Rocco finished in 6th position with a distance of 76.84m – well done Rocco.

The gold medal achieved by Cornel Fredericks in the 400m hurdles was very special since he was still training and performing with Tygerberg AC the past two seasons. We are very proud of the athletes who represented South Africa.

We are looking forward to the Cross Country Championships which will be taking place on the 16th August at CPUT, Bellville. The eight CC Leagues was well attended of which the team will be selected to represent WPA at the National Championships in George.

The cancellation of the Women’s Day event on the 9th August had a major effect on the Road Running calendar. This is a first in years that WPA is unable to host a prestigious event for the female runners.

The launch of the Sanlam Cape Town Marathon which has the entire province talking will definitely be the highlight for the start of the spring road running calendar. This is a pre entry event and entry forms are available at the WPA office and sports shops.

Race Walking is also preparing itself for the spring season with another league event planned. We are looking forward to the development program and the new members who have started participating in league walks.

KIDS athletics completed a very successful program with cross country participation and we are looking forward to some good results and the selection of members to represent the province.

Running Regards

Jakes Jacobs
CROSS COUNTRY

We had very good attendance at all the league meetings.

After 8 league meetings, the number of competitors were as follows:

1st League 1 568 - UWC
2nd League 1 424 - CPUT Bellville
3rd League 1 448 - Elfindale
4th League 1 242 - Youngsfield
5th League 1 281 - Koeberg Nature Reserve
6th League 907 - Atlantis
7th League 960 - Rocklands
8th League 1094 - Pollsmoor

Entries will be taken on the day of the WPACC Championships.

The champs will be taking place at CPUT, Bellville South on 16 August 2014. This will once again be a combined meeting with the WP Schools.

Medals and prize money will be awarded to the first three athletes in each category.

The WPACC team to the Inter-Provincial meeting on 30 August 2014 and ASACC Champs both at George on 13 September 2014, will be announced later and not at the Championships.

In the meantime the selectors compiled a list of names for possible selection.

We looking forward to the WPACC/Schools Champs.

RACE WALKING

Next WPA Race Walking Grand Prix events:

The last two WPA Race Walking Grand Prix’s (August & September) will act as qualification events for the SA Race Walking Championships in October 2014. For detailed qualification criteria please email your query to wpracewalking@gmail.com.

6-Sep-14 30km 7:00
20km 8:00
10km 9:00
1,3,5 km Development 10:00

- Venue: Youngsfield, Wetton Rd
- Entry on the day
- Medals to all finishers

WPA Race Walking Clinic – 101: An Introduction

Have you ever thought of trying Race Walking? Have you been told that due to injuries you may not run, but may walk? Do you want to introduce your child to a new sport? Do you want to compete in a sport where there are possibilities to win medals and be selected for teams? Why run, when you can walk...
Now is the chance to get introduced to the sport of Race Walking, a sport that caters to all walks of life.

<table>
<thead>
<tr>
<th>Date: 23 August 2014</th>
<th>Time: 08:00 – 10:00</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Venue:</strong> Spartan Harriers Club House, Meadowridge Sports Fields off Faraday Road, Meadowridge</td>
<td><strong>Cost:</strong> Free</td>
</tr>
</tbody>
</table>

**Facilitators:**
- Pieter Vorster – WPA Race Walking Commission Chairman and WP Race Walker.

The following will be covered:
- Introduction to Race Walking.
- Race Walking judging rules.
- Race walking technique and training.
- Race Walking in WPA. The how, when and where.

**What you will need:**
- Training shoes and comfy clothing.
- Notepad and pen.

To ensure a place please confirm with the WPA Office at events@wpathletics.co.za or wpracewalking@gmail.com
Please RSVP before Monday 18 August 2014.

---

**Club News**

**HEWAT ATHLETIC CLUB**

**GOOD NEWS …and the not so good !**

**Cape Town Festival of Running.**

The organizers of the Cape Town Festival of Running are pleased to advise athletes that the 2014 edition of the Cape Town 21.1km Classic will be staged as per schedule on the 28th September 2014.

Regrettably however... we have decided to postpone the staging of the Ultras and Team Relays to next year, because of our failure to secure adequate sponsorship, and the loss of a major
partnership assistance for this year. These factors make it unfeasible for us to stage the full event this year. This decision also involves the postponement of the staging of the prestigious WPA 100km Championship event, which we have traditionally hosted, for as many years as the event has existed.

We sincerely apologise to the many eager supporters and participants in these two events over the past many years, and dedicated officials and volunteer helpers who have done duty at this iconic Cape Town event.

Hewat’s organizing committee would like to assure all supporters, that they will continue to seek the necessary means and ways, to stage the entire event again next year, and thank you for your understanding.

We take this opportunity to thank the many people and clubs who have in various ways helped to make this event a success over the years, and look forward to your continued support in our endeavors to enhance athletics in this province.

Hewat Athletic Club. (Event Organising Committee.)

**ORAK 12 UUR WEDLOOP**

Die Olifantsrivier Atletiekklub het Saterdag vir die 5de keer ‘n 12 uur-wedloop aangebied waaraan altesaam 134 langasems deelgeneem het. Die wedloop vind plaas op gras en die baan is 1km lank. Atlete moet minstens 30km voltooi om vir ‘n medalje te kwalificeer. Daarvoor het hulle 12 uur tot hul beskikking. Ten spyte van die koue, nat weers-omstandighede het die deelnemers altesaam 8817km afgelê.

Martha Pretorius van Weermag Atletiekklub WP het die damesafdeling vir die vierde keer gewen en die rekord tot 110,7km opgeskuif. Lionel Cronje van Bellville Atletiekklub het die mansafdeling gewen en ook ‘n nuwe rekord van 122km opgestel. Die span bestaande uit 4 lede het in totaal 435,1km voltooi. Hulle is Lionel Cronje (122km), Bongani Plaatjie (110km), Louise Kock (102,1km) en Quintus van Rensburg (101km). Die klub met die meeste deelnemers was ook Bellville Atletiekklub met 27 atlete.

Wanneer ‘n atleet 3 keer die wedloop gewen het of 5 wedlope voltooi het, ontvang hulle hul permanente nommer. Vanjaar was daar drie atlete wat hul nommers ontvang het vir 5 wedlope voltooi. Hulle is Arina Cilliers (ORAK), Malcolm Marks (West Coast Atletiekklub) en Marius van Schalkwyk (ORAK).

Tydens die wedloop is daar ook geld ingesamel vir liefdadigheid. Twee projekte is geloods. Geld is ingesamel vir Little Fighters, ‘n organisasie wat hul beywer om kinders wat aan kanker ly te ondersteun en ook vir Pumpkin Patch, ‘n kleuterskool op Kliprand.
RAVENSMEAD ATHLETIC CLUB

Ravensmead Kids Athletics

The Senior members of the Ravensmead Athletic club is proud of their Kids Development programme. But also of their members and parents that assist Fundiswa Sandi with the youngsters at training and at WPA Kids Development events.

The Executive Committee of the club could think of no other way to thank all the roll players, but by organising a Kids Awards afternoon on Saturday 28 June. It was held in the rugby club house at Florida Park, Ravensmead.

The event was well attended by smiling parents and guardians and senior club members who played an important role in making the first Kids awards afternoon a success.

The guest speaker was Mr Allen Barnes from the Western Province Kids Development Programme who delivered an enthusiastic and motivational speech.

But the heroes and heroines of the day was not the crafty and ‘bekkige’ programme director, Willem Fransman Jr, nor the parents, or Shirley Botha for her delicious dishes, or the organisers, but the beaming youngsters. Staring big eyed at the activities, waiting for their names to be called out for some awards.

Rowan Vermeulen (Most dedicated Junior for the Series) Marlon October (Most Improved Junior of the Series) and Jeremone Williams (Leadership abilities) received trophies. Ugandric Williams (boys under 8) was crowned the Cross Country Champ. Three boys under 10, Christopher Joseph, Demont Willemse and Rowan Vermeulen came first (79 points) in their Cross Country division! Juan-Evan Konstabel, Emile McVis and Kyle Roberts came second in the Boys under 12 in the Cross Country division. Cheswin Smith, Kyle Radlof and Jerome Williams came fourth in the boys under 13 Cross Country division. All other girls and boys received some awards. No single kid went home empty handed. Dedicated parents, like Zethena October, Jenifer Scheepers and Martin Vermeulen also received Certificates for assistance with the Kids athletics.

Each of the kids also received a pair of Tomy takkies, donated by WPA Kids Development Programme. This time one could see broad smiles on the faces of the parents! Surely this is a club that care for their young, one parent noted!

And to crown it all, Fundiswa Sandi, that drives the Kids program, received a trophy from Mr Allen Barnes as the Best Team Leader for 2013 in the WPA Kids Development Programme.

The highlight of the afternoon was when Jeremone Williams took the stand and thanked parents, their parents and the club senior members that believed in them. He almost delivered a flawless speech. We train them from a young age to be public speakers.

It also need to be mentioned that Ravensmead Juniors received a R15 000 sponsorship from Nedbank for junior activities. Here the club would like to thank one of their longstanding members, Kobus van Staden who made this possible.

Kids Athletics at Ravensmead is well alive and kicking!
Ravensmead seniors also have something to boast about!

Ravensmead Athletic club know how to ‘annex’ a place or situation. The latest event happened at the Orak 12 hour endurance race in Vredendal. The well organised race of the Olifant’s River athletic club was held on 5 July at the local sport’s ground. They finished as the third team (11 athletes participating) with Bellville (27 members) first and Brackenfell second (23 members).

Zethena October was the third overall and the first Ravensmead lady home with 96.7km. Frank Ohlson (83km) was the second of the Ravies men by pipping his brother Julian (80km) to the post. Joseph Johannes replaced Edwina Fransman (who fell sick the day before the race) also completed 80km. The club’s race walker of note, Willem Fransman clocked 70km. Elazabeth –Ann Daniels ran 64km Club secretary, Harold Johannes completed 62, with team mate Sally Hendricks. Husband and wife, Cecelia and Jerome Richards completed both 30km. In total they ran 742km in the 12 hour! A distance to make the club statistician (Harold Johannes very proud).

RCS GUGULETHU

We attended the inaugural launch of the RCS Gugs bursary scheme for club members starting from primary through to tertiary. We are proud to announce Anita Gulwa as our recipient of bursary fund. People running for the club stand a chance of getting some form of assistance towards their studies. Certain criteria needs to be met where one of them is being an active member, community builder and helping at club events.

To break it down we run three of these as follows:

1. 5 primary school kids each R500
2. 5 high school kids each R1000
3. 1 tertiary student R20000

This is our way of making sure that the club does not just concentrate on running alone but make sure that future leaders are groomed through education.
Coaching

**WPA Kids Athletics Instructor Course 28-29 June 2014**

Muizenberg High School, Muizenberg, Cape Town

16 Coaches from all areas of Cape Town and from as far afield as Grabouw, Durban and Johannesburg attended the recent Kids athletics Instructor Course which forms part of Western Province Athletics’ Coach Education programme.

The coaches represented a wide range of interests, with many being parents who have taken on the role of coaching their children due to the current shortage of athletics coaches. There was great enthusiasm all round from the coaches especially when it came to the practical. The course was 2 days crammed with plenty of theoretically and practical information related to developing young track and field athletes and developing yourself as a coach.

The coaches were thoroughly evaluated during the weekend, being required to complete a number of theoretical and practical assignments to test their knowledge and coaching skills.

One of the course attendees who came all the way from Johannesburg to attend the course sent this feedback:

“Thank you once again for an amazing and inspiring weekend. I was awestruck at the little I knew about athletics. I do research as I go along but nothing could have prepared me for what I learnt the past weekend. I am so happy that I waited to attend this course; I might attend again next year as a refresher. I learn by observation not by instruction so the practicals were fantastic. I am now more inspired than ever before.” ~ Dawn Jacobs

Events

**CAPE TOWN MARATHON**

**R70,000 prize purse draws top trail runners to Sanlam Cape Town Marathon Peace Trail runs**

The Sanlam Cape Town Marathon has been re-envisioned; revitalised and has launched a festival of running that includes an iconic city marathon, a 10km peace run, a corporate and schools relay, a fun run and two trail runs – the 22km & 11km Sanlam Cape Town Peace Trails. Both trail runs will take
place on 20 September 2014 and start and finish at the Green Point A1 Track next to the iconic Cape Town Stadium. Both routes take on the magnificent tracks and trails of nearby Signal Hill, Lion’s Head and Camp’s Bay, offering local and international runners stunning views of Cape Town, Table Mountain, Robben Island and the Atlantic Seaboard.

The total prize purse for the two trail runs amounts to just over R70,000. With R10,000 up for grabs for the winners of the 22km route, competition at the front of the field is expected to be fierce. Already in the starting line-up is current South African Long Distance Trail Champion Lucky Mia, as well as speedster Michael Bailey and Zimbabwean-born trail legend Bernard Rukadza.

Managed by one of South Africa’s leading trail running events specialists, Wildrunner, all participants can expect well-marked routes and a fun day out on the trails – whether racing or not. “We are thrilled to be managing the Sanlam Cape Town Marathon Peace Trail Runs and being part of the team putting the Sanlam Cape Town Marathon and South Africa firmly on the international running stage,” says Owen Middleton, Managing Director of Wildrunner. “Without a doubt the prize money is going to draw the top names in trail running in South Africa and beyond and we look forward to an exciting race.”

Leading the drive to get the Sanlam Cape Town Marathon on the list of internationally accredited and recognised events is South African running legend and Olympic medalist, Elana Meyer and former Springbok captain, Francois Pienaar.

For more information and to enter online, go to the official event website www.capetownmarathon.com. Trail run entries are limited to 400 runners per route and will close on 05 September 2014 or when the race fills up.

Of the available entries, 50 on every route will be reserved as charity entries at a higher fee, with funds going to the World Wide Fund for Nature South Africa (WWF-SA) Run for Nature initiative. For more information read this blog.

**CALENDAR OF EVENTS**

**Saturday 20 September 2014**

07:30 Sanlam Cape Town Trail Run 21km
08:00 Sanlam Cape Town Trail Run 11km
09:00 Sanlam Cape Town Relay 5 x 4.2km
11:00 Sanlam Cape Town Fun Run 4.2km

**Sunday 21 September 2014**

07:00 Sanlam Cape Town 10km Peace Run
07:30 Sanlam Cape Town Marathon 42.2km

Entry forms are available at sports stores across Cape Town as well as the WPA Office. Should you wish to enter online please follow the following link www.capetownmarathon.com
### August Event Diary

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>EVENT</th>
<th>DIST</th>
<th>TIME</th>
<th>VENUE</th>
<th>ORGANISERS</th>
<th>CONTACT PERSON</th>
<th>CONTACT NO</th>
<th>EMAIL ADDRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-Aug</td>
<td>Sat</td>
<td>WPA Race Walking Grand Prix 3</td>
<td>30 W</td>
<td>7:00</td>
<td>Youngsfield Military Base, Wetton</td>
<td>WPA Race Walking</td>
<td>Pieter Vorster</td>
<td>084 922 9002</td>
<td><a href="mailto:pvorster@racewalk.co.za">pvorster@racewalk.co.za</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>WPA Race Walking Grand Prix 3</td>
<td>20 W</td>
<td>8:00</td>
<td>Youngsfield Military Base, Wetton</td>
<td>WPA Race Walking</td>
<td>Pieter Vorster</td>
<td>084 922 9002</td>
<td><a href="mailto:pvorster@racewalk.co.za">pvorster@racewalk.co.za</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>WPA Race Walking Grand Prix 3</td>
<td>10 W</td>
<td>9:00</td>
<td>Youngsfield Military Base, Wetton</td>
<td>WPA Race Walking</td>
<td>Pieter Vorster</td>
<td>084 922 9002</td>
<td><a href="mailto:pvorster@racewalk.co.za">pvorster@racewalk.co.za</a></td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>WPA Race Walking Development (5km, 3km &amp; 1km)</td>
<td>Various</td>
<td>10:00</td>
<td>Youngsfield Military Base, Wetton</td>
<td>WPA Race Walking</td>
<td>Pieter Vorster</td>
<td>084 922 9002</td>
<td><a href="mailto:pvorster@racewalk.co.za">pvorster@racewalk.co.za</a></td>
</tr>
<tr>
<td>2-Aug</td>
<td>Sat</td>
<td>Cross Country League 8</td>
<td>X/C</td>
<td>12:00</td>
<td>Polsmoor</td>
<td>Correctional Services</td>
<td>Russell Mehl</td>
<td>084 545 5851</td>
<td><a href="mailto:russel.mehl@westerncape.gov.za">russel.mehl@westerncape.gov.za</a></td>
</tr>
<tr>
<td>3-Aug</td>
<td>Sun</td>
<td>McKenna &amp; Scott Pinelands 10 km Road Race</td>
<td>10</td>
<td>7:30</td>
<td>Winter League</td>
<td>Lower Oval, Pinelands</td>
<td>Pinelands AC</td>
<td>Jerome Merton</td>
<td>082 857 8977</td>
</tr>
<tr>
<td></td>
<td></td>
<td>McKenna &amp; Scott Pinelands Fun Run</td>
<td>5</td>
<td>7:35</td>
<td>Winter League</td>
<td>Lower Oval, Pinelands</td>
<td>Pinelands AC</td>
<td>Jerome Merton</td>
<td>082 857 8977</td>
</tr>
<tr>
<td>9-Aug</td>
<td>Sat</td>
<td>Marloth Mountain Challenge</td>
<td>Trail</td>
<td>6:00</td>
<td>Swellendam</td>
<td>Wildrunner</td>
<td>Event Manager</td>
<td>021 821 9898</td>
<td><a href="mailto:info@wildrunner.co.za">info@wildrunner.co.za</a></td>
</tr>
<tr>
<td>16-Aug</td>
<td>Sat</td>
<td>WPA Cross Country Championship</td>
<td>X/C</td>
<td>8:00</td>
<td>CPUT, Bellville South</td>
<td>Bontehuwel</td>
<td>WPA Office</td>
<td>021 699 0615</td>
<td><a href="mailto:events@wpathletics.co.za">events@wpathletics.co.za</a></td>
</tr>
<tr>
<td>17-Aug</td>
<td>Sun</td>
<td>Reutel Solutions John Korasie 30km</td>
<td>30</td>
<td>7:00</td>
<td>Navy Sports Field Simon’s</td>
<td>Defence AC</td>
<td>Des Fredhs</td>
<td>082 446 9033</td>
<td><a href="mailto:mickey.bau@gmail.com">mickey.bau@gmail.com</a></td>
</tr>
<tr>
<td>17-Aug</td>
<td>Sun</td>
<td>Spur Trail Series Kogelberg XL</td>
<td>Trail</td>
<td>8:30</td>
<td>Kleinmond</td>
<td>Wildrunner</td>
<td>Event Manager</td>
<td>021 821 9898</td>
<td><a href="mailto:info@wildrunner.co.za">info@wildrunner.co.za</a></td>
</tr>
<tr>
<td>17-Aug</td>
<td>Sun</td>
<td>Spur Cape Winter Trail Series 4 of 4</td>
<td>Trail</td>
<td>9:00</td>
<td>Kleinmond</td>
<td>Wildrunner</td>
<td>Event Manager</td>
<td>021 821 9898</td>
<td><a href="mailto:info@wildrunner.co.za">info@wildrunner.co.za</a></td>
</tr>
<tr>
<td>23-Aug</td>
<td>Sat</td>
<td>Puffer</td>
<td>80</td>
<td>5:30</td>
<td>Cape Point to V&amp;A</td>
<td>Fish Hoek AC</td>
<td>Andy Campbell</td>
<td>083 457 6656</td>
<td><a href="mailto:puffer@fishhoekac.com">puffer@fishhoekac.com</a></td>
</tr>
<tr>
<td>23-Aug</td>
<td>Sat</td>
<td>Atlantis 21km</td>
<td></td>
<td>8:00</td>
<td>Coca-Cola League</td>
<td>Westfleur Park, Atlantis</td>
<td>Atlantis Harris AC</td>
<td>Desmond Arendse</td>
<td>084 392 1061</td>
</tr>
<tr>
<td>24-Aug</td>
<td>Sun</td>
<td>Blisters for Bread</td>
<td>Var</td>
<td>9:00</td>
<td>Green Point</td>
<td>Top Events</td>
<td>Top Events</td>
<td>021 511 7130</td>
<td><a href="mailto:info@topevents.co.za">info@topevents.co.za</a></td>
</tr>
<tr>
<td>30-Aug</td>
<td>Sat</td>
<td>ArcelorMittal Saldanha 21 km</td>
<td>21.1</td>
<td>8:00</td>
<td>SAS Saldanha Sports Field</td>
<td>ArcelorMittal AC</td>
<td>Bossie Boshoff</td>
<td>083 462 4400</td>
<td><a href="mailto:saldana.sport@arcelormittal.com">saldana.sport@arcelormittal.com</a>.</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>ArcelorMittal Saldanha 10 km</td>
<td>10</td>
<td>8:00</td>
<td>SAS Saldanha Sports Field</td>
<td>ArcelorMittal AC</td>
<td>Bossie Boshoff</td>
<td>083 462 4400</td>
<td><a href="mailto:saldana.sport@arcelormittal.com">saldana.sport@arcelormittal.com</a>.</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>ArcelorMittal Saldanha Fun Run</td>
<td>5</td>
<td>8:10</td>
<td>SAS Saldanha Sports Field</td>
<td>ArcelorMittal AC</td>
<td>Maritzelle van Heerden</td>
<td>083 407 7625</td>
<td><a href="mailto:saldana.sport@arcelormittal.com">saldana.sport@arcelormittal.com</a>.</td>
</tr>
<tr>
<td>31-Aug</td>
<td>Sun</td>
<td>Khayelitsha 10km</td>
<td>10</td>
<td>7:30</td>
<td>Khayelitsha Rugby Stadium</td>
<td>Khayelitsha AC</td>
<td>Patience Nkohla</td>
<td>083 946 7154</td>
<td><a href="mailto:nnkohla@westbank.co.za">nnkohla@westbank.co.za</a></td>
</tr>
</tbody>
</table>

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

https://www.facebook.com/groups/WesternProvinceAthletics