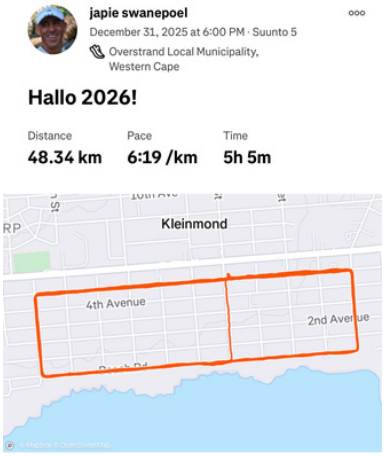
HAC's 30th Celebration Year

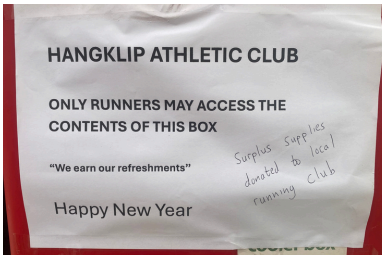
THE RUNDOWN

JANUARY 2026

HAC ENDING 2025 & BEGINNING 2026 ON THE ROAD









31 DECEMBER 2025
6pm - midnight

Japie & Bryn co-labbed a New Years Eve lap run in the avenues. This was most likely the most spectated Kleinmond run I've seen. Beach Road was buzzing with braai's, sundowner events, kids in blow-up pools, Christmas scooters & bicycles being tested. JUST crazy old-fashioned summer holiday fun. The 3.5km loop hosted not one, but TWO 'water' tables and a variety of refreshments were provided to 'fuel' those interested into the New Year's eve celebrations.

The invite stiipulated running any amount of laps between 6pm and midnight. Whilst most of us did the odd lap or 3, Japie went on to set, what must be a new Kleinmond record, and ran **48.34km's** over a period of 5hours & 5min. This offered him a free pass to miss the 1/1/26 6am STRAVA run.

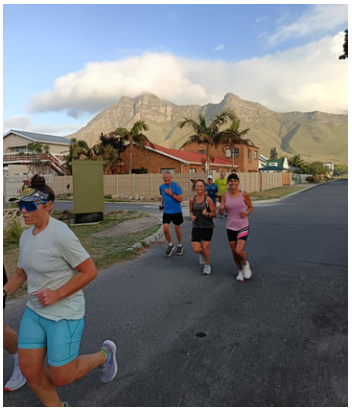
We hope this run is the begiining of a new tradition for the variety offered over 31st December & 1st of January.

1 JANUARY 2026
6am - 9am

Two events were hosted in our midst for those that could muster the early-bird-shift on the first day of the year.

BB hosted a special **New Year's Parkrun** & HAC hosted their traditional **2026 STRAVA ART run.**





Whilst some of HAC members were enjoying their laps around the avenues late on the 31st, Famke was spotted at the corner of Beach Road and 5th to arrow out the track for the next morning.

We were so happy to see Sanri join our first run of the year with us!!















A voluntary walk-over. Jonathan Halland joined HAC as full member this year. We couldn't be happier to have a Gordon's Bay resident choose us. Jonathan here in action in his first event in HAC Club Colours.

Cellars Hohenhort 15km
Sat, 10 January



First Choice 15km JBAY
Japie, Renier & Sarah

COMPLETED THE
2026 BACK TO BASE CHALLENGE

BACK TO BASE 50KM
1-10 JAN 2026

Congrats to all our members whom tried, or successfully completed, the 2026 Back to Base Challenge. What we wouldn't do for a pair of socks!
50km between 1-10 January was a tall order after all the eating and drinking of the preceding 10 days.

BACK 2 SCHOOL RULES!



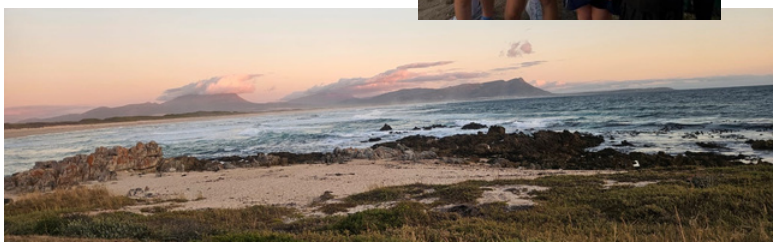












HAC'S BACK TO SCHOOL social run was held on Monday, 19 January for the 2nd consecutive year. It is one of the favorites among parents and kids alike. This year was particularly FUN with so many youngsters joining. Many of us are also reminded to stay FIT in order to still FIT into our uniform!

The school uniform is such a great topic of conversation. Marika was deputy head girl! Famke, her mom & Dániel in the same school. And kids still run faster than adults no matter how we dress up.

THANK YOU to our club parents for bringing your kids and introducing them to the fun side of running. See you next year January.





I can & I will

On Sunday, 18 January 16 HAC members were at the starting lines of the 15km and 30km BAY2BAY race with the one way (Houtbay to Campsbay) or return run (Campsbay/Houtbay).

Many aspects made this event unique, including the batch allocations & start set-up.

The morning turned out picture perfect with not a leaf moving. The backdrop of Table Mountain & the Atlantic overlooking Robin Island must be par-none to views on a road race.

The roller coaster ups and downs make for interesting race tactics and the spice of the 15km runners joining the 30km runners mid-way ads to flavour.

The 30km race was won by Edward Jack from Zim in 1:35 (3:11 min/km) & Gerda Steyn 1:49 (3:39 min/km)

Shout out to JP with a spectacular 2:30 (5min/km) & Johan M with an age cat (70-80) overall 3rd place!!



30km
JP
Famke
Reynier
Carey
Dániel
Liezel
Wendy
Lynda
Tim
Bryn
Johan M
Mark E
Johan H

15km
Alan
Mari-Louise
Coenraad



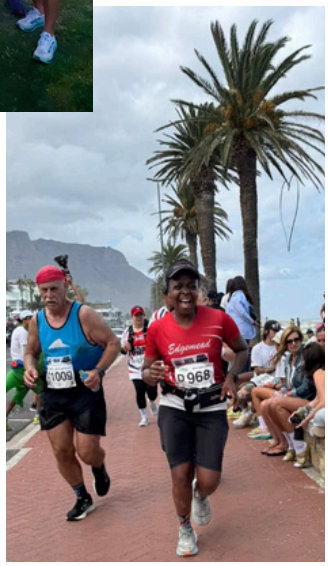




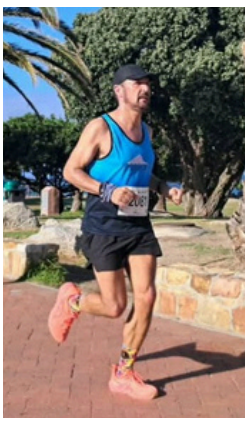
















juniors

HAC

HAC Junior membership has tripled and we've officially gone into the double digits. We hope to keep the flame burning & the legs turning.



Whether you are a 'route navigator' on your bicycle, a walker, a run/walker, a 3km snail, a 5 km snail or a sprinter..... we've got you! we all climb the ladder - just set your next goal.

FOR JUST R75 PER YEAR JUNIORS CAN JOIN THE CLUB, HAVE AN ASA NUMBER AND PARTICIPATE IN FOR INSTANCE CROSS COUNTRY LEAGUE. MORE DETAILS TO FOLLOW ON THIS SOON

FOR YOUTH/JUNIORS RELATED QUESTIONS, FEEL FREE TO WHATSAPP DIRECTLY 082 433 2668

<welcome 2 our world>

<sebastian baaren>
<davian baaren>
<willem viljoen>
<aj coetzee >
<frank chakauya>
<savannah müller>
<noah müller>
<neo petchmann-jordan>
<samuel joubert>
<dandre van greune>
<rosie barnard>
<isabella erasmus>





PROUD OF OUR HAC MEMBERS ON THE TRACK. WISHING THE CURRO KIDS THE BEST WITH UPCOMING SATURDAY MEET IN WORCESTER

Samuel (B u/11) won his 1200m with a sprint for 1st place

Savannah (G u/14) participated in 100m, 400m (new record), 800m (new record), 1500m, 3000m and 2 relays. She won all her events

AJ (B u/17) ran 100m (4th) ,800m (3rd) , 1500m (3rd) & had his hand at javelin (4th) & long jump.

Willem (B u/14) showed ORCA that HAC club kit would be perfect as their color choice while he was dashing off



Samuel Joubert running a stunning 25:41 on his first 5km club run & 23:55 min on his 2nd. Watch this space!





Trail Time

Matt Arendse (Trail Captain) has identified in the last committee meeting his trial trails.

A **sub-group** for trail information was created on our **WhatsApp Group and since 36 members already joined this group it is a testomony of the interest in this field of our club.** Make sure to join this group if you want updates on his random routes which would be incorporating beach, off-road and mountain terrains. Matt will indicate distances, route maps (where possible) and level of difficulty.



Here is Dalene and Matt on the first organized Trail Run of 2026 out of BB





Join the Sunday, 1st FEB trail run.
Approx 18km Seafarm/Brodie Link
Start: 8am Silversands Beach

One of SA's top trail athletes, Kane Reilly, proved that Trail and Road runners can compete! Reilly finished Bay2Bay 30km in 1:41:42 (new PB) & in overall THIRD place. Someone to be inspired by. Follow him on Instagram @ kanereilly1



Dirtopia Trail Running Events are kicking off on 25 Jan @ Muratie. Sportsmans Warehouse sponsored. 6km, 11.5km & 17.5km

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Matt, Dalene and Marizette are ON TOP OF THE WORLD! THREE SISTERS/PERDEBERG/ KASTEEL KOP 15KM







Long Runs



Arabella long run



Pierre Veldtmann training out of Mpumalanga for his Valsbay 50km. We're with you (on STRAVA) Pierre!



Thanks a million Sanri for the coke donation treat! All 3 HAC club spots enjoyed the after-club-run luxury! We would however much rather have you in person with us.







Park Runs

Dalene coming in as first woman on Saturday, 10 January with a time of 26min

Jatie ran a Park Run PB in 25:05 min, AMAZING!!

Matt taking the overall win on Park Run BB, Saturday 17 Jan with a stunner time of 20:31 (NEW PB). Insane for a 5km PARKRUN!

Baaren Boys celebrating 25 volunteer duties as trio at BB Parkrun on Saturday, 17 January

Club Runs





Andri, Gillian & Rijk in Amsterdam



TEAM ORANIA



Henri captioning this one correctly: "Tarmac Tim". Dedication at its highest level.







HAC will commemorate, reminisce and find inspiration over the course of 2026 in celebration of the 30th anniversary of the birth of Hangklip Athletics Club.

'The Rundown' will pay tribute to one figure a month over the course of the year to build a timeline and history worth preserving. Thank you Sanet Myburgh for investing in this project. It is only appropriate to start at the beginning with THE MAN WITH THE VISION.

LEONARD HERALD VAN DER SPUY



Lennie sporting the original 1997 club kit

HAC uit die wegspringblokke
Leonard Herald van der Spuy het die klub in 1996 begin. 'n Jaar later, in 1997, is die Hangklip Athletics Club by ASA Boland geregistreer.

Wat was die aanloop tot HAC?
'n Klompie van ongeveer agt drawwers het so 1992,1993 mekaar in Prinlgebaai begin raak hardloop. Later het hulle 'n sirkelroete saam begin doen vanaf die Miems Restaurant in die dorp, rondom Hangklip, deur Sea Farm en skrams deur Betty'sbaai terug na Miems Restaurant. Morris en Kerneels Rosenbladt was die eienaars van die restaurant en ook stigterslede van die klub. Die ander stigterslede was Laggie en Charlene Loods en Jan Mulder, alias Jan Hol want hy het altyd gehardloop. Die blou-op-wit klub kit is ontwerp deur Karin Eksteen, eggenoot van Hein Eksteen, die Afrikaanse draaiboekskrywer en dramaturg – ook stigterslede. Oor tyd het meer mense bygekom, ook vanaf Kleinmond.
Ons het besluit om 'n onafhanklike klub te begin eerder as om by Strand Klub in te skakel. Om die klub by ASA Boland te kon registreer moes daar ten minste 35 lede wees. Ons het girlfriends, huishulpe, vrouens en wie ookal gekry om aan te sluit want ons moes die getalle bewys voordat ons 'n klub in die area kon begin. Ons moes bewys dat daar genoeg belangstelling was.

Hoe het die klubnaam ontstaan?
Hangklip was 'n geskikte naam wat die hele area tot by Kleinmond sou insluit. Op daardie stadium was ASA Boland blykbaar geskors weens geldvermorsing. Terwyl 'n amptelike ondersoek aan die gang was, het 'n tydelike persoon waargeem:
By ons eerste ASA Boland vergadering in Wellington was ek en Jan Mulder teenwoordig. Ons het aansoek gedoen vir die klubnaam, Hangklip Marathon Klub, maar toe word dit van die hand gewys. En toe moet ons weer al die pad huistoe kom en met die lede kom bespreek – Ons mag nie 'n marathon klub wees nie; ons moet ál die atletiek in die area dien. Toe stem die voornemende lede saam, ons wil net 'n klub hê, ons gee nie om wat dit genoem word nie. Toe gaan ons terug. Toe vra ons, kan ons asseblief die Hangklip Atletiekklub begin. En in die vergadering keur hulle dit goed en toe ons klaar is, toe roep die chairman my eenkant en sê, hoor hier jong, ons kan dit nie Hangklip Atletiekklub noem nie, it has to be Hangklip Athletics Club. Toe kom ons terug en sê, ons is nou 'n Engelse klub.

ARTIKEL VERVOLG ...

Watter wedlope het HAC aangebied?
HAC het in die tydperk 1997 – 1999 drie halfmarathons aangebied. Die eerste twee halfmarathons is deur Pam Golding geborg, waar Lennie "toevallig" werksaam was.
Die eerste halfmarathon was vanaf Hangklip Hotel, deur Pringlebaai, regs op die R44 tot by die vulstasie in Betty'sbaai, daar regs tot in Delport Straat in Betty'sbaai. Dan het ons deur Sea Farm gehardloop en anderkant uit. Die kommitee was uit die veld geslaan toe ek voorstel dat Pam Golding R5 000 sal skenk aan dié klub met die meeste inskrywings. Toe kom Strand Atletiekklub en hulle het omtrent hulle hele klub hier gehad. En toe sê hulle, hoor hier kêrels dankie vir die tjek, maar Hangklip het die geld baie meer nodig as ons. Dit was 'n lekker score vir HAC.
Die volgende jaar was die half marathon weer in Pringlebaai, ten spyte van die Kleinmond Belastingbetalers wat graag so 'n wedloop in Kleinmond wou sien gebeur. Die roete was dié keer van die middel van Pringlebaai af en verder min-of-meer dieselfde as die vorige jaar. Ongelukkig was die plaaslike Pringlebaai restaurants en deli's erg omgekrap omdat hulle gevoel het al wat hulle gedoen het, was om toiletpapier te koop, terwyl hardlopers die hele plek se badkamers gebruik het, en die besighede nie geld gemaak het nie.
'n Derde marathon is aangebied moontlik in samewerking met die ou skooltjie. Die roete was deur Rooiels en met die grondpad terug na Prinlebaai. *Dinge het begin doodloop. Dit het te duur en kompleks geword - spietkops en so - en daar was nie meer dryfkrag nie.*

Waar was Lennie vóór HAC?
Voorheen was Lennie lid by Harlequinsklub in Pretoria, waar hy vir drie jaar klubkaptein was. *Dit was ook 'n baie lekker hardloopklub met 'n kroegie van ons eie. Ons het time trails Donderdae gehardloop, 6.6km en daai rekord staan vandag nog agter Johan Fourie (1) se naam. Ek kan net nie die tyd onthou nie. Daai boek is uit 'n ou se kar uit gesteel daai jare. So daai rekord is verwoes, ons het dit ongelukkig nooit op computer gesit nie.*

Waarom hardloop?
Ek was nie so erg oor hardloop nie; ek het 'n hot girl as 'n leerling-bestuurder by Pick-n-Pay gehad. Syt vir my gesê, jou stoei-dae lyk vir my is nou oor. Hoekom begin jy nie saam met my te hardloop nie. En dis waar dit begin het. Sy was 'n goeie invloed al was daar later skoolgeld te betaal vir agter 'n meisie aan hardloop. Haar naam was Leslie, alias "Legs"ly weens haar mooi bene. Sy het dit reggekry om Lennie in die bestek van een jaar gemotiveer te kry vir 5km, 10km, half-marathons, marathons en hy het die Comrades gedoen. Maar die uiteinde van al hierdie jaar was, dat Lennie twee weke na die laaste wedren vir 'n dubbele knie prosedure moes gaan. Dit was suksesvol afgehandel deur Dr. Daan du Plessis (2).

Huldeblyk
By HAC het Lennie na amper 30 jaar 'n volsirkel geloop toe hy in 2025 vir 'n tweede keer in 'n prominente posisie, naamlik in die skoene van HAC klubkaptein ingestaan het. Hy is inderdaad voorvader, vegter, voorvatter, vasbyter, vir-drinks-na-die-tyd én 'n man wat volsirkels en sirkelroetes kan hardloop terwyl hy sy humorsin behou. Viva Lennie en HAC.
\

1. Daan du Plessis, rugby Springbok voorry-speler van die laat 1970's.
2. Johan Fourie, a South African middle-distance athlete who was one of the world's leading 1500m/mile exponents in the 1980s but was prevented from competing internationally in his prime due to the sporting sanctions imposed on South Africa in condemnation of the policy of apartheid.



Runner in HAC club kit at a Pringle Bay event. Building doesn't exist anymore. Cerca 1997

GET A SLICE OF THE ACTION

2026 jumps off with refreshed ambitions and a new location for the Kleinmond Club runs

Main Beach Parking lot, Kleinmond (next to Sandown Blues) will be the starting point of HAC Kleinmond Club Runs. The restaurant offers a 20% discount to the club athletes on Mondays (food & drinks). Monday, 5th January was a picture perfect day to start at the new location and most clubs in the WORLD would dream of such a back-drop.



HANGKLIP ATHLETICS CLUB

MEMBERSHIP FEES 2026

ADULTS 19 Yrs and Older - R410 (Incl ASA Boland No.)

JUNIORS - R75 (Incl ASA Boland No.)

SOCIAL RUNNERS AND WALKERS - R260

CLUB KIT
T-shirts: R395
Vests: R300
Age Category Numbers: R30 for 2

Joining HAC as old or new member

Weather you are renewing or joining as first time member, you have options. We have a Yoco machine for payments available at most club runs.

NEW: 2026 now offers a 3km and 5km route in Kleinmond on Monday's





Johan le Roux, making sure earch full club member receives their 2026 numbers. Thanks for the admin, communication and collection of these!!



Get in touch with us for a membership form, club kit or any questions

members@hangklipathleticsclub.co.za

NB: Your running shorts/pants need to be BLACK when wearing the Club Kit

ROAD TRIP

UPCOMING FEB ROAD RACES TO KEEP AND EYE ON OR GET SUBSTITUTIONS FOR WHICH SOME OF OUR MEMBERS ARE ALREADY JOINING

21 FEB - VERSUS, STELLENBOSCH
28 FEB - CANGO, OUDTSHOORN

PLACE IN CALENDAR

VALENTINES RUNS & INFORMATION SESSION EVENINGS

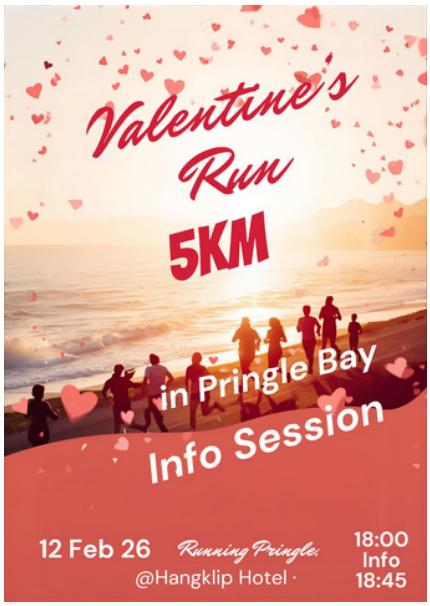


9 FEB: KLEINMOND

Our members and specifically non-members would get the opportunity to hear about the club portfolios, what is new, what is planned and who they can get in touch with regarding the different legs of the club. Afterwards the committee members will mingle to answer any questions or take suggestions.

Please bring your friends to hear more about HAC.

More info on this will be communicated on our Whatsapp Group



12 FEB: PRINGLE BAY

In Memory



With very very sore hearts we share
the passing
of our friend
and fellow runner,
Matie,
with you.

His stories on the road kept many
of us company over the years.
His passion for
his family, running and
being around people was tangible.

His laugh... that will be missed.

Matie - May the trails be beautiful
where you are now.

