



**BOKSBURG ATHLETIC CLUB**

# Snippets January

No. 1 , Week 1

Fri 5<sup>th</sup> - Thurs 11<sup>th</sup>



	01-Jan
Willie Maisela Lana Smeda Akheem Waqar	
	03-Jan
Nelson Gwengo	
	04-Jan
Jerry Heyman Bjorn Uys	
	05-Jan
Jimmy Hill	
	06-Jan
Darren Mansfield Meagan Thompson Lizette Uys	
	07-Jan
James Mashinini	
	08-Jan
Kyrah Fraser Amanda Kim Jarvis	
	10-Jan
Markus Swanepoel	

Happy  
BirthDay!



Members can run in their 2017 licenses until the end of January

Lauren will notify you when the 2018 licenses arrive

Deadline for membership renewal is 28<sup>th</sup> February



**Congratulations to Rachelle Erasmus and Eugene van der Westhuizen on their engagement!**

**Our deepest sympathies to Tracy and Shaun Jordaan after the passing of Tracy's father.**



**Sending get well soon wishes to Dave Fancis' wife, Debbie Francis, after her recent surgery.**

# Time Trial Results

RUN 

4km

Name	Club	Time
Sbonelo Dlangamandla	(FFA)	14:47
Zacharia Chicumba	(M.A.D.)	16:54
Gregg Peebles	(BOKS)	19:00
Unknown	(NC)	19:00
Ettiene Steenkamp	(NC)	19:33
Lourens Koekemoer	(NC)	19:58
William Douglas	(NC)	20:03
Sheree Rogers-Chapman	(BOKS)	21:18
Bronwyn Strydom	(BOKS)	21:18
Ian Bratt	(SA Orienteers)	22:34
Jennifer Rogers	(BOKS)	22:52
Elize Douglas	(NC)	23:58
Gareth Davids	(BOKS)	24:25
Alex Pawley	(BOKS)	25:25
Moko Mnyaka	(BOKS)	28:00
Glen Terry	(BOKS)	33:00

13 Dec 2017

20 Dec 2017

4km

Name	Club	Time
Benzi Tenza	(ACAC)	19:14
Jennifer Rogers	(BOKS)	21:16

4km

Name	Club	Time
William Douglas	(NC)	19:14
Bronwyn Strydom	(BOKS)	20:18
Wynand Strydom	(BOKS)	20:18
Philip Castel	(NC)	24:06
Amanda Harvey	(BOKS)	27:00
Alex Pawley	(BOKS)	27:00
Bob Harvey	(BOKS)	27:00

27 Dec 2017



# 3 Jan 2018

RUN 

## 2km

Name	Club	Time
Jennifer Peebles	(NC)	18:26
Daniela Peebles	(NC)	18:53
A Peebles	(NC)	18:54

## 4km

Name	Club	Time
Sbonelo Dlangamandla	(FFA)	13:37
Tim Lee	(BOKS)	19:00
Gregg Peebles	(BOKS)	19:20
William Douglas	(NC)	19:32
Bronwyn Strydom	(BOKS)	20:35
Wynand Strydom	(BOKS)	20:36
Colin Botha	(BOKS)	20:58
Bradley Oaker	(BOKS)	21:34
Eric Oaker	(BOKS)	22:30
Jennifer Rogers	(BOKS)	22:54
Unknown	(NC)	23:25
Candice Hillcoat	(M.A.D.)	24:17
Elizabeth Douglas	(NC)	24:28
Philippe Castel	(Supreme Springs)	25:25
Willie Pieterse	(NC)	26:20
Clifford Thackwray	(BOKS)	27:10
Martin Hillcoat	(M.A.D.)	30:42
Heather Griffin	(Spring Striders)	30:42

## 8km

Name	Club	Time
Enie Manzini	(Massmart)	33:19

# Parkrun

## Parkrun Results 30 December 2017

Pos	Name	Time	Age	Gen	Pos. G	PB	Total Runs
6	Philip HÖLL	20:22	VM40-44	M	6	PB stays at 00:19:44	105
12	Michael SITHOLE	21:26	VM45-49	M	11	PB stays at 00:19:46	70
18	Bjorn UYS	22:38	SM30-34	M	16	PB stays at 00:20:51	41
34	Timothy LEE	24:50:00	VM45-49	M	31	PB stays at 00:22:49	65
36	Caitlin BESTER	25:02:00	JW11-14	F	4	PB stays at 00:20:02	43
121	Gareth DAVIDS	30:15:00	SM25-29	M	95	PB stays at 00:28:30	38
38	Dave FRANCIS	25:17:00	VM55-59	M	34	PB stays at 00:24:14	35
123	Eric OAKER	30:24:00	VM60-64	M	97	PB stays at 00:26:10	25
150	Alex PAWLEY	32:50:00	VM70-74	M	116	PB stays at 00:28:52	82
191	Clifford THACKWRAY	36:51:00	VM75-79	M	135	PB stays at 00:32:17	106
412	Stephen DE BOD	54:05:00	VM75-79	M	234	PB stays at 00:33:42	101
426	Raymond BEYROOTI	55:43:00	VM75-79	M	240	PB stays at 00:45:01	75



**Congratulations to Thabo Modise (left) and Steve de Bod (right) on completing their 100<sup>th</sup> Parkrun!**



**Congratulations to Linda Reynolds on completing her 50<sup>th</sup> parkrun!!!**





## JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
	Steve de Bod Track 17:45	Blitz Time Trial 6pm				Varsity Kudus 15km
8	9	10	11	12	13	14
	Steve de Bod Track 17:45	Blitz Time Trial 6pm			CGA Track and Field Germiston Stadium	Dischem Half Marathon 21km/5km fun run

# CGA Calendar

DATE	CLUB	RACE	DISCIPLINE	DISTANCE	TIME
7-Jan	Varsity Kudus	Varsity Kudus	Road Running	15km	7:00
13-Jan	CGA	Track and Field	Track and Field	Full Day Programme	13:00
14-Jan	Bedfordview	Dischem Half Marathon	Road Running	21km/5km fun run	6:00
17-Jan	Krugersdorp Road Runners	President Hyper Berg & Dal Race	Road Running	15km/5km	19:00
20-Jan	CGA	Track and Field League	Track and Field	Programme 1	8:30
21-Jan	Striders AC	Garbie Striders 32km	Road Running	32km/15km/4km	6:00
27-Jan	CGA	Track and Field League	Track and Field	Programme 2	13:00
28-Jan	Benoni Harriers	Johnson Crane Marathon	Road Running	42km/21km/10km/5km	6:00
31-Jan	PUMA School Of Speed	Track and Field	Track and Field		TBC
31-Jan	Kempton Road Runners	Arwyp Med Nite Race	Road Running	15km/5km fun run	19:00

## **FACEBOOK**

Join the **Boksburg Athletic Club** Facebook page to keep up to date with the club's happenings.

## **WHATSAPP**

The club also has a Boksburg Athletic Club group on WhatsApp. It's used to keep you in touch with race, training run and social events news. To join, please send Bob Harvey (083 261 5094) an sms and he will add you.

## **THE SNIPPETS**

Do you have any stories, news, results, etc. that you would like to share with the rest of our members? If so, please fax or email them to Lauren Dance at the club.

Email: [info@boksburgathleticclub.co.za](mailto:info@boksburgathleticclub.co.za)

Tel: 011 917 3721

## **BANKING DETAILS**

Bank: Nedbank

Branch: Sunward Park

Branch Code: 00190442

Account Number: 1904 024 998

