THE RUNDOWN

FEB 2026

4th edition

H A C

30TH CELEBRATION YEAR











Matie's passing left a gap. Every small, white bakkie passing on the road, every bright orange or yellow running shirt and the review of photo archives for our information evening had him in it.

Some people run for escape, others for weight loss or a goal orientated success, but some, like Matie, LIVED running.

TRIBUTE
MATIE STANDER

It was all about just being amongst people and being on the road. In fact, he loved it so much that he had a leg in two running clubs. His passion and friendships stretching over boundaries.

His farewell service concluded that it was a life that was lived FULLY. A life lived to look forward to the next goal, even in sickness. Matie entered a race, during the height of his illness, which would have taken place end of January.

I want to believe that he is running the final race currently with that big smile of him.

Matie - you live on at HAC as a legend and an inspiration.

We miss you.



PRINGLE VALENTINES EVENT

12 FEB 2026

SOCIAL RUN 5km 18h00 / WALKERS 17h30
from Hangklip Hotel

INFO EVENING @ HANGKLIP HOTEL
18h45 – 20h00

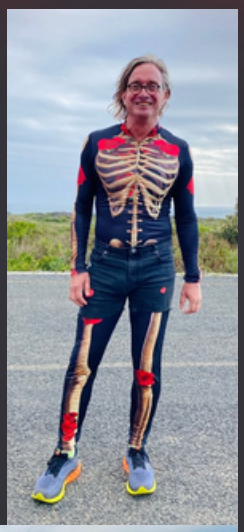
DRESS RED / PINK / WHITE T'S OR GO FUNKY

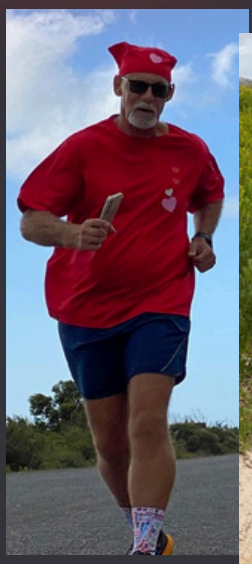
NEW MEMBERS AND ASPIRANT RUNNERS VERY WELCOME

CASH BAR AND FOOD SPECIAL

FEELIN' THE LOVE



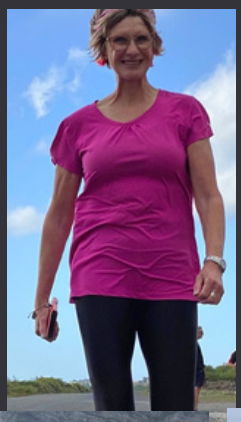








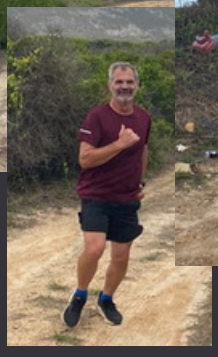


















win WIN

February
RACES



OUT OF STATE

Jock 4 in 1 Half Marathon
7 Feb
1st race as HAC'er



Pierre Veldtmann's new HAC gear didn't only look good on him, but blended well with the race sponsor Powerade. Pierre's fantastic 4:49 min/km pace over **21km's** earned him 9th place overall and first place in 50+ age cat.



For Pierre it didn't stop there ... on the 21st he completed his **150th parkrun** in Hazyview and on Saturday, 28th Feb he finished the Elands Valley Marathon in a PB time of 3:36:42 (**42km** in 5:07min/km) - WHAT!!!!



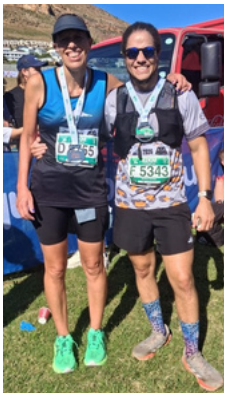
A 21km, 42km and 150th parkrun all in 3 weeks. We are proud of you representing us in Mpumalanga!!





INTERNATIONAL

Tanya
1st race for HAC
8 Feb
Burj2Burj Half Marathon Dubai
2:12
FANTASTIC! Can't wait to hear from you on your next race in April!!!



Peninsula Half & Full
15 Feb
Matt - full
JP Labuscagne & Anele - Half



Firgrove Challenge, Constantia
21 km
7 Feb
Georgina
1:49
Age Category Win (60-69)



Abrie and Claire Baldwin Pretoria Half Marathon
Sunday, 22nd Feb

Sunrise Monster 10km
PRETORIA
WILNA



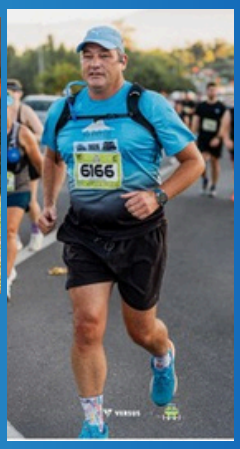


21 FEB 2026

The Versus Road Run Party should be on everyone's bucket list, even if it is only for the get together at the end. With Stellenbosch, Simonsberg and Helderberg mountains as backdrop between the vineyards on-route, it is spectacular! TEN members participated.



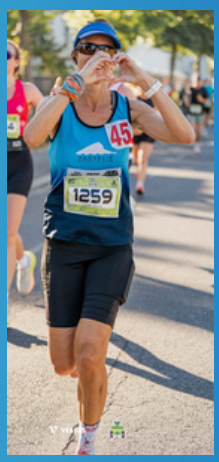














The BIGGEST achievement of the day was definitely our NEWS and NOTE worthy YOUNG BOYS CLUB.... (best looking 70+ men by far). Congrats to all 3 our +70 Category men whom were all 3 under the top 10 in their age categories

Emile: 2nd

Johan M: 4th

Felix: 10th





RESULTS

Dániel Müller - 1:51
Carey Sheffield Webb - 1:52
Jacqueline Porteus - 1:54
Emile Ungerer - 2:03
Joshua Edwards - 2:08
Liezel Gouws - 2:11
Johan Marnewick - 2:12
Coenraad Smit - 2:27
Felix Gnadinger- 2:45
Mark Edwards - 2:46





and with zero avail the spectacular run by Coenraad (age cat 60-69): 40th place and

Jacqueline (age cat 50-59) a 15th place and a time of 1:54





We would like to say special thanks to coach Johan Hayes for coming out bright and early to support his athletes

SATURDAY 28 FEB proved to be one of HAC's busiest event weekends. Stretching over provinces & towns. Long run, Parkruns, 5km, 10km, 15km, 21km, 42km and track … we did it all.

Run the Wind Farm
15km, Caledon





JAPIE, LINDIE & EMILE
(2-IN-A-ROW EMILE!!)

PARK RUN BETTY'S BAY
JATIE'S 50TH





Century City Express
HUSBAND & WIFE TEAM
10km - PETER
setting a PR with a 5:40 min/km
5km - SYLVIA

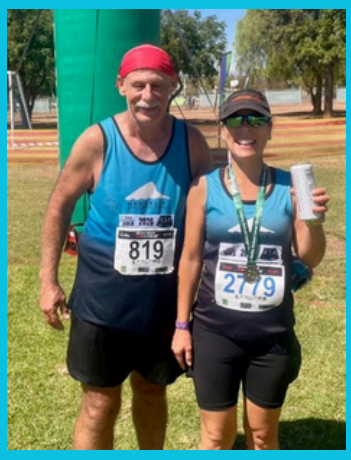
CANGO MARATHON & HALF MARATHON











Cango Half & Full requires a road trip down to Oudtshoorn but it's already an HAC annual highlight. Road trips require additional organising and CREW. Johann (Marlize's hubby played 'caddy' on this trip showcasing an HAC club shirt!!!! BEST SUPPORT EVER!
CONGRATS TIM (60-69 AGE CAT) ON YOUR SUB 5HR
Also both Marlize & Mark sporting the 50-59 age cat tags.

FULL: JP 3:19, Famke 3:48 & Tim 4:52

HALF: Liezel 1:58 ; Marlize 2:05 & Mark 2:36





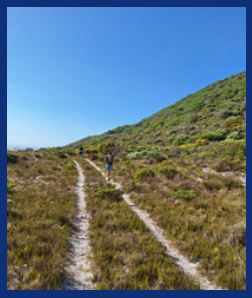








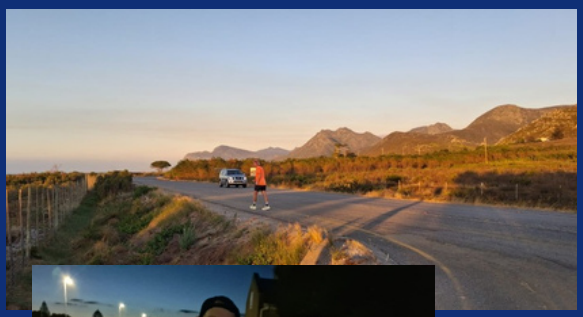







LONG RUNS

The benefits of long runs are endless, but mostly it connects you with yourself. Versus socks said it so well: "You are the greatest project you will ever work on."




Anele, Wendy, Kobie, Marnus & Felix
Arabella LR
7 FEB



Marnus, Wendy, Bryan, Zack, Monique & Salome
LR Sat, 28th Feb
WELCOME TO LONG RUNS MONIQUE

Bryn, JP, Famke, Dalene, Wendy & Zack
Arabella LR 14 Feb



Club Runs!



TIME TRIAL
mon 23/2

HANGKLIP ATHLETICS CLUB TIME TRIAL

Surname	First name	Time	Positi	Date
Arendse	Matthew	19:36	2	23/2/2026
Brink	Braam	28.25	14	23/2/2026
Chakauya	Frank	19.34	1	23/2/2026
Duvenage	JP	20.31	3	23/2/2026
Erasmus	Renier	22.59	6	23/2/2026
Eriksen	Wendy	29.17	16	23/2/2026
Haffingh	Marnus	25.15	10	23/2/2026
Laing	Michael	24.51	9	23/2/2026
Leverton	Bryn	24.33	8	23/2/2026
Ludick	Isak	28.08	13	23/2/2026
Mauve	Anton	23.14	7	23/2/2026
McGiddy	Timothy	29.28	17	23/2/2026
Smit	Coenraad	29.06	15	23/2/2026
Snyders	Craig	25.57	12	23/2/2026
Swanepoel	Japie	22.11	4	23/2/2026
Taljaard	Zach	22.38	5	23/2/2026
van der Merwe	Nicola	30.10	18	23/2/2026
van Niekerk	Anele	25.15	10	23/2/2026





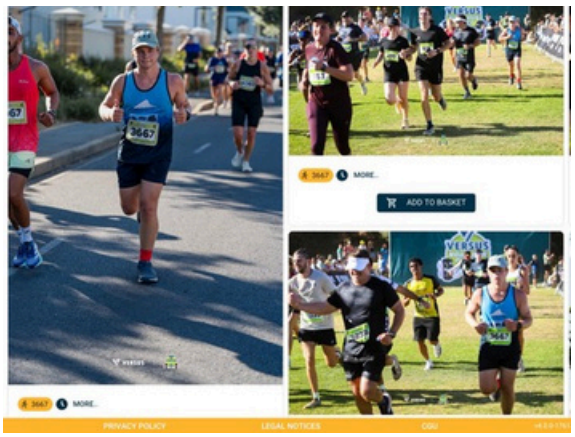
BIG NEWS

Juniors

These shoes are made for running, and that's just what they'll do. These shoes are made for running, and they'll run all over you....

Rosie is ready!





Josh on his turf. Versus 21km. Last year of junior Josh. We love having you on the road with us. Make us proud!







Savannah achieved 1st place at South Boland in the 400m to secure her spot for Boland Champs on 28th Feb @ Dal Josefat, Paarl. At Boland she moved through the heats with her PB to land 5th place in finals. XC season here we come





Samuel leading the way and being joined by promising athletes. Member Craig Sander's kids will give him a run for his money soon. Emily clocked 25:45 on time trial.



Bryn's boy, Bradley, debuting his first HAC club run by joining in on the 3km. Thanks to Nadine for the support and run along.

Frank Chakauya is undoubtedly one of the most talented 5km time trial runners the club has seen. Matt is going to do his utmost best to give him a go, but for the time being a 19:34 takes the cake. Can't wait for XC season!!

CELEBRATION PROFILE

JAN MULDER

By Sanet Myburgh & through article of Fanie Krige (Herald 2023)

MIEMS RESTAURANT - Where HAC hit the ground running

Together with current HAC member Lennie van der Spuy, one of the club's standout founding members was Jan Mulder.
Jan passed away three years ago at age 82.

At the time of Jan's passing Fanie Krige, a former HAC chairperson, wrote an article for The Herald. He recalled the club's humble origins through the words of fellow founder member Kerneels Rosenblatt: On a cold, rainy winter's evening sometime in the late nineties, HAC found its origin in the dark little wooden pub of the old Miems Restaurant [1], with sherry in hand. The founding members were Lennie van der Spuy, Hein and Karen Eksteen (Karen also designed the club logo), Barry and Corli Pretorius, and us (Morris and Kerneels Rosenblatt). Add Lachie and Charlene Loods.
According to Fanie, Jan and Marianne moved to Pringle in 1996. He was the oldest (in years) and the club's first honorary member - a natural athlete affectionately known as Jan Hol. Jan was active in the club's early activities; he was also a talented carpenter. In 2000, he and a partner installed the bar counter [2] in the newly rebuilt Miems Restaurant.
Jan's love for running began early, said his wife, Marianne. As head boy at Voortrekker High School in Bethlehem, he discovered his talent for long distances almost by accident—entering a 3000m race for fun and realising on the final lap that he still had enough energy to win. After hanging up his rugby boots at 27, he devoted himself to road running, completing two Comrades Marathons, two Two Oceans Ultras, and a Karoo ultramarathon. In later years, Jan faced significant health challenges, including cancer and Alzheimer's disease, and spent his final months in a care facility. In his eulogy, Japie Swanepoel HAC chair of 2023 reminded members that everything begins somewhere—and often on a very small scale. But the seed was planted, and today the club, with over 130 members, is one of the strongest in Boland.

1. Miems Restaurant used to be in front of nowadays' Lemon and Lime in Pringle where the gravel is
2. The counter which Jan and a partner built for the Miems Restaurant survived and now forms part of the bar counter of the Hangklip Hotel's Barraks Bar.

Fanie's 2023 article was translated into English and shortened

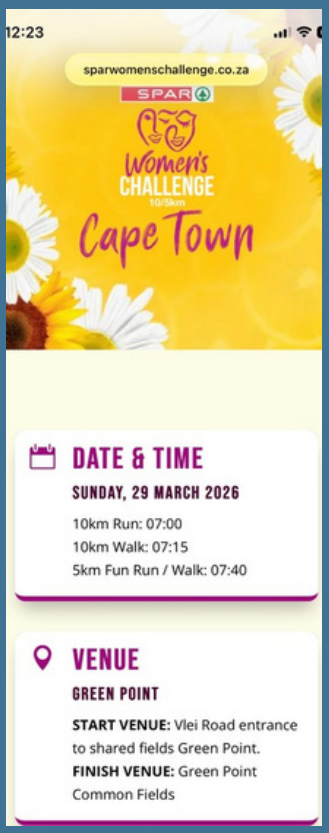


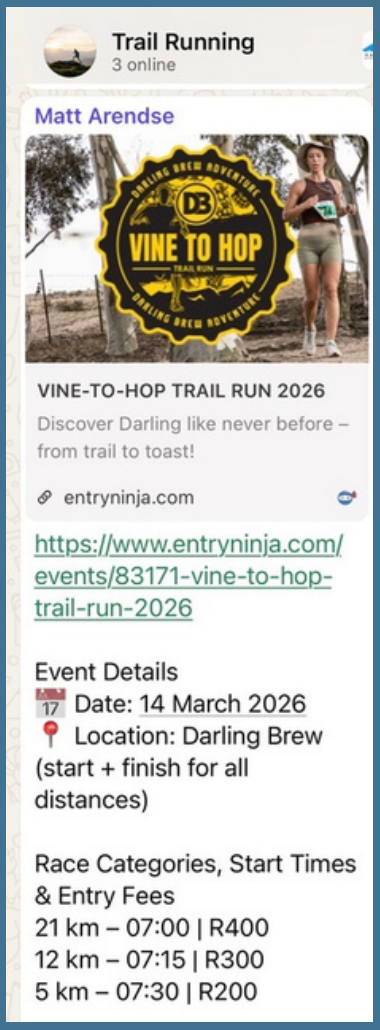
For clarity: Our 30th Celebration Year includes 10 figures which were standing out over a period of the 'idea to reality' era of forming this club. These individuals played a large part in the memory of those that ran/served in the beginning. This is informal information and should be enjoyed as such.

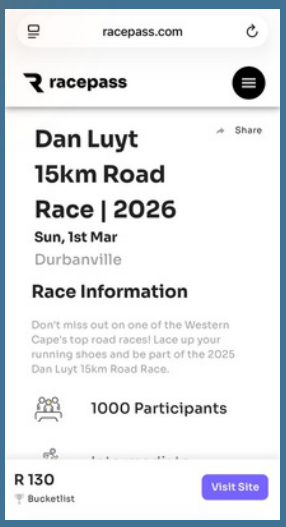


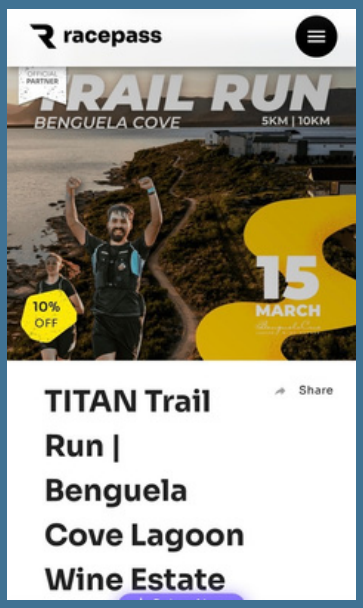
MARCH ALERT

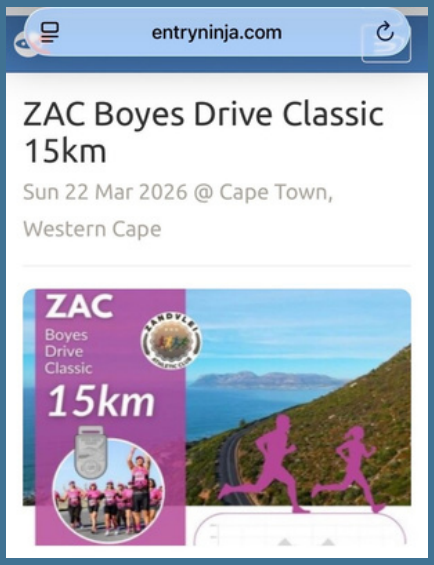
SOME FAN FAVORITES UNDER THE HAC MEMBERS MAKE SURE YOU GET IN ON THE ACTION





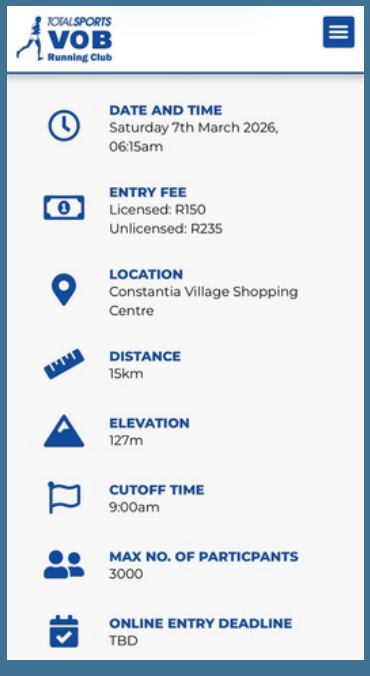


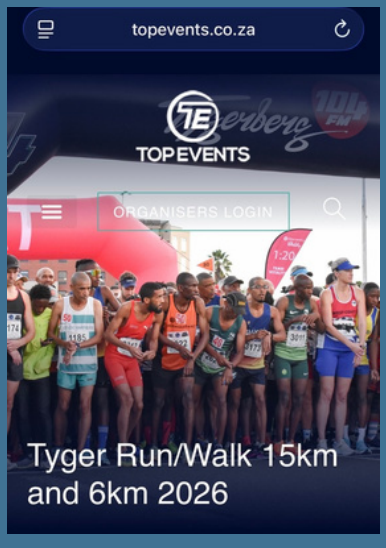


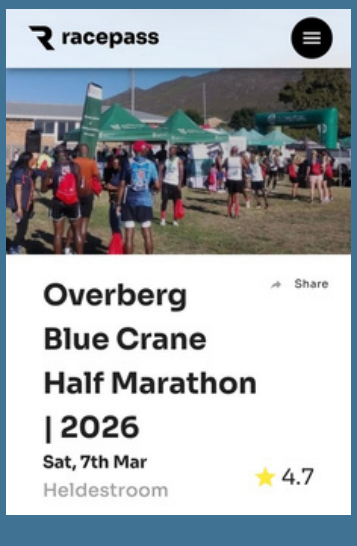














INFO BOARD

The information session took place in conjunction with the Pringle Bay Valentines Run on Feb, 12th. We were hoping to have 2 sessions in two locations that week, but were challenged with crazy amount of rainfall!







The committee set out to get max info on each 'leg' of our club out there in limited time.
The gazebo & long sleeve club shirts were launched.

Tim has put together a killer slide show whilst the committee members rolled out plans and facts for 2026.

Our focus is on HAC growing in the diversity of the various avenues we are hosting throughout the 3 towns that we call 'home'.



If you have missed the information session and would like to discuss any of the portfolios, please get in touch with the following:
JP - road & club runs / captain
Johan LR - sponsors/vice captain
Wendy - Admin
Michael - Finance
Dániel - Youth & Newsletter
Marnus - Media
Matt - Trial
Sanet - Social themed runs & 30th celebration profiles

members@hangklipathleticsclub.co.za

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

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

DONATION BOX

ANY OLD
RUNNING GEAR WELCOME



HAND IN AT ANY CLUB RUN WITH A COMMITEE MEMBER

WE SPECIFICALLY HAVE A NEED FOR CHILDREN RUNNING SHOES SIZES 1-8
THERE IS A TRAINING GROUP IN NEED THAT WE WOULD LIKE TO DONATE THIS TOO

Happy Birthday

1 - Sydney Fryer, Tanya Terre Blanche Susan v Driel
4 - Georgina Andraos
7 - Reynier Veldtman
14 - Mari-Louise vd Walt
19 - Hannah Griffiths
23 - Ester Venter
26 - Anele v Niekerk
27 - Francois Moller
29 - Emile Ungeror, Candice Fryer

