



Good day everyone!

The end of the year is upon us, and we can start planning for the new year.

ACE Race

First on the list is our race that will be on 10th February 2024. All members to avail themselves to work on the day. Planning meetings will be held, please attend so that we can plan for a well-managed event.

Look out for the Old Years race, which is usually at 17h00 on 31st December (date to be confirmed) and the New Years race which is on 1 January at 7h00 (considering the new years eve celebrations) at the Botanical gardens.

January races

- George Claassen, 20th
- Wonderpark, 27th
- Ottosdal nite, 27th
- Johnson Crane 28th

Registration for races

Please capture the club name as "Athletics Club Eersterust" upon entering races, this will ensure that results are easier to check.

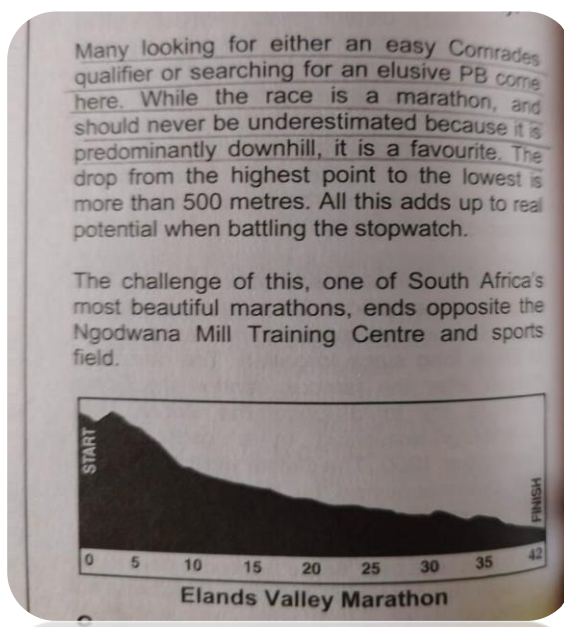
Comrades

Entries have opened, get your entry in and start training; target one race and give it your all!

The **TRAC N4 Elands** on 2nd March is definite. It is run from Waterval Boven to Ngodwana on the N4. If you're looking for a PB this is the race to do! (see profile).

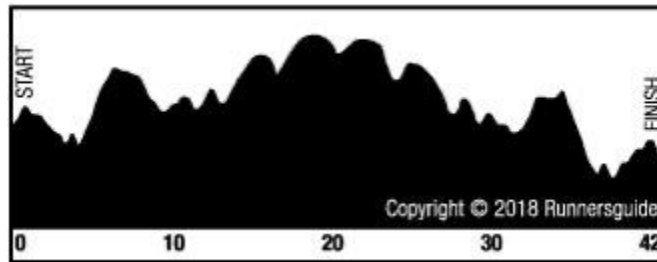
It starts with a climb up to 2k (I can't see it on the profile, maybe "hopefully" they've changed start 😊) thereafter it is undulating and down to finish. Downside is that it's far to get there and toll fees are hefty. You can go in and out, but that means leaving Pretoria at 2am and it can be misty. Else, sleep over (there's a decent hotel – Malaga- at halfway (at the 21k start) but then one needs a driver.

Runners are a resilient bunch and very little deters them.



If you want to try something different, the **Ottosdal nite** is the one to do. Race starts at 7pm, road is lit with wicks placed on oil cans. Out and back. Camping available at the start if you're not afraid to tough it. (part of it is converted stables).

I remember running 10k league in the morning followed by night marathon. Anybody interested can call 082 772 7099 to arrange accommodation.



2024 Registration fees

Remains at R450 and ideally should be paid by 31st January. New license numbers will hopefully be issued in January. Members are requested to pay timeously so that numbers can be collected in one go and we can get them in sequence. Thank you!



Happy Birthday

- 1 November: Amos Msiza
- 2 November: Priscilla Oosthuizen
- 8 November: Wendell Vizasie
- 16 November: Esther Mankge
- 18 November: Roewyn Danster
- 24 November: Tshepo Rakgahla
- 25 November: Candise Eiman
- 28 November: Soraya Vanitha



PS: Members are free to share whatever occasion/event you comfortable with.

Take care over the upcoming festive season, travel safe and see you in the New Year!

- Angi -