



Newsletter

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2016 is already proving to be one of the most exciting years in our clubs history. We have a new sponsor, are busy with designing new running kit, have had some amazing race experiences and a good start at winning the league with our mass participation at Hohenhort! And we cannot forget our glamorous evening in Paris at the awards evening!



Our wonderful club will now be known as Alfa Bodyworks ARD - Alfa Bodyworks Athletic Running Division. A big thank you to all those who contributed designs/ideas for the new running tops! The EXCO mulled them over for hours and we are all very excited for the new design. We should be presenting our new look at the Top Form Race on the 21st March. Be sure to contact out Gear Manager, Zainu Ungerer (zainu.ungerer@gmail.com) with your size requirements.

ARD Glitz n Glam - Awards Evening

The ARD Awards evening was well received by the members and honoured guests. We had delicious food, fabulous entertainment, a gorgeous venue and of course fabulous people to celebrate our year of achievements. A big heart felt thank you to everyone who made the evening so remarkable.

Beautiful Lamees Salie



Marathon Runners

Upcoming Races

- Feb 13: Koeberg 15km
- Feb 14: Tygeberg 30km
- Feb 21: Peninsula 21/42km
- Feb 27: Tyger Run 21/10km
- Mar 2: Lighthouse 10km
- Mar 5th: K-Way 15km



Grand Master Medalists



Masters Medalists



Veteran Medalists



Senior Medalists



Faseegah Samuels - Looking Gorgeous!

ARD Trophy Winners!



Special Honours Award—**Boeta Boebi**
 Sportsperson of the Year—**Hassiem Samodien**
 ARD Coca-Cola League Winner—**Muizh Lewin**
 Junior Runner of the Year—**Kyle McKinnon**
 Most Improved Runner—**Nuraan Ismail**
 Runner of the Year—**Ayesha Molti**



Absolute League Winner
Mubeen Davids

The League Champion

Mubeen Davids

Competing in the Absolute League is really tough, it was a constant challenge to get out of my comfort levels and try harder at every race. ARD has lots of excellent runners to compete with, which make it even more exciting and chal-

lenging.

Initially I never thought I would stand a chance, but with lots of training, motivation and support from family and friends, I slowly progressed up the log.

I felt really proud of my accomplishment at the awards evening, as it was something I worked towards for the entire league.

There are lots of people to thank for their assistance especially my wife, parents, trainers, and fellow Absolute runners.—Mubeen Davids

The Leagues Explained: Coca-Cola and Absolute

If you run for ARD you are most likely very familiar with 'The League'. There are two separate leagues: The Coca-Cola and the Absolute. The Coca-Cola League Challenge is an incentive put out by WPA for clubs to have mass participation at certain races on the calendar. The higher percentage of the club that takes part in these selected races the higher the points the club receives. At the end of the challenge, the club with the most points gets the trophy as well prize money.

The Coca-Cola League Trophy

Winning the Coca-Cola League has many advantages:

1. Other Clubs look up to league winners
2. WPA treats league winners more favourably
3. Extra sponsorship form Coca-Cola is made easier
4. Many other sponsors would like to be associated with the winners
5. Prize money goes towards the betterment of the club
6. League races are an excellent opportunity to meet and engage with club members you may not otherwise get to socialize with
7. If you run all the Coca-Cola League races you are guaranteed to win the ARD Coca-Cola League Trophy at the end of year awards function.

The Absolute League Challenge

Participating in league race:

1. The top 10 are rewarded with prize money at the awards function
2. Everyone stands an equal chance to win, no matter your level. You compete against yourself.
3. Allows for proper planning and preparation for certain races
4. You are not only supporting the Coca-Cola league races but races hosted by disadvantaged clubs who need our support
5. All races hosted by our sister clubs are part of the challenge. These clubs support ARD and we show our appreciation by supporting them in return.

Upcoming League Races

14th Feb - Tygerburg 30km

21st Mar - Top Form 10km

16th Apr - Leapfrog 21km

22nd May - Voet of the Wine 10km



2015—League Winners

Most Improved Runner—Nuraan Ismail Davids



September 2014 from pole to pole literally that's how I started, coming home and felt like I ran the whole of Grassy Park flat.

Never in my entire life did I imagine I could

even run more than 2 poles at a time.

What made me come back to training was 1 reason: loose the extra weight I couldn't get rid of.

Little did I know how I would start to love running more than the obsession of losing the weight. I came back every single training and apparently after 2 months I was ready for my first 10km Titans. The bus was fun and motivating, we finished 1hr28mins and we were over the moon. In that little time I had before the new year I ran Gugs (sweets race) and my last 10km for the year Sundowner finishing at 1hr20.

2015 ... Oceans entries were coming up and I decided I'm not going to enter as I'm not ready for a 21km, then came this one person who believed in me...and made me believe that I could do this – Boeta Achmat... a surprise message in my inbox "I entered you for oceans"!!! My nerves got me thru the training and determination got me thru the race even though I got injured (ITB) during the race I wanted to finish and prove to myself Boeta Achmat was right. A new me revived soon after...more determined, more motivated, more courage, more confidence...hey I just did a half marathon, nothing is impossible anymore. My goal for last year was to finish at least a 10km under 1hr10mins, that was 10mins less than what I started the year off on. Race

for race I took off 1 minute at time. Middle of the year my name pops up in the absolute bottom 10 and I didn't take much note of it as I was by far the slowest runner, 2 races after my name goes up and I was hooked in the competition. This became even more real, I took myself even more serious and all I wanted to do was PB. I must admit the absolute challenge pushed me over and made me run harder. Gugs Race in June over excited as I reached my goal I put out for the year with the help of Muizh that paced me that day. Now I had new goals to reach. Wednesday evening was a must at Club trainings as we did speed training and the lessons learnt and tips from coach Marshall helped me and kept me focus during race days.

All my sacrifices, hard work, dedication and determination paid off.

End of the year approaches and the last 10km absolute race and i had to beat my time now standing at 1hr05 - EDGE-MEAD ... this didn't seem possible at all. Gun goes off, Boeta A runs next to me paces every single step of mine. Never in my entire life did I speak to myself so much in my head, think of so many things while running: my kids, my husband, my mom, my sacrifices and how i need to PB to achieve to what I first called the impossible and WOW we finished 1hr02mins.

Awards Evening super excited to see what i finished on absolute challenge which i was VERY proud of myself. Number 5 J And then to be called after onto stage and get handed a trophy as "most

improved runner 2015" WAIT WHAT!!! REALLY WHAT????!!! Highlight of my year.

All my sacrifices, hard work, dedication and determination paid off. That moment was mine and lives thru me this year.

What you want in life can be achieved...if you really really want it.

I share this trophy with my mentor Boeta Achmat, my husband Mubeen, who made sure all I needed to do was concentrate on race days as he took care of everything else, my mom who looked after my kids and gave me time to run, my trainer from MPT Nizaam that kept me injury free since ITB issues and my special special friends i made along the road who feels like family.

ARD is not just a running club, it's a running family that's there whenever you need them. The motivation, inspiration and love you get from your fellow runners in the club is truly of higher level and I am forever grateful I chose the best club Alghamdullilah J

Here's to another year of goals to be achieved Inshaa Allah Ameen J



ARD at the Races!

ARD had many races to look forward to this year! Bay to Bay was the first at which many members accomplished their furthest distance in their running career! Many PB's were also achieved. Well Done ARD!

Hohenhort was the first league race this year and ARD came out in full force. A lovely bus formed towards the finish brought in by our most improved runner 2015 Nuraan Ismail.

Red Hill Classic and Marathon was another hallmark race for ARD. Once again, brave members embarked in distances they've never ran before. We had a lovely sub 5 hour bus that was a lot of fun! We even had a heart stopping finish as three of our runners came in just under the 5-hour cut off!



Top Left: Hohenhort; Top Right: Red Hill; Bottom: Red Hill



My Journey to Running: ARD Runner of the Year

Ayesha Molti

Runner of the Year'... an achievement which I can't believe I have accomplished in such a short period of time. It actually still seems so surreal.

"Running is hard", "It's something I won't be able to do" – these were my initial thoughts about running. Thus my husband, Farouk, and I decided to run on our own for about a month before joining a running club. In October 2014, we joined ARD and have never looked back.



It happened to be a speed training session the day we joined ARD. I had to choose to train either with the beginner group or the sub-60 10km group and I decided to give the sub-60 group a try – if I battled I would change to the beginner group. However, this was not an option as not only was Coach Marshall very persistent, he also looked very scary! I just had to bite the nail and endure the pain as much as I wanted to go over, but quitting was not an option. Every week after that I just went back for more "torture" and never went over to the beginners group no matter how hard it was.

At the outset, it was very challenging for me to train. I am a mother of 3 young children (who are currently ages 2, 3 and 7), I have a demanding job that con-

sists of constant deadlines, a husband who is also a very serious runner and I also have no athletic background whatsoever.

At the time, we were very fortunate to have a good child-minder that was prepared to get up before the crack of dawn to take care of our kids when we ran. To be able to train and still make time for my kids, I needed to manage my time efficiently. Luckily, my employer has a flexi-time policy so on a good day, I would get to work at 6am and could then leave for home by 3pm, cook supper and spend time with the kids before leaving to train. On a deadline-driven day, I would leave work early enough so that I could still make training and merely finish my work to achieve deadline when the kids were asleep – missing training was definitely not an option!

Although running gave me a beating in the beginning and sometimes made my chest feel like it was going to explode, I somehow managed to bear the discomfort as I knew it could only get easier.

I used to go through the ARD logs and identify runners in my category that had better times than me, pinpointing targets to beat. I started cutting down my time at every race I ran – in the beginning it was a couple of minutes at a time, I wanted to see how far I could push myself. Before I knew it, I made it to the top of the Absolute Challenge log and then it was a matter of keeping my position and racing against my own time.

There were times during a race where I wanted to give up and walk or slow down drastically – this especially happened in the last 3km's of a 10km race, but the thought of all the hard work I'd

already put in being wasted made me endure the fatigue and I drove myself with the mantra that "it's all in the mind". The feeling of achievement at the end of a race makes all the pain tolerated worthwhile.

A good runner is what I wanted to become without negatively influencing my Islamic beliefs. As Auntie Neesa says, we are first Muslims before we are runners.

Gold Medals	
10km for 0:46:45	21.1km for 1:50:47
15km for 1:16:28	42.2 km for 4:19:32

A couple of months after I joined ARD, I started wearing my scarf while running and Algamdulielaah, it has become part of my gear. This is my proudest achievement by far.

Running is my me-time and gives me some sanity away from my chaotic life. It has given me the opportunity to meet amazing people and helped my relationship with Farouk blossom further. I have achieved what I thought was impossible and I am grateful for it.

I am elated when people are amazed at how fast and how far I can run in such a short span of time. It motivates me further to train even harder as I know there is still more to give. I am a true believer that anything is possible with the proper mindset and we should never sell ourselves short – we all have the determination, it's just a matter of digging deep and not giving up and you will see your goals will materialize right before your eyes... soon enough you can be like me, struggling to fathom how these achievements were possible.

A 10 minute kilometre is just as far as a 5 minute kilometer



Adeela Kaprey and Hassiem Samodien finishing up Bay to Bay



Tauriq Gamildien helping pal Rafiek Roberts cool down at Red Hill

ARD Athletics Club

If you have any advice, information or a personal story you would like to contribute to the club newsletter **PLEASE** send your write up to: suzie.germs@gmail.com

Just
Run!



www.ardathletics.co.za

CLUB HISTORY

ARD Athletic club, has been in existence for 18 years and endeavours to provide an avenue for the community to improve physical fitness and to lead a healthy life style.

The club was based in the Grassy Park – Retreat area but has grown to incorporate members from other areas especially the Salt River-Woodstock, Ottery and Wynberg areas.

Members participate in organized running and athletic events which incorporate regular road running and walking events such as the Two Oceans and Comrades Marathons. The club is also involved with organizing and assisting in community events such as fun runs and the Jive Big Walk.

Regular training sessions are conducted on a weekly basis and on Saturdays/Sundays a Pack run is lead by senior members of the club.

ARD Athletic Club strives to create space for community members, especially the youth to participate in running and athletic activities.

Some of the Faces of ARD EXCO



Suzie Germs has been running with ARD since 2012. She has been the Female Club Captain since 2014. Suzie currently assists with the ARD Newsletter, marathon and ultra training, Comrades Blog, ARD Facebook page and running videos. 'ARD has helped me achieve dreams I truly believed would never be actualized. The encouragement and support I received from the members when I first started running amazes me even today. I know how empowering it can be to fulfill your dreams and try to help others as much as I can reach theirs.'



Muizh Lewin junior development officer for 2016. Muizh is the current reigning champion of the ARD Most Races Challenge and the Coca-Cola League Troggy. He ran 39 races in 2015 which was nothing compared to the 54 races he ran in 2014. About his winning, Muizh has to say: 'the ARD most League Races trophy is one special trophy to me. I've been holding on to that trophy for the last 4 years and in 2015 had to strategize how I was gonna keep it. I had to skip Mosque on EID morning to go run Fairbridge 15KM and hold on to that trophy for a Another Year!'



Sharifa Fakier is currently the ARD Assistant Financial Officer and has been in the finance profession for a period of 20 years. 'I started running 2.5 years ago, previously for another club. I met a few of ARD runners on the road and was always greeted and encouraged by them, even though I was not a member of their club. I joined ARD in January 2015 and only then felt that I was part of a running club, better still a running FAMILY. I have carved a space for running in my life and have now accepted that I am a Runner.'

Please feel free to contact your Club Captains or Coach Marshal with any questions, comments and/or concerns you may have regarding running.

Coach Marshal

084 650 8785

marshall.moiloa@gmail.com

Captain Shamil Shira

082 415 7618

shamilshira@gmail.com

Captain Suzie Germs

076 979 1491

suzie.germs@gmail.com