



BLITZ FLITS

www.acrw.co.za

Hi Skillies

We begin on a sad note and extend our condolences to Susan Rademeyer and family on the passing of Susan's father last week. Our thoughts and prayers are extended to Susan and family.

A special welcome to Peter Deere who joined the Skillie Clan this week.

Communication:

In an effort to improve communication with members we have set up a Google Group for ACRW. Only members of the club will be able to join and see the messages and contents (no spam, promise). All members who have registered for 2012 will soon receive an invite to join this group.

This will be a quick 'Accept' button to click, no major registration process. The BF and other club related communication will soon be sent to members via this group.

The purpose of the group is also to improve communication between members where you will be able to offer a lift to someone or ask running related questions. No jokes or attachments will be allowed.

Please ensure that Mike has the relevant e-mail address where you want to receive your BF and also the invite to the Google Group by sending your email address to:
summermj@telkomsa.net

Blitz Flits

Wie het onlangs aan 'n besondere wedloop of wedren deelgeneem, of iets avontuurliks of buitengewoon gedoen? Stuur asb 'n foto en/of 'n kort beriggie in die verband vir plasing in die BF.

2012 Lidmaatskap.

Die 2012 AGN- lisensies is beskikbaar. Jy kan Woensdae vanaf 17:00 jou lidmaatskap van die klub kom hernu. (volledige inligting op ons webblad)

Please take note : 2011 AGN licenses are only valid until 31 January .

Januarie Klubaktiwiteite en wedlope

Maandae : @ 17h30; Hippo 15km vanaf die klubhuis.

Woensdae : @ 18h00; tydtoets/time trial 2/4/6/8km this week – [bring and braai after the time trial!!!](#)

Klub Run, Saterdag 28 Januarie 2012:

Begin 5:30 vanaf die klubhuis, 17 - 20km (met 'n korter opsie ook vir die wat belangstel).

Club Social: Wednesday 25 January after the Time Trial – there will be a bring and braai at the club.

Advance warning for February – we will be having a social at the Irene Lantern Race on 8 February where Wors rolls will be sold and a cold one or two will be available.

Vir volledige besonderhede ivm wedlope en/of wedrenne besoek gerus :
www.raceresults.co.za www.enteronline.co.za www.runnersguide.co.za
www.runnersworld.co.za www.trailrunning.co.za www.adventureracing.co.za
www.agn.co.za www.supercycling.co.za

Januarie 2012 Wedlope/wedrenne

Die gazebo sal by die meeste Pretoria wedlope wees....kom drink gerus'n koppie koffie voor of na die wedloop,ontmoet ander lede en laat jou knapsak/sleutels ens vir veilige bewaring.Vriende en familie is baie welkom.

25st : Arwyp Medical Center, 15/5km Nite race,Kemptonpark

28st : Ottosdal Draf & Trap,Ottosdal (www.ottosdaldrafentrap.co.za)

28st :

29st : Johnson Crane, 42/21/10/5km, Benoni

29st : Pick 'n Pay Fast One. 100km Cycle Race.

Club Champs – Half marathon: 4 February 2012:

This will be held during the McCarthy Toyota Half Marathon @ Rietondale Park. Entries are open at any McCarthy Toyota dealer (There is one in Hendrik Verwoerd avenue). There will be a sponsored social afterwards with the prize giving held on the field

Groenkloof Trail Run (Club run):

Keep the 18th of February open for a club run at Groenkloof Nature Reserve. There will be options for the pure 'roadies' as well. We will have a social braai afterwards.

Surrender Hill Marathon en 21 – Clarens – 3 Maart 2012

A couple of us will be going down to Clarens for the Surrender Hill Marathon en 21. It is not an official away weekend but if you would like to join us and travel and stay together then give me (francois.jordaan@gijima.com or 082 376 4865) or Eugene (EugeneV@sbv.co.za) a shout. We will be staying in the Glen Reenen rest camp at Golden Gate. There are camping sites as well as 'Rondawels' available. Bookings for accommodation can be done here: <http://www.sanparks.org/tourism/bookings/> or call Central Reservations (Pretoria): +27 (0)12 4289111or mobile: +27 (0)82 233 9111

Oefengroep:

Enige lede wat 'n gereelde oefengroep het, oggend of middag, stuur as die details van julle oefengroep na Jorrie by francois.jordaan@gijima.com Sluit asb details in van julle doelwitte (kortliks), weeklike kilo's, hardloop-pas en of julle sou omgee as ander lede julle dalk van tyd tot tyd join.

Club Ultra 2012:

Entries for Club Ultra 2012 are open!!! There will be 4 exciting categories for Club Ultra for which you could enter in 2012:

1. **Platinum:** Comrades plus any 2 other Ultra's
2. **Gold:** Any 3 Ultra's
3. **Silver – Club 21:** 21 half marathons (21x21's)
4. **Diamond – Club 10:** 21 ten kilometer races (21x10's)

Entry fee will be R150 per person. In order to qualify you need to meet the criteria in the 2012 Calendar year i.e. 1 Jan 2012 – 31 Dec 2012. More details regarding entry cut-off time, etc. to follow soon, but this will give you a heads-up if you want to start planning for 2012.

Contact Jorrie at francois.jordaan@gijima.com or 082 376 4865 if you are interested.



Saamryklub / Lift club

Die koste van wedlope raak relatief duur, maar jou vervoerkoste na en van 'n wedloop is nog duurder !!! .Ons kan 'n kultuur van saamry begin...dit is nie net koste besparend nie, maar ook veiliger. Kom Skillies ons ry in **2012** saam ..die passasier(s) kan jou inskrywingsfooi en/of, tolgeld en/of parkering betaal.

Laat my Sondae weet as jy na 'n wedloop gaan en 'n saamrygeleentheid het of soek.

bp-sunny@mweb.co.za of 0829226817 dan publiseer ons dit in die BF.

At the Races:

Akasia Three in One

Veels geluk aan Simon wat by die Akasia wedloop die eerste meester in the 10km stap en ook die algehele wenner was.

We would like to thank James Mc Alistair for taking the trailer and gazebo to the race and making sure that the members who attended the race were looked after.

Die CapeStorm Redhill Marathon.

Die Twee Oseane Ultra Marathon het sekerlik sy eie bekoring, en is waarskynlik een van die mooiste wedlope in die land, maar die CapeStorm Redhill Marathon wat Saterdag plaasgevind het is nie juis die Aspoestetjie van marathonne nie as dit by skoonheid kom nie.

Wedloop, wat deur die Fish Hoek A.C aangebied word begin in Fishoek en volg Kommetjieweg tot in Kommetjie op teen Slangkop deur Misty Cliffs

En Scarborough tot die Perdekloof interseksie. Die natuurskoon is ongelooflik, regs die oseaan en links die berge. By die interseksie draai die 36km atlete links, terwyl die marathon atlete 'n 6km loop in die rigting van Kaap Punt doen.

Terug by die Perdekloof interseksie le die sowat 3km Redhill voor jou...Eish !!!! dis nimmereindig en tap jou energie.....Maar sodra jy bo is ontvou Valsbaai voor jou. Die af is soos 'n mynskag tot in Mainrd. wat jy deur Glencairn volg tot by die FHAC.



This was Bert before the race



After: Censored!!!

Happy birthday to Jackie Navarra on 25 January.

Skillie groete.

Sakkie (Voorsitter)
Jorrie (Klubkaptein)
Bert (Blitz Flits)

Bp-sunny@mweb.co.za