



Germiston Callies Harriers

Newsletter 10 January 2012

Best wishes to all members, friends and family for the New Year.

Subs and Licences

The annual renewal day will be held on Saturday 21 January 2012 from 9am to 12noon.

By then the 2012 licences will be available.

Club running vests and T-shirts will be on sale. T-shirts from races will also be available

After 21 January renewals and registrations can be done on Tuesday nights from about 5:30pm.

Time Trials

Time trials will start from the main stadium gate at 6pm every Tuesday.

Inter – Club Time Trial Challenge

Callies will host the inter-club time trial on Tuesday 17 January at 6pm. The start will be near the Callies office. The route is 5km. Remember that this event is for all including walkers, athletes, runners, joggers, rugby players, Sumo wrestlers and the idle and lazy. This is a fun way to get back into it if you have missed out on some training. The route will be marshalled so no fear of getting lost.

All members and friends are requested to take part. There will be special Time trial T-shirts to the first 50 Callies to register to run the time trial. If you have a Champion Chip please wear it on the night but it is not essential.

There will be refreshments on sale as well as Prego rolls to participants.

We had a very good turnout at Edenvale so please attend and show the other clubs our strength.

The other clubs taking part are Rand Road Warriors and Bedfordview.

Any queries please contact Andre 082 826 1961.

Comrades

Comrades Marathon will be allowing substitution of entries this year but only from March. Any runner who missed the entry deadline but who would still like to run should let the club have their details. In the same way any entrant that for whatever reason will not be running is asked to advise the club so that we can assist in trying to arrange substitutions.

Captain's Club Runs

Club runs will be held on:

14 January 25km

21 January 30km

4 February 25km

5 February 15km

Shorter runs are possible and we will try to have vehicles on the route.

Club Track Suits

New Club tracksuits will be on display at registration day. Please place your order with Susan. No tracksuits will be ordered until the full cost of R450 has been paid. The cut off date for this month will be 31 January.

Comrades Runners T-shirts

To ensure that runners get the correct T-shirt size please advise the club of your required T-shirt size by 30 April. These T-shirts will be handed out at the Comrades Breakfast. T-shirts will only be given to those attending the breakfast.

Track and Field Representative

Corne du Plessis has agreed to be the Track and Field representative. We hope to promote closer working between the committee and this important section of our club. Corne and his wife as well as Stefane Kotze offer coaching. Corne can be contacted on 082 553 2311

Arrangements for away races

It has been decided that deadlines will be drawn up for payment of travel and accommodation arrangements for away races such as Comrades, Long Tom, Voet van Afrika etc. These dates will be advised later.

Fred Morrison Race 2011

Many runners complimented Callies on the race in its new format of 21 and 10km. However due to there being at least 4 other events on the same day it was not a financial success. Thanks however to the many who helped on the day and maintained the traditional Callies high standard.

Grog jog December 2011

This event was held on 3 December 2011 and proved to be a great success and was enjoyed by all who took part. There was a lot of fun along the route and at the various "water-Points". The 2012 event should be even better.

Callies Umbrellas

Will any member who has a Callies umbrella please return it to the club. This will help us to have umbrellas/gazebos at most CGA races.

Linda Coston

Linda Coston was selected to represent CGA at the SA Champs in Bloemfontein and was 4th Master Lady. Well done Linda!

Riaan van der Walt tribute run

A tribute run was held at The Sportsman's Warehouse 15km race in October in memory of Riaan van der Walt who tragically passed away just on a year ago while running a race. Photos will be posted on the Callies Website shortly.

John Bishop

Our condolences to John Bishop whose father passed away in December in England. Many Callies members had met John's father over the years when he had visited John and he will be remembered by them.