

Strand Athletic Club Information Handbook

CLUBHOUSE

Strand Golf Club, (next to putt-putt) - left-hand side parking area

Kusweg

Strand

CONTACT ADDRESS

Suite 8, Private Bag x15, Somerset West, 7129

Strand Golf Club, Kusweg, Strand

Email: strandatletiekklub@gmail.com

Website: www.strandac.co.za

FaceBook: <https://www.facebook.com/strandac>

Instagram: <https://www.instagram.com/strandathleticsclub/>

GENERAL INFORMATION

TIME TRIALS

Time trials take place every Tuesday evening at the Club house:

Venue: Strand Golf Club, Kusweg.

Distance: 4 or 8km

(Left hand side parking as you enter, walk around the golf cart garage to the front – putt putt courts))

Time: 17:55 for 18:00 summer//17:40 for 17:45 winter

Members gather early for announcements before the time trial.

FIRST TUESDAY OF THE MONTH SOCIAL:

Every first Tuesday of the month, we will have a braai, to give members the chance to socialize.

During this event, there will be a lucky draw and Runner/Strandloper of the month award.

Lucky draw.

Everyone who are present at the braai will be eligible for the lucky draw.

Runner of the Month: The prize goes to the member who has performed well during the previous month, irrespective of time or distance.

“Strandloper of the Month”: This presentation is made to acknowledge the athlete who went out of his/her way for the club or who has achieved recognition in another sport.

PACK RUNS

The popular “Pack Runs” are run every Saturday.

Day: Saturdays

Venue: Waterstone Village, upper parking.

Time: 06:00 (06:30 in winter)

Distance: The distance is determined by upcoming races (30km, marathons, Two Oceans, Comrades) but anything between 20 – 30km, ave page 5:30 – 6:00

Contact persons: Pierre van Zyl

Contact No.: 0825323376

Information regarding the “Pack Run” is given per Pack Run WhatsApp Group.

<https://chat.whatsapp.com/lujCyTve0c7LvcwhrsPslid>

Coke, water and snacks are supplied every 3km during the “Pack Run”. A donation for this and petrol is welcome.

There is also an informal Pack run, Silver Valke, for the more social members, Distance max 21km and ave page over 06:30.

Contact person: Etienne Jooste.

Contact no: 083 265 6289

HILL AND TRACK SESSIONS – ZEST GROUP

The Zest group meet Mondays and Thursdays

HILLS:

Day: Mondays

Distance: Hill Sessions

Venue: Paarl Valley School parking area on Paarl Valley Street.

Time: 17:45 (summer)/ 17:30 (winter)

TRACK:

Day: Thursdays

Distance: Speed Sessions

Venue: Strand High School, park in Kerk Street

Time: 17:30 (winter)/ 17:45 (summer)

A structured program regarding hill and track sessions is followed and also works up to a specific marathon, Two Oceans or Comrades. Each session's program is alternated so that it is seldom repeated. Information regarding the Zest group training sessions is communicated via Zest WhatsApp group.

<https://chat.whatsapp.com/JfmSeuUVZAJHqeg9HeNzEn>

“TOUR DE HELDERBERG”

An unofficial club competition is held during the year in the form of the “Tour de Helderberg.” This competition is both physically and mentally challenging and members must compete in ALL six items. Each session is a stage where winners are announced. The competition is being held in the Helderberg area.

The TdH consists of a Full and Lite with the following disciplines:

Monday: “x-country”: 4/8km: DeWaal Kock farm

Friday: 1-Mile Down Hill/Streetmile: Somerset Wes

Saturday: Long run: 10/21km: Strand to Gordons Bay and back

Sunday: Rest

Monday: Hills: 6/12km: Somerset West

Tuesday: Beach run: 4/8km: Strand Beach

Wednesday: Track: 5000, (12.5 rounds): Strand High School

CLUB CLOTHES AND COLOURS

The official clothes are yellow vests or crop tops with blue inserts that are ordered from a local sponsor. The shorts are ROYAL BLUE and can be bought anywhere. Ladies can also run with Royal blue skirts.

Shorts, skorts, and other running clothes are also available.

CLUB 500 AND CLUB 1000

An important part of the prizegiving, possible for all members, is the prize for the Club 500/1000. A member who has run 500 or 1000km in official races from 1 January to 31

December the previous year, receives recognition. Members will be asked to give their official kilometers to the club captains closer to prize giving.

CLUB 'BRAAI'S'

Specific races are identified yearly, after which drinks and snacks will be provided:

These braai's/social gatherings are:

Peninsula Marathon

Two Oceans Marathon

Winelands Marathon.

Cape Town marathon.

TWO OCEANS AND COMRADES PARTIES

A Special event is planned to honor the members taking part in the Two Oceans and Comrades.

STRAND RACES

Our Club presents the iconic False Bay 50 ultra race annually.

WHISKEY JOOSTE FUND

Whisky Jooste was a previous chairman who died tragically in a motor accident just after registering for Comrades. The Club started a fund in his honour, the ***Whiskey Jooste Fund***. The aim is to financially support an underprivileged club member each year to participate in the Comrades.

Ten percent of income generated by the Club's official races, is deposited in the *Whiskey Jooste Fund*.

BUSSES

To make logistics easier buses are booked to transfer members to and from races ie: Peninsula marathon, Two Oceans and other smaller races.

ANNUAL GENERAL MEETING

The Annual General meeting is annually held after September. During this meeting a new committee is elected for the next year, and retrospection of the past year is discussed.

SPECIAL AWARD: LIFE MEMBERSHIP

Life membership is an honour bestowed on an individual who:

Is of exemplary stature;

Has been continuously involved in the club's activities for at least 10 years

Has set and maintained standards which are significantly higher than those normally expected from a person in his or her position

Has set and outstanding example to club members and office-bearers.

Yours in the running,

Strand Club Committee