



**CONGRATULATIONS TO KAYLA DE WAAL ON WINNING THE U/20 WP CHAMPIONSHIPS 1500M AND 3000M, BOTH IN NEW PB TIMES. KAYLA HAS BEEN SELECTED IN THE WP TEAM TO TAKE PART IN THE ASA YOUTH CHAMPIONSHIPS. GREAT EFFORT!!!**

The time trial, sponsored by Sportsmans Warehouse and Tax Monitor, starts from the water fountain at the WPCC clubhouse on Thursdays at **17:45**.

Tax Monitor, through running section member Keith Cullis, is sponsoring the section every month. To be eligible runners must have run three times during the month including the last Thursday of the month. If no runner meets the criteria for a given month the money will jackpot until the next. We thank Keith for his generous sponsorship.

**RCS Gugs 10km – Sat 16<sup>th</sup> Dec**

340	SEAN LAVERY	0:51:42
422	MARTIN LUYT	0:54:09
540	CATHERINE LUYT	0:57:16

1173	MARK GRAY	2:58:20
1212	FRANKIE JOHNSTON	2:58:59
1317	MARTIN LUYT	3:01:56
1455	MIKE SAUNDERS	3:05:28
1547	LINELLE SMITH	3:07:26

**Velocity 21.1km – Sun 17<sup>th</sup> Dec**

49	PW HUGHES	1:46:55
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**Hohenhort 15km – Sat 6<sup>th</sup> Jan**

132	NIK EVELEIGH	1:07:51
135	BRAD LARRATT	1:08:01
210	AJIT DAYA	1:11:40
285	PW HUGHES	1:15:11
309	GREG SWARTZ	1:16:33
363	SEAN LAVERY	1:18:36
428	MARK GRAY	1:20:33
651	MARTIN LUYT	1:26:25
676	MIKE SAUNDERS	1:27:04
756	LINELLE SMITH	1:28:36
829	NATALIE LUYT	1:29:54
966	ROGER WISEMAN	1:33:49

**Sundowner 10km – Wed 20<sup>th</sup> Dec**

249	AJIT DAYA	0:46:29
371	PW HUGHES	0:49:35

**Tokai Manor House 16km – Tue 26<sup>th</sup> Dec**

41	GRANT JANSEN	1:13:43
116	SEAN LAVERY	1:21:44
128	PW HUGHES	1:22:38
246	ALLAN WHITE	1:31:41
256	MARTIN LUYT	1:32:22
325	MARK GRAY	1:35:44
461	GREG SWARTZ	1:43:05

**Dangerpoint 1km – Sat 30<sup>th</sup> Dec**

53	NEIL EBING	0:53:20
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(first in 60-69 category!)

**Dan Luyt 15km – Wed 17<sup>th</sup> Jan**

282	PW HUGHES	0:1:28:21
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**Runners Memorial 8km Sun 31<sup>st</sup> Dec**

59	AJIT DAYA	0:35:17
111	PW HUGHES	0:38:18

**Beachcomber 15km – Sat 20<sup>th</sup> Jan**

303	MARTIN LUYT	1:23:10
580	NATALIE LUYT	1:37:12
1011	BRUCE CRUICKSHANK	1:59:25

**Bay to Bay 15km – Sun 14<sup>th</sup> Jan**

725	CATHERINE LUYT	1:37:16
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**RedHill Classic 36.2km – Sat 27<sup>th</sup> Jan**

154	BRAD LARRATT	3:20:29
167	TIMOTHY IRVINE	3:22:06
175	NIK EVELEIGH	3:23:22
344	ALLAN WHITE	3:46:20
353	LINELLE SMITH	3:47:15
491	JEAN OOSTHUIZEN	3:58:01
503	MIKE SAUNDERS	3:59:22

**Bay to Bay 30km – Sun 14<sup>th</sup> Jan**

307	PIERS STEAD	2:29:21
616	NO CARD	2:43:12
921	GREGORY SWARTZ	2:51:47
947	ANDREW MCDAVID	2:52:35
960	PW HUGHES	2:52:48
1096	ALLAN WHITE	2:56:44

**RedHill Marathon 42.2km – Sat 27<sup>th</sup> Jan**

343	GREGORY SWARTZ	4:11:39
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**WITH THREE WEEKS TO GO TO THE VARIOUS TWO OCEANS EVENTS AND FOUR WEEKS UNTIL THE ROME MARATHON, HERE'S TO A GOOD LAST FEW LONG RUNS AND TAPER BEFORE THE RESPECTIVE EVENTS.**



# WPCC RUNNING SECTION

News snippets  
11/03/2018

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432 SEAN LAVERY 4:20:40  
440 MARK GRAY 4:20:59

## **Firgrove Challenge 10km – Sat 3<sup>rd</sup> Feb**

71 Ajit DAYA 0:44:19  
672 John BISSET 1:01:19  
1579 Ailsa BURNS 1:18:21

## **Firgrove Challenge 21.1km – Sat 3<sup>rd</sup> Feb**

108 Nik EVELEIGH 1:36:04  
183 Timothy IRVINE 1:41:41  
284 Sean LAVERY 1:47:00  
497 Linelle SMITH 1:55:54  
545 Martin LUYT 1:57:22  
591 Natalie LUYT 1:58:22  
765 Catherine LUYT 2:05:02  
1260 Richard HOOK 2:24:35

## **Top Form 10km – Sat 10<sup>th</sup> Feb**

154 PAUL SMIT 0:43:24  
270 NATALIE LUYT 0:47:12  
295 MARTIN LUYT 0:47:58  
381 LINELLE SMITH 0:50:39

## **Cape Peninsula 21.1km – Sun 18<sup>th</sup> Feb**

132 Rowan GORDON 1:40:28  
215 Nik EVELEIGH 1:47:49  
248 Brad LARRATT 1:49:26  
254 Peter HUGHES 1:49:42  
435 Natalie LUYT 1:58:17  
691 Catherine LUYT 2:08:02  
1255 Sydney CULLIS 2:26:22

## **Cape Peninsula 42.2km – Sun 18<sup>th</sup> Feb**

23 Neil QUAYLE 2:48:39  
652 Timothy IRVINE 3:54:24  
681 Nicholas HYLAND 3:55:32  
725 Sean LAVERY 3:57:29  
1077 Martin LUYT 4:13:02  
1110 Allan WHITE 4:14:11

1174 Gavin HARPUR 4:17:11  
1214 Paul GRAY 4:19:05  
1626 Jean OOSTHUIZEN 4:37:46  
1706 Neil JACKSON 4:42:02

## **Cango Marathon 42.2km – Sat 24<sup>th</sup> Feb**

377 TIMOTHY IRVINE 3:56:29  
430 LINELLE SMITH 3:59:39

## **Milkwood 10km – Sun 25<sup>th</sup> Feb**

516 AILSA BURNS 1:17:49

## **Milkwood 21.1km – Sun 25<sup>th</sup> Feb**

30 DARRYL COOKE 1:34:34  
54 ROWAN GORDON 1:39:22  
281 SEAN LAVERY 1:59:05  
412 CATHERINE LUYT 2:08:06  
413 MARTIN LUYT 2:08:07

## **Century City 10km – Sat 3<sup>rd</sup> Mar**

409 Ajit DAYA 0:52:36  
899 John BISSET 0:59:29  
1037 Graham GEDULDT 1:01:35  
1322 Mark STRYBIS 1:05:05  
1574 Belinda GORDON 1:08:20

## **Tygerberg 30km – Sun 4<sup>th</sup> Mar**

241 TIMOTHY IRVINE 2:35:32  
275 SEAN LAVERY 2:38:20  
812 NATALIE LUYT 3:07:12  
873 CATHERINE LUYT 3:09:54  
874 MARTIN LUYT 3:09:59

## **Lighthouse 10km – Wed 7<sup>th</sup> Mar**

140 NEIL JACKSON 0:44:24

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## DATES

Wed 21 <sup>st</sup> Mar	Tyger Run 21.1km/10km/5km	TBC
Sat 24 <sup>th</sup> Mar	Ravensmead 15km/5km	Ravensmead
Sun 25 <sup>th</sup> Mar	Muizenberg Monster 20km/10km/6km	Muizenberg
Sun 25 <sup>th</sup> Mar	Spar Womens Challenge 10km/5km	Bellville Stadium
Fri 30 <sup>th</sup> Mar	Two Oceans Trail 22km/10km	Newlands
Sat 31 <sup>st</sup> Mar	Two Oceans Ultra 56km/21.1km	Newlands
Sun 8 <sup>th</sup> Apr	Central Athletics Challenge 10km/5km	Newlands
Sat 14 <sup>th</sup> Apr	Leapfrog 21.1km/10km	Gordon's Bay
Sat 21 <sup>st</sup> Apr	Weskus Marathon 42.2km/21.1/10/5	Langebaan
Fri 27 <sup>th</sup> Apr	Nantes 10km 10km/5km	Vanguard Sports Centre
Sun 29 <sup>th</sup> Apr	Voet of the Wine 10km/5km	Kuilsriver

For details and more events see: <http://www.wpa.org.za/calendar/dynamicevents.aspx>

For details and more events see: <http://www.racetraq.co.za>

For details and more events see: <http://www.trailrunning.co.za>

For details and more events see: <http://www.topevents.co.za>

For details and more events see: <http://www.entrytime.com>

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