

Hi All,

Happy days, winter is on the way out and with the warmer weather people find it easier to train.

So Put on your running shoes and get moving.



Comrades 2024

The date for the ultimate human race is set for 9 June – which is approximately 276 days away 🤔 excluding the 8 days at the beginning of June. I find that if I think its 9 months away it seems like a long time, but using days scares me (hopefully enough to start training).

Qualifying races are between September and May (last race is usually the first Saturday after the 1st of May. Qualifying time on a marathon is **4:49**. Slower runners could consider using an ultra-marathon – easier to do.

QUALIFYING TABLE

DISTANCE OF RACE	TIME
42.2km	4:49:59
48-50km	5:49:59
52-54km	6:24:59
56km	6:44:59
60km	7:19:59
64km	7:54:59
68km	8:29:59
80km	10:24:59
90km	11:59:59
100km	13:29:59

The Elandsvalley marathon from Waterval Boven to Nqodwana is an “easy qualifier” (42,2km remains a long distance !!). You can travel in and out, alternatively there is a hotel at the halfway mark. The only downside for me is that it is one of the late races, but if one trains specifically for it qualification is 99% guaranteed.

League races

(incl Phobians) have been cancelled for the rest of the year 😞 but will resume in 2024.

ACE race

Application has been made for 2023 event – date will be published as soon as confirmation is received from AGN

GETTING TO KNOW ...

Earl Rossouw ACE Member

My name is Earl Rossouw and I have been in ACE (Athletics Club Eersterust) from 2005 (18yrs).

I really grown to love this Club and I have a passion to serve and assist the Club as best possible, as long as I am healthy and enjoying my running ability.


I love to exercise in many ways, such as in the gym cardio, running and strength training.

I love my job and the way my current lifestyle makes me enjoy and be comfortable in my work situation. I love my family and I try and always be the role-model and father figure for my sons, so that they can be proud of having me their father. I am very involved in our Church activities and I am the Chairperson of our Events Committee.

I am a Superintendent in the TMPD(Tshwane Metro Police Department) and have a fully qualified tertiary degree, in Municipal and Traffic Management and I have been serving in the City of Tshwane for 28 years up to date.

I hope to become an Honorary member one day in our ACE Family.

*Earl has also completed **10 Comrades** (green number) and **10 Two Oceans** (blue number).
Well Done, Earl! And thank you very much for your contribution.*

The advantage of having a green number is that you don't have to exert yourself to get a good seeding – Batch E is reserved for green numbers! Somebody once said to my friend that she must run fast to get a good seeding to which she replied "I have a green number, I only have to finish my race in time – I'm automatically in the E batch"  How about that!

R5.00 challenge

People let's talk about the price of running shoes (and races)...way to expensive for me. Is anyone interested in joining the R5.00 challenge? What it comes down to is that you save every R5 coin you get and at the end of February we check how much is saved. If it's not enough to buy a pair of running shoes, it should be enough to pay for a race or two.

No prizes, but bragging rights to the one who has saved the most. Only R5 coins received as change counts, not notes exchanged for coins. Let your conscience be your guide

Happy Birthday

2 August: Zamie Peterie

6 August: Craig Beukes

9 August: Riaan Moses & Margaret Telane

11 August: Alroy Dirks

13 August: Adele Collins

15 August: Klaas Sithole

21 August: Gideon Monye Morathoe

22 August: Mervin Hattingh



One year older, One year wiser.

So, take the wiser!

Blessings to everyone, may you celebrate many more!

Sincere condolences to
Ingle & Shannon Singh
with the passing of
their father/father-in-
law.

Sincere condolences to
Solomons family with
the passing of their
beloved mother.



Until the next time, keep training & stay safe!

- Angi -