



“Driven with Pride, Powered by Passion”

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SSRC Advisory December

Final newsletter for 2017

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BUILDING OUR COMMUNITY SPIRIT

Message from our Chairlady

So we have come to the end of 2017 and during this year Sunninghill Striders turned 12 years old. For some (like myself) who have been with the club since its inception, it feels like it was just the other day that Sunninghill Striders organized their first run (together with Sunninghill Gardens) and saw the birth of a great Sunninghill community club. A club that we have been and continue to be very proud of. The SSRC committee has articulated the following broad objectives for 2017/18

- To remain a strong, community-spirited Club focusing on Sunninghill while welcoming everyone from surrounding communities to join the club.
- To reconnect with the members and renew the spirit of 'belonging' in the Club.
- To build the time trial and morning run member turnout and make running fun.
- To take full advantage of the fact we now have our 'new' clubhouse (within St. Stephen's church) which we do not have to share.
- To generate revenue to cover the Club's running expenses and sponsored runners' initiative.
- To source additional sponsorship and foster the current sponsorship agreements in particular our relationship with Brooks.
- To boost our presence at more races, where possible - **being there for our runners.**

All of these aspirations that the 2017/18 Committee has cannot be realized without your dedication and assistance. Volunteer when we call for help and say 'hi' at races whenever you meet another Strider along the route. **Remember, Sunninghill Striders is your club!**

Please do not forget to [renew your membership](#), and invite your friends too. Woza nabangani bakho (Come one, come all).

Enjoy the holidays. Until 2018!

Thabile Mathe - Chairlady SSRC 17/18

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If you or another SSRC member have participated or excelled in a recent event, please send details and pics for inclusion in the newsletter to info@sunninghillstriders.co.za



“Driven with Pride, Powered by Passion”

info@sunninghillstriders.co.za

Message from our Club Captain

Dear Sunninghill Striders,

I am sure you will agree that 2017 has been a fantastic year for the club with many individual and team successes. Slowly but surely, we have gone from strength to strength; our community club clearly punches above its weight.

Most importantly, whether due to dedicated persuasion efforts or a natural willingness to give back to the sport we love, we have experienced an increased interest in volunteering. The size of the committee was almost doubled to accommodate all the striders keen to make a difference from within, and many little helpers have put time and effort at various events, often anonymously and without expecting anything in return. This is crucial to continue offering the support and activities we all enjoy (and tend to take for granted), but also, if we all give a bit of our time to the club, maybe one day, perhaps in the not too distant future, we will realise the dream of hosting the Sunninghill Marathon.

The on season is upon us. We all have our goals; while some of us have announced ambitious targets for big races, others are quietly hoping for a PB or secretly just trying to be faster than their training partner. There is a wealth of knowledge amongst our members, from enthusiastic beginners who have recently completed their first big races to seasoned athletes going for Comrades gold. Please do not be shy, ask for advice or share your experience, especially the new members, I can guarantee that during club runs or at the social events you will find someone who is going through a similar journey, perhaps slightly ahead, and can give you that extra bit of motivation and hope when things seem tough.

So here it is to an amazing 2018, may we all get faster and stronger. I wish you all an injury-free festive season, stay safe, keep striding, and above all, carbo load like a boss with cake and bubbly!

SSRC Club Captain - Nestor Espinoza

Run hard... Party hard!

Final 2017 Time Trial & Year End Party

Join us on Tuesday 12 December 2017
after our traditional reverse TT run and
enjoy a **Chicken Prego Roll & Beer***
combo for only R30

* Or your drink of choice
* Vegetarian option available

Dress up!
Brooks Shoe Draw



The Sweat Shop

Striders Discount Offer!



The Sweat Shop is offering

a 10% discount to our members

for any purchase of Brooks shoes.

The discount is available at all Sweat Shop stores.
Simply inform them of your Striders membership,
when making the purchase.



Upcoming races

Download the 2018 Race Calendar

★ Supported Races

16 December 2017	Gauteng Striders 21km	Vosloorus Stadium
16 December 2017	The Wonderful Half Marathon	M17, Hornsnek Road
16 December 2017	Wobblers & Wigglers Hat Race Fun Run	Pirates Club
17 December 2017	Soweto Big Race 10km Run/Walk	Elkah Stadium
7 January 2018	Varsity Kudus 15km	WestCampus Wits
14 January 2018	★ Dischem 21km	Bedfordview Country Club

Visit our [website](#) to see which races will be supported in 2018.

Club Runs

Time Trial

Last official Time Trial is Tuesday 12 December 2017 and will resume on 16 January 2018.

- **Every Tuesday at 6pm** from the SSRC Clubhouse, St Stephen's Church, 67 Nanyuki Road, Sunninghill
- 4km and/or 8km timed course
- Safe & Secure environment. Cars parked at your own risk. The Club is not responsible for theft, loss or damage. Please ensure your belongings are safely locked away and are out of sight.
- Refreshments post run – our bar is available for your enjoyment. Relax with a drink and chat to your fellow runners, all proceeds go towards race day catering!
- Wear light coloured clothing, reflector belts/ vests for safety.
- Everybody welcome - Runners, walkers, members, social members, non-members, family, friends and colleagues.
- Regrettably, for the safety of all TT participants, no dogs are allowed on the course or in the Club area.

Year End Time Trial Social

Don't miss the last social for the year, happening on Tuesday 12 December after Time Trial.

- Food & refreshments will be on sale
- There will be a shoe draw from our sponsors
- Dress in the holiday spirit ☺

Weekday Morning School Runs

Training runs take place on Tuesday and Thursday at 5am from St Peters School, main parking area, off Maxwell drive. The runs are approximately 1 hour long with a variable pace. All welcome.

Weekend Runs

Last official club run took place on Sun 9 December 2017 and will resume on Sunday 14 January 2018

Official Club run takes place on Saturdays and Sundays, (race dependent) at 6am from St Peters School, main parking area, off Maxwell drive. Route and pace varies. All Welcome



[Click here to join our WhatsApp group to keep in touch](#)

Club kit (vests)

Available at the clubhouse after Time Trial every Tuesday.

Notice of kit price increase: Kit prices will increase from R200 to R250 in January 2018, so if you need new kit, place your order and bring your POP when you collect your vest from the Club House before 12 December 2017.





Strava Kudos

Last Week's Leaders

	Distance	Total Running Time	Climbing
1	Koot S. 90.8 km	Koot S. 9:04:26	Koot S. 1,475 m
2	Jenni K. 82.8 km	Jenni K. 7:00:31	David G. 1,188 m
3	Nestor E. 73.6 km	Nestor E. 6:57:46	Jenni K. 1,171 m

This Week's Leaderboard

Last Week

This Week

Rank	Athlete	Distance ▼	Runs	Longest ▼	Avg. Pace ▼	Elev. Gain ▼
1	Tarren M.	21.6 km	2	11.2 km	5:09 /km	305 m
2	Delene H.	21.2 km	2	12.0 km	6:27 /km	332 m
3	Bryce B.	20.0 km	1	20.0 km	5:10 /km	450 m
4	Wayne T.	13.7 km	1	13.7 km	6:15 /km	–
5	AJ S.	13.1 km	1	13.1 km	6:18 /km	188 m
6	Tamaryn K.	11.1 km	1	11.1 km	5:43 /km	193 m
7	Sean B.	11.0 km	1	11.0 km	4:54 /km	134 m
8	Glen H.	10.6 km	2	5.3 km	8:10 /km	190 m
9	Daniella B.	10.1 km	1	10.1 km	6:24 /km	212 m
10	Rod M.	10.0 km	1	10.0 km	5:22 /km	161 m

