

## Crusaders Newsletter – May 2017



Dear members,

Please find the latest newsletter below.

### Crusaders Communication

There are two WhatsApp group, the Crusaders Members one as well as the Crusipers. Please ensure that they are on the Crusaders members one as this is used for announcements and any important news. The Crusipers page is for general chat.

### Crusaders Announcements

- Well done Crusaders, we have had great turnout at the races over the past month. Remember the incentive ..... if a member runs 3 league races from the 25th March to the end of May, then the club will pay for their entry for the Continental 10km race which is due to be run on the 17th June. 😊
- Trail running season will be starting soon so if you interested in getting involved please let me know.
- Train race ..... I have not had much feedback – PLEASE LET ME KNOW IF YOU ARE INTERESTED?
- **Reflectors and lights – please remember to bring these along to the club runs.**
- Meiringspoort Charity Entries are open – remember to book accommodation ASAP

Do you have a particular running goal for 2017? Would you like to run your first half, first marathon or just improve your times?

If so, please let me know

See you all on the road and trail

*Shaun*

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### FIXTURES

24/06/2017		<p style="text-align: center;">Nelson Mandela Bay ASA 21.1km Championships</p>	21.1km / 5km
17/06/2017		Home & Equity	10km / 5km
10/06/2017		EPA Cross Country	Various
03/06/2017		EPA Cross Country	Various
27/05/2017		EPA Cross Country	Various

### CLUB FEES AND CLOTHING

The fees for 2017 are below, please liaise directly with Melissa

2017 FEES				
Category	Annual Fee	Main Club Portion	Sub Section	EPA
Social Member	650	520	130	
Social Member over 60	520	390	130	
Main Member	650	520	130	110
Spouse	390	260	130	110
Student	390	260	130	110
Scholar	260	130	130	110
Family Membership	1500	1040	520	110

Please contact Pauline or Odette with regards to clothing. We have training tops and a few of our current vest and shorts for races in stock.

I will confirm the reduction of fees from July onwards once I have received formal communication from the main club

### CLUB RUNS

Club runs will take place on Mondays and Thursdays from the club unless otherwise communicated. Runs start at 17:45 with the briefing taking place at 17:30.

When possible two groups will set-off, one fast one and one slow one. Safety on runs is important and it has been our policy over the years to ensure that nobody is left behind or ends up running on their own.

We also have a walking group who set-off at the same time from the club and I also see that we have a few keen trail runners in the club ☺ .

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### NEW KIT UPDATE

Order has been placed, thank to everyone for assisting in getting this finalised. We are expecting the new kit to arrive in July. We have ordered quite a few extras for new members as well as to keep in stock.



### Operating Hours

**Office Hours**  
Mon - Fri 8:30 - 16:30

**Main Bar**  
Mon - Thur 16:00 - Close  
Sat - Subject to Sport and Fixtures  
Sun - Subject to Fixtures

**CLOSED ON PUBLIC HOLIDAYS**



Follow us on:



Office number: 041 585 4716 - Email: [pecrusader@telkomsa.net](mailto:pecrusader@telkomsa.net)

### Aspen Marathon:

We have received confirmation that Aspen will once again be sponsoring our marathon for 2017.

The race will be taking place on the 2<sup>nd</sup> December. Please note that no Crusaders will be allowed to run on the day. The race committee will start meeting this month and members will be allocated to a particular area to assist on the day.

The marathon helpers run will take place on the 26<sup>th</sup> November and the 10km race will take place on the 23<sup>rd</sup> of November.

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### TAIL RUNNING

Upcoming events:

25<sup>th</sup> June: Spectrum Trail Series.

22 & 23 July: JBay X. 20x20x20km.

6 August: Chokka Trail. 60km. St Francis Sports, entries are open, online.

4 November: Zuurberg Trail. 15km. Achilles. Save the date.

### RESULTS:

SPAR LADIES 10KM - PORT ELIZABETH - 2017/05/06										
POS	R/NO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	
150	1416	745	KATHLEEN	FLANAGAN	CRUSADE	F	31	SF	0.55.55	
151	759	722	CHRISTINE	ROBERTS	CRUSADE	F	41	40-44F	0.55.56	
258	215	705	OCTAVIA	BOSHOF	CRUSADE	F	47	45-49F	1.00.01	
287	97	713	DENISE	FERREIRA	CRUSADE	F	55	55-59F	1.00.56	
451	1665	769	JACQUELINE	CHERRY	CRUSADE	F	52	50-54F	1.06.38	
457	1634	759	ODETTE	VOSLOO	CRUSADE	F	57	55-59F	1.07.04	
520	239	708	GENEVIEVE	VAN DER BERG	CRUSADE	F	30	SF	1.09.08	
642	207	727	ELAINE	VERREYNNE	CRUSADE	F	71	70+F	1.13.41	
948	63	762	NORAH	BEUKES	CRUSADE	F	71	70+F	1.38.55	

PANAMOR 10KM - PORT ELIZABETH - 2017/05/13										
POS	R/NO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	
35	175	766	SYD	LIPPSTREU	CRUSADE	M	69	65-69M	0.51.28	
42	36	724	ALLAN	VERREYNNE	CRUSADE	M	70	70+M	0.52.38	
108	33	776	PIETER	VAN NIEKERK	CRUSADE	M	43	40-44M	1.02.09	
109	227	751	MELISSA	POTGIETER	CRUSADE	F	31	SF	1.02.10	
156	38	759	ODETTE	VOSLOO	CRUSADE	F	57	55-59F	1.08.39	
166	37	727	ELAINE	VERREYNNE	CRUSADE	F	71	70+F	1.10.39	

PANAMOR 21.1KM (EP CHAMPIONSHIPS) - 2017/05/13											
POS	R/NO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
144	96	779	TATENDA	MZEZEWA	CRUSADE	M	30	SM	1.39.59	2	0
299	582	783	ALAIN	BLATTI	CRUSADE	M	50	50-54M	1.52.30	2	0
319	461	716	ROBERT	MONTGOMERY	CRUSADE	M	30	SM	1.53.38	1	0
351	619	775	STEPHAN	TERBLANCHE	CRUSADE	M	26	SM	1.56.49	1	0
369	501	781	STEPHEN	BURGESS	CRUSADE	M	34	SM	1.57.43	1	0
420	511	745	KATHLEEN	FLANAGAN	CRUSADE	F	31	SF	2.02.31	1	0
424	486	722	CHRISTINE	ROBERTS	CRUSADE	F	41	40-44F	2.03.01	1	0
482	485	768	SHAUN	ROBERTS	CRUSADE	M	38	35-39M	2.10.12	1	0
492	444	765	LESLIE	FERREIRA	CRUSADE	M	21	SM	2.10.37	1	0
595	723	705	OCTAVIA	BOSHOF	CRUSADE	F	47	45-49F	2.26.38	1	0
633	502	726	TAMARIN	ELLIS	CRUSADE	F	31	SF	2.34.06	1	0
641	396	708	GENEVIEVE	VAN DER BERG	CRUSADE	F	30	SF	2.36.41	1	0
642	395	707	DARRYL	VAN DEN BERG	CRUSADE	M	35	35-39M	2.36.43	1	0

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SUNRIDGE VILLAGE 10KM - PORT ELIZABETH - 2017/05/20										
POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
108	107	779	TATENDA	MZEZEWA	CRUSADE	M	30	SM	0.44.13	2
183	679	749	ANDRE	BOTHMA	CRUSADE	M	48	45-49M	0.48.01	2
189	849	715	JUAN-PIERRE	DESCHAMPS	CRUSADE	M	25	SM	0.48.24	2
203	755	766	SYD	LIPPSTREU	CRUSADE	M	69	65-69M	0.48.53	3
205	884	709	ANDREW	HOFFMANN	CRUSADE	M	45	45-49M	0.49.02	2
316	908	777	CHARLES	RENNIE	CRUSADE	M	52	50-54M	0.53.37	1
354	888	745	KATHLEEN	FLANAGAN	CRUSADE	F	31	SF	0.54.55	1
390	666	722	CHRISTINE	ROBERTS	CRUSADE	F	41	40-44F	0.56.01	1
392	667	768	SHAUN	ROBERTS	CRUSADE	M	38	35-39M	0.56.02	1
396	268	736	KELLY	EVANS	CRUSADE	F	39	35-39F	0.56.09	1
406	44	765	LESLIE	FERREIRA	CRUSADE	M	21	SM	0.56.35	1
555	47	713	DENISE	FERREIRA	CRUSADE	F	55	55-59F	1.00.25	1
558	269	737	NEIL	EVANS	CRUSADE	M	46	45-49M	1.00.32	1
589	706	730	SALLY	VAN DER BYL	CRUSADE	F	30	SF	1.01.16	1
606	251	712	SIMON	CLARK	CRUSADE	M	40	40-44M	1.02.01	1
692	769	769	JACQUELINE	CHERRY	CRUSADE	F	52	50-54F	1.05.23	1
719	846	759	ODETTE	VOSLOO	CRUSADE	F	57	55-59F	1.06.27	1
850	632	727	ELAINE	VERREYNNE	CRUSADE	F	71	70+F	1.14.32	1
904	826	770	CHERIE	HOWES	CRUSADE	F	50	50-54F	1.20.49	1
936	838	703	PETER	DUFFELL-CANHAM	CRUSADE	M	65	65-69M	1.27.34	1

### June Birthday's

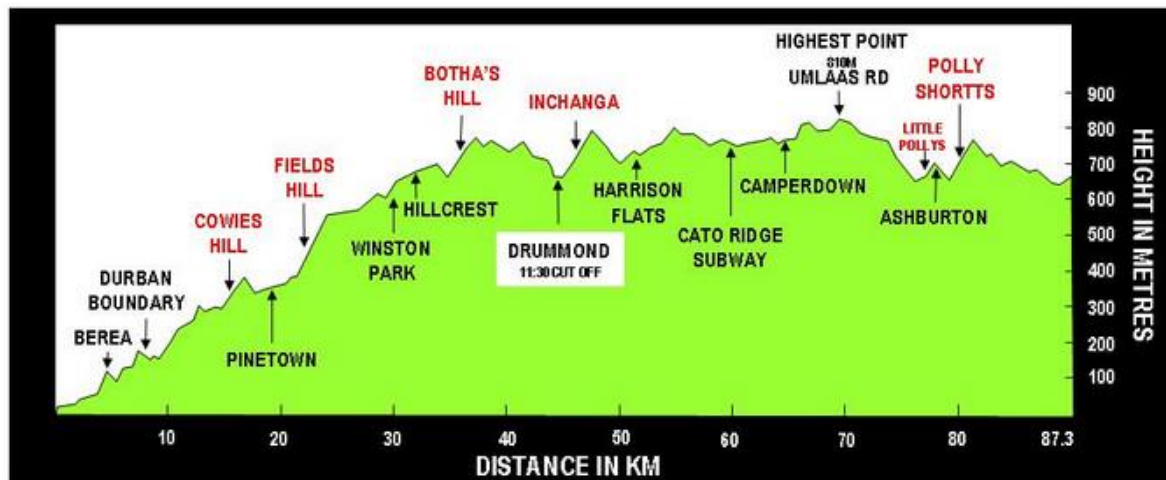
Edmare Meyer	6 <sup>th</sup>
Rob Montgomery	9 <sup>th</sup>
Nicholas Moolman	14 <sup>th</sup>
Chris Moolman	14 <sup>th</sup>
Cherie Howes	18 <sup>th</sup>
Vanessa Barkhuizen	26 <sup>th</sup>
Charles Rennie	28 <sup>th</sup>





COMRADES 2017

GOOD LUCK TO ALL CRUSADERS WHO ARE MAKING THE JOURNEY TO DURBAN. 2017 IS AN UP RUN AND THE RACE PROFILE FOR THE RACE IS BELOW.



The following Crusaders will be running.

- Robert Montgomery ( running for a charity)
- Christopher Moolman
- Nicholas Moolman
- Kelly Evans
- Antal Meiswinkel

Well done to Darryl as well who unfortunately had to pull out at the last minute, yet really remained committed up until the last minute with the mileage and training , it's never an easy decision but there is always 2018.

You have all shown tremendous commitment and determination and you have all made us proud.



## USEFUL LINKS

Runner's World magazine – [www.runnersworld.co.za](http://www.runnersworld.co.za)

Modern Athlete magazine – [www.modernathlete.co.za](http://www.modernathlete.co.za)

Trail Running - <http://www.trailadventures.co.za/>

Upcoming events, including flyers where available - [www.eventtiming.co.za/events.php](http://www.eventtiming.co.za/events.php)

Results from recent races - [www.eventtiming.co.za/resultsummary.php](http://www.eventtiming.co.za/resultsummary.php)

Runners' World Races and Places -

[http://www.runnersworld.co.za/static/races\\_places/index.php?section\\_id=3](http://www.runnersworld.co.za/static/races_places/index.php?section_id=3)

Modern Athlete Race Calendar - [http://www.modernathlete.co.za/race\\_calendar.asp](http://www.modernathlete.co.za/race_calendar.asp)

TWO Oceans Ultra Marathon - <http://www.twooceansmarathon.org.za/>

Comrades Marathon - <http://www.comrades.com/>

