

# LADIES' CAPTAIN'S REPORT

For our VOB ladies, the biggest club event at the start of the year is our annual Ladies Time Trial competition which stretches over a six-week period. This year's Ladies' Time Trial started on Valentine's Day (14 February (not quite a public holiday!)) and ended on 21 March (definitely a public holiday!). The start of the time trial was marked in a festive way with all (not just the ladies) able to enjoy heart-shaped biscuits (with bits of red cranberries) and heart-shaped chocolates wrapped in red paper after they had come in. This seemed to go down very well with everyone.

We had very good attendance by the ladies on all six Wednesdays. The results of the sessions are elsewhere in this issue.

Of note is our fastest lady, by far, Joanna Thomas, with a time of 18.53 minutes, and Colleen August, with the biggest improvement, 4.6 minutes. Something else that is great to see is the number of juniors who ran, namely, seven. Their ages ranged between 11 and 14 years. We have four juniors who recently joined VOB from the Dominican School for the Deaf: **Anele Chiya, Jonica Roberts, Jasmine Louw and Leandri Meiring**. Their teacher, **Melanie Shirk**, introduced them to the club, as they are showing promise in other athletic events at school.

Lastly, with regard to the time trial, I would like to mention the number and quality of excellent prizes made available. This certainly enabled us to provide a prize at the prize giving to every lady who took part in the competition. Once again, thanks to the continuing support from **New Balance**, we were able to provide specially inscribed T-shirts to all ladies who completed five or more of the time trials. We also acknowledge excellent prizes from **Sportsmans Warehouse (Tokai), Groot Constantia, Elizabeth Arden, Constantia Pharmacy, Linen & Glass, Village Homebakes & Crafts, IDU, Meadowridge Service Centre, Olive Branch Coffee Shop,**

**Femme Sportif**, as well as VOB and individual members – a big “thank you” to one and all! Our social co-ordinator, **Cheryl Morris**, ensured that there were plenty of tasty eats available at the prize giving. Special thanks too to **Lynette Bazeley** who kept track of all the ladies times, and those who helped at the final time trial to capture the ladies times before prize giving (**Rudy Horn-Botha** and **Michelle Priestman**).

As we did in the previous *Imbaleki*, I want to include individual personal achievements by VOB ladies that I have been made aware of for recognition. A notice was placed on the notice board in the club headed “My personal running achievement” on which you could enter these achievements, but I don't think that anyone has used it, so I'm relying on the information sent to me.

## **Gail McLellan**

Time trial (25:20) (Grandmaster record 13 Dec. 2006)

## **Jo Samsonowitz**

30km (2:32) Big Mama (2006)  
21,1km (1:34:13) Gun Run (2006)

## **Deborah Horn-Botha**

30km (3:12:35) Glenryck 30 km (2007)

## **Jemma Hofmeyer**

42,2km (4:17) Cango Marathon (2007)

## **Julia Barlow**

42,2 km (4:25) Peninsula Marathon (2007)

Well done, ladies – thank you for sharing this with us! As I mentioned previously, if we don't know about it, we can't acknowledge it.

Now looking at our other lady runners who are doing so well in races:

## **Rachel Shuttleworth**

10th Senior, 2nd Vet: Bay to Bay 30km  
7th Senior, 1st Vet: Peninsula 21,1km

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## Joanna Thomas

5th Senior                      Hohenort 15km  
4th Senior                      Peninsula 42,2km

## Karen Little

6th Senior                      Lion of Africa 21,1km  
10th Senior, 1st Vet          Peninsula 42,2km

## Tania Kapp

9th Senior                      Lion of Africa 21,1km

## Sandy Hood

3rd Vet                              Topform 15km

## Theresa Isaacs

2nd Master                      Topform 15km

## Amy Gilmour

1st Junior                      Topform 15km

## Chloe Geale

2nd Junior                      Topform 15km

## Simone Geale

2rd Junior                      Topform 15km

## Sarah Williams

10th Senior                      Vaal 42,2km (Jhb)

Team prizes:

Lion of Africa 21,1km

**Karen Little, Tania Kapp, Sandy Hood, Liza Chin**

Peninsula 42,2km

2nd ladies team: **Joanna Thomas, Karen Little, Amanda Kuhn, Liza Chin**

I would also like to mention great achievements by two VOB ladies in the *Spec-Savers Ironman South Africa 2007* held in PE on 18 March 2007:

## Sylvie Harris (35-39 category)

29th female, 7th category position:  
Overall time: 11:54:12  
Swim: 1:36:53; Cycle: 6:19:39; Run: 3:41:06

## Linda Doke (35-39 category)

37th female, 10th category position  
Overall time: 12:16:34  
Swim: 1:26:45; Cycle: 6:38:05; Run: 4:00:15

Just for the record, in case you are not sure what the Ironman consists of (and these follow consecutively): 3,8 km sea swim, 180 km cycle ride, 42,2 km run. What can I say, stunning times, and very well done, ladies! If I have left out any one else's times for this competition, please let me know, and they will be included in the next *Imbaleki*.

Lastly, but not least, **Evelina Tshabalala** joined VOB in 2007. In addition to running races, she and two other ladies (**Zukiswa Matamo** and **Nomawethu Nika**) have set themselves the task of climbing the highest mountains on each of the seven continents, and are intending to be the first black women to summit all these peaks. The mountains are: Kilimanjaro (Tanzania)\*; Elbrus (Russia)\*; Vinson Massif (Antarctica); McKinley, also known as Denali (Alaska); Kosciuszko (Australia); Aconcagua (Argentina)\* and Everest (Nepal) (\* = already climbed). These three ladies are all runners, and live in Mandela Park informal settlement in Hout Bay. Evelina has run the Two Oceans 56 km race, and in 1994 ran the London marathon, where she came 25th. Nenze kakuhle – may you all be given the strength to fulfil your goals.

Well, there you are – please remember to let me have those personal running achievements.

Good running, ladies!!

*Yvonne Blomkamp*