HAC
THE RUNDOWN

November, 2025



Year End Function 2025

The 2025 year end function at Hangklip Hotel was MORE than fun! The international dress up theme, the food, the music (especially the acoustic sounds of local music talent, **Tim**) and the special awards ceremony was OUT of this WORLD!

Read More … pg5



Farewell to 2024/2025 committee

November saw the end of an era with many longstanding committee members hanging up the proverbial shoes. HAC club want to thank the 2024/2025 committee for providing the members with opportunities and info to keep us …. running. We appreciate all the effort of each of you assisting in the operational & administrative tasks required to make this the club it is today.







Park Run Patriotism

Two members of HAC received their **50th** Park Run awards. Congrats **Lindie & Davian** for your dedication to early rise Saturday mornings and being an example! Cheers to 50 more.

Lennie, however, gave them BIG footsteps to chase by adding to his achievements a **300th** Park Run! **UNBELIEVABLE**

Read more pg. 3







2 NOVEMBER
LANDMARKS 21km
Bryn Leverton, Liezel & Mark & Josh



8 November
melkbos 15km
Liezel & Anele



HOKA HALF
STELLENBOSCH
15 NOV
Carey had to forfeit a few drinks at the HAC YE function to be in action at HOKA 21km. She exucuted her mission: RUN TO HAVE FUN



Matthew & Lynda
ARD VLEI 10km
9 NOV
Lynda said: 'what a well organized race'

WINELANDS S'BOSCH
29 November
10km: Clinton L
21km: Charme dT, Johan M, Liezel G, Mark E, Famke B, Anele vN, JP, Lindie L,Francois M, Johan H and Wendy
42km: Johanthan H





Georgina & Johan LR
Paarlberg 21km









A morning starting cool and drizzly turned hot and steamy quick. JP was on fire and Liezel ran her **50th** half marathon. This also marks her 3rd half marathon of the month and she managed to add another 15km in-between. Her award for the year is 100 times over deserved!!! The post race get togethers are now too much fun to miss. Make sure you schedule in an extra hour + post race.

16 NOVEMBER
MOSSEL BAY
FAMKE's HALF IRON WOMAN
70.3
6:03:58

Some races are not just followed, but hawk-eye tracked. We were again glued, thanks to the marvel of online tracking, to the progress of Famke's Ironman event. We followed the 1.9km swim, 90 km cycling & 21.1km run sections step by step until she flew over the finish line with a 10th out of 54 catagory place. An achievement of note and know we are VERY proud of you. Famke previously said: 'Not again'. Famke currently saying: ;I'm definitely doing it again'.



23 NOVEMBER
VLAKTE FULL & HALF - HEIDELBERG/WITSAND
HALF MARATHON: Mark, Liezel, Ester, Japie, Johan, Salome, Jatie & Emile
FULL MARATHON: Reynier & Tim
Support: Marnus & Debbie





it was way. more fun following the behind the scenes activities of HAC's escapades over the weekend 22/23 November than their race itself. With packed vehicles, Carbo load drinks & dinner and camping on the map, it proved to be one of HAC's favourites on the calendar.





Congrats to Reynier (3:59 /50+ / full) & Johan le Roux (2:51 / 60+/ Half) on your PB's

November marked the election of the NEW COMMITTEE and the announcement of it at the biannial club meeting.
The new committee concluded their first meeting and are totally committed to provide FUN and FACTS, OPPORTUNITIES and GROWTH in 2026

The committee is very enthusiastic to have members input and involvement a suggestion box might even surface at the club runs

please be in touch with any of these portfolio heads

CLUB CAPTAIN	**JP Duvenhage**
VICE CLUB CAPTAIN	**Johan le Roux**
TREASURER	**Michael Laing**
ROAD CAPTAIN	**JP Duvenhage/Johan Hayes**
TRAIL CAPTAIN	**Matt Arendse**
YOUTH & NEWSLETTER	**Dániel Müller**
SOCIAL	**Sanet Myburgh Lipp, Wendy Eriksen & Dániel Müller**
MEMBERSHIP & KIT	**Sanet Myburgh Lipp & Wendy Eriksen**
MEDIA	**Marnus Hattingh**
SECRETARY	**Wendy Eriksen**
WALKERS	**Joanita Esterhuyse**



Do something 250 times! Now try and do that as a volunteer. Wendy Lucas, your 250th Volunteer Duties at Park Runs speak volumes. Thank you for being an example and for your dedication towards this sport.





Entries for the Comrades Marathon 2026 **sold out in a record-breaking time of under 10 hours on November 3, 2025, a week before the race date of June 14, 2026**. The 22,000-entry cap was reached in less than 10 hours. There will be no further general entries, but those who missed out can try to secure a spot during the substitution window, which opens in March 2026



HAC LONG RUNS

KARWYDERSKRAAL/OU MEUL this route was thoroughly enjoyed
and got thumbs up for many more

longs runs are specially memorable if it has support vehicles & coffee stops afterwards.

We are definitely excited about long run routes and building relationships with Whalers & Strand AC



HAC YOUTH

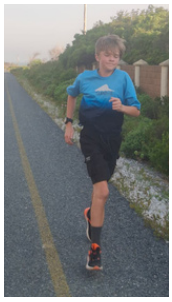




The Youth initiative was born, giving kids and start-up runners a taste of a shorter 3km route. HAC is challenged and encouraged to get their children, the community's children and those wanting to start running to join the 2026 movement. The idea is to get out of the house and try something new, feel comfortable to gain fitness and do it within the community of others. With our flat surface structure in town, this is a perfect place to start (especially with summer here!)











Davian & Sebastian . The Baanen brothers are regulars at Pringle & BB Club Runs and enjoy the Saturday Park Runs. Sebastian just completed his 56th Park Run, whilst Davian is on 50! Well done boys!! Can't wait to see what 2026 has install for you.



Josh: 2025 Junior of the Year.



Frank : 2025 Time Trial Champ. The dedication of his consistency in showing up and the his FAST times. He is now known as FAST FRANK



Two junior Clubmembers, Savannah & Frank, participated in their first track & field on 1 November at Top 10 in Bredasdorp

Josh @ Landmarks 21km

Don't forget to register the kids for the Onrus Run on December 20th! You can choose between the 10km and 6km distances, It's a great opportunity with something close-by and a wonderful vibe with lots of kids

3km & 5km routes now available on Kleinmond Club Run on Monday's at 6pm (summer times)

GET INVOLVED

Membership for kids u/18 can be done through club @ R75 for the year. Commnity can also sponsor a kid. Youth members are encouraged to bring friends and introduce them to 'life on the road'.

The highlight of the month was definitely the **HAC Year End Function** held @ Hangklip Hotel. It was an evening of reflection, honoring of the old committee, tributes, triumphs shared, but mostly just a room full of people whom like to hang out together and happen to also LOVE running together. Thank you to Hanglip Hotel whom hosted us. Thank you to all those making this happen. Thank you to **HAC members** who turned up to have a good time. The dress up theme was a winner!



































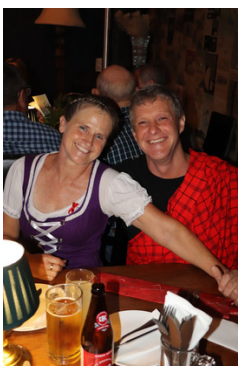




2025 Awards
Female runner of the year:
Carey Sheffield-Webb
Male runner of the year:
JP Duvenhage
Junior of the year: Josh Edwards
Most improved male: Johan Hayes
Most improved female: Wendy Eriksen
Time Trail: Frank Chakauya
Most Events Female: Liezel Alida Gouws
Most Events Male: Mark Edwards
Female Trail: Dániel Müller
Male Trail: Johan Marnewick
Park Run Hero: Lennie van der Spuy
Johan Marnewick: Chairman's Award











Reminder on 6km & 10km Whaler's Run in Onrus on 20 DEC

SOME

UPCOMING ROAD & TRAIL EVENTS

3 DEC '25
Info Verified
Love Life Run 2025
Wilderness | 3 Dec 2025 | 18h00 | 10 | 5

6 DEC '25
Info Verified
Palm Tyres Half Marathon 2025
George | 6 Dec 2025 | 06h00 | 21 | 10 | 5

7 DEC '25
Info Verified
Robben Island Museum Running For Peace Memorial Run 2025
Cape Town | 6 - 7 Dec 2025 | 08h00 | 10 | 10

7 DEC '25
Info Verified
Tygerberg AVBOB 15km 2025
Table View | 7 Dec 2025 | 06h00 | 15

9 DEC '25
Info Verified
Growthpoint Properties Sundowner 10km 2025
Cape Town | 9 Dec 2025 | 18h00 | 10 | 5

10 DEC '25
Info Verified
Taal Monument Aandwedloop 2025
Paarl | 10 Dec 2025 | 18h00 | 10 | 5

13 DEC '25
Info Verified
Somerson Half Marathon 2025
Hartenbos | 13 Dec 2025 | 06h00 | 21 | 10 | 5

13 DEC '25
Info Verified
SportSA Run Century City 2025
Cape Town | 13 Dec 2025 | 17h00 | 10

15 DEC '25
Info Verified
Louis Massyn Rocket Run 2025
George | 15 Dec 2025 | 18h00 | 10 | 5

16 DEC '25
Info Verified
KMC Nite Race 2025
Knysna | 16 Dec 2025 | 18h00 | 10 | 5

16 DEC '25
Info Verified
RCS GUGS Run for Unity 2025
Gugulethu | 16 Dec 2025 | 06h30 | 10 | 4

19 DEC '25
Info Verified
Fancourt 10km 2025
George | 19 Dec 2025 | 18h00 | 10

20 DEC '25
Info Verified
Moordkuil 15km 2025
Friemersheim | 20 Dec 2025 | 07h00 | 15 | 4

20 DEC '25
Info Verified
Onrus 10km & 6km Fun Run 2025
Onrus | 20 Dec 2025 | 07h00 | 10 | 6

21 DEC '25
Info Verified
Central Athletics 10km Nature Run 2025
Cape Town | 21 Dec 2025 | 06h30 | 10 | 5

21 DEC '25
Info Verified
Lappiesbaai 10km on the beach 2025
Stilbaai | 21 Dec 2025 | 07h00 | 10 | 5

26 DEC '25
Info Verified
Tokai Manor House Run 2025
Tokai | 26 Dec 2025 | 06h30 | 16 | 8

31 DEC '25
Info Verified
Oujaarsdraffie 2025
Hartenbos | 31 Dec 2025 | 06h00 | 10 | 4

31 DEC '25
Info Verified
Runners Memorial Race 2025
Cape Town | 31 Dec 2025 | 06h30 | 8

31 DEC '25
Info Verified
Stilbaai NSRI 10km 2025
Stilbaai | 31 Dec 2025 | 07h00 | 10 | 6

20 DEC '25
Info Verified
Moordkuil 15km 2025
Friemersheim | 20 Dec 2025 | 07h00 | 15 | 4

20 DEC '25
Info Verified
Onrus 10km & 6km Fun Run 2025
Onrus | 20 Dec 2025 | 07h00 | 10 | 6

21 DEC '25
Info Verified
Central Athletics 10km Nature Run 2025
Cape Town | 21 Dec 2025 | 06h30 | 10 | 5

21 DEC '25
Info Verified
Lappiesbaai 10km on the beach 2025
Stilbaai | 21 Dec 2025 | 07h00 | 10 | 5

23 JAN '26
Date Confirmed
Hope Family Night Run 2026
George | 23 Jan 2026 | 18h30 | 10T | 5T | 3

24 JAN '26
Info Verified
Timbercity Red Hill Marathon 2026
Fish Hoek | 24 Jan 2026 | 05h00 | 42 | 36 | 13

31 JAN '26
Date Confirmed
Brackenfell 10km 2026
Durbanville | 31 Jan 2026 | 06h30 | 10 | 5

31 JAN '26
Info Verified
HOKA Half Runfest Cape Town 2026
Cape Town | 31 Jan 2026 | 06h00 | 21 | 10 | 5

DECEMBER 2025



Breakfast Rock
- Tuesday 2 December 2025
- Herold Wine Farm, Western Cape
- 14km
- From R150

Breakfast Rock Herold



Muratie Sunset/FM Hike Dec25
- Wednesday 3 December 2025
- Dirtopia Trails at Muratie, Western Cape
- 3.5km
- From R70

Full Moon rises when the sun sets! Four Muratie wines available at the look-out.



Buffs
- Friday 5 December 2025
- Buffs Parking area, Western Cape
- 8km
- From R100

Buffs Circle



Trail Retreat
- Friday 5 December 2025
- The Retreat at Groenfontein, Western Cape
- 15km
- From R4,500

Breathe, Move, Restore - A weekend of reconnection



The Rock Ultra
- Friday 5 December 2025
- Paarl Arboretum, Western Cape
- 5 - 100km
- From R99

The Rock Ultra Trail Runs, 5, 6 Dec. 2025 on Paarl Mountain. Three races one magnificent Paarl mountain.



OM die DAM - Franschhoek
- Saturday 6 December 2025
- Bells lodge Parking Area, Western Cape
- 6 - 25km
- From R120

6km, 10km, 15km & 25km Trail run in Franschhoek



In Touch Trail Series 2025
- Sunday 7 December 2025
- Zevenwacht Wine Estate, Western Cape
- 3 - 15km
- From R70

In Touch Trail Series in Partnership with Zevenwacht Wine Estate



Monkey swings
- Thursday 11 December 2025
- Trail Kiosk, Western Cape
- 8km
- From R100

Monkey swings 8km Hike



Friday Night Trails
- Friday 12 December 2025
- Summerhill Wines, Stellenbosch, Western Cape
- 5km
- From R50

Race for pace or take a relaxed stroll and enjoy the company and views at your own pace.



Peak #1 Vensterberg07
- Saturday 6 December 2025
- Sputnik, Western Cape
- 5km
- From R150

Six-pack of Peaks: #1 Vensterberg06



TrailFun Spring Series 2025
- Saturday 6 December 2025
- Devonbosch Village, Western Cape
- 5 - 21km
- From R70

5km, 10km, run both for 15km or loop for 21km



RTV 2025 #12
- Saturday 6 December 2025
- Doolhof Wine Estate, Western Cape
- 3 - 17km
- From R0

RTV #12 - 2025 - Doolhof



RCS Gugs
- Tuesday 16 December 2025
- Ny 49, Guguletu, Cape Town, South Africa, Western Cape
- 5 - 10km
- From R0

RCS Gugs Run for Unity



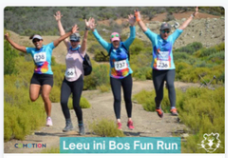
SEEFF KMC NITE RACE
- Tuesday 16 December 2025
- Knysna Marathon Clubhouse, Western Cape
- 5 - 10km
- From R35

A great evening out, awesome prizes to be won & fun for the whole family.



Woodville
- Wednesday 17 December 2025
- Woodville, Western Cape
- 8km
- From R100

Woodville Forest



Leeu ini Bos Trail Run
- Saturday 13 December 2025
- Leeuwenboschfontein Guest Farm Montagu, Western Cape
- 10km
- From R200

Leeu ini Bos is a 10 km fun run



Eden Street Mile
- Sunday 14 December 2025
- Baron van Reede Street, Oudtshoorn, Western Cape
- 1.6km
- From R80

More than R40 000 Prize Money to be won!



Wolwedans Hike
- Monday 15 December 2025
- Coastal Take-aways, Western Cape
- 8km
- From R100

Wolwedans Dam 8km Hike



Vicbay to Leentjies
- Friday 19 December 2025
- Vicbay Parking, Western Cape
- 8km
- From R100

Vicbay to Leentjiesklip



Fancourt 10km
- Friday 19 December 2025
- The Ridge, Western Cape
- 10km
- From R110

Lace up your shoes and join us for an exciting evening run / walk.



Pinnacle to Point
- Saturday 20 December 2025
- St Blaize Hiking trail, Mossel Bay, Western Cape
- 10km
- From R250

St Blaize: Pinnacle to Point 10km Hike



For The Trails
- Sunday 21 December 2025
- Trail Kiosk, Western Cape
- 13 - 21km
- From R200

For the Trails



Lappiesbaai 5 & 10km
- Sunday 21 December 2025
- Lappiesbaai Beach, Stilbaai East, Western Cape
- 5 - 10km
- From R100

Join us for a scenic out-and-back run!



Groeneweide Forest
- Sunday 21 December 2025
- Groeneweide parking, Western Cape
- 10km
- From R100

Groeneweide Forest 10km Hike&picnic



Vicbay to Leentjies
- Monday 22 December 2025
- Vicbay Parking, Western Cape
- 8km
- From R100

Vicbay to Leentjiesklip



Half Collared & picnic_5
- Tuesday 23 December 2025
- Half Collard Kingfisher Trail, Western Cape
- 9km
- From R100

Half Collared Kingfisher Hike & picnic_5



Monties Cycles Mtb & TR
- Friday 26 December 2025
- Laminin Agora Celebration Venue, Western Cape
- 6 - 87km
- From R70

Unique trails for the perfect family Mtb Race



The Cross Hike
- Tuesday 30 December 2025
- Botanical Gardens, Western Cape
- 8km
- From R100

The Cross, Sungazer 8km Nite Hike & picnic



The Last Run of 2025
- Wednesday 31 December 2025
- Green Point Lighthouse, Western Cape
- 8km
- From R117

Edgemead Runners Memorial Race



Stilbaai 10km 2025
- Wednesday 31 December 2025
- Still Bay NSRI Office - Station 31, Western Cape
- 6 - 10km
- From R150

10km Run in Still Bay as NSRI Fund-raiser

Please watch the club messages for updated local races. Marnus posted Woolworths Trail Run/Paul Cluver 7/12 & Strandveld Bubbly Trail info for 20/12