

BOKSBURG ATHLETIC CLUB

"SNIPPETS NO. 43 -WEEK 48

(Thursday December 01, 2011 – Wednesday December 07, 2011)

NEWS, ROAD, TRACK AND FIELD, MULTI-SPORT, CROSS COUNTRY, SOCIAL, STORIES/ARTICLES ETC, ADVERTISEMENTS and GENERAL.

NEWS

HAPPY BIRTHDAY TO ALL OF OUR MEMBERS WHO CELEBRATE A BIRTHDAY IN DECEMBER

Eric Oaker (01); Frik Du Preez (01); Jannie Heath (01); Theunis Broodryk (04); Karel Burger (04); Ron Fell (05); Sheree Rogers (05); Ben Truter (06); Sue Laybourn (08); Jason Perridge (08); Noel Smeda (10); Wayne Vorster (10); Dawie Steyn (11); Wayne van Biljon (11); Edward Banda (12); Linda Vogel (12); Rashika Rampersadh (12); Glynnis Hall (14); Abigail Goose (16); Mark Geddie (17); Jan van der Linde (17); Megan Pegram (19); Clive Griffiths (20); Adam Meyer (20); Luke Meyer (20); Dave Johnson (21); Anne McCrindle (21); Nick James (27); Kerry Vollmer (27); Thandi Banda (28); Klaus Bartels (30); Marlene Broderick (30).

94.7km CYCLE CHALLENGE

Congratulations to all of our members that completed the 94.7 cycle challenge. Karel Burger, Benzi Tenza, Wayne and Lydia Vorster and ???

Congrats to the club's own TV personality Gary de Bruin and friend Guy Zieseniss that were interviewed on the route.

Mark Humphreys decided to fight with the tar and fell off his bike. Hope you are be feeling better Mark.

CONGRATULATIONS TO:

Rita van Wyk on being the 1st veteran lady home at the Tom Jenkins 21km race held on Saturday, November 26, 2011. Rita completed the race in 1:50:09

Karel Burger on his PB at the R.A.C. Tough One (32km). Karel completed the race in 2:03:41.

Klaus Bartels on completing his 10th R.A.C. Tough One (32km). Klaus finished the race in 2:21:02.

Mishack Mofokeng on completing his 10th R.A.C. Tough One (32km). Mishack finished in 4:43:00.

Frank da Ascencao on completing his 30th R.A.C. Tough One (32km). Frank finished the race in 2:36:42.

Emmanuel Magakwe race the RAC 5km in an impressive time of 15:50.

Katlego Mogotsi finished the RAC 5km in 24:33 with Kelebogile Moreo finishing in 26:51.

Loren and Allie Reynolds did PB's on the RAC 5km, finishing 25:55 and 30:29 respectively.

Correction to the Spar Bela Bela results in the previous set of Snippets.

Rita van Wyk on her 3rd lady overall and 2nd Veteran Lady home in the 21km Spar Bela Bela.

LOOKING FOR:

Well believe it or not, the Two Oceans 21km entries have closed and a friend of President Bob (not Mugabe) is looking for **two (2) Two Oceans 21km race numbers**. If you have entered and don't think you will be running, please let the office know.

Walking group in Beyers Park. A potential new lady member is looking for a walking group in Beyers Park. Please let the office know if you walk or if you know of anybody that walks in that area. The lady is prepared to walk either early mornings or late afternoons.

MINE DUMPS ON A SATURDAY MORNING ANYONE?

Neil Cochran and The Don are out every Saturday morning running the dumps.

Please join Neil at Farrar Park Café, Rondebult Road at 06:00 every Saturday morning.

OUR WEBSITE

Log onto <http://www.boksburgathleticclub.co.za/> and follow the links.

ROAD

ROAD RUNNER OF THE MONTH

October 2011

3 athletes stood out as contenders for the Road Runner of the Month for October.

(1) Eric Oaker

For his improvement at the time trials during the month of October.

(2) Rita van Wyk:

She either won or placed in every single race she competed in during the month of October.

and

(3) Byron Jones for his excellent performances in the following:

1km Track inter club competition 2m55sec

4km Time Trial 14m00sec

8km Time Trial 30m42sec

10km Race 37m33sec

15km Race 58m59sec

Congratulations to Byron Jones on being chosen as the Road Runner of the month for October. Bryon your prize will be available in January 2012.

COST OF TRAINING RUNS

SENIORS	R10.00	UP TO AND INCLUDING 15KM
SENIORS	R15.00	OVER 15KM UP TO AND INCLUDING 21KM
SENIORS	R20.00	FOR RUNS EXCEEDING 21KM (excluding Perky's Punisher and Captains Run).
JUNIORS	R10.00	ALL DISTANCES

BLITZ INFORMATION

BLITZ RESULTS – WEDNESDAY, NOVEMBER 30, 2011

2KM

1. Luca Orselli (MAD) 07:44; 2 Casey Jarvis (CBC) 08:54; 3 Matthew Pienaar (NC) 09:23; 4 Renate Fesel (MAD) 10:11; 5 Kirstin Ferrie (MAD) 11:11; 6 Ashleigh Gertzen (MAD) 12:17

4KM

1. Emmanuel Magakwe (BOKS) 13:50; 2 Niall Hogan (MAD) 16:37; 3 A.N. Other 17:27; 4 Mike Mason (MAD) 17:50; 5 Leon de Buys (NC) 18:07; 6 Andrew Pettersen (NC) 18:46; 7 Jan Dries (BOKS) 19:03; 8 Greg Pienaar (NC) 19:09; 9 Loren Reynolds (BHS) 19:19; 10 Byron Jones (BOKS) 19:20; 11 Theunis Holl (BOKS) 19:20; 12 Ben de Vries (NC) 19:36; 13 Andrew Tesselaar (SWP) 20:08; 14 Sarah Hogan (MAD) 20:14; 15 Mientjie Ferrie (MAD) 20:19; 16 Jenny Rogers (BOKS) 20:22; 17 Bianca Dingelstad (Striders) 21:05; 18 Ziphos Shange (Afrox) 21:05; 19 Eric Oaker (BOKS) 21:34; 20 Rosemary De Bruin (NC) 21:48; 21 Rene Venter (NC) 21:51; 22 A.N. Other 21:54; 23 Johan Venter (BOKS) 21:54; 24 Charlie Rude (WelkomStr) 22:11; 25 A.N. Other 22:14; 26 Heather de Bruin (BOKS) 22:46; 27 Prudence Hogan (MAD) 23:09; 28 Surita Botha (SWP) 23:15; 29 Gavin du Plooy (BOKS) 23:15; 30 Martin Pettersen (NC) 23:43; 31 Glen Terry (BOKS) 26:28

8KM

1. David Monareng (BOKS) 29:31; 2 Nzima Zikhali (CC) 31:52.

THE TOUGH ONE!!!

Hi All,

As you all know the TOUGH ONE took place this past Sunday and many of our Club members took part. Well done to every single member of Boksburg Athletic club that finished this very tough grueling race.

The 32km Tough One is really hard. It is hard, not only because of the route but also because of the time of year.

Although I am the Road Captain I chose not to run as my mind told me that I am not fit enough, that I will suffer and not enjoy the race.

I believe that most of you were thinking the same, but were bold enough to tackle the race. I have learnt a big lesson from you...

HAVE A BEGINNER'S MIND

Never think too many things. Just go and run on an empty mind, free spirit and do what you love to do.

“If your mind is empty, it is always ready for anything, it is open to everything. In the beginner’s mind there are many possibilities, in the expert’s mind there are few”

Kind Regards
Reinette

ROAD RACES

2011 ASA RACES/TRAINING RUNS/GENERAL INFO.

<u>DAY/DATE</u>	<u>DISTANCE</u>	<u>VENUE</u>	<u>TIME</u>
<u>DECEMBER 2011</u>			
FRI 16	WIGGLERS AND WOBBLERS 8km	PIRATES - GREENSIDE	08:00
SAT 31	OLD YEAR'S RUN 8km	BOKSBURG STADIUM	17:00

JANUARY 2012

The 2012 Boksburg Training Calendar is being finalized at the moment.

Please log onto the Website and under Calendar you will find the RAC Race Calendar. (As with all races please phone the organisers to confirm time, venue and if indeed the race is taking place.)

FILLING IN OF TEAR OFF STRIPS AND RACE ID STICKERS AT RACES

Please could all members fill in the tear-off strips and race I.D. stickers in full (that includes your age) and neatly. It is very frustrating to try and compile a race history of club members when you do not complete the required information correctly.

Remember I might know who you are but the race organisers don't.

Please remember the abbreviation for Boksburg Athletic Club is BOKS and NOT BAC.

RACE RESULTS

Overall

Position	Surname	Name	Gender	Age	FinishTime
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SOWETO (CGA) 42km race – 06 November, 2011

147	Monareng	David	Male	25	02:52:53
162	Ramakuwela	Lucky	Male	36	02:54:20
743	Morowane	Joseph	Male	50	03:25:00
848	Folscher	Lindy-Lee	Female	30	03:29:29
940	Makoro	Josias	Male	54	03:33:25
1085	Tenza	Benzi	Male	43	03:39:28
1274	Mabaso	Luke	Male	46	03:47:41
1348	Magotsi	Zacharia	Male	49	03:50:07
1364	Humphreys	Mark	Male	45	03:50:50
1365	Burger	Karel	Male	31	03:50:51
1423	Zitha	Cosnath	Male	50	03:52:53
1701	Moumakoe	Latifa	Female	27	04:01:27
2323	Milner	Lee	Female	40	04:22:05
2444	Coetzee	Theuns	Male	44	04:25:11
2446	Geyer	Billy	Male	49	04:25:13
2725	Nhlapo	Christopher	Male	46	04:33:21
3231	Mofokeng	Mishack	Male	57	04:47:40
3902	Sibanyoni	Muziwandile	Male	48	05:07:46
3964	Papa	Disang	Male	38	05:10:45
4006	Du Plooy	Gavin	Male	51	05:12:41
4119	Mkhwanazi	Aletta	Female	48	05:17:48
4137	Kazamula	Precious	Female	36	05:18:16
4538	Moloi	Thabo	Male	34	05:38:26

Unofficial R.A.C. Tough One Results

Karel Burger	2:03:41	P.B.
David Monareng	2:04:07	
Joseph Morowane	2:13:49	
Dieter Muller	2:15:27	
Klaus Bartels	2:21:02	10 th Tough One - received his Permanent Number
Derek van der Spuy	2:21:48	
Vincent De Reuck	2:27:44	
Brian Walstroom	2:33:50	
Frank da Ascencao	2:36:42	30 th Tough One – received special commemorative plaque
Werner van der Berg	2:37:35	
Benzi Tenza	2:39:00	
Iain Morshead	2:39:38	
Jean Smit	2:42:50	
Josias Makoro	2:44:58	
Zacharia Mogotsi	2:47:57	
Thabo Modise	2:50:35	
Wayne McBowles	2:50:58	P.B.
Marque Bartlett	2:51:00	
Theuns Coetzee	2:52:00	
Johan van Rooyen	2:55:00	
Louis Liebenberg	2:56:00	
Billy Geyer	2:57:00	
Phil Burmeister	3:04:00	
Willie Maisela	3:04:00	
Hannelie Dunn	3:10:37	
Timothy Amiras	3:10:37	
Cosnath Zitha	3:15:10	
George Benade	3:20:00	
Vusi Jiyane	3:25:00	
Mandi Dudula	3:32:30	
Renate Landman	3:39:00	
Adri Wepener	3:39:00	
Mishack Mofokeng	4:43:00	10 th Tough One – received his Permanent Number
Andre Dercksen	4:43:00	

MULTI - SPORT

Check out Caroline Kolls website to see what she is going to be getting up to over the next few weeks. <http://www.carolinekoll.co.za/>

TRACK AND FIELD

Congratulations to our athletes that took part in the Sub Youth Inter-Provincial track and field meeting that was held at Germiston on Saturday, 26 November, 2011.

Herewith results:

Chazel Bezuidenhout:	60m sprints	8 th	09.39	
	80m sprints	3 rd	12.28	
Nica Human	High Jump	1 st	1.44	(Well Done)
Chinique Joubert	High Jump	4 th	1.35	
Bianke Schoeman	70m Hurdles	2 nd	12.25	(Well Done)
	100m sprints	3 rd	14.10	(Well Done)
	80m Sprints	1 st	11.37	(Well Done)
Clarrissa Uitslag	Turbo Javelin	8 th	16.13	
Nicole Hutcheons	Long Jump	13 th	4.15	
Cara Nosworthy	High Jump	5 th	1.50	
Bianca Odendaal	High Jump	3 rd	1.55	(Well Done)
Bianca Botes	Discus	3 rd	36.22	(Well Done)
	Hammer	1 st	40:77	(Well Done)
	Javelin	1 st	41.40	(Well Done)
Suzaan De Klerk	Discus	7 th	27.88	
	Hammer	3 rd	32.36	(Well Done)
	Shotput	4 th	10.22	
Robbie Louw	Turbo Javelin	6 th	26.68	
Ivan Mostert	High Jump	3 rd	1.50	(Well Done)
Juan Oelofse	Long Jump	6 th	4.41	
	100m sprints	8 th	13.98	
	80m sprints	11	11.02	
Christian Welman	80m sprints	3 rd	10.67	(Well Done)
Gawie Louw	Javelin	8 th	30.49	

Adam Meyer	Javelin	10 th	29.60
Vernon Nel	80m Hurdles	1 st	11.86 (Well Done)
	100m Sprints	11	12.55
Steyn De Klerk	Javelin	9 th	31.38
Simeon Visser	High Jump	12 th	1.55
	Long Jump	11 th	5.38

Wow what wonderful results. Well done to all of you.

CROSS COUNTRY

Nothing to report.

SOCIAL

To all our club members, their families and friends,

I would like to thank each and everyone that attended the **Beach/Christmas party** in the pub on Wednesday night, it was a super evening. For the members that did not manage to make it, **YOU MISSED OUT!!!**

We had so much fun. I hope to see all of you at our next social in the pub which promises to be just as much fun. We are planning on a "Shebeen Evening", but more details will follow in the coming weeks. Please **do** tell all your friends and family as this is not only for our club members, we really want to bring back the "GEES". So see you all there.

Then I would like to thank **all** the helpers, you know who you are. I am not going to mention the names as I might leave someone out. Without you I really would have run late. Come to think of it: What is a club without family to help each other out? Yes, Boksburg Athletic Club is like a family, you come to love each one of the members as well as their families and therefore we indeed are a massive happy family.

The surprise visit of **Father Christmas** was a real treat, especially seeing the happy faces of the kids. I need to mention little Zelda du Plessis, she was so happy to see Father Christmas and her little face just said it all. Father Christmas could unfortunately not join us in our festivities but I am sure that all the happy faces made his day.

Yes my dear fellow club members, families and friends this year has come to the end with such a speed. May all of you have a prosperous Christmas and New Year and travel safely on the roads to your destinations. May we have the pleasure in sharing and caring for each other in 2012.



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STORIES / ARTICLES

No stories/articles this week.

ADVERTISEMENTS

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Looking forward to seeing you all.

Teresa Peyerl (011) 896-4514





Sue: 082 929 7704 | Darrel: 082 807 9606 | 011 383 3115

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X-Talon 190 – R995

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Trading Hours: Monday – Friday 08h00 – 18h00 | Saturday 08h00 – 13h00 | Sunday 09h00 – 12h00

OFFICE CLOSURE

The office will be closed on Tuesday, December 06, 2011.

GENERAL

Tired of training on your own? Phone one of these groups and join in.

CLUB'S WEEKLY TRAINING SCHEDULE

Mon - Fri	Fast and Frank	05:00	Sunward Park Spar	(Frank 083 631 0471)
Tues - Fri	Parkrand Plodders	05:20	Cnr Trichardts/Smuts Roads	(Bob 083 261 5094)
Mon - Fri	Falcon Crest Flyers	05:00	Falcon Crest Garage	(Anne 082 322 5064)
Mon - Thu	Japies Yappers	05:00	6 Wolfaardt St, Witfield	(Japie 082 563 5231)
Tues	Track with Steve	18:00	City Stadium/PG Park	(Steve 083 302 0151)
Wed	Time Trial (2,4,8km)	18:00	Jimmy Cawood Park	(across the road from the stadium)
Thurs	Brian's Break	05:00	Farrar Park Café, Rondebult Rd. (Hills)	(Anne 082 322 5064)
Saturday	Hill Training			
	Virgin Active Bedfordview	05:00	sub 5 min/kay pace	(Frank - as above)
	Virgin Active Bedfordview	05:00	5-6 min/kay pace (Different route)	(Phil - 082 850 9531)
	Alberton City	05:00	6-6.5 min/kay pace.	(Andre - 083 304 3028)
Saturday	Mine Dumps	06:00	Farrar Park Café, Rondebult Rd	(Neil 082 453 3882)

Clubs Banking Details:

Name of Account : Boksburg Athletic Club **Bank** : Nedbank
Branch : Sunward Place **Branch Code** : 00190442
Account No. : 1904 024 998 **Type of Acc.** : Cheque
Please email or fax EFT/Deposit Slip to 011 917-4605 or 086 618 4488.
Reference to be used : Surname, Initial and what the payment is for (e.g Vogel L -2012 Subs)

CLUB KIT PRICES

Shorts (Round and Square)	R95.00
Vests	R165.00
Ladies Crop Tops	R135.00
Ladies Skorts	R125.00
Track Suits	R350.00
Boksburg AC Caps	R50.00

It is advisable to phone the office before coming through, as I may be out, on Club business.

Tel: 011 917 3721 **Fax:** 011 917-4605; 086 618 4488

Email : boksac@iburst.co.za

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