



Germiston Callies Harriers

Newsletter July 2017

Chairman's Chirp

Hi All.

Yes the Comrades has come and gone and I'm delighted that the club produced some good results, our fellow clubs around us can certainly take note. Although a very busy day for the runners and especially the families and supporters the finish was some what better and Callies had a well situated tent with a TV.

Also a good turnout at the Aches and pains and of course the formidable Andy Law, that gets more unsympathetic each Comrades, made the party well worth attending. I also got a good comment from our guest speaker at the breakfast Russell Crawford that he has not been to such a well attended Comrades breakfast like Callies and can see that the Committee is giving a lot back to the runners.

I trust I will see all my members when the time trials start in August and look forward to the remaining year to do the runs that everybody has circled on their running calendars.

Yours in running

Fred

Looking Forward

Comrades is past and many road runners have been in a sort of hibernation but it is now time to start thinking and planning for the future. Maybe you want to target Soweto or the Tough One for a PB later this year. Possibly you would like to run Comrades for the first time. We will be arranging club runs starting in September. Come along and remember that we cater for all abilities on the club runs. There is a lot of benefit to be gained from running with others especially in exchanging ideas and tips. The track season will be getting under way in September and the IAAF world champs will be held in early August and South Africa has a number of top class athletes that are expected to do well.

Track and Field

Pedro Aaron was part of the South African team that took part in the CAA African Junior Championships in Tlemcen, Algeria. The long jump event was held very soon after arriving in Algeria following a long tiring trip via Europe. He ended third in the continent-wide champs but his jump was a long way below his usual standard. Had he jumped at his best he would probably have won comfortably.



He will still be eligible to compete in the youth champs again next year and we are confident that he will do even better then.

The Track and Field season normally starts in early September. We do not have the fixture list as yet. It will be sent to all when we get it and also publish on the website.

Time Trials

The time trials will start again Tuesday 1 August at 5:30pm. Please remember to wear reflective clothing as it soon becomes dark. For your own safety make sure that motorists can see you. Don't assume that because you can see them that they see you. We have changed the route to avoid as far as possible to avoid busy roads. Remember that all are welcome to take part and you can walk or run so bring some friends with.

Fred Morrison 21 and 10km Race

The Fred Morrison race will be held on 3 September. Please be available to help on that day as we need a number of marshals and other helpers to ensure that the race goes off smoothly and to the standards that we have become known for. Races are the main source of income for Callies and this enables the club to provide more for the members so consider that the more you help the more there is for all the members to benefit by.

Care Bears will be the charity to benefit from the Fun Run. They care for young children and babies who have been abandoned or through other circumstances need care. They are based in Elsburg and look after a number children currently. Please encourage you non-running friends and family to take part in the fun run to support this deserving charity.

Club Runs

The club runs will begin again in September after the Fred Morrison race. Once the schedule has been drawn up it will be available on the website.

Comrades Marathon

The annual Comrades Marathon Breakfast run was held on Sunday 28 May. The run started at 6:30 with a good crowd of runners. The breakfast was held at the Victoria Lake Club. Russell Crawford was the main speaker. The food was good and once again attendance was very good. The Comrades runners and the aid station helpers were presented with their Callies Comrades long sleeve T-shirts. Thank you to Ackerman's Pharmacy for once again sponsoring the t-shirts.

Callies had 4 aid stations along the route for the runners. There were also helpers at the finish who assisted with food. Thank you to all who helped on the day.

Callies results were good with 4 silvers and 6 Bill Rowan medals. Siziwe Ntshebe was first woman in 9:19:36. She was also running for her green number. Zwelethini Vaphi was the first Callies man in a very good time of 6:47:18. There were 3 Callies members, Janos Herceg, Nothe Mofokeng and Siziwe Ntshebe who gained their green numbers as well as Patrick Tlhalogang who got his double green. Congratulations to all.

The Aches and Pains party was held on Saturday afternoon 10 June at the recreation hall at the stadium. This was the first time it was held in the afternoon and it seems that this made it more accessible to a number of members. In addition to the cash incentives for running a silver or a Bill Rowan medal various trophies were presented.

One of the highlights of Aches and Pains is the presentation of the notorious "Black Toenail Awards". These are awarded without fear and definitely without favour based on any arbitrary criteria that the panel may consider. These are given in fun and many recipients were completely unaware that they would be called up for an award.



The start of the Breakfast run



The runners and helpers in their new Ackermans sponsored 2017 Comrades T-shirts



Iselle and Elaine encouraged the Callies runners at Umlaas Road



The aid station at Pollys – Gary and John helping runners on their final part of the race

Callies Results

Silvers

Zwelithini Vaphi	6:47:18	Andries Ngwenya	7:10:29
Emmanuel Mavunda	7:11:51	Sipho Dlamini	7:27:23

Bill Rowan

Steven Herceg	8:21:00	Bheki Hlatshwayo	8:21:36
Mahlomola Mothibi	8:28:09	Mmara Watson Matlou	8:28:09
Sithembiso Mbucane	8:42:50	Mzikayise Mdlalose	8:48:03

Bronze

Ignatius Mudau	9:06:07	Siziwe Ntshebe	9:19:36
Sifiso Daniel Khumalo	9:22:41	Fred Macdougall	9:46:21
Janos Herceg	9:53:48	Happyboy Mhloleli	9:54:57
Kabelo Tau	10:12:36	Graham King	10:12:55
Mahlogonolo Rabodiba	10:17:40	Rebecca Zandamela	10:20:20
Peter Shabino Mokoena	10:21:13	Elton Rapolile	10:26:22
Elias Rudolf Risenga	10:27:02	Rasmus Swartz	10:30:59
Nothe Mofokeng	10:39:50	Alfred Motaung	10:42:00
Susan Mdaka	10:46:16	Patrick Taolo Tlhalogang	10:50:26
Raymond Vermeulen	10:53:46	Ayanda Nxumalo	10:56:23
Udo Niederbroker	10:58:32		

Vic Clapham

Tarryn Herbst	11:06:12	Neil Mc Cartney	11:09:32
Moshaedi Bapela	11:17:17	Richard Nyathi	11:23:29
Janitra Dookhi	11:25:54	James Vena	11:25:59
Natasha Williams	11:31:58	Sebei Abram Maroga	11:34:47
Sibusiso Ndlovu	11:34:48	Lucky Mabunda	11:37:55
Wikus Van Der Walt	11:42:37	Malefetsane Ramalebo	11:42:39
Lynn Rodwell	11:45:15	Lucelle De Meyer	11:49:12
Asanda Nodada	11:50:46	Deneho Tshabalala	11:51:00
Josiah Dodo Molefe	11:53:23	Steve Ireland	11:54:22
Nyameko Victor Mhlakaza	11:59:19		



Siziwe First Callies Woman



Vaphi First Callies Man



Vic Last Callies finisher



Three of our Silvers



First Callies Novices 8:28:09



Patrick Double Green

Sponsorships

As a club we would like to appeal to all members that can assist in any way with obtaining sponsorship towards the races that we host. If you know of any companies that could be potential sponsors please let the club know. Sponsorship does not have only be sole sponsorship of a race but can also take the form of co-sponsors where a number of sponsors can contribute smaller amounts. All sponsors would receive suitable acknowledgement. Please help.

Club Kit

Please remember that your running shorts must be navy blue and definitely not black or light blue. There are number of items of Callies kit available at the club including ladies crop tops. There are also club running vests, track-suits, short and long sleeved T-shirts in Callies colours as well as Kitbags, backpacks and caps.

Tracksuits

There will be a spring special for the months of August, September and October. Tracksuits will be available at a cost of R200 each for the first 50 members. Payment to be made upfront.

Facebook

Thanks to Gerhard Herbst and Victor Mhlakaza for their good work in keeping our Facebook page up to date and posting lots of photos and news. Check it out if you haven't already.

Website

It is very disappointing that it seems many members do not use the Callies website. We get questions about things such as club runs, fees, banking information etc. that are available on the website. Make use of the website and let us have feedback if you have any suggestions.

Condolences

Our sympathy and condolences to Mahlomola Mothibi whose mother passed away recently. May she rest in peace.