



www.wpa.org.za

September 2014 Newsletter

Editorial

With the Common Wealth Games still fresh in our minds the performance of Cornel Fredericks in the 400m hurdles was outstanding. The South African team also did us proud by winning a few gold medals. At the games, in rainy conditions, Rocco van Rooyen from Western Province achieved a throw of 76.84m in javelin and a 75.41m at the CAA championships in Marrakech.

One of the features of the Cross Country League season, which ended in August, was the fierce competition amongst the junior categories. The excellent performance of the youngsters from the Kids Development program was the highlight of the season which was showcased at the WP Championships. A team of 56 members were selected to represent WPA at the SA National Championships in George on the 13 September 2014. We wish them everything of the best and may they represent the province with pride.

The Sanlam Cape Town Marathon takes place on the weekend of 20 & 21 September, this event incorporates both the South African and Western Province Marathon Championships. Western Province Athletics is a proud partner of the SANLAM Cape Town Marathon and is delighted with the sponsors, partners and charities who have committed their support to the event. The inclusion of the SA Marathon Championships in this prestigious event will contribute another dimension to the race with the best South African elite marathon athletes participating. WPA believes that the top South African contenders will be invigorated by the international field and will achieve the best possible times for themselves and the spectators of Cape Town. The expo and registration will take place at "The Lookout" on Friday 19 September 2014 and Saturday 20 September 2014. On the Saturday starting at 09:00 there will be a 5 x 4.2km Peace Relay and at 11:00 the 4.2km PEACE Fun Run. Physical entries for the marathon and 10km, close on Sunday 7 September 2014.

Running regards

Jakes Jacobs

Commission News

CROSS COUNTRY

The season ended on a high note with the WPACC/Schools Champs on Saturday, 16 August 2014 at CPUT, Bellville South.

The turnout of athletes were excellent. A total of 1 802 athletes, 33 in the Men's 12 km, 193 in the Master Men, 35 in the Senior Women 8 km and 176 in the Master Women. In the 4 km Women's race

59 and in the Men's 4 km 59. In the Sub-Juniors events 276 athletes and 169 Junior athletes competed for the clubs. In the schools events, there were 823 competitors.

Congratulations to all athletes who won WPA medals.

Congratulations to the WPACC team who competed at the Inter-Provincial in George on 30 August 2014. Good luck to the WPACC team who will compete at the ASA / SAMA Cross Country Championships on 13 September 2014 in George.

Here are the WPACC Championships winners.

Category	Boys	Clubs	Girls	Clubs
<u>SUB/JUNIORS.</u>				
u/8	Tristan Hedgecock	No Club	Lqeeka Hassen	AZ Berman P/S
u/9	Dwayne Maartin	Easterns	Axolile Mankayi	Afrika Tikkun
u/10	Inga Nomaphelana	Metro East	Mpho Ntesang	Metro East
u/11	Chandon Adams	Tygerberg NLC	Phantisa Mbinda	Metro East
u/12	Hayden Webster	Tygerberg NLC	Morika Muller	Metro East
u/13	Oliver Stewart	Atlantic	Hlela Xameni	Afrika Tikkun
u/14	Ruchin Fortuin	Tygerberg NLC	Kayla de Waal	Northern Zone
u/15	Ronaldo January	LOA Itheke	Tasmyn Claasen	False Bay Zone
u/16	Rowaldo Ratz	Eerste River	Hayley Preen	Hout Bay
u/17	McMarshall Hartzenberg	Eerste River	Busisiwe Gwela	K-Way VOB
u/19	Bruce-Lynn Damons	WCSS	Pamela Moyikwa	K-Way VOB
<u>SENIORS</u>				
4km Sen	Sibusiso Madikizela	Manoni	Pamela Moyikwa	K-Way VOB
8km Sen W			Zintle Xiniwe	NBMS
12km Sen M	Duane Fortuin	LOA Itheke		
<u>MASTERS</u>				
30-34	Hein Camphor	NBMS	Nomvuyisi Seti	LOA Itheke
35-39	Vakalisa Kopolo	Khayelitsha	Bulelwa Simae	Nedbank
40-44	Graham Katzen	LOA Itheke	Wilna Eybers	Strand
45-49	John September	Celtics	Sandra v Graan	Edgemead
50-54	Eric Coetzee	No Club	Elmarie Coetzee	NBMS
55-59	Julian Paul	Defence WP	Charmaine Cupido	Nedbank
60-64	Clive Owen	Edgemead	Nancy Will	Pinelands
65-59	Johan van Zyl	Sanlam	Pixie Sparg	Celtics
70-74	Peter Donal	West Coast	Marlene James	Pinelands
75-79	Jakobus van Zyl	K-Way VOB	Peggy Reid	Easterns

Thanks to all the clubs who hosted Cross Country events this season

Our sincere thanks to our WPA Technical Officials who done a fantastic job during the Cross Country season.

To all the clubs who supported us, thank you very much. Clubs who want to apply for a league meeting in 2015, must do so before 30 September 2014.

For those of you who did not run Cross Country this year, you most definitely missed out.



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

On 23 Aug 2014, the WPARWC presented its Race Walking 101: an Introduction clinic at the Spartan Harriers Club.

This clinic is aimed at both athletes wishing to learn about race walking and race walkers wishing to brush up on their race walking knowledge.

The clinic was facilitated by two of WPA's most experienced race walkers John Hotston and Jurgen Spencer. Topics covered were;

- History of Race Walking
- Race Walking Rules
- Race Walking Technique

After all the theory athletes were shown race walk specific warm-up and training drills.

For more info on future clinics please feel free to contact the WPARWC at wpracewalking@gmail.com



ROAD RUNNING

Western Province Athletics would like to extend congratulations to the following athletes who have been selected to represent WPA at the SA Marathon Championships taking place in Cape Town on Sunday 21 September 2014.

The team is as follows:

OPEN MEN

Mthandazo Qhina	Nedbank
Phumlani Nxusani	Nedbank
Samson Gulubela	Century City
Hein Camphor	NBMC

MEN 40-49

Gert Thys	Maxed Elite
-----------	-------------

MEN 50 -59

Chris Mitchell	Celtic Harriers
----------------	-----------------

MEN 60+

Jimmy Morris	Foresters
Muhammed Kriel	Ommiedraai & Friends
Brian Key	Foresters

OPEN WOMEN

Zintle Xiniwe	New Balance
Bulelwa Simae	Nedbank
Kutlwano Ramaboa	West Coast
Nomvuyisi Seti	LOA Itheko
Busisiwe Matiwane	Celtic Harriers

WOMEN 40-49

Tracy Forbes	K-way VOB
Adele Waldron	West Coast
Ursula Turck	Strand
Ursula Frans	New Balance

WOMEN 50-59

Mariette Strauss	Tygerberg
Julie Shadwell	K-way VOB
Elizabeth Bax	Pinelands
Juliette Savini	Durbanville
Lorraine Rogers	Durbanville
Elmarie Coetzee	New Balance

WOMEN 60+

Nancy Will	Pinelands
------------	-----------

TEAM MANAGERS:

Charlotte Kettlewell
Busisiwe Matiwane
Sipho Sithole
Francois Gouws
Priscilla Williams

We wish you the best of luck, may all your training and preparations result in success. May you represent Western Province Athletics with pride.

Club News

ATC RUNNING

ATC Kids Rule!

At ATC Running we have some good reasons to be extremely proud of our young development team. Coach **Barry Goliath** reports that he was very impressed with the attendance at training sessions during winter, even in harsh weather conditions at times. Looking back at their performances, this has certainly paid off.

After a successful campaign during this year's **Cross Country** season, the team finished off on a high note with a good number of the runners being selected to represent the WP Athletics Schools Provincial team at the Western Cape Cross Country Championships in George on the 30th of August. The following members were selected: **Dawood Goeieman** (u/17), **Simone Adams** (u/15), Leticia Klink (u/15), **Daniel Arendse** (u/14), **Bruzano Britz** (u/14), and **Adriaan Links** (u/11). These runners featured amongst the top runners during the league with Dawood delivering the most impressive performance with a win in the Junior category at the Pollsmoor event.

At the **New Balance Dudley's Trail** Run in June, the team impressed everyone when **Dawood Goeieman**, **Eugene Poss** and **Daniel Arendse** made "skoonskip" of the podium in the 8 Km event.

These kids don't just run at a Cross Country meet. A ball of any shape or size is quickly annexed to start a game. And the slightest donga or sand pit will serve as platform for an impromptu display of gymnastics.

In-between the Cross Country League, the team also focussed on the **Spur Cape Winter Trail Series**. Unfortunately, with WPACC Championships happening on the same day, the team had to miss the final event of the Series. However, they did enough to secure overall victories in the Junior (**Dawood Goeieman**) and Minimee (**Daniel Arendse 1st** and **Bruzano Britz 2nd**) Categories in the Short Course Challenge. Dawood impressed once again with two overall wins as well as winning the Junior category in all three events he ran. Our Minimee team won all the races they entered and filled the podium at the Paarl event with Daniel, Bruzano and **Ashley Links** delivering this hat-trick. The Paarl event was a particularly good one for ATC as **Eugene Poss** was 3rd in the Open Male category and **Shamodean Koonthea** won the Peewee Category. Coach **Barry Goliath** also squeezed in a podium at the **Paul Gluver event with a 3rd in the Veteran Male category and finished 6th for the series**.

Following a kind donation of trophies, Coach Barry held a mini awards ceremony after the **WP Cross Country Championships**. Each member of the team was awarded a trophy for the impressive dedication they showed during training and racing this winter. The following members received special performance awards: **Dawood Goeieman**, special award for winning the Winter Trail Series Short Course Challenge. **Bruzano Brits**, athlete of the year after being selected to the WP Athletics Schools Race Walking and Cross Country Teams.

These youngsters will no doubt feature prominently at the main ATC Multisport Awards ceremony later this year. But no special favours for the young! They will have to compete with some special results from other ATC Running members, most notably:

Kerry-Ann Marshall, who made us immensely proud when she crossed the finish line in an ATC Vest as the 14th lady home at the **Comrades Ultra Marathon**. Kerry-Anne was also the first lady at the **Peninsula Marathon** this year.

Tracy Markham, an accomplished Triathlete, was the first lady at the **Milkwood Half Marathon** and **VWS Trail Challenge 10 Km** this year. She went for a run in the park in London last week and won the BBC Running Club's Regents Park 10 Km Race.

We look forward to an exciting spring season ahead. ATC Running will be out in full force at the various events forming part of this year's **Cape Town Marathon** weekend. Watch out for our young team in the Peace Relay!

By the time this goes to press, the new ATC Multisport website should be live. Please visit www.atcmultisport.co.za to have a look.





TWO OCEANS MARATHON ASSOCIATION

New General Manager for Two Oceans appointed



Cape Town - The Two Oceans Marathon (TOM) NPC has appointed Carol Vosloo as its new General Manager, it disclosed Monday 25 August.

Says Vosloo – “I am honoured to be taking on this position and thrilled to be sharing the passion and commitment of the great team that currently implement the Old Mutual Two Oceans Marathon event - the world's most beautiful marathon”.

Lester Cameron- Board chairperson of TOM NPC is delighted to have this position filled well before the 2015 adventures begin and believes Vosloo has what it takes to manage this iconic world-class event.

Vosloo started her 'sporting career' as events co-ordinator at Eastern Province Cricket. Since then she has gained a wealth of experience in the sporting world. As a partner and director of a sports marketing consultancy in Johannesburg, she has managed and executed events such as the Nedbank Golf Challenge and both national and international cricket, rugby and soccer events.

Even though Vosloo is not a marathon runner, she comes with great passion for planning, implementing and organizing sports events. Her favourite, albeit challenging memories, are from the inaugural Carling Black Label Cup, standing in the tunnel of a stadium filled with 90 000 passionate soccer fanatics!

Mother of two young budding sportswomen, she admits that their sporting talent comes from their father. Smiling she adds that whilst she has run a few 10km events, she won't be doing any marathon training in the near future – with her hands full in pulling off a highly professional Two Oceans Marathon 2015 event.

Coaching

WPA COACHING FRAMEWORK - COACHING COURSES

Introductory/Volunteer Coach - IAAF Kids Athletics Course (2 days)

This course provides an introduction to the fundamentals of athletic movement for children in a fun environment, and is an ideal course for the beginner coach, teachers, parents and volunteers. It will enable them to contribute to the development of athletics in their schools and/or clubs, with young and developing athletes, thus broadening the base of grass roots athletics within Western Province.

COURSE DATES:

Saturday 13 & Sunday 14 September

TIME: 08h00 to 16h30 (both days)

VENUE: Pinehurst Primary School

Saturday 29 & Sunday 30 November

TIME: 08h00 to 16h30 (both days)

VENUE: Parow Stadium, Parow

Minimum age: 18 years

Cost: R250

Those coaches who successfully complete this course, and wish to continue with their coaching education, will only be able to attend the IAAF Level I Coaching Course, after a 3 month period to allow them time to gain sufficient active coaching experience.

Please note that this 2 day course is an integral part of the IAAF Level I Coaching Certificate, so those coaches who successfully attend the course, will not have to do so again should they choose to attend the IAAF Level I Coaching Course in the future.

If you are interested in attending this course on any of the dates above, please email coaches@wpathletics.co.za or contact 021 699 0615, for further information.

Events

SANLAM CAPE TOWN MARATHON

WORLD-RENOWNED ELITE MARATHON RUNNERS SIGN UP FOR SANLAM CAPE TOWN MARATHON

Acclaimed Kenyans and Ethiopians join their local counterparts as Marathon attracts top interest and becomes this year's South African Championships event

Cape Town, 27 August 2014 –The Sanlam Cape Town Marathon on Sunday 21 September has secured the attention of top international elite marathon runners, including the highly acclaimed Kenyans and Ethiopians with at least 5 sub 2:10 marathon runners (men) confirmed.

The foreign guests will be joined by South Africa's very best in long-distance running, with athletes flying in from across the country to take part in the event. The classic 42,4km marathon, which will be the main attraction of a two-day "festival of running" in the Mother City, is this year's chosen South African Championships installment.

"Not only do we aspire to become one of Africa's first IAAF-classified marathon events, but this year's race is an SA Championships event, which sees us offering the highest prize purse for a standard marathon in the country," says Elana Meyer, Ambassador for this year's event and Olympian medalist for long-distance running. *"We'll also be hosting a specially created category for elite marathon runners, and providing a compelling running experience that takes in the very best of iconic scenery in and around Cape Town."*

International elite entrants confirmed include:

Kenya:

- William Koitile Kibor, who won last year's Sydney Marathon (Australia) and the 2010 Shanghai Marathon (China), as well as achieving a personal best of 2:08:32 in 2012 at Wien (Austria), an IAAF-classified Gold Label event;
- Josphat Kamzee Jekopol, winner of the 2012 and 2013 Taipei Marathon (Taiwan), with a personal best of 2:08:44 in 2012 at the Berlin Marathon (Germany), also an IAAF-classified Gold Label event;

- Laban Kipkemoi Moiben, winner of 2012 Mumbai Marathon (India) and Ottawa Marathon (Canada) in 2011 and 2012;
- Henry Kipsigei Chirchir, winner of this year's Hannover Marathon (Germany), and placed second in last year's Köln Marathon (Germany);
- Wilfred Kipkosgei Murgor, winner of last year's Melbourne Half Marathon (Australia), and placed third in this year's Brighton Marathon (Great Britain);
- Beatrice Toroitich Jepkemoi, who came sixth in last year's Toronto Marathon (Canada), and third in the 2012 Hamburg Marathon (Germany);

Ethiopia:

- Goitetom Haftu Tesema, winner of the 2013 Warsaw Marathon (Poland) and Guangzhou Marathon (China), the 2011 Gold Coast Marathon (Australia) and the 2010 La Rochelle Marathon (France). Her personal best is 2:26:21 at Rome (Italy) in 2011;
- Dereje Yadete Woldegiyorgis, who took third place in this year's Stockholm Marathon (Sweden);
- Abeyo Netsanet Achamo, winner of the 2012 Mumbai Marathon (India) and Hamburg Marathon (Germany), placed fourth in the 2011 Roma Marathon (Italy), and 2013 Ottawa Marathon (Canada);

Local elite entrants confirmed include:

South African Athletes in Women's Elite field:

- Irvette van Zyl, South African Marathon Olympian Silver Label IAAF athlete, best time of 2:31:26;
- Tanith Maxwell, South African Marathon Olympian, best time of 2:32:33;

South African Athletes in Men's Elite field:

- Coolboy Ngamole, South African Olympian 2:12:37;

Gauteng North:

- Benedict Moeng, who came fourth in this year's Two Oceans Half Marathon first in the SA Marathon in 2010 and 2013;
- Elias Mabane, who won the veterans' categories in 12 races this year;
- Shadrack Hoff, who won the veterans' category in eight races this year and set a South African record in the Jackie Mekler 25km;

Vaal Triangle:

- Norman Dlomo, who came second in the SA Half Marathon in 2007;

Western Province:

- Lungile Gongqa, who's won various recent 10km runs and half marathons, and came second in this year's Nelson Mandela Freedom Run 10km;

Transkei:

- Mluleki Nobanda, the first veteran in the Buffs Half Marathon this year, first in the Two Oceans in 2003 and second in 2004, and holder of the SA Half Marathon record for veterans;

CALENDAR OF EVENTS

ENTRIES CLOSE ON SUNDAY 7 SEPTEMBER 2014

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

September Event Diary

DATE	DAY	EVENT	DIST	TIME		EVENT	CLUB	CONTACT	CONTACT NO	EMAIL
6-Sep	Sat	Medihelp Tekkie Challenge	10	7:30		Jan Kriel School Kuilsriver	New Balance Multi Sport	Susan De Wet	082 785 7770	susandw@mweb.co.za
	Sat	Medihelp Tekkie Challenge	5	7:50		Jan Kriel School Kuilsriver	New Balance Multi Sport	Susan De Wet	082 785 7770	susandw@mweb.co.za
6-Sep	Sat	WPA Race Walking Grand Prix 4 (4hr cut-off)	30 W	7:00		Youngsfield Military Base, Wetton	WPA Race Walking	Pieter Vorster	084 922 9002	pvorster@racewalk.co.za
6-Sep	Sat	WPA Race Walking Grand Prix 4	20 W	8:00		Youngsfield Military Base, Wetton	WPA Race Walking	Pieter Vorster	084 922 9002	pvorster@racewalk.co.za
	Sat	WPA Race Walking Grand Prix 4 (Women 30+)	10 W	9:00		Youngsfield Military Base, Wetton	WPA Race Walking	Pieter Vorster	084 922 9002	pvorster@racewalk.co.za
	Sat	WPA Race Walking Grand Prix 4 (Men 30+)	10 W	9:00		Youngsfield Military Base, Wetton	WPA Race Walking	Pieter Vorster	084 922 9002	pvorster@racewalk.co.za
	Sat	WPA Race Walking Grand Prix 4 (U.20 M & W)	10 W	9:00		Youngsfield Military Base, Wetton	WPA Race Walking	Pieter Vorster	084 922 9002	pvorster@racewalk.co.za
	Sat	WPA Race Walking Grand Prix 4 (U.18 B & G)	10 W	9:00		Youngsfield Military Base, Wetton	WPA Race Walking	Pieter Vorster	084 922 9002	pvorster@racewalk.co.za
	Sat	WPA Race Walking Development (5km, 3km & 1km)	Various	10:00		Youngsfield Military Base, Wetton	WPA Race Walking	Pieter Vorster	084 922 9002	pvorster@racewalk.co.za
7-Sep	Sun	Satori Camel Run 16 km	16	7:30		Noordhoek Sports Field	Satori AC	Moira Oliver	083 318 7655	info@camelrun.co.za
13-Sep	Sat	SA Cross Country Championships	Various			George	ASA			
14-Sep	Sun	ARD 3 Vlei 10 km	10	7:00	Coca-Cola League	Fairmount High School, Klip Rd, Gassy Park	ARD Athletic Club	Nasrullah Enus	082 574 5323	Maywoodbrokers@telkomsa.net
	Sun	ARD 3 Vlei Fun Run	5	7:20		Fairmount High School, Klip Rd, Gassy Park	ARD Athletic Club	Nasrullah Enus	082 574 5323	Maywoodbrokers@telkomsa.net
20-Sep	Sat	Cape Town Marathon Trail Run 22 km	22	7:30		Green Point	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
	Sat	Cape Town Marathon Trail Run 11 km	11	8:00		Green Point	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
	Sat	Cape Town Marathon Fun Run 4,2 km	4,2	11:00		Green Point	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
	Sat	Cape Town Marathon Relay 5 x 4.2 km	4,2	9:00		Green Point	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
21-Sep	Sun	Cape Town Marathon 42.2 km	42,2	7:30	WPA Champs	Green Point	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
	Sun	Cape Town Marathon 10 km	10	7:00		Green Point	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
21-Sep	Sun	SA Marathon Championships	42,2			Cape Town	ASA			
24-Sep	Wed	Ommiedraai 10km	10	7:00		Rosmead Sports Facilities, Kenilworth	Ommiedraai AC	Shahmieg Allie	822 023 433	Ommiedraai@gmail.com
24-Sep	Wed	Ommiedraai 5km Fun Run	5	7:30		Rosmead Sports Facilities, Kenilworth	Ommiedraai AC	Shahmieg Allie	822 023 433	Ommiedraai@gmail.com
28-Sep	Sun	C.T Festival 21.1km Classic	21,1	7:00		Beach Rd, Sea Point	Hewat AC	Kanu Sukha	072 210 1127	4adu@vodamail.co.za

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>