

# This 'n That

*Monthly e-mail newsletter from Agapé Athletics Club*

**DESEMBER 2023 DECEMBER**



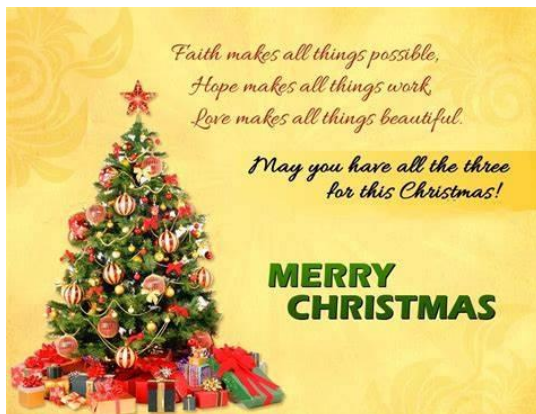
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**AGAPE ATHLETICS CLUB, WEBSITE:** <http://www.agape.org.za>

**KERSFEESBOODSKAP: Hennie & Marix Venter**



Mooi loop is vir my so 'n mooi toewensing!  
Dit sê kyk tog waar jy gaan.  
Moenie seer kry nie.  
Kyk asb dat ander nie op jou trap nie.  
Loop regop en met trots.  
Dis ook 'n sagte boodskap wat sê  
Ek gee om as jy loop dan sien ek jou weer,  
want dit klink nie so finaal soos totsiens nie.  
Dit sê ook jy het 'n vriend in my hart en my  
gedagtes,  
in my gebed. Altyd.  
Dit wil vir jou sê jy is spesiaal en uniek.  
So mooi loop!

## **PERSONALIA:**

Ons dank en lof aan Goeie Vader wat ons gebede verhoor en saam met Jaco Barkhuizen op sy pad na herstel stap. Baie dankie aan ons lede wat vir Jaco tydens sy terugkeer na wedlope ondersteun het. Jaco, wees sterk en vol moed! Josua 1:9

## **Jaco's Return Walk/Run at Hillside Parkrun, Pretoria North, 14 October 2023**



**Jaco: Baie dankie vir almal wat saam gestap het. Ek waardeer dit.**

## AGAPE GET TOGETHERS:

### Exxaro Road Race Challenge



Exxaro Road Race started and finished at Eco Boulevard Shopping Centre, Highveld, Centurion. It was a new route, we ran to Centurion Mall, Rugby Stadium, Makro, Highveld, it was a tough route! Thanks to Wayne & Mia for the club tent, we had our gazebo next to the VIP area!

### Ford 3-in-1 Spring Race

### CSIR Race



### Chamberlain Capital Classic



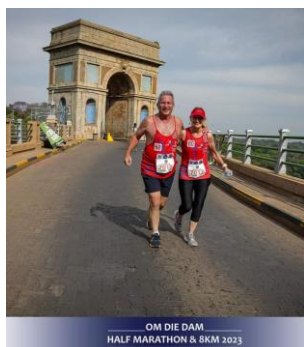
Challenge: "Run the 21.1km in a Traditional Scottish Kilt, within 3h30min cut-off and receive a R200.00 Chamberlain gift card"...and Agape members took up the Challenge...with the unique sounds of the MacChamberlain Highlanders Pipe Band, we ran the hills, within 3h30, and won!

## Irene Farm Race



Due to the outbreak of Bird Flu, cars were not allowed to enter Irene Farm, we had to park at Denel and walked about 800m to the START. On entering the farm, we had to sanitize our hands and walked with our tekkies through a foot bath with disinfectant solution and another foot bath with disinfectant powder! So blessed to have Jaco & Melanie Barkhuizen with us on the Farm, an enjoyable venue!

## Om die Dam Half Marathon



## Agape Birthday Run, Tom Jenkins



Agape was founded in 1987, we celebrated the club's 34th Birthday at Tom Jenkins Challenge

**Gina:** Hennie & Marix, Baie dankie vir die tent en heerlike worsbroodjies. Waardeer jul baie!

**Christa:** Baie dankbaar dat Jaco & Melanie Barkhuizen ook Agape se verjaardagpartytjie kon bywoon!

## ACHIEVEMENTS:

### Selected to present Gauteng North at ASA Cross Country Championships, Gqeberha



**Christa Mouton**  
(Women, 65-69, 4km)



**Elri van Schalkwyk**  
(Girls, 15years, 4km)  
(Member of AGN 15yr Team who received Gold ASA Team Medal)

**Tswelopele Kaapse Hoop 42.2km:** Sonet Marais-Werner completed the Marathon in 03:36:48  
**Jacaranda City Challenge 42.2km:** Josias van der Merwe: 04:46, Tebogo Lenoge: 05:13

### MTN Heritage Run



**Dennis Frost**  
1<sup>st</sup> Men, 60+, 10km

### Oppie Bol Run



**Christa Mouton**  
1<sup>st</sup> Women, 60+, 10km

### TUT Corporate Race



**Hennie Jooste**  
1<sup>st</sup> Men, 60+, 10km



**Christa Mouton**  
1<sup>st</sup> Women, 60+, 10km

### Ford 3-in-1 Spring Race, Silverton

Lammie Fourie: 1<sup>st</sup> Men, 70+, 10km Run  
Gina Hughes: 1<sup>st</sup> Women, 70+, 10km Run  
John de Lange: 1<sup>st</sup> Men, 50+, 10km Run

Dennis Frost: 1<sup>st</sup> Men, 60+, 10km Walk  
Gustav Brink: 1<sup>st</sup> Men, 50+, 21.1km Walk  
Fanie Booysen: 1<sup>st</sup> Men, 60+, 21.1km Run

### CSIR Road Race



**Dennis Frost**  
2<sup>nd</sup> Men, 10km Walk  
**Robbie Stutterheim**  
3<sup>rd</sup> Men, 10km Walk



**Hennie Jooste**  
2<sup>nd</sup> Men, 21.1km Walk



**Gina Hughes**  
1<sup>st</sup> Women, 70+, 10km



**Sonet Werner**  
1<sup>st</sup> Women, 40+, 21.1k

### Chamberlain



**Gina Hughes**  
1<sup>st</sup> Women, 70+, 21.1k



**Dennis Frost**  
1<sup>st</sup>, Men, 60+, 10km W



**Dennis Frost**  
3<sup>rd</sup>, Men, 10km Walk



**Gina Hughes**  
1<sup>st</sup> Women, 70+, 10km

**Tom Jenkins**

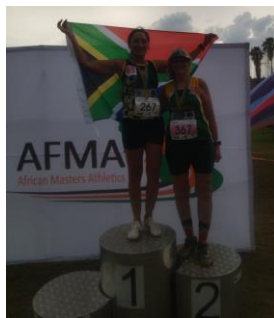


**Black Diamonds, BDS Race**



**Hennie Jooste 1<sup>st</sup>, 60+, 10km W    Gustav Brink, 2<sup>nd</sup> Overall, 1<sup>st</sup>, 50+, 21.1km W    Elouise Dirkse v S 2<sup>nd</sup>, 40+, 10km    Hennie Jooste, 1<sup>st</sup>, 60+ 21.1km W    Dennis Frost, 1<sup>st</sup>, 60+, 10km W**

**African Masters Athletics Track and Field Championships (AFMA)**



**10,000m Track 2<sup>nd</sup>    2000m Steeplechase 2<sup>nd</sup>    Half Marathon 1<sup>st</sup>    Christa Mouton**



**Dennis Frost  
Technical Official at AFMA**



**Pieter de Jager  
Referee at AFMA**

**RAC TOUGH One 32km**



**Fritz Schunke  
Completed 10<sup>th</sup> Tough One**



**Elbert Loubser  
Completed 32<sup>nd</sup> Tough One**



**Christa Mouton  
Completed 11<sup>th</sup> Tough One**

**STATISTICS: Gustav Brink    Tel: 083 417 8431    Email: gustav.brink@gmail.com**

Members, please send a list of the road races that you ran/walked from 01 January 2023 - 31 December 2023 to our Agape Statistician, Gustav Brink. Also, send your participation in road races outside of Gauteng North, other RSA provinces, other countries, to Gustav. He needs the information to calculate the Agape Runner of the Year (RoY)/Walker of the Year (WoY) Awards.

## **REGISTRATION**

**Contact: Hennie Venter    Tel: 082 676 6792    Email: venterhennie08@gmail.com**

### **2024 MEMBERSHIP SIGNUPS & RENEWALS, Launch 1 December 2023**

1<sup>st</sup> member: R450.00  
2<sup>nd</sup> Member: R400.00  
60+, Older: R400.00

Juniors: R220.00  
Social: R200.00

**INTERCESSION: Fred Harding    Tel: 076 777 7786    Email: fwhard@gmail.com**

As Agape Voorbidder (Intercessor) is dit 'n voorreg om mede Agape spanlede te kan ondersteun, en saam met hulle te kan bid.

**Ek nooi julle uit om my te kontak indien julle enige gebed nodig het.**

“want waar twee of drie in My Naam vergader, daar is Ek in hul midde.” Mattheus 18:20 AFR53

## **BIRTHDAYS / VERJAARDAE**

May God look down and bless you now when your birthday is here and keep you in His loving care each day throughout the year, and may He grant you happiness in everything you do – Today, Tomorrow, Always, Every day, your whole life through! ***Congratulations!***

Mag God se Liefde altyd by jou wees in alles wat jy doen ...

Mag Sy liefdevolle Gees jou lei in elke besluit wat jy neem! ***Baie Geluk!***

<b>01 December</b>	<b>Kobus Stander</b>	<b>20 December</b>	<b>Gustav Brink</b>
<b>21 December</b>	<b>Erika Krause</b>	<b>22 December</b>	<b>Elsabe Erasmus</b>



### **UPCOMING RACES:**

#### **2023**

Saturday, 30 December: Old Year's Race, 5/10km, Rietondale. **Cancelled!!**

#### **2024**

Monday, 1 January: New Year's Run/Walk, Botanical Gardens. **Cancelled!!**

Saturday, 13 January: Ford 5/10/21.1km, Ford Motor Company Sports Grounds, Silverton

Saturday, 20 January: PWC George Claassen 5/10/21.1km, Pick n Pay Hyper, Faerie Glen

Saturday, 27 January, Wonderpark Akasia Road Race, 5/10/21.1/42.2km, Wonderpark

## TRAINING TIPS:

December has arrived, bringing with it a much-needed break. It's important to take some time off and relax but here are three simple tips to keep you moving throughout the holiday season. From ho-ho to go-go-go!

1. Opt for stairs instead of elevators/escalators when possible. It's a great way to sneak in some extra steps.
2. Take short walking breaks during your days. A stroll outside can refresh your mind, boost your energy.
3. Schedule short stretching breaks. It's a great way to start your day! **(Run Walk For Life)**

We go away on vacation to enjoy ourselves and relax a little but don't let it ruin your routine. It may be tempting to put training on hold in the holidays, but it can easily lead to even more stress and guilt which is what no one needs this time of year. Here are some tips to keep your mind and body in the game:

- 🌲 Plan your runs in advance. Look at your schedule for the week and write them in. Having it in your planner makes it more likely to happen.
- 🌲 Focus on maintaining your current fitness level rather than improving it during the holidays. Running three days a week for even 20 to 30 minutes will maintain your current fitness level, relieve stress, and give you more time for holiday obligations.
- 🌲 Shorten your runs. Something is better than nothing! Some running is better than no running at all so rather than eliminate a run completely, cut it short. Base your mileage on the time you have available.
- 🌲 Substitute intensity for duration. When there is no time for a long run, speed up the pace for a short run. This will increase the effectiveness of a short run.
- 🌲 Go with the flow! Be flexible with your runs. Try running at different times of the day so it can fit into your schedule. 🏃🏃🏃🏃🏃🏃 **(Run -A-Way Sport)**

## AGAPE EXECUTIVE COMMITTEE 2023:

Name	Position	Telephone No	E-mail address
Hennie Venter	Chairman /Registrar	082 676 6792	venterhennie08@gmail.com
Marix Venter	Secretary	072 541 7268	ventermarix9@gmail.com
Marieta Bortoli	Treasurer	082 466 7031	marietabortoli@gmail.com
Gustav Brink	Statistician	083 417 8431	gustav.brink@gmail.com
Wayne Reinecke	Club Captain/ Vice Chairman	083 774 2903	mamamia@mweb.co.za
Fred Harding	Intercessor	076 777 7786	fwhard@gmail.com
Christa Mouton	Newsletter	084 627 3059	ccmouton@mweb.co.za

## From the Editor:

**Thanks to all members who contributed to the Agape Newsletter, by sending race snippets and shared running photos. Enjoy your December holiday, if you travel, drive safely!**

**Wishing you a festive season, celebrating His Birth and may your 2024 be blessed with good health and faith to "Run for the Son", collecting more medals and making more memories.**

**God Bless!!**

