

# Walking Tall

If you live in the East Rand area and are tired of exercising alone, the Simply You Walkers Club in Benoni is the club for you. Its 50-plus members walk about 13km every Saturday and another 6km every Tuesday evening. You definitely won't get bored of the same routes as the energetic walkers cover 16 different routes in the Benoni area! They also have an annual 15km or 21km walk with donations going to a charity of their choice.

The club has grown from a handful of women in January 1988 to a very sociable club with members ranging in age from 25 to 75. The club is affiliated to the calisthenics exercise studio belonging to Lynn Croall. If you want to know more about the club, contact Veronica de Kleyn on 074 104 2602 or 082 540 7371.



MEMBERS OF THE SIMPLY YOU WALKERS CLUB IN BENONI.

## Alberton Awards



CINDY, ANDRIES AND TONY WITH THEIR PRIZES (BERNADETTE WAS UNABLE TO ATTEND)

Alberton Athletic Club recently awarded prizes to its members for achievements throughout the year. Here are some of the 2009 prize winners:

- ▲ Male Runner of the Year: Andries Venter
- ▲ Lady Runner of the Year: Cindy Beeming
- ▲ Lady Walker of the Year: Bernadette Dujardin
- ▲ Male Walker of the Year: Tony Green

## Hats off to Jeppe

The Jeppe Charity Hat Walk/Run was a huge success with more than 700 runners and walkers taking to the streets of Bedfordview for this annual 12km walk/run. Jeppe Athletics Club raised more than R20 000, which will be given to a charity of their choice. Balwin Properties, the main sponsor of the event, donated a further R120 000 to Little Eden, the Choc Childhood Cancer Foundation and the Theo Jackson Fund. Each charity will receive R40 000.



## Enter your company NOW



The annual J.P. Morgan Corporate Challenge® is just around the corner and companies wanting to enter a team should not wait too long, as the entries close in early February and will be limited to 12 000. Over 450 teams are expected to enter. The 5.6km road race, held at The Wanderers Club on 4 March, is open to teams of four or more full-time employees from companies and government organisations.

This is the world's largest corporate road race series and has drawn more than six million runners worldwide since its inception 34 years ago. The race aims to promote company camaraderie, fitness, wellbeing and corporate networking. Companies can enter by logging on to [www.jporganchasecc.com](http://www.jporganchasecc.com).

## Time Trial Results

### Alberton Time Trials

#### 1 DECEMBER 2009

##### 4KM LADIES

1	O Khun	19:19
2	D Van Wyk	20:55
3	A Botha	21:23
4	L Dunn	22:40
5	Z Cornelius	25:14
6	M Homann	25:25

##### 4KM MEN

1	G Rynhoud	15:09
2	M Harbinson	15:36
3	J Labuschagne	17:43
4	V Haverley	18:42
5	L Keulder	19:19
6	R Ryan	19:51
7	W Dunn	22:40
8	G Cornelius	25:15
9	D Johnson	27:50

##### 6KM MEN

1	G Voget	31:40
2	B Bainbridge	43:27
3	H Schwandt	43:27

##### 8KM LADIES

1	K Parbhoo	33:33
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##### 8KM MEN

1	A Venter Jnr	31:01
2	S Buthelezi	34:26
3	F Maloney	47:00
4	H Niederbroker	47:00

### Boksburg Blitz

#### 2 DECEMBER 2009

##### 2KM

1	Matthew Pienaar (NC)	10:05
2	Greg Pienaar (NC)	10:35
3	Ann Moriarty (MAD)	11:24
4	Bronwyn Savides (NC)	11:36
5	Megan Pegram (StDoms)	11:44
6	Sergio Gomes (MAD)	11:56
7	Keshli Lindemann (StDoms)	12:08
8	Nadia Rabim (StDoms)	12:13
9	Calum Harvey (CBC)	12:14
10	Carl Maritz (MAD)	12:15

##### 4KM

1	Michael Pienaar (MAD)	14:04
2	AN Other	14:14
3	Alroy Savides (MAD)	14:32
4	Leon de Buys (BOKS)	15:08
5	Lauren Dance (MAD)	15:34
6	Michael Sithole (BOKS)	16:17
7	Roberto Jardim (MAD)	16:57
8	Dirk du Plessis (BOKS)	17:24
9	Gregg Peebles (BOKS)	17:26
10	Spencer Botes (NC)	17:39
11	Elizabeth Douglas (SWP)	17:47
12	Williams Douglas (NC)	17:47
13	Francois Verster (BOKS)	17:52
14	Coenie Berowsky (BOKS)	18:28
15	Kingsley Botes (NC)	18:29
16	Dewald Cornelessen (NC)	19:20
17	Leon Maritz (BOKS)	19:20
18	Andrew Tesselar (NC)	19:58
19	Clive Griffiths (BOKS)	20:34
20	Carla Jardim (MAD)	20:41
21	Harold Rossouw (BOKS)	20:48
22	Juan Buys (NC)	20:50
23	Sheree Rogers (BOKS)	20:52
24	Ruaan Cornelessen (NC)	20:54

25	Jenny Rogers (BOKS)	20:54
26	Gavin Homann (MAD)	21:18
27	Lynette de Beer (BOKS)	21:52
28	Gavin Kingston (City Power)	21:54
29	Tracy Bown (BOKS)	22:00
30	Eshter Blignaut (BOKS)	22:25
31	Willie Pieterse (BOKS)	23:15
32	Lucas Pretorius (BOKS)	23:19
33	P. Hogan (NC)	23:29
34	Surita Botha (SWP)	23:50
35	Gavin du Plooy (BOKS)	24:02
36	Glen Terry (BOKS)	24:42
37	Yolanda Maritz (BOKS)	25:22
38	AN Savides (MAD)	25:22

### Benoni Northerns

#### 17 NOVEMBER 2009

##### 8KM MEN

1	D Stapel	31:43
2	G Bishop	31:43
3	D Labourne	31:43
4	D Wright	34:59
5	D Leatherbarrow	42:44

##### 4KM MEN

1	A Bosman	13:47
2	R O'Donoghue	16:03
3	E Tuniz	16:03
4	J Dries	16:22
5	J Zotter	16:37
6	E Luiz	17:02
7	M Morais	17:27
8	G Visser	17:32

##### 4KM LADIES

1	K Vollmer	17:38
2	K Bosch	18:02
3	A David	18:37

##### 4KM JUNIORS

1	R Kaltenbrun	17:45
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##### 2KM JUNIORS

1	M Theodorou	7:53
2	B Kershaw	7:56
3	K Barrable	8:04
4	M Glenn	8:11
5	R Dries	8:59

### Sunward Athletic Club

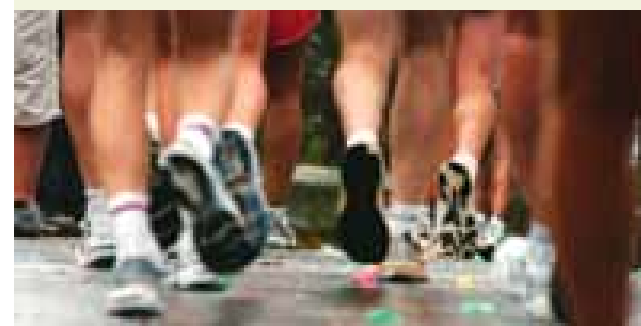
#### 24 NOVEMBER 2009

##### 4KM

1	M Pienaar	16:09
2	B Gould	18:28
3	A Tesselar	20:30
4	G Pienaar	20:55
5	S Botha	22:58
6	P Botha	22:58
7	C Wehmeyer	25:10
8	D White	25:10
9	W Douglas	28:00

##### 8KM

1	J Perridge	31:42
2	W Stroebel	31:42
3	P Snyman	31:42
4	W Strydom	31:42
5	E Douglas	40:51
6	B Strydom	40:51
7	J McClure	41:19
8	W Pieterse	42:53
9	G Upham	43:00
10	L De Beer	43:17
11	M Perridge	46:50



## TIME TRIAL REVIEW

Modern Athlete will be reviewing time trials from all over the country, to let you know what's out there when you're looking to work on your speed. We'll give you a short description of the course, logistical details and our Modern Athlete ranking.

### DISCOVERY AC, WEST RAND

Address: Roodepoort Athletics Stadium, Ruimsig  
When: Wednesday at 18:15  
Distance: 4km and 8km

If you've run in the West Rand, you'll know this area has a few hills, so prepare for a hard run and don't expect super fast times. You can go straight from work and change at

## WEST RAND

the stadium. The time trial starts right outside the stadium and parts of it are run next to the beautiful Ruimsig golf course. Unfortunately, a part of it is also run on a busy road, but it is only for a short block and runners make use of the sandy pavement rather than the road.

The 4km route is slightly easier than the 8km route. Both routes start on a slight uphill before turning right into Fairway Street for a slight downhill, followed by a left turn into Handicap Road, a wide road which is usually free of traffic. When turning into Hole-in-One Avenue, expect some traffic. Luckily it is a short block before turning back into Fairway Street for a flattish section next to the golf course. This flat stretch makes way for a nice

downhill at the 2km mark, which is the turn point for the 4km runners, who follow the same route back to the stadium.

The 8km runners continue alongside the bottom of the golf course in Hole-in-One Avenue. Prepare yourself for a long uphill from 5km to 6km, which is close to the turn point at the traffic lights in Peter Road. On the way back, the downhills are mostly in your favour, so use them to make up for lost seconds. The finish is at the entrance of the underground parking of the stadium to make up the 8km distance.

If you still have energy left, you can sharpen your track work on the beautiful track inside the stadium, then join the club for cold refreshments.

**DIFFICULTY RATING: 3 OUT OF 5**

Run any good time trial routes lately? Share your experience with us.  
Log onto our website  
[www.modernathlete.co.za](http://www.modernathlete.co.za).

**BECOME A CONTRIBUTOR**