



MELKBOS ATHLETIC CLUB

January 2023

Captain's corner...

Deep Heat. How I've missed you...Standing in the starting shoot for Bay 2 Bay this past weekend it struck me how far we have come – and yet – how, at the same time, we've moved back in time again. And for all the right reasons. Standing in the shoot, that sweet & sour Deep Heat smell emanating from a fellow runner lets you know that you are alive and privileged to be able to partake in this wonderful sport of ours. Saying "Hi!" to old running friends, noticing new club colours, being the surprise shoulder for the person stretching next to you – it's all back. Even down to polly shorts and porta loos. It's all back.

We are back. And let me tell you, MAC is back with a BANG!

Through the passionate vision of our club committee, Melkbos Athletic Club has evolved. MAC has grown to be an all inclusive club – a club embracing all types of runners and walkers. I am personally amazed at the number of new people – of all ages, capabilities and goals - that have joined in the last few months! Pretty soon we will have to start coming up with nicknames for all those that share a name! It is heart warming to see the Tuesday Time Trial numbers grow every single week, seeing new smiles and listening to their stories. On average we have around 20 people every week at Time Trial – an absolutely stunning achievement – and a testament to our club members' zest for running! Under Gordon's care, Hillbillies have become the must-do event on Thursdays as well.



We are building on the base of a stellar 2022, one where our Atlantic Beach Hotel - Melkbos 15km race, held in October, was **THE ONLY** race in 2022 to have grown numbers from pre Covid-19 race numbers, one where MAC members came together as one to assist wherever required, some for months before, to, on the day make it a wonderful experience

for all the runners. Having Comrades winners and greats being part of the weekend I will never forget, and I secretly wonder how on earth we can top the 2022 event. But, I guarantee, that will be done.

This year has already seen stunning new development (pardon the pun) for the club, with our Communications office, Keith implementing an easy-to-use system for online membership renewals, which, hopefully, most of you have already used! It is this passion for the club displayed by our members that is helping to make this a wonderful place to be. We will have our AGM at the end of February, with new possibilities and openings for you to become a part of the committee and bring your passion to the growth of the club!

More of that same passion can be seen throughout our meet-ups – just hop onto a red-eye bus bound for a race to experience the buzz. None more so than those ramping up for the big one!



Talk invariably goes to Comrades, and training programmes and must-do races. Pacing and Rest – all the normal discussion points ever present, just below or next to the millions of butterflies starting to hatch in our athletes' stomachs. Can I even say that? Sounds weird, but you get the point.

And yet, just as there are those that strive towards Comrades goals (some, even further than that), there are others with different, and yet just as noble goals. Our Club Standards, recognised by any club in the world, celebrates running achievement across all distances and ages, with many of our members achieving these standards. I can see how this has motivated them to work even harder for 2023, looking at the next standard. I salute you. These athletes are at a level that leaves you literally and figuratively breathless. I suggest you come to a Time Trial one Tuesday to see them running – poetry in motion.



But. Perhaps, most noble of all, are those of us that come to run with the club every week. Those that are working up to their first 10km or 21km... Those that are hoping to break 32 minutes on a 5km... Those with quiet, personal goals they are working towards, and will hopefully achieve with a subtle smile and a song in their heart. I salute you.

MAC club is for all those. For all of you. So, please, come and enjoy this club and the wonderful 2023. We have wonderful exciting events planned and will be communicating these throughout.

To all the new members – WELCOME.

To all the current members – WELCOME BACK.

Gawie