HAC
THE RUNDOWN

MARCH 2026
5th EDITION

TTOM2026 APPROACH

*2026 2OCEANS will see no less than **36 HAC athletes** participating over a 2 day period in the ultra & half*

Now, this is by no means a small amount of club members for any club size. For HAC this is 40% of our permanent members.

Qualifications are now in the bag and all there is to do is ... train, fuel, sleep, and lace up.

We are so excited that HAC will shack up the new HAC gazebo on Saturday, 11 & Sunday, 12 April for our traditional 'beers' & banner post fest.









- Please join the Two Oceans whatsapp group to keep track of our gazebo location and come and **support** & celebrate at the **UCT fields** under the HAC flag! Bring your camp chair and snacks and join the vibe.
- 7 Ultra & 29 Half athletes
- Join us for the **shake out run** pre-race (approx 5-7km's) on 9th April & **Medals Monday Social Event** on Monday, 13th April. Details to follow on the Announcement whatsapp group closer to the time.
- Athletes - Buen Suerte, Stretch & Enjoy the Taper!

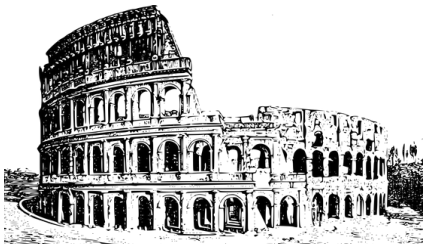
JP Duvenhage running Rome

Rome wasn't build in a day & neither your training to get to your goals. You just need to lay them one brick at a time. JP is such a great example of consistency and showing up!

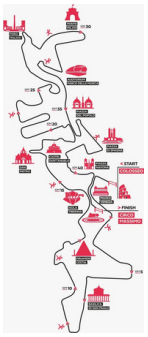












Rome evokes feelings overwhelming size and oppulance. The start of the race being at the Coloseum, meandering through 'The Eternal City' passing Ancient Roman Empire walls,The Tiber River, and over 20 landmarks making it an open air museum on the run.

Although the last modern-era Olympics were held back in 1960, Rome has a complex 1200 year history with this elite event. These ancient games were even banned by emperor Theadosius in 393/394 AD, but rest assure the Rome Marathon 2026 took place!

With 36,000 entries, it is Italy's largest & most magical event. On Sunday, 22 March, JP ran the 31st edition of the RUN ROME MARATHON. By now JP represents HAC as an international athlete with Prague & Rome in the bag.

The woman's race on the day was won in a course record-breaking time of 2:22:44. With cloud cover, grey and cool conditions between 9-13 degrees Celsius, JP ran into Circus Maximus under the banner 'Rome is Yours' crossing the line in 3:56:35.

What an amzing journey - Thanks for taking us on it.

Jonathan Beattie running Wild Coast Challenge 120km

The Wild Coast Challenge of 120km stretches over 3 days on unmarked mixed terrain, consisting of beach, rocks, boulders grass, single & jeep tracks, dunes and short sections of gravel. We were in awe of Jonathan's progress over the 3 days and thrilled about the photographs he shared.

Day 1: 36km *The Haven to Kob Inn (6 hrs / hot / tail wind) - canoes taken over shark invested Mbashe river*
Day2: 37.3km *Kob Inn to Seagulls (5h58 / hot / tail wind / 1 blister)*
Day 3: 42.3km *Seagulls to Crawfords (7h17 / very hot / tough underfoot)*









WESKUS HALF & MARATHON 14 MARCH





Name	Time	Club	Gender	Gen Pos	Category	Cat Pos	Finish
Alida GOUS	02:08:55	HANGKLIP AC	Female	123	40-49	26	
Carina MATHER	02:09:00	HANGKLIP AC	Female	124	40-49	27	
Timothy MCGIDDY	02:30:32	HANGKLIP AC	Male	474	60-69	42	
Mark EDWARDS	02:43:25	HANGKLIP AC	Male	567	50-59	80	









POSTLAF 10KM, LUXEMBOURG
ANDRI & MARTIN



Wilna @ Sunrise Monster 10km







TYGERBERG 15KM
JATIE, ANELE, REYNIER & JOHAN LR





Overberg Blue Crane Half, Caledon

Alet Willemse



3rd in age category & 5th female

Carey Sheffield-Webb

42 Km

Race No. : **4607**
Gender : **Female**
Category : **35-39**
Club : **Hangklip AC**

Race Statistics

Overall : **185/846**
Category : **3/44**
Gender : **5/184**

The Buff Marathon, EAST LONDON

Well done to Jatie van der Walt, Grant Brooker and Walter Geugis who did their 50th event at **Betty's Bay parkrun** on this lovely morning.

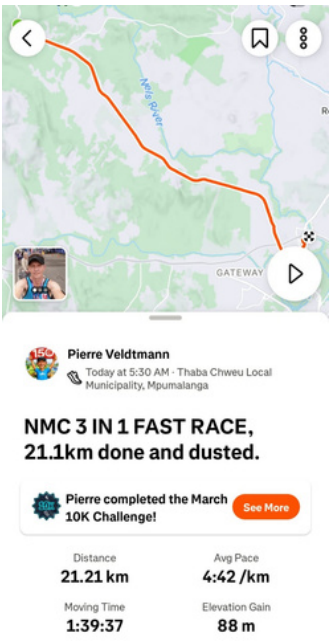




Jatie & Grant - both HAC members
Well done guys!!



Marlize & Anele
Ladies SPAR 10km - Promenade, CPT
Both finishing in 52min with Anele running her PB
WELL DONE GIRLS!!!



ParkRun 28 March had 15 HAC runners participating with 3 being JUNIORS. Samuel Joubert clocked in 4th overall in 22:31 just behind Matt Arendse (2nd; 21:44) and Sebastien (10th in 24:38)

Pierre Veldtmann running the NMC Half Marathon

in 1:39:37

@ 4:42 min/km

FIRST OF DONATION BOX ITEMS FOUND A HOME AT 'TOMORROW'S STARS' INITIATIVE

HAC'S first donation of running shoes delivered 7 pairs that were handed over to Nathan Appel of 'Tomorrow's Stars. THANK YOU to Wendy Lucas for the recommendation and to HAC members for your generosity.



Tomorrow Stars focus on youth development through sport and as part of it participate over weekends at the Betty's Bay Park Run.

Nathan's involvement in community service doesn't start and stop with his own initiative. He assists with coordination of Mthimkhulu aftercare's sports program and soccer & athletics at Kleinmond Primêr.

He deals with athletes in different sport genres stretching over ages 6-18.

It is clear that his passion to get the best out of a child starts with character building and instilling values.

HAC will keep the 'donation' box a standard fixture at the club runs and provide running shoes & any running gear you don't use anymore to those who could still put plenty of km's into them.

Please be in touch if you feel like donating any old running shoes, sports gear or if you would like to sponsor a junior athlete for the year (R75).

MARCH 2026

PHOTO DUMP



LONG RUNS











Club Runs: Kleinmond 3km & 5km





CLUB RUNS BB



ST. PATRICK'S DAY

CLUB RUNS Pringle





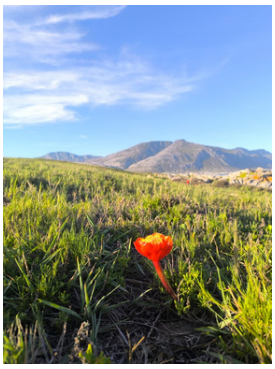


Famke & her parents completing the CTCT 2026 109km/4:14hrs

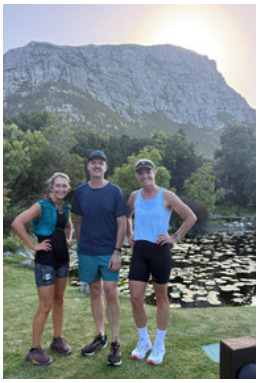




TRAIL RUNS







PARK RUN

Famke coming 1st at Park Run after a Long Run











30TH CELEBRATION YEAR PROFILE

FANIE KRIGE





Fanie Krige (then chairman of HAC) and Devann Scholtz (age 13) in 2005 at Big Blue 5km which took place from Main Beach, Kleinmond. Devann came first as Junior and 1st overall. He was at that stage an HAC member and still lives in Kleinmond. He said that there was not a race in the Western Cape that Fanie wouldn't make the effort to get the club athletes too. He remembers the club days under Fanie as a privilege and is proud to have been part of it.

Fanie joined HAC in 2002 and was the first to have completed the Comrades in HAC club kit. He was our chair in 2007, and again from 2009 - 2011. These days he reports on Betty's Park Run and publishes runners' stats in The Herald. Sanet Myburgh touched base with Fanie on how it started.

From Fanie -

"Iemand het eendag gesê draf is die enigste sport wat jy eers geniet nadat jy klaar is. Op skool was ek nie vinnig genoeg vir kortafstande nie en ook nie sterk genoeg vir velditems nie, dus het ek by die langafstandgroep aangesluit – waar die hoofmeisie met haar bruingebrande bene toevallig ook was.

In die somervakansie voor my matriekjaar het ek by die see 'n Williston-vriend ontmoet wat ernstig oor draf was. Ons het gereeld geoefen en tot my verbasing wen ek die 3000m by huissport. Daardie podium-oomblik was onvergeetlik. Op universiteit het ek een marathon probeer, maar die pyn daarna het my belangstelling laat kwyn.

Toe my seun in 2000 matriek toe gaan, wou ek hom inspireer en het saam begin draf. Hy het gou geesdrif verloor, maar ek het in die Overstrand Herald gesien iemand stel 'n Comrades-oefengroep saam. Die afsnytyd is pas met 'n uur verleng – 'n kans om my diep verborge droom te jaag.

By ons eerste sessie het Wessel Fourie ons na die plaaslike HAC klub verwys. Ná ek uitgelag is met my armyfrokkie en gewone tekkies, het ek vinnig die klub se wit frokkie, blou broek en my eerste Reeboks aangeskaf. Kort voor die spertyd kwalifiseer ek met die Kelder-tot-Keldermarathon en bevind my 'n paar weke later op 'n trein Durban toe.

Die Comrades was 'n ervaring sonder weerga. By die inskrywingsaal ontdek ek dat vyf Hangklip-lede ingeskryf is – 'n kwart van die hele klub. Ek slaap die aand voor die wedloop by Wessel en sy dogter, wat 'n blinde atleet begelei. Die wedloop was uitstekend georganiseer, selfs met MTN-foonhokkies om jou vordering te deel. Wessel se vrou het my langs die pad van suikersakkies voorsien, maar Wessel en die blinde atleet moes onttrek.

Daardie middag, twaalf minute oor vyf, het ek as eerste man in HAC-kleure die Comrades voltooi. Kort daarna het Etta Ludick as eerste Hangklip-vrou klaargemaak. Vir my was dit een van die grootste emosionele oomblikke van my lewe. Ek het myself 'n steak en bier beloof, maar het skaars die trein gehaal voor ek besluit het: dit was die einde van 'n dag wat ek nooit sal vergeet nie.

HAC CALENDAR







TWO OCEANS

SHAKE OUT RUN

9 APRIL/KLEINMOND/ROUTE TBC

(everyone welcome)

MEDAL MONDAY

13 APRIL - PLACE TBC

HAC

COLLECTION

LONG SLEEVE DRYFIT TOPS ARE EXPECTED DELIVERY AROUND 10TH OF APRIL

HANGKLIP
ATHLETICS CLUB

HAC CROSS COUNTRY 2026 SEASON

YEAR BORN	AGE GROUP/ CATEGORY	DISTANCE
2017	Girls 09	2 km
	Boys 09	2 km
2016	Girls 10	2 km.
	Boys 10	2 km.
2015	Girls 11	3 km.
	Boys 11	3 km.
2014	Girls 12	3 km
	Boys 12	3 km.
2013	Girls 13	3 km
	Boys 13	4 km
2012	Boys 14 + LSEN	4 km
	Girls 14 + LSEN	4 km
2011	Boys 15 + LSEN	4 km
	Girls 15 + LSEN	4 km
2010	Boys 16 + LSEN	6 km
	Girls 16 + LSEN	4 km
2009	Boys 17 + LSEN	6 km
	Girls 17 + LSEN	4 km
2007-2008	Boys 19 + LSEN	8 km
	Girls 19 + LSEN	6 km

SENIOR MEN: 6KM WITH U/17 BOYS OR 8KM WITH U/19 BOYS
SENIOR WOMAN: 4KM WITH U/17 GIRLS

SENIOR PARTICIPATION IS UNOFFICIAL



JOIN HANGKLIP ATHLETICS CLUB FOR THE 2026 CROSS COUNTRY SEASON

STAY FIT WITH HAC BY JOINING ANY/ALL CLUB RUNS ON MON (KLEINMOND), TUES (BETTY'S) AND THURS (PRINGLE).

KLEINMOND OFFER A 3KM & 5KM ROUTE

ALL FITNESS LEVELS WELCOME

DRAFT SCHEDULE TBC

LEAGUE 1: 15 APRIL (CALEDON)
LEAGUE 2: 29 APRIL (STANFORD)
LEAGUE 3: 30 MAY
(INTER DISTRICT/STELLENBOSCH)
LEAGUE 4: 13 JUNE (CALEDON)
LEAGUE 5: 23 JUNE (OVERBERG)

LOCATION, PRICE & TRANSPORT

- Locations will be confirmed within a week of league trail. Overberg locations usually Caledon / Hermanus
- Each league starts at 14:15
- R5 per league / R10 per inter district entry
- Own transport

ENTRY

- Enter as club member via Cross Country Whatsapp Group 48hrs before race day (Full Name/Club Name/DOB)
- Club athletes enters as HAC/(+ school name if applicable)
- Race sticker to be collected 20min before race starts






JOIN HAC TO BE A JUNIOR/SOCIAL OR FULL MEMBER
MEMBERS@HANGKLIPATHLETICSCLUB.CO.ZA

ONCE YOU ARE A MEMBER - PLEASE JOIN THE CROSS COUNTRY WHATSAPP GROUP FOR MORE DETAILS

NOTE: JUNIORS (U/20'S) ARE ONLY R75 PER YEAR FOR FULL JUNIOR MEMBERSHIP INCL. AN ASA BOLAND NUMBER. THIS ENABLES ALL JUNIORS TO ENTER TRACK EVENTS OFFERED THROUGHOUT THE YEAR

FOR MORE INFO ON CROSS COUNTRY WHATSAPP : 082 433 2668