

## GENERAL

The **Club Committee** is tasked with the week-by-week running of the club.

Club President:	Chris Schnehage	Secretary:	Ruth Leverton
Chairman:	Wendal Smith	Clothing:	Renata Gensicke
Treasurer:	George Reissenzahn	Trail Running:	Andy Duncan
Road Running:	Andreas Gensicke, Lionel Abrahams, Henry du Plessis	Club Supporters:	Nancy Will
Cross Country:	Nancy Will	Social events:	Cheryl Swanson
Facilities:	Brian Thorne	Statistics:	Peter Arendse, Andy Duncan
Track and Field:	Kaare James		

Correspondence to [info@pinelandsathleticclub.co.za](mailto:info@pinelandsathleticclub.co.za) will be forwarded to the relevant committee member.

### CLUB BANKING DETAILS

Nedbank; Branch code 104709; Account number: 104 7007 932; Reference: Name and surname

### COMMUNICATION

All members on the electronic database will receive a Weekly Diary detailing important dates and events and acknowledging achievements and special milestones of club members.

Please visit our website: [www.pinelandsathleticclub.co.za](http://www.pinelandsathleticclub.co.za)

Please join our Facebook page: [www.facebook.com/PinelandsAC](http://www.facebook.com/PinelandsAC)

Western Province Athletics: [www.wpa.org.za](http://www.wpa.org.za)

Trail running: [www.trailseries.co.za](http://www.trailseries.co.za), [www.trailrunning.co.za](http://www.trailrunning.co.za), [www.dirttopia.co.za](http://www.dirttopia.co.za)

### EARPHONES

IAAF and WPA rules state that the use of earphones is **NO LONGER PERMITTED** and you will be disqualified. Training with earphones also places you at increased risk of injury or mugging.

### PLEASE DO NOT LITTER

Used water and/or supplement sachets should be discarded in the boxes provided at each refreshment station or at KM boards only. Please don't drop them wherever you feel like it and NEVER throw them into the vegetation at the side of the road. Excessive littering may jeopardise the future of races. The Club does not tolerate any littering by its members – the club shorts have pockets where you can store your empty sachets. We also encourage recycling of glass, plastic and tins at the clubhouse – please place these items in the marked, blue recycling bin.

### ENTERING RACES, RACE CARDS AND RACE NUMBERS

When entering a race on the day you will be issued a race card in a plastic sleeve. Write your name, licence number, club name (PINELANDS) and age on the card. **Please write legibly.** Keep the race card on you throughout the race. When you finish, you will be handed a finishing number. Put your race card in the finishing number and place it on the finishing board, which is normally situated near the finish.

When entering pre-entry races online, and you receive a large, paper race number please ensure that you still wear both permanent ASA licences and pin it in front, below both the ASA and Licence Sponsors Logos. This is compulsory for 2020 and failure to do so could result in disqualification. The temporary race number always goes on the front of your vest/t-shirt, never on the back.

When sewing your permanent licence number onto your vest/t-shirt, leave the top of the front number open, so it forms a pocket. Place all water sachets in this pocket while running and dispose of them at the finish.

Joining PAC implies that the member will abide by the PAC club rules, ASA and WPA rules, and also the requirements as set out in this document.



## WELCOME TO PINELANDS ATHLETIC CLUB

We trust you will enjoy many happy kilometres in the navy and blue and will wear our wings with pride. Our club embraces speedsters who frequently grace the podium and plodders who make the most of their entry fees. We are a family club who welcome young and old alike and members participate in track and field, road, trail and cross country events.

### CLUB KIT

The official Pinelands Club kit consists of a navy vest or running T-shirt, or a tank top for ladies, bearing orange wings and PINELANDS in white, and sky blue shorts. For the ladies, navy and sky blue leggings or a sky blue/navy skort can be worn instead of the shorts. Black leggings are acceptable if worn **under** official club shorts. Please ensure that you always wear the correct kit at events as WPA reserves the right to fine clubs who do not comply with the rules. Your current WPA licence must be visible on both the back and front of your vest. Should you forget to bring one or both of your licence numbers to a race you must purchase a temporary licence for the day, or face a fine and risk disqualification from the event.

Additional clothing items include a navy and blue club T-shirt and track suit (see kit list for photos and prices.) ONLY a plain, navy, long-sleeved top (available from the club) may be worn under your running vest during the cold winter months.

**Please note** that the club T-shirt may NOT be worn as a running vest at races. Furthermore, implicit in club membership is the agreement to wear the correct club kit at all official events; ongoing failure to do so will result in disqualification from the club's Incentive awards.

Kit is sold at the club house every Thursday from 18:30-19:30. Note that the running vests and T-shirts are manufactured from a high performance, moisture management fabric, so wash separately with other delicates.

## WHAT YOUR CLUB CAN DO FOR YOU

### TRAINING/GROUP RUNS

Training/group runs are open to club members and social runners. To be added to the club's WhatsApp group, please email [membership@pinelandsathleticclub.co.za](mailto:membership@pinelandsathleticclub.co.za) with your name and cell number.

**Morning Runs:** There are two groups: 05:15 every morning, Monday to Friday, meet at the BP garage. A 05:30 group on Monday, Wednesday and Fridays, meet at the Hockey Club parking, opposite the BP garage. Runs are over various routes ranging from 7 to 13km.

# WHAT YOU CAN DO FOR YOUR CLUB

**Evening Runs:** Leaving from the clubhouse at 18:00 on Mondays and Wednesdays to run around Pinelands and up to UCT respectively, and on Tuesday evenings to do hill repeats in Mowbray.

**“From Couch to 10km”** for beginners meets at the clubhouse on Monday, Wednesday and Thursday evenings at 18:00, starting on Monday 13 January 2020 and culminating with the Central Athletics 10km Challenge on 19 April 2020. Contact Dion Stevens on [dionmstevens@gmail.com](mailto:dionmstevens@gmail.com) for further information.

**Longer runs (15-40km)** are arranged as training for specific events, e.g. Two Oceans Ultra, Comrades Marathon, Cape Town and Winelands marathons. These are advertised in our Weekly Diary and on our WhatsApp group.

**Incentive Runs:** Each year the Committee compiles a list of runs over 10 and 15km for the Short Incentive, and 21-42+km for the Long Incentive. Throughout the year club members are encouraged to participate in these events and complete at least 10 runs in either (or both) the Long and Short Incentives. A points system based on times, age category and number of events completed is used to calculate a cash reward for all successful runners.

**Cross country:** All club members who complete 6 of the 7 cross country events (including the Western Province championships) are eligible for an award from both the club and Western Province Athletics. To qualify for the WP incentive you must run in the same event in all the league races you participate in: you cannot switch from a 4km event to a longer distance or vice versa. Runners participating in temporary licences (not using the WP licence) do not qualify for club or WP incentives.

**Track and Field:** A small number of club members participate in these events and we are particularly proud of our Grand Masters who compete at national and international level. Training takes place on the lower cricket oval. Please contact Steve Johnston on [steve.johnston@netpoint.co.za](mailto:steve.johnston@netpoint.co.za) for more information

**Adam and Eve Awards** are made annually to the male and female runner who accumulates the highest mileage in official races from January to November each year.

## **SOCIAL GATHERINGS**

**Time trial** is held at 18:00 every Thursday evening from the club house on the lower cricket oval. Runners are timed over either 2,5km, 5km or 8km to track their progress. You will need a Park Run bar code (which must also be registered with the club) if you would like your time recorded. Refreshments and a light supper are on sale after the run, and lucky draw prizes add to the fun on the evening.

**Club Night** is held after Time Trial on the second Thursday of each month when supper consists of a hearty braai! The Athlete of the Month is recognised and a Committee award may also be given to acknowledge personal achievements by club members. The braai meals are served on a first come, first served basis.

**Special events,** social events are organised during the year to bring club members together for fun and games. The annual Awards Evening is held early in December when the runners trade shorts and takkies for their glad-rags, and all the silverware comes out – an evening to remember!

## **AT THE CLUBHOUSE**

### **Time trial**

Assist with timing and record-keeping. Speak to Andreas Gensicke.

### **Club suppers**

**Chefs** prepare and serve a light supper (for 30-40 people) after Time Trial each Thursday. All expenses are reimbursed – all we ask is your time and culinary expertise.

### **Braai night**

Braai Masters are also needed for the monthly braai. Wood and charcoal will be provided but you will need to be at the club early to start the fire and ensure that 60-70 pieces each of chicken/lamb chop and wors are braaied to perfection. (You may like to invite a buddy to help you!) Volunteer to provide a plain, tossed salad and receive two free meals.

### **Pasta parties**

Prepare your favourite pasta dish for 8-10 people for the special meals held prior to Two Oceans, Comrades Marathon and Cape Town Marathon (and other special occasions). Volunteering for these tasks just once or twice a year will help significantly. Speak to Nancy Will.

### **Bar roster**

Assist selling refreshments after Time Trial. Speak to Chris Schnehage

## **RACES**

Pinelands Club arranges two races during the course of the year:

- **The Hohenort 15 km road race** in Constantia (January)  
Race Organiser – Jerome Merton
- **The McKenna & Scott 10 km road race** from the clubhouse (July)  
Race Organiser – Dion Stevens

Volunteers are needed to assist with registration, marshalling, water points, finish chutes, set-up and clean-up! This is your opportunity to give back to the sport – and it's huge fun! There can never be too many helpers, so put up your hand now. A “Helpers Run” is held for the Hohenort and McKenna Scott events on the Wednesday preceding the event so that helpers can still be accredited with the mileage.

**Please note:** Club members participating in these events are NOT eligible for lucky draw prizes; only winners of age category prizes may receive their reward.