

CHAIRMAN'S MESSAGE

We've just had the summer season of running in 2007, in which running in and around Cape Town really grew in popularity. Our summer includes some of the favourite events for many of us, especially: *Two Oceans*; *Peninsula*; *Safari 21*; *Outeniqua 21*; *Red Hill*; *Hohenort*; and *Constantia Village 15*. "Well done!" to all of you who've been running PBs and great personal achievements. It's a great encouragement to the rest of us, especially if – like your chairman – you find PBs hard to come by.

There have been several races with really big fields and VOB has been one of the clubs with the greatest number of athletes in these races. You know you are part of a great club when you see all these fellow-VOBs around

you at the start of a race. So, "Welcome!" to all of our new members who've joined us. We hope that through VOB you're able to really enjoy your running. I hope you've got to meet some of the wonderful people at VOB and that you enjoy being involved in our club. We encourage all to get involved.

Once again, one of VOB's great team efforts came from the organising of one of our annual races, the *Constantia Village 15km*, in March. I would like to thank everyone who contributed to making the race the success and enjoyable event for runners that it was. We had some 1500 entrants! Whether you were a member getting involved, or on the committee, you all were part of a successful organising team – "Thank you". Under **Richard Acheson**, the race director, it was great to see everyone pull together.

Our Tuesday and Thursday club runs picked up to some big attendances of people at times during the summer. **Captain McClarty** has had his hands full at times in getting everyone into a group which is a comfortable pace. **Lynette Bazeley** at Wednesday's time trial has also been having some big fields this year, especially when the Ladies' Time Trial was in full swing. Thanks also to Ladies' Captain **Yvonne Blomkamp**, for the well organised 2007 Ladies Time Trial. It has been encouraging to see so many people experiencing the enjoyment they can get from running.

These numbers, together with the growing number of new members, the bigger entries at races like *Two Oceans 21* and the insider's feedback I get from *Runner's World*, leads me to conclude that running in Cape Town is on the up in popularity again. As the biggest club in the



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Western Cape, VOB is one of the best places to be to enhance your enjoyment, and to get out and run in some of our wonderful surroundings as well as to be involved in growing the sport of running. 2007 is VOB's 30th anniversary year. We look forward to celebrating with everyone in spring this year – let's all get involved.

Your committee is calling for anyone who can and would like to be involved in any way at VOB. This may be in however small a way as you would like, not necessarily even on the committee. Small things like assisting with lifts, placing adverts, occasional team participation are roles that anyone can fulfil. This call for involvement/committee is reported elsewhere in this issue of *Imbaleki*. But, importantly, be aware of the club's AGM on 5 June when everyone can have their say.

Finally, VOB was shocked and saddened by the recent tragic death of **Denis Nixon**. **Denis**, to those who knew him, was a much-loved friend, a pillar of strength and an

example to many people around him. **Denis** was a very long-standing member of VOB who loved to run, especially in Wednesdays' Time Trial, where he had done nearly 500 time trials. We extend our condolences to his family and friends. He will be missed at VOB.

Now, let me wish you all every enjoyment in your running. We have other events to look forward to like Cross-country; *Knysna*; *Comrades*; the popular *UWC 10* and *Napier Patat Fees 21*. With winter approaching, may you enjoy the fresh start to every run with the company of friends and fellow members. Stay fit, and remember to wear your light-coloured running clothing and reflective gear.

See you out there.

Enjoy your running!

Roger Dickson



Handing over a sign to Table Mountain National Park – paid for from the proceeds and donations of the VOB Table Mountain 16km race.