

# JUNIOR & SENIOR MEN'S REPORT

**M**asibeko, our team athletes representative is unfortunately doing a in-service training at sea at the moment. So in his absence, here is a brief report on our VOB junior and senior men.

VOB has shown a lot of depth in the shorter distance races in 2007 thus far. There have been some great team results, when a "Blue Train" of VOB athletes came flying in to fill up the majority of places in the top 20 at races. The *Telkom 10km* was one of those cases, as the first in the series of just four *Powerade League* races for 2007. It is great to be part of our club. We encourage all the men to come out and participate in the remaining league races this year. They are all really fast courses and the "Blue Train" hopes to be out in force.



The *Powerade League* races for 2007 are:

- Telkom 10km (Sat. 14 April);
- UWC 10km (Sat. 2 June);
- Ravensmead 15km (Sat. 28 July); and
- Atlantis 15km (Sat. 11 August).

I'd like to especially congratulate **Nelson Charlie** who won the 2006 *Powerade League* as the best road racer in WPA league races. A great result **Nelson!** This shows such consistency, at the top of form, considering there were 12 league races in 2006. **Sipho Phala** won the WPA Best Junior Cross Country Athlete of the year for 2006 – Well done.

Relays are always great events. Unfortunately the **Pinelands 6x6** was cancelled this year. At the only other relay – the 5x3km Cross Country Relay in April – VOB put in a solid showing. Our A-team (**Mziyanda Gumenge, Siyabonga Nkentsha, Bonakele Ntshangase, Tebello Poni and Marks Mpekula**) finished 2nd overall, to Celtics. Our B's were 5th and our U19 Men were 2nd. It remains a concern that very few of our men turned out for our teams. We are not communicating and mobilising all our depth of men to compete in races as well as we should.

One of the highlights of the season thus far has come from **Patrick Magadla**, who won the 1500m to become the WP Champion with a time of 3:51. A great time! **Patrick** has shown more ability with a 30:46 (4th) at the Telkom 10km. At the same race **Mziyanda** surged to the top of the VOB men with his 30:21 for 3rd – now that is getting quick. **Mzi "Secret Weapon"** has been unstoppable at cross-country, so watch out for his name winning the local cross country leagues.

Other top race finishes have been posted by **Mzi** and **Patrick**. **Patrick** won the *Easterns 10km* in irresistible form. Then **Luvuyo**

## JUN AND SEN MEN'S REPORT cont.

**Mhlungu** started 2007 fast with his 2nd at the *Peninsula 21*. Watch out for **Bonke** among the top 5 in the results section of races in this mag. **Bulelani Bheba**, **Marks Mpekula** and **Sipho Phala** have also been hitting the front of both junior and senior races (see race results section). **Bulelani** was 2nd Junior at the *Easterns 10km*. **Sipho** has managed a 5000m in 14:40 this year – so his speed is back.

**Sipho** recently represented South Africa in the U19 cross-country team at an international race in Malawi. Well done **Sipho**!

All this sees Development athletes at the fore. What about the rest of us? Well, **Dion Middelkoop** took 2nd at the rainy *South Easter 15km*. Then there's **Gareth Berning** with his 5th at *Outeniqua*. "**King James**" **Wynne** had his subjects in awe to feature with a top 10 finish at the *Blouberg 15km*. But even **King James** is humbled (really?) by **Stef Patten**. **Stef** cruised to a 14th consecutive silver at *Two Oceans* this year! At *Oceans* VOB was a standout club, with 368 of our members participating in the 56 and 21km events. Well done to everyone who participated. You were

inspiring to see! **Brian Mapeyi**, **Stef** and **King James** all won well-deserved silver medals. Our previous chairman **Joe Tyrrell** provided us all with further inspiration at *Oceans* – a 4:56 as a Grand Master in the same year that he (finally) achieves his permanent number! Well done **Joe T**!

One of the greatest standout results this year must be from **Doug Murray**. **Doug** hit another PB at *Oceans* this year and something like a 30 min PB at the *Peninsula 42*. Top results **Doug**! We will miss **Doug** though when he moves with his company to England in July. **Graeme Klerck** also stands out as a wonderful example. He's come back from a serious bone marrow ankle problem to be in several team prizes and running strongly.

We look forward to seeing what our men can produce in the cross-country this year, *Knysna* and *Comrades*.

Enjoy your running!

*Roger Dickson*

## SASOL SUPER 100

The VOB Development water table at the 12km mark of the Constantia Village 15km race is where everything was absolutely amazing!

Towards the end of a race runners obviously need support and also to fuel up with some water to replace the water lost during the race. At our water table it was quiet until we saw the first runners then things started happening. **Mike Matrose** our leading vocal started singing *Shosholozza* and the guys all joined in. SASOL SUPER 100 is the name we gave ourselves. The only thing that was missing at the table was coke because most of the runners asked "where is the coke?" Other than that our table was the most beautiful table I have ever seen at a local race.

SASOL SUPER 100 "SIYAVAYA" (we are going)

*Monde*

VOB development member