

# Phobians News

5 June 2011



## Highlights:

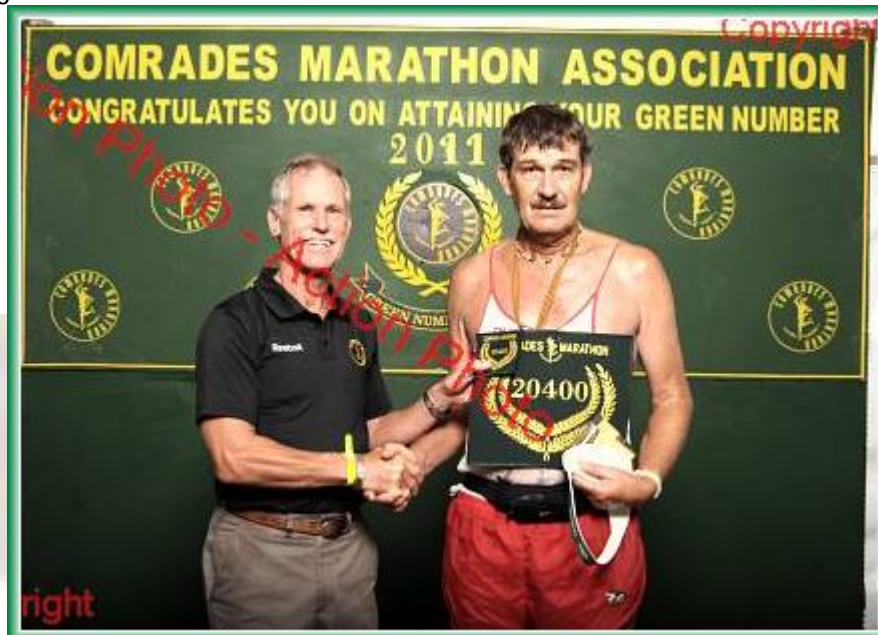
### News

Comrades is behind us and our runners did well.

These are our Comrades heroes:

First Name	Last Name	Gun Time	Cat Pos	Gen Pos	Medal	Medals
Ken	Mwape	07:06:53	41	192	Silver	3
Roelof	Grove	09:27:18	1191	2602	Bronze	7
Phillip	Du Toit	09:36:10	909	2829	Bronze	5
Ryan	Conway	10:09:17	419	3853	Bronze	9
Byron	Conway	10:17:56	482	4111	Bronze	5
Brenton	Conway	10:17:56	483	4112	Bronze	3
Lauren	Greyling	10:22:34	252	617	Bronze	4
Braden	Parker	10:28:48	1887	4522	Bronze	3
Isabel	Jackaman	10:31:05	287	722	Bronze	3
Ilse	Debeil	10:31:05	289	725	Bronze	2
Hylton	James	10:36:02	1619	4810	Bronze	24
Minette	Grobbelaar	10:37:22	88	823	Bronze	1
Div	Nel	10:41:37	2081	5068	Bronze	2
Andries	Du Toit	10:41:55	1714	5080	Bronze	4
Leon	Taljaard	10:41:55	1715	5081	Bronze	3
Karin	Meyer Lategan	10:42:53	353	896	Bronze	2
Roy	Cokayne	10:49:59	736	5636	Bronze	20
Hennie	Oosthuizen	10:56:31	821	6081	Bronze	17
Mabowe	Sekhukhune	10:58:08	2119	6184	Bronze	1
Gizelle	Geyer	11:37:32	193	1695	V/Clapham	12
Piet	Geyer	11:37:33	1122	7471	V/Clapham	20
John	JV Rensburg	11:40:35	1150	7619	V/Clapham	25
Louis	Bolt	11:40:36	1151	7621	V/Clapham	4
Karen	Erasmus	11:41:35	659	1789	V/Clapham	3
Petrus	Greyling	11:49:04	3011	8164	V/Clapham	1
Jaydene	Mole	11:49:52	199	1996	V/Clapham	3
Gerald	Kroukamp	11:53:57	226	8445	V/Clapham	24
Brian	Pivo	11:57:53	3075	8813	V/Clapham	7

Kenny Mwape was the first Phobian in with a time of 7:06:53. What an achievement! Bethuel Matsimbi followed in a time of 8:09:25. This is also an incredible achievement. Well done. Roy Cokayne and Piet Geyer got those well-deserved double-green numbers!



Our first lady in was Lauren Greyling in a fantastic time of 10:22:34. Go girl! Our first novice in was also a lady, Minette Grobbelaar in a time of 10:37:22. Great stuff!

Dawie Chamberlain once again supplied sponsored jackets for the runners. It was very cold at the finish in Pietermaritzburg and the jackets were beautifully warm. Finishers were very grateful. Thank-you from all of us.

Dimitri proved to be a great seconder. As an experienced runner, he knew exactly what tired and hungry runners needed. His young assistant was also an enthusiastic supporter. It made such a difference having a little bit of extra help along the way.

This year Phobians will be 30 years old and we are planning a function to be remembered. We welcome ideas and ask all Phobians to spread the word, especially to any founder members that might like to attend.

We are having trouble sending out emails to everyone as many are bouncing back. A reason could be that companies are tightening up and spam/junk settings are more rigid because of the huge amount of junk mail etc that is out there. We have set up a new mailing list which Phobians need to join. Please click on the link sent out to confirm your details and join the group if you would like to continue receiving newsletters and other news.

## Comrades

The Comrades breakfast will be coming up in about a month or so. Those who are interested should keep in touch for details.

## Website

Our webmaster/rocket scientist is still hard at work and the fruits of his labour can be viewed at <http://www.phobians.co.za>. Our Facebook page has over 400 members, so don't forget to join. We desperately need members to contribute so we can keep the website filled with fresh content.

## Kit

Men can buy kit at Runaway Sport and ladies can get kit at the club. Speak to a committee member. We also Phobians kit bags and tracksuits if anyone is interested. Caps and towels are also still available. There are a few Comrades-type jackets available for members who would like to buy one.

If there are members who need category tags, please let us know. We will get a number of the free ones supplied by AGN, but can also get quality ones made for those who would like to place an order. The cost is about R40 and can be ordered through Elise

## Birthdays this month:



## June

Many happy returns to them from all of us.

1	RON	NOTHARD
2	MARGARET	CHAMBERLAIN
5	BELINDA-LEIGH	HICKMAN MOSDELL
6	KENNY	MWAPE
6	PIETER	GEYER
9	DERRICK	CHAMBERLAIN
9	MENNO	KLAPWIJK
13	CHARLES A	STEWART
14	MINETTE	GROBBELAAR
14	ELISE	McFADYEN
17	SARAH	MASON
18	YVAN	DEBEIL
22	DEON	LATEGAN
22	WAYNE	HILL
25	GORDON	HAY
27	TRACY LEE	GOLDSTONE
28	MARK	PRIOR
28	ROY	COKAYNE

### **Races:**

Jacaranda Athletic Club would like to bring to your attention that they will not be able to host the race that was included on the AGN calendar for the 2 July 2011, due to the sponsors pulling out because they found the date to be unsuitable as it was after Comrades.

The TUT race on the 25<sup>th</sup> June 2011 has been cancelled as the university will be closed then. Most of their volunteers are students so it will be difficult to host such a race.

### **Race Results**

Congratulations to all Phobians who ran races this month. For a more complete look at results and races visit <http://www.raceresults.co.za>

### **Timetrials:**

Walkers start at 17:00 and runners start at 17:45. There is a good turnout of visitors, but Phobians need to run more often. Those running have been producing excellent times. Visit <http://www.phobians.co.za> for the latest rankings.

### **General News:**

Phobians will be 30 years old in a year or so and we are trying to compile a brief history of the club. Anyone with documents and photographs which could help us should get in touch. We would appreciate any help you could give us. Thanks to those who have given us information.

League races will still be catered for and we urge all Phobians to take a turn in providing eats and drinks for our members. A budget of R1200 is provided for each

occasion. We really need to improve our place in the rankings. We had excellent times at Comrades and other events, so should be able to improve our status drastically. There are lots of exciting races lined up for 2011 so please cater or at least take a tent to a race. We cannot always expect the same people to do it year after year.

Please don't forget to send us articles, news, photos, etc for the newsletter, Blog and website. Photos are always of great interest and can be included in the newsletter, or be put on the website. Albums can also be created on Flickr or Waterpoint, so these should be given to us on a CD. Other members would love to see what you are up to!! Also, don't forget to become a friend on Facebook. We have almost 400 friends, including friends such as Zola Bud, Elana Meyer, Bruce Fordyce and many other sporting celebrities. Phobians is represented there, as well as on Twitter, so "peep" away. Visit our Facebook page to see how many friends we have and to view the photographs taken at the away weekend.

Anybody wishing to add to the news letter, please e-mail Elise at [elisem@iburst.co.za](mailto:elisem@iburst.co.za) or Gizelle at [gizelle@edugizelle.co.za](mailto:gizelle@edugizelle.co.za)

