Van Der Merwe & Robertson
DURBANVILLE

DURBANVILLE ATHLETIC CLUB

MEMBER INFORMATION

"You have to wonder at times what you're doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started.

It comes down to self-satisfaction and a sense of achievement."

Steve Prefontaine



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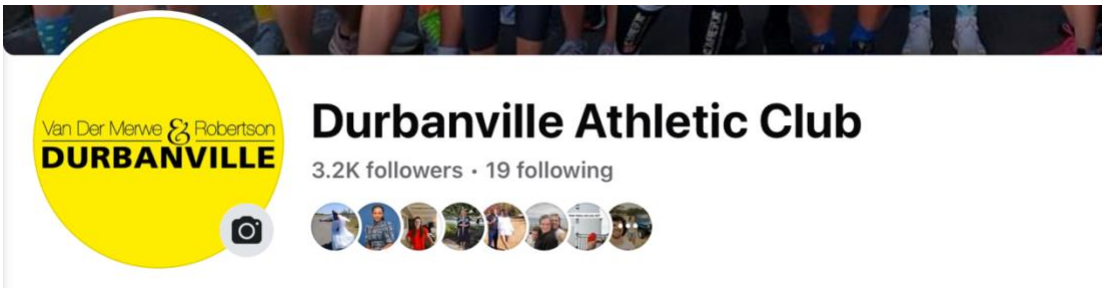
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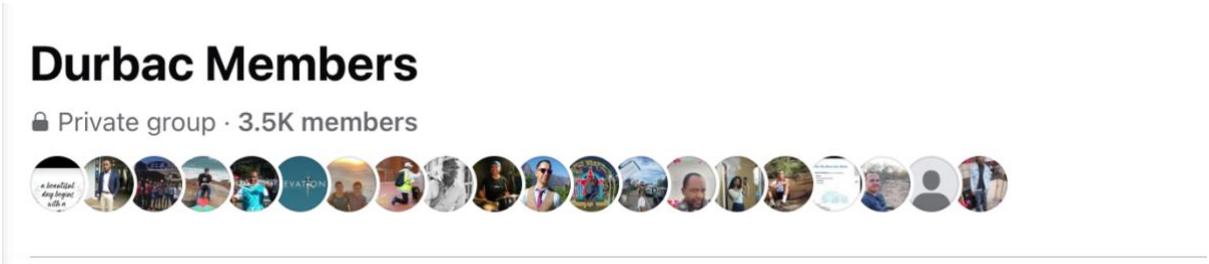
1.Club Information

For all the latest information join the Durbanville Athletics Club Facebook page: https://www.facebook.com/durbanvilleac/



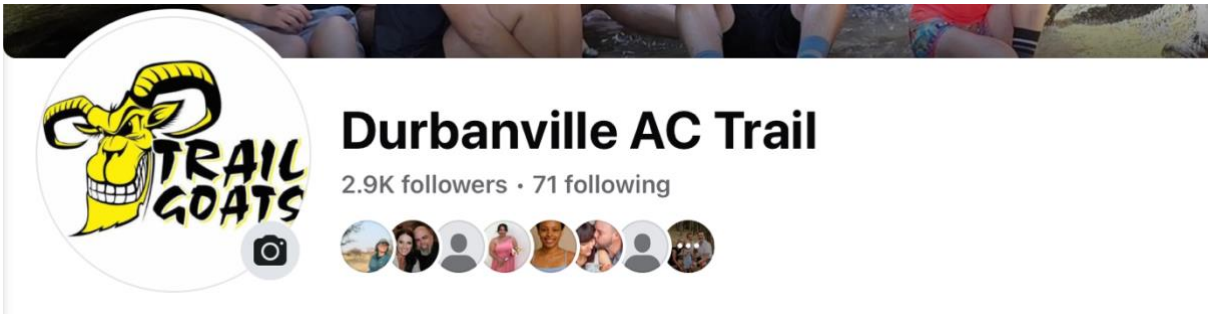
or join the private Facebook group:

https://www.facebook.com/groups/120182161408859

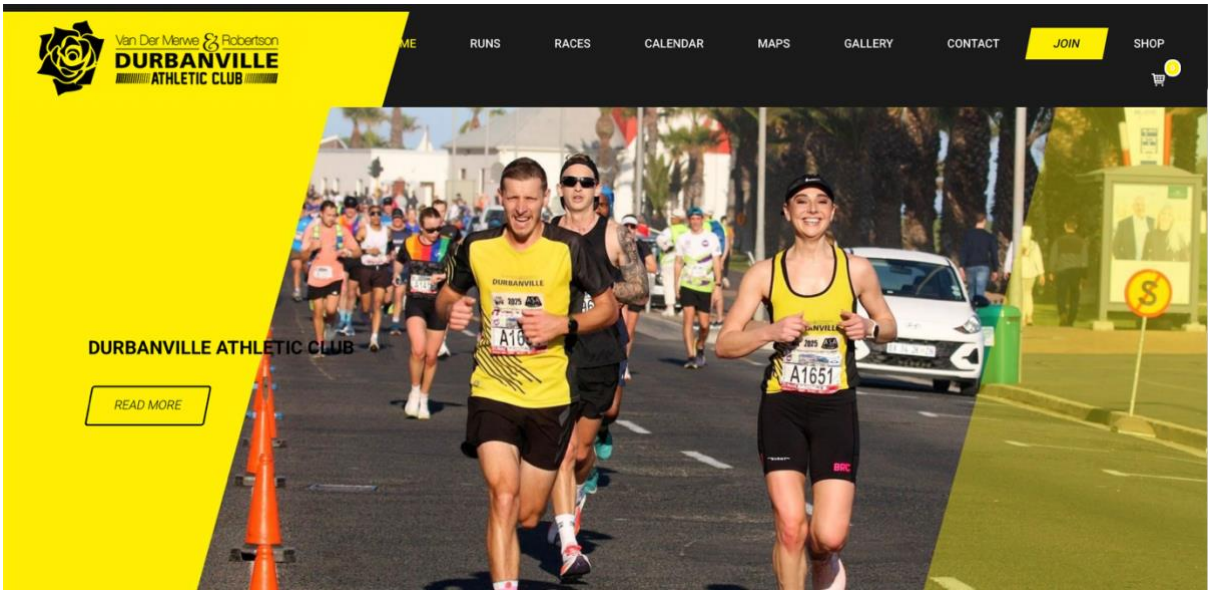


For Durbanville AC trail please click here:

https://www.facebook.com/DurbanvilleACTrail/



All club related information and our calendar for 2027 can be found on our website: https://durbac.org.za



2.The 2026/7 Captains

These are your '*go to*' people.

Road Running: Linden Hugo
084 697 3696

Trail Running: Rudean Breet
079 514 8588

Cross Country: Lollos Rodseth
083 720 7685

3.Races & Club Kit

Important Race Information:



- Durbac members must wear the official <u>yellow club shirt</u> with their WPA licence numbers (one at the back, one at the front).
- Shorts/tights/skorts must be <u>plain black</u>.
- Some races have their own race number/s which must be worn **over** your WPA licence at the **front** of the shirt, without covering the WPA advertising. You also still wear your licence number at the back.

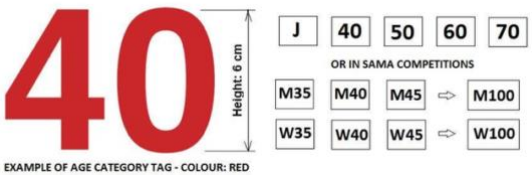


- **If no race number is issued (only the pink or white card), both your WPA licence numbers must still be worn, i.e. front and back.**

It is a WPA recommendation and a club rule that club members must wear their official race kit when competing in any official ASA race. Non-compliance may lead to disqualification and/or fines to the member and club.

Members must also please familiarise themselves with WPA and race rules when competing in races. NB – one is not allowed to run with another person's race number (the proper substitution process must have been completed and confirmed in order to take over another runner's number). You may also not allow another person to run with your race number. #runhonest.

It is important to note that to qualify for an individual or team prize the official club gear should be worn during the race otherwise the prize will be forfeited and it will be awarded to the runner/s up. Each team member is also required to wear their age category tag (obtainable from the Durbac Licencing Team at no cost).



Note: Your age category tag qualifies you to be part of the team prize in your age group and younger; but it does not qualify you for the team prize of an older age category.

Our club gazebo will be at some races this year - there will be a cooler box with cold beers, cool drinks and if you're lucky some Steri Stumpies. This is also a great opportunity to meet fellow club mates and to share your "war" stories.

Where can you get your official Yellow Club shirt?

You can buy our official club shirts/vests either by paying online at our online shop https://durbac.org.za/join/shop/;

or by EFT (details below) and then collect at our pick up point, The Sport Concept Store at Willowbridge Mall.

For EFT payments:

Account Holder: Durbanville Athletic Club

Bank: Standard Bank

Acc No.: 071 987 800

Branch Code: 051001

Please remember to add this reference: (Your Name & Surname) + Kit, when making the purchase.

Shirts and vests (Italian Lycra) are currently R350 each for members, so make your deposit and print your proof of payment to hand in upon collection. The pick up point is The Sports Concept Store at Willowbridge. NB – they do not handle our sales, but are merely our pick-up point. They will allow you try on for size when collecting.

4.Club Runs

Club runs start at the Durbanville Golf Club parking area. As a courtesy to the Golf Club members, particularly on Sunday mornings, we request that you park to the left (next to the security hut) as you enter via the boom:

Tuesdays/Thursdays	18:00 ***Options of 5km up to 10km & suitable group training programmes as may be required from time to time***

Sundays*	**06:00 (*September to March)* *07:00 (April to August)***

***Sunday runs are long distance (20km – 30km). Distances vary from week to week. Look out for the weekly updates regarding the organised Sunday run on the Durbanville Athletics Club Facebook page.**



We cater for all runners. On Tuesdays and Thursdays at 18:00, in addition to our normal club runs, there are suitable group training programmes as may be required from time to time.

We also support the 'Wietse Se Run' organised run on **Saturdays** at 05h30 (06h00 in winter). Runs start from Willowbridge in Bellville and there are options of 30km, 21km, 12 km & 6km (R50 Seconding Fee). For more info join the Facebook group: Wietse se Run.

5.Trail Runs

Wednesday • Farm runs in conjunction with CMC • Distance 5 -10km	Summer: 17:45 for 18:00 start Winter: 17:30 for 17:45 start (headlights compulsory in winter) *Note: Check FB posts regularly to confirm start times.*
Sundays • Organised pack runs across the Western Cape • Duration 3-4 hours	Between 06:00 and 08:00

• **Distance 10 – 25km**	***Note: Check FB posts regularly to confirm start times.***

Wednesday Farm Runs

The Wednesday farm runs are held every Wednesday. They alternate between Majik Forest, Altydgedacht and Meerendal Wine Estate.

The venues are updated on the Durbanville AC Trail, Durbac Members Facebook pages and WhatsApp. All runners, from beginners to experienced trail goats are welcome to join us on the trails.

Weekend Pack Runs

Typically held on a Sunday, these runs explore the mountains of the Western Cape (Tafelberg, Jonkershoek, Paarl Rock, Helderberg, Tygerberg and more). We try to arrange at least 1 of these per quarter and the details will also be shared on the social media platforms. All runners are welcome – friends, family, road-runners and trail goats.



The runs normally last 3-4 hours, and we usually cater for short, medium and long groups to suit everyone's abilities. It is important to be self-sufficient on these runs as far as water, food, weather-appropriate clothing and kit are concerned.

TRAIL GOATS

6.Activities and Events at Durbanville Athletic Club

Member of the Month (MOM) – Usually held once a month, during the last week of the month (on a date convenient to DGC and Durbac) at 19:00. The final dates and details will be shared on all communication channels.

Annual Awards Function (Gala Event) – We reward the performers of the year and celebrate our achievements. This is a themed event, so we dress up, put our dancing shoes on and enjoy a tasty dinner. The scheduled date for 2027 (2026 achievements) is 17 April. Please look out for more information on the Durbanville Athletic Club Facebook page closer to the time.



Quiz Night – A social evening of fun and laughter, testing our brain power rather than our endurance on the roads or trails. The first such event was held in Aug 2025 followed by a similar event in 2026, a fitting end to a long winter. Keep an eye out, or your ear open, for updates.

Pub/Wine Run – This is a fun run/walk/sip event, either through the streets of Durbanville or on a nearby wine farm (all friends and family welcome to join), with a few stops at different pubs/tables for beer/wine or a cool drink. The evening ends off sharing a meal and/or drink at the venue, getting into the holiday spirit. This will normally be held late November or early December and more information will be posted on all our communication channels closer to the time.



Annual Race – Tyger Run

We host the Tyger Run: 22 March 2027, where we <u>expect</u> members to help with the marshalling & organisation to ensure the continued success of this event rather than participate. This is our club's way of giving back to the running community. There is a helpers' run (details will be posted on the social media platforms) and your official time will be posted. We request that all members get involved so be sure to give your details to any of the organisers.









7.Other

Age category tags are available (at no cost) when you register with Durbanville Athletics Club and collect your WPA licence number (be sure to request it). All athletes that wish to compete in a particular age category must wear a numerical age category tag on the front and back of their running vest. If an athlete does not have a numerical age group tag on his/her front and back he/she will count as a senior athlete for results and points purposes. For road races, all **Junior** athletes have to wear their age tags; and athletes over 40 should wear their age category tags to qualify for individual and/or team prizes.

Club Standards is a reward system used by the Club to recognise and acknowledge outstanding running performance. There are three categories – bronze, silver, and gold. Each category is defined by a pre-determined target time and if that time is achieved in a race either a bronze, silver or gold standard is obtained. There are different target times required for males and females, the different age categories and distances. These get measured over a 1-year period (Jan – Dec) and are awarded at the Annual Awards Function. Details can be found on our website.

Captains Challenges (Road and Trail): Our Captains and their teams put together a Captains Challenge each year which awards points for participation in specific events (rather than being in the top positions), together with some wild card points for race assistance, Sunday seconding, etc.

The details of the 2027 Captains Challenges will be advised on all Durbanville Athletic Club social media platforms.

Notice of Anticipation (NOA) and Member of the Month (MOM): The Captains teams in conjunction with all members in the club identify fellow club members that need some motivation to reach certain goals.

The motivation / encouragement comes in the form of a NOA (a certificate with a target time for a specific distance). Once this NOA is met, the member is rewarded with a MOM (certificate and trophy).

Sunday Run Seconding: All club members are expected to assist with a seconding (water table) duty. Sunday seconding is done by 2 or 3 club members (route dependant) in line with a schedule circulated three months before their allocated date.

We hope that you will step up to assist – this will only mean giving up one Sunday a year (or less) to assist fellow club mates with refreshments (coke and water) along the route. Keep updated and see the Durbanville Athletic Club Facebook page as well our Durbac website for more information.

Races and rules – A calendar with WPA 2027 races is available on our website and there are flyers available for all/most races which are posted on our Facebook page.

Also, kindly familiarize yourself with **race rules**, this is very important for your own safety. We follow a run clean policy – please only discard your litter at the designated collection points.

Trail Running: We have a growing community of trail runners in our club with Durbanville Athletic club members also rising on the podium in recent trail events. For more information regarding the trail runs/events check the Durbanville AC Trail Facebook page (https://www.facebook.com/DurbanvilleACTrail)

8.Durbanville Golf club and Durbac

Durbanville Athletic Club has a formal relationship with Durbanville Golf Club (DGC) by which we have the use of the DGC facility for Durbac club events such as training runs, Member of

the Month functions, meetings, prize giving functions and ad-hoc events.

Once you have joined the Durbanville Athletic Club, you can opt to become a social member of Durbanville Golf Club at an annual fee of R150. This entitles the Durbac member to full use of all facilities at the golf club in the same way as the golf club's social members do.

Contact details and email addresses of Durbac social members are shared with DGC for administrative use. The information is used to populate the DGC database. If a social member chooses not to receive communication from the Golf Club, they can unsubscribe by using the link in the bottom of the DGC newsletter when it is received or notify DGC to remove their name from the mailing list.

Durbac Members please note:

<u>Social</u> members of the Golf Club can

- **buy drinks at the bar (get up to 15% discount).**
- **use the shower facilities after Tuesday, Thursday and Sunday runs.**
- **Utilize the clubhouse facility for private functions, conferencing, weddings and parties at no charge. The use of DGC in house catering and bar is mandatory.**

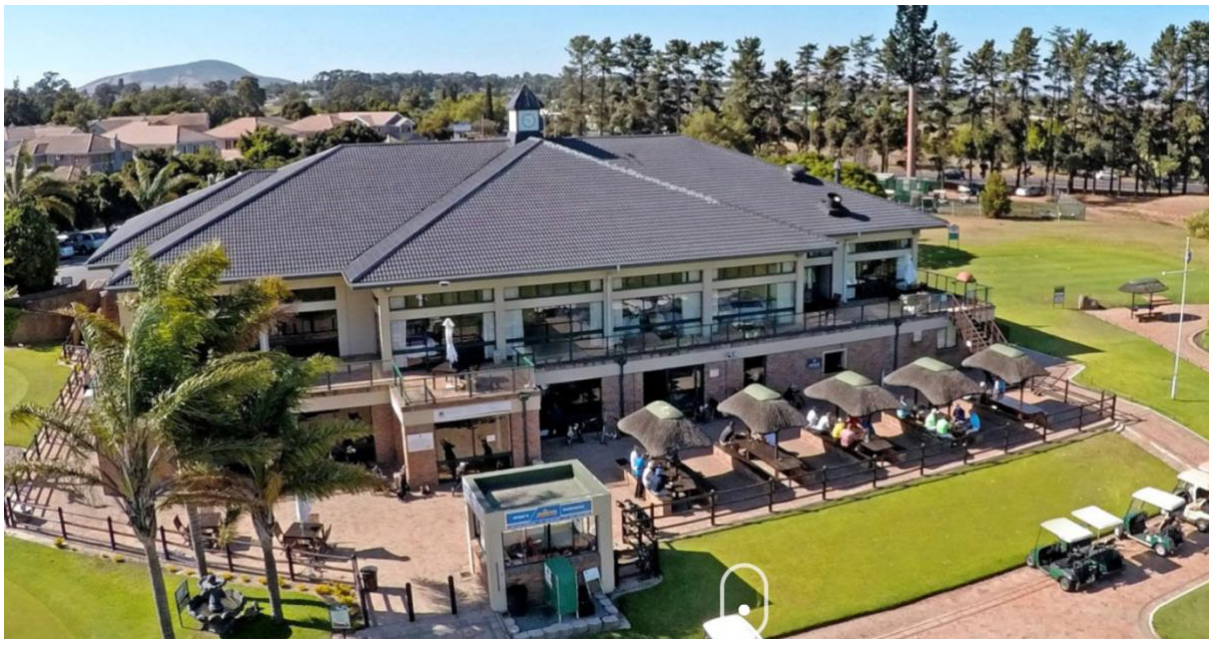
- Play golf and arrange golf days or fundraisers at reduced rates.
- Gain access to the DGC parking area by way of the members entrance once face-recognition has been activated.

Non-social members can

- Use the shower facilities after Tuesday, Thursday and Sunday runs.

NOTE:

All non-social Durbac members will sign in as visitors at the gate to make use the DCG parking facilities.



9.Safety on the roads:

- **Where possible, do not run alone.**
- **Tell somebody or leave a note at home about where you plan to run, and how long you will be out.**
- **Don't assume drivers can see you. In fact, imagine that they can't see you, and behave accordingly.**
- **Face traffic – it is easier to see and react to oncoming cars.**
- **If traffic gets heavy or the road narrows, be prepared to move to the sidewalk or shoulder of the road.**
- **Wear high-visibility, brightly coloured clothing. Before sunrise/after sunset, reflective materials are a must, use a headlamp or handheld light so you can see where you are going, and to ensure drivers can see you.**
- **Avoid using iPods or wearing ear/head phones, you need to be able to hear approaching vehicles. If you do use headphones, run with volume low and just one earbud in.**
- **Watch the hills, when a hill crests drivers' vision can suddenly be impaired by factors like sun glare or backdrops.**
- **Steer clear of potential problem areas – entrances to parking lots, bars and restaurants where there may be heavy traffic. Also areas that there have been recent incidents with criminals.**
- **At odd hours be extra careful. Early mornings and late at night, drivers may be overtired and not as attentive.**

- At a stop sign or traffic light, wait for the driver to wave you through and then acknowledge with your own polite wave. That acknowledgement will make the driver feel more inclined to do it again for the next walker or runner. Use hand signals to show which way you plan to turn.
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Stay Safe and Happy Running!

