



# Information

2011

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## 1. Introduction

If you have decided to make running or walking a lifestyle, you are probably a balanced person who realizes the importance of keeping fit. At ACRW we believe in keeping a balance in everything we do: we accommodate both the serious and the not-so-serious runner/walker; we consider the social part of our club as important as the competitive part; and we see ourselves as a club for the whole family, including partners and children who do not partake in walking or running.

## 2. If you are new to the sport

The Club does not offer any formal teaching or coaching services. You can pick up tips from more experienced runners, or purchase a book on the subject. A subscription to Runner's World is also recommended.

Here we give only the first two rules that are vital when you get started:

- Get the right shoes. If you wear shoes that are not suitable to your style of running/walking you will get injured.
- Start slowly. Give yourself time to get fit and for your body to adapt to the new sport.

## 3. Management Committee

The Management Committee is made up of the Chairperson, Vice-chairperson, Club Captain, Secretary, Treasurer and five additional members. They are chosen by members at the Annual General Meeting, which is usually held on the last Wednesday of October. The current committee members and their contact details are as follows:

Designation	Name	Tel (H)	Tel (W) of Sel	E mail address
Chairman	Michael Summerfield	0126440436	0827814357	<a href="mailto:summermj@telkomsa.net">summermj@telkomsa.net</a>
Vice Chairman	Nellis de Langen	0126621731	0824911586	<a href="mailto:delangen@sabs.co.za">delangen@sabs.co.za</a>
Secretary	Cecilia Summerfield	0126440436	0823096131	<a href="mailto:summermj@telkomsa.net">summermj@telkomsa.net</a>
Club Captain	Sandra Deysel	0124245535	0842401688	<a href="mailto:sandra.deysel@standardbank.co.za">sandra.deysel@standardbank.co.za</a>
Treasurer	Flip Viviers		0833361369	<a href="mailto:flip.viviers@telkomsa.net">flip.viviers@telkomsa.net</a>
Social Manager	Gerda Jacobs		0832826357	<a href="mailto:jacobspg@telkomsa.net">jacobspg@telkomsa.net</a>
Additional	Henri de Klerk		0827443560	<a href="mailto:henri@vbkom.co.za">henri@vbkom.co.za</a>
Web Manager	Alan Holm	0126533070	0823731336	<a href="mailto:alanh@ainet.co.za">alanh@ainet.co.za</a>
Additional	Petro de Langen	0126621731	0833204752	<a href="mailto:petrodl@mweb.co.za">petrodl@mweb.co.za</a>
Additional	Eugene Viviers		0824638025	<a href="mailto:eugene.viviers@dhl.com">eugene.viviers@dhl.com</a>

Additional Members are allocated specific portfolios by the committee as and when required.

## 4. What you need to acquire from the club

### 4.1 Membership

The membership fees for 2011, as determined at the Annual General Meeting held in October 2010, are as follows:

First Member of a family ( excludes juniors )	R 280.00
Every additional member of a family	R 140.00
Juniors ( younger than 21 years of age )	R 50.00
Social Members	R 100.00

### 4.2 License

For races of 5km and upwards (fun runs are up to 4,9km) you need to obtain a provincial license from the club, which is valid for a year. The alternative is to buy a temporary license at the race, which will be valid for that race only.

Club membership and license fees must be paid before a license will be issued. The licenses must be affixed to the front and back of your running vest.

### 4.3 Club colours

If you are going to run/walk races of 5km and upwards you will need to obtain club colours.

The club has a stock of running vests for both male and female runners. Signal Red running shorts **must** be worn, and these are also available from the club, or can be purchased at Run-Away Sports in the Glenfair Shopping Center or at any Sportsman's Warehouse branch.

In addition, a number of other clothing items are available from the Club House.

The costs of these items are as follows:

Running vests	R 160.00
Shorts	R 90.00
Crop Tops	R 100.00
Track Suits	R 400.00
Age Category tags	R 10.00
Name Tags	Free
Caps	R50.00
T-Shirts	R60.00

Other items that are for sale at the club are ACR T-shirts, caps and beanies, - costs are available on request.

#### 4.4 Category tags

To qualify for a category prize in an official road race ,you must be wearing age category tags for your age group on the front and back of your vest. If you are not wearing these tags you are automatically entered into the senior age category (see “Age categories” on the next page). These tags can be bought at the club for a nominal amount. (See price list above)

#### 4.5 Name tags

These are optional and can be ordered from the Treasurer and are free of charge.

### 5. Races

#### 5.1 Information about races

Race dates and times are available from the following sources:

- Runners’ World magazine.
- Runners Guide
- The race calendar in the clubhouse.
- The Blitz Flits
- Announcements at the time trials.
- Flyers that are distributed at races.
- Gauteng North races -From the AGN web site : <http://www.agn.co.za>
- Useful web sites are :
  - [www.raceresults.co.za](http://www.raceresults.co.za)
  - [www.runnersworld.co.za](http://www.runnersworld.co.za)
  - [www.runnersguide.co.za](http://www.runnersguide.co.za)
  - [www.adventureracing.co.za](http://www.adventureracing.co.za)

#### 5.2 Age Group Categories

Minimum ages for taking part in road running and walking events are given below. You must be turning these ages during the year in which you intend to participate. For example, a person who is 14 years old may partake in a 10km race provided he/she will have their 15<sup>th</sup> birthday later in the year.

<u>Race distance</u>	<u>Minimum age</u>
5km	9 years
10km	15 years
15km	15 years
21,1km	16 years
32km	19 years
42,2km and longer	20 years

### 5.3 Age categories

The different age categories are listed below:

Category	Age	Tag
Junior	19 years and younger on 31 December in the year of competition	J
Senior (S)	20 years and older on 31 December in the year of competition	None
Veteran	40 – 49 on the day of the race	40 or 45
Master	50 – 59 on the day of the race	50 or 55
Grand Master	60 – 69 on the day of the race	60 or 65
Great Grand Master	70 – 79 on the day of the race	70 or 75
Great Great Grand Master	> 80 on the day of the race	80

### 5.4 ACRW social races

The Committee identifies certain races throughout the year where the club gazebo is erected and the club supplies something to eat and drink at a nominal cost. When these are presented, no club run is offered. Refer to the calendar for details of these events.

### 5.5 Conduct

We are proud of the ACRW name and colours, and expect members to keep the club's name high. The Committee reserves the right to discipline any member should he/she disgrace the club by whatever means.

### 5.6 Transport to races

ACRW does not take responsibility for getting runners to and from races. Transport is arranged informally amongst the members, usually on the Wednesday before the race at the time trials.

### 5.7 Recording of race times

The club statistician endeavors to obtain all available race results off the internet. However, not all races publish a full list of race results, especially those that take place in remote regions.

You are therefore requested to enter your race times in the race results book so that these can be published in the newsletter. In the absence of any other records, these entries are also used to determine whether you are eligible for an award at the annual prize giving.

## **5.8 Assistance when representing Provincial or National teams**

A member who is selected to represent the province or any national team may approach the Committee for some financial assistance. The assistance will be at the discretion of the Committee, and will be subject to sufficient funds being available.

## **6. Communication**

### **6.1 Announcements**

Announcements are made on Wednesday evenings, just before the start of the time trials. We encourage all members present at the time trial to attend the announcements.

### **6.2 Blitz Flits**

A weekly electronic newsflash of all the happenings in the previous week and the coming week. This is the clubs most effective short term communication medium so please ensure that your e-mail address is correctly captured or you may lose out on some exciting events.

### **6.3 How members can air their views or communicate with the Committee**

Members can convey grievances, requests, comments or praise in the following ways:

- Write a letter to the Chairman and hand in at the club or post to "ACRW, P.O. Box 12297, Clubview, 0014," You will receive a written response.
- Speak to any committee member.
- Send an e-mail to: [info@acrw.co.za](mailto:info@acrw.co.za)
- Raise the issue at the Annual General Meeting, which is held every year in October. Arrange with the Chairman before the meeting to have your matter put on the agenda.

## **7. Club activities**

### **7.1 Time trials**

Time trials are held at the ACRW Club House, Edinburgh Street, Clubview every Wednesday. During the summer months, ( 1 October to 31 March ) time trials commence at 18:00 , while during the winter months , the starting time is 17:30.( 1 April to 30 September ) You can choose between distances of 2, 4, 6 and 8km and you can run or walk.

Members are encouraged to stay on after the time trials for a chat over a beer or a cool drink.

On the last Wednesday of the month after time trials we have a social evening for the whole family. In summer this is normally a braai and in winter it could be a stir-fry or soup and buns. Suggestions are gladly accepted.

Members are encouraged to participate in the time trials and to run at the official time trial times. Only members who run the official time trial will qualify for the Time Trial Attendance awards in 2011.

### **7.2 Training runs/walks (Club runs)**

These take place on most Saturday mornings as indicated in the club program. They are usually done at a slow pace over 10 to 25km.

There is also a training run on Monday evenings (from January to May), the distance varies according to the choice of the members present, but is usually between 10km and 16km over a hilly route. This starts from the club house at 17:30.

### **7.3 ACRW races**

ACRW hosts one major race every year – the very well known and popular Traumeel Wally Hayward Marathon.

ACRW is a relatively small club, therefore we need everyone's help when hosting this race, and therefore members will only be allowed to take part under exceptional circumstances. To compensate, we have a pre or post race run on the same route as the actual race. On completion of the pre or post race you will receive the same medal and t-shirt as race goers received on race day and be credited with an official race in ACRW colors, provided that you assisted on race day.

In addition, we co-host a number of other events in the year, such as the Chamberlains Classic, which is co-hosted with Phobians. Your assistance at these co-hosted events may also be requested from time to time.

Income generated from hosting or co-hosting these events is vital to ensuring that club fees paid upfront by members are kept to the minimum. It is therefore in the interest of all members to ensure the success of these events.

### **7.4 Club weekend**

A club weekend is held twice every year, and details will be announced at time trials and in the Blits Flits. This is a great opportunity for club members and their families to get to know each other. ACRW makes a contribution to the "social" cost of the weekend, but members pay their own transport and accommodation.

### **7.5 Family Day**

We attempt to have an annual family day in the latter part of the year. The day is specifically aimed at participation by the whole family. The day is sponsored by ACRW. Naturally the whole family is invited

### **7.6 Annual General Meeting**

The AGM is held every year in October. At this occasion the annual report is read, the Committee for the following year is elected, issues are voted on, and we gather socially around some food and drink.

You can air any views you may have at the AGM, but this should be arranged beforehand with the club Chairman.

Notice of the AGM will be given in the Blits Flits.

## **8. Finances**

The club's finances are available for any paid up member to view (arrange with the Treasurer). The financial statement is available at every Committee meeting.

## **9. Annual awards**

The annual awards are handed out at a special function which is held in February / March. There are two types of awards: Merit awards and Committee awards.

The Merit Awards are obtained for very specific performances or achievements. The committee will do its utmost to make sure that anyone that has qualified for an award will receive the award, but you are responsible for ensuring that the committee is aware of your achievements. The committee will finalize the awards list one month before the Annual Awards ceremony.

### **9.1 Awards:**

Honors:

- Service to the club
- Provincial / National honors

Merit awards –

- Twenty five or more official races completed in ACRW colors in calendar year -
- Time trial attendance: 25 time trials run/walked during the year ( all distances to count)
- Long membership for 10, 15, 20 etc. years.
- Time Trial Attendance ( individual – most attended)
- Most official races completed in calendar year.
- Most League points / races earned (Runner )
- Most League points / races earned (Walker )
- Back of the pack award
- Club champion overall men / ladies 8 / 21 / 42
- Most Improved athlete
- Most versatile athlete
- First, second or third position overall in a registered race. Run / walk
- First position in an age category. Run / Walk
- Any other outstanding achievement in an official road race.
- First Comrades completed.
- First Johannesburg, Durban or Cape Town Big Walks completed (marathon or longer).
- First marathon (or ultra-marathon) completed.
- Achieve a permanent number in any recognized race.
- Sub Three Hour Marathon

Committee awards – floating trophies

- Exceptional contribution to the club (need not be awarded every year).
- Most active family

Committee Awards – trophies

- Best bar supporter
- Best braai supporter.

Alpha Cruis Challenge:

Cash incentives are paid out to:

Person who covers the most kilometers in official races.

Person earning the most league points.

Person who completes in an official road race in all nine provinces during the calendar year.

Person who competes in the most Pretoria races

## 10 CLUB CHAMPIONSHIPS

Traditionally the club holds club championship over the distances of 8 km, 21.1 km and 42, 2 km. In addition, a 10 km club championship will be introduced in 2010. The dates of these championships are as follows:

Distance	Date	Event
42.2 km	26 February	Deloitti Marathon , Phobians
21.1 km	5 February	McCarthy Toyota , Rietendale Park
10 km	3 September	Spirit of Flight , Swartkop Airbase
8 km	28 September	Club House

## JANUARY

DATE	TIME	EVENT	VENUE	DISTANCE(KM)	Notes:
SATURDAY 1	07:00	New Years Race	Botanical Gardens	5 & 10 KM	
SATURDAY 1	07:00	New Years Club Shuffle	Club House	15 km	
SATURDAY 8	07:00	Philedelpia Gardens	Tuine H/S	5 & 10 KM	
SATURDAY 8	05:30	Club Run	Club House	20 KM	
SATURDAY 15	06:00	ACE 10/21	TBA	10 & 21 KM	
SATURDAY 15	05:30	Club Run	Club House	25 km	
SATURDAY 22	06:00	Akasia 3 in 1	Wonderpark Shopping Mall	10; 21 & 42 KM	
SATURDAY 22	05:30	Club Run	Club House	25 km	
WEDNESDAY 26	18:30	Exxaro Night Serie	Voortrekker Monument	5 & 10 KM	
SATURDAY 31	05:30	PwC George Claassen	Menlyn Shopping Centre	21 KM	
SATURDAY 31	05:30	Club Run	Club House	25 KM	

## FEBRUARY

DATE	TIME	EVENT	VENUE	DISTANCE	Notes:
SATURDAY 5	06:00	McCarthy Toyota	Rietondale Park	5:10 & 21.1KM	21.1 km Club Champs
WEDNESDAY 9	18:30	SPAR Lantern	ArgiculturalResearch Council	5&10KM	Social
SATURDAY 12	06:00	Bronkhorstspruit 32	Erasmus H/S	4 ; 10 & 32KM	
SATURDAY 12	05:30	Club Run	Club House	25 km	
SATURDAY 19	06:00	Tuks Half Marathon	LC de Villiers SG	5, 10 & 21 KM	
SATURDAY 19	05:30	Club Run	Club House	25 km	
WEDNESDAY 23	18:30	Exxaro Night Serie	Voortrekker Monument	5 & 10 KM	
SATURDAY 26	06:00	Deloitte Pretoria Marathon	Hoffmeyer Park Lynnwood	21.1 & 42.2KM	42.2 km Club Champs

<b>MARCH</b>					
<b>DATE</b>	<b>TIME</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DISTANCE</b>	<b>Notes:</b>
SATURDAY 5	06:07	Medihelp Sunrise Monster	Harlequins Club Groenkloof	10 & 32 KM	
SATURDAY 5	05:30	Club Run	Club House	25 km	
SATURDAY 12	06:00	Bobbies 10/21 KM	SAPD Rondawel Pta -North	5; 10 & 21 KM	
SATURDAY 12	05:30	Club Run	Club House	25 km	
SATURDAY 19	06:00	Transnet Rail	Transnet Rail Eng	5;10 & 21 KM	
SATURDAY 19	06:00	Om die Dam	Hartebeespoort Dam	50 km	No Club Run
MONDAY 21	07:00	Right to Run	Sunnypark Mall	5;10;&21 KM	
MONDAY 21	05:30	Club Run	Groenkloof	15 km	
SATURDAY 26	06:00	Denel Road Race	Kentron Irene	1,10,21.1KM	No club run
WEDNESDAY 30	18:30	Exxaro Night Serie	Voortrekker Monument	5 & 10 KM	
<b>APRIL</b>					
<b>DATE</b>	<b>TIME</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DISTANCE</b>	<b>Notes:</b>
SATURSDAY 2	06:00	Andrew Greyling Road Race	AntonvWouw Primary School	5; 10 & 21 KM	
SATURSDAY 2	06:00	Club Run	Club House	30 km	
SATURDAY 9	'06:00	Solomon Mahlangu	Mamelodi	5 & 10 KM	
SATURDAY 9	06:00	Club Run	Club House	30 km	
SATURDAY 16	06:00	Mazda		5 & 15 KM	
SATURDAY 16	06:00	Loskop Marathon	Middelburg	50 km	No Club Run
SATURDAY 23	06:00	Run to the Beat	TBA	5 & 10 KM	
SATURDAY 23	06:00	Two Oceans	Cape Town	56 km	
SATURDAY 23	06:00	Club Run	Club House	30 km	
MONDAY 25	07:00	Family Day Run/Walk	The Grove Shopping Centre	5 & 10 KM	
MONDAY 25	07:00	Club Run	Club House	20 KM	

**MAY**

DATE	TIME	EVENT	VENUE	DISTANCE	Notes:
MONDAY 2	06:30	T raumeel WallyHayward	Swartkop High School	42 KM	
	07:00	Traumeel Wally Hayward	Swartkops High School	10 & 21 KM	
SATURDAY 7	06:00	Jackie Mekler Memorial	Dsc Thaba Tshwane	10 & 25 KM	No Club Run
SATURDAY 14	07:00	Race 4 Friendship	Moreleta Plaza	8 & 16 KM	
SATURDAY 23	06:00	Club Run	Club House	25 km	
SATURDAY 21	08:00	Take 5 Team Relay	AFB Waterkloof	5 X 5 KM	
SATURDAY 21	07:00	Comrades Shuttle	Club House	18 km	
SUNDAY 22 MAY	09:00	Comrades Church Service	Club House		
SATURDAY 28	07:00	Jacaranda Centre Run/Walk	Jacaranda Shopping Mall	5; 10 & 20 KM	
SUNDAY 29 MAY	05:30	Comrades Marathon	Durban	Far	

**JUNE**

DATE	TIME	EVENT	VENUE	DISTANCE	Notes:
SATURDAY 4	06:30	Rotary Club Fun Run	Swartkops AFB	5 & 15KM	No Club Run
SATURDAY 11	07:00	Race 4 Faith	Silver Oaks Crossing	5,5 : 10 & 15 KM	No Club Run
SATURDAY 18	06:45	Fanie Booysen Icebreaker	Laerskool Garsfontein	10 KM	No Club Run
SATURDAY 25	07:00	Campus Run	Pta West Campus TUT	5 & 10 KM	No Club Run

## JULY

DATE	TIME	EVENT	VENUE	DISTANCE	Notes:
SATURDAY 2	07:00	Club Run	Club House	20 KM	
SATURDAY 9	07:30	Aminostim 15	ArgiculturalResearch CounsilRR &W	5 & 15 KM	No Club Run
SATURDAY 16	07:30	Dinamika Springbok Vasbyt	Voortrekker Monument	10,5 & 25 KM	
SATURDAY 16	06:00	Club Run	Club House	20 KM	
SATURDAY 23	08:00	Maxi Cross Trial	Fountains Valley	15 KM	
SATURDAY 23	06:00	Club Run	Club House	20 KM	
SATURDAY 30	07:00	Jolly Jumper	Swartkops Lapa	5 : 10 & 21 KM	No Club Run
SATURDAY 30	07:00	Rustenburg Mountain Race	Rustenburg	25 KM	

## AUGUST

DATE	TIME	EVENT	VENUE	DISTANCE	Notes:
SATURDAY 6	06:00	Carlton 10/21 KM	Medunsa Campus	10 & 21 KM	
SATURDAY 6	06:00	Club Run	Club House	20 KM	
MONDAY 9	06:00	Castle Walk 10	Castle Walk Mall	5 & 10 KM	
MONDAY 9	06:00	Club Run	Club House	20 KM	
SATURDAY 13	06:30	Ocean Basket Marcel vt Slot	Phobians SG Lynnwood	5 & 15 KM	No Club Run
SATURDAY 20	06:00	Wierrie Road Race	Centurian Mall	10 & 21 KM	No Club Run
SATURDAY 27	06:00	Dawn 2 Dusk	Akasia High School	80KM/12 HOURS	
SATURDAY 27	14:00	Spar Ladies	Supersport Park	5 & 10 KM	
SATURDAY 27	06:00	Club Run	Club House	20 KM	

<b>SEPTEMBER</b>					
<b>DATE</b>	<b>TIME</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DISTANCE</b>	<b>Notes:</b>
SATURDAY 3	06:30	Spirit of Flight	AFB Swartkops	5 & 10 KM	10 km Club Champs No Club Run
SATURDAY 10	06:30	Value Log. Ou Voetpad 16KM	TUT Pta-West	16,1 KM	
SATURDAY 10	06:00	Club Run	Club House	20 KM	
WEDNESDAY 14	18:00	Tuks Night Race	LC de Villiers SG	5 & 10 KM	
SATURDAY 17	06:30	CSIR Road Race	CSIR Conference Centre	10 & 21 KM	
SATURDAY 17	06:00	Club Run	Club House	20 KM	
SATURDAY 24	06:00	McCarthy Volkswagen	Rietondale park Rietondale	21,1 KM	No Club Run
<b>OCTOBER</b>					
<b>DATE</b>	<b>TIME</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DISTANCE</b>	<b>Notes:</b>
SATURDAY 1	06:00	Business Relay	Rietondale Park	'42.2 KM	
SATURDAY 8	06:00	Chamberlains Capital Classic	Phobians SG Lynnwood	10 & 21.1 KM	No Club Run
SATURDAY 15	06:00	Woodlands Boulavard	Woodlands Shopping Centre	10 & 21.1 KM	
SATURDAY 15	06:00	Club Run	Club House	20 KM	
SATURDAY 22	06:00	TBD			
SATURDAY 22	06:00	Club Run	Club House	20 KM	
SATURDAY 29	06:00	Hunters Challenge	Maritimo Clubhouse	10&21.1 KM	
SATURDAY 29	06:00	Club Run	Club House	20 KM	
<b>NOVEMBER</b>					
<b>DATE</b>	<b>TIME</b>	<b>EVENT</b>	<b>VENUE</b>	<b>DISTANCE</b>	<b>Notes:</b>
SATURDAY 5	06:00	Agape 3 in 1 & Fun Run	Adelaars SG	5,10,21,32 KM	
SATURDAY 12	06:00	Liquifruit Irene	Agricultural Centre Irene	'21.1 KM	No Club Run
SATURDAY 19	06:00	Montana Crossings	Montana Crossings Centre	5; 10 & 21 KM	
SATURDAY 26	06:30	Tom Jenkins	Union Buildings	5,10 & 21.1 KM	No Club Run

## DECEMBER

DATE	TIME	EVENT	VENUE	DISTANCE	Notes:
SATURDAY 3	06:00	Muller Potgieter	Quagga Sentrum	5 & 15 KM	
SATURDAY 22	06:00	Club Run	Club House	20 KM	
SATURDAY 10	06:00	The Great Run	Voortrekker Monument	15 km & 5 km	
SATURDAY 22	06:00	Club Run	Club House	20 KM	
SATURDAY 17	06:00	The Great Run	Voortrekker Monument	10 KM & 5 KM	
SATURDAY 31	17:00	Old Years Race	RietondalePark	5 & 10KM	

