



05 February 2015
Issue 05#2015

We are on the Web
www.westvilleac.co.za

COOL RUNNINGS

Like us on Facebook



This Sunday is the NOSA Hillcrest Marathon and Half. NB: The marathon is one of two marathons that count towards our Club Marathon Champs (*The other marathon being PMB City marathon*). PLEASE NOTE: this marathon and half is a pre-entry race only. If you haven't yet entered you may NOT run the race, even unofficially.

Next Tuesday 10 February is the Valentines Time Trial. For those of you who are not sure what this is, the Valentines TT is run in reverse and we encourage you to run in red and/or white.

Also on the same evening, we will be doing the 2014 Club Awards—these are for the winners of the various club championship events held during 2014 over the 10 / 15 / 21,1 / 42,2km distances.

We encourage ALL members to come along and run the Valentines TT and then support your fellow members achieving Awards.

This past Tuesday saw the re-introduction of the monthly Chairman's draw. Sadly, Trevor Cowie you were not present and therefore the amount is rolled over to next months draw of R300.00.

For those of you on facebook, please like our page. Those members who have already joined our page will tell you there is regular updates and interesting news articles on the page. This year we will be using the facebook page a lot more for interaction with our members so if you wanting to keep up with all the news, closing dates of races etc, please make a point in liking our page.

This month we welcome two new sponsors on board. Shave paints need no introduction and you can visit their branches in the Upper Highway region. The second new sponsor is Tranquility Health. Tranquility do sports massages and we ask that you visit their website to familiarize yourself with their offerings www.tranquilityhealth.co.za We thank both new sponsors and welcome them to the Westville family.

Lastly, good luck to all who are swimming the Midmar mile on Saturday and to those of you who are using the NOSA Hillcrest marathon to qualify for Comrades. We look forward to seeing some exciting times.

With most members racing on Sunday, there will be NO organized training run.

RESULTS:

D&G Panelbeaters and Paints 32km

Robin Goddard 1st Grandmaster 2:50:40

Upcoming Races:

NEXT:

Sunday 08 February:

NOSA Hillcrest marathon:
42,2/21,1km run/walk
Hillcrest AC

Sunday 15 February:

Zabalaza Half marathon:
21,1km run/walk
Zabalaza AC

Sunday 22 February:

Maritzburg marathon:
42,2km & 21,1km run/walk
Carbineers AC

Saturday 28 February:

Bufs marathon:
42,2km & 21,1km run/walk
Bufs AC

Saturday 28 February:

Mondi 21km:
21,1 & 10km run/walk
Richards Bay AC

Sunday 01 March:

Durban City marathon:
42,2km & 21,1km run/walk
Durban Runners AC

Wednesday 04 March:

Mixed league TT:
DHSOB AC

Friday 06 March:

Parlauf XC:
Westville AC

Sunday 08 March:

Stella Royal:
25 & 10km run/walk
Stella AC

Wednesday 11 March:

LADIES TT LEAGUE:
4km run/walk
Queensburgh AC



Happy birthday

Date	Name	Surname
1	Chelsea	Blanchard
	Cindy	Reeves
2	Karen	Fisher
	Grant	Kerr
	Oliver	Lamusse
3	Tracy	Ibbetson
6	Leverne	Poisson
	Martin	Erasmus
7	Veronica	Cochrane
	Wayne	Kershaw
8	Andy	Daly
	Tammy	Dennill
9	Charmaine	Newmarch
	Kenneth	Culverwell
11	Dean	Alcock
	Nicci	Wilcox
12	Justin	Erasmus
13	Kevan	Rocher
14	Ray	Buthelezi
15	Rishandra	Bissessur
	Nelisiwe	Dlamini
	Jason	Shaw
17	Keri	Becker
18	Deon	Pretorius
18	Leanne	Ellis
20	Alison	Parle
22	Karen	McKenzie
	Greg	Reeve
	Michael	Cross
23	Kate	Swan
	Martin	Dovey
24	Nicola	Centner
	Gloria	Naidoo
28	Arnout	Kok
	Wayne	Simmons
	Natalie	MacKenzie
29	Clyde	Walker

CLUB KIT:

Our club colours are a red and white stripe vest, with fireman red shorts. If you prefer wearing running tights, then red tights are available from respective sports shops.

NO other colours may be worn with the official kit.

If you are one of the fortunate few that will potentially receive category placing or team prizes at the respective races, then please make sure that you have the official Westville tracksuit or one of the time trial league T-shirts. You are required to wear the official club colours to collect your prize money. Should you also use your running in a personal capacity, as a way to raise funds for charities, please make sure you are always photographed in the media wearing your correct club colours.

Failure to wear the correct kit in an official race, can lead to a warning or even a disqualification from the race referee. It will also lead to disciplinary action being taken against you by the club committee, which can result in a fine or suspension

SAFETY:

Here are a few practical tips athletes can follow to ensure they are safe while training:

- Always let someone know when you are heading out, and when you expect you will be back; if you do not return as scheduled, the alarm can be raised immediately.
- Ensure that your cell phone battery is fully charged before you leave home.
- Take enough money to be able to make a phone call or to catch a taxi if necessary.
- Do not go out alone; invite a family member or friend.
- Wear bright reflective clothing so that motorists are able to see you clearly.
- Vary your route often and avoid deserted areas.
- Avoid listening to music while running; you may not hear an oncoming vehicle, a potential attacker or a vicious dog.

Regardless of whether you train in the morning or evening, leave an outside light on if you expect you will return when it is dark.

HAVE YOUR SAY

Got something on your mind that you want to share, photographs you would like to submit, a question you want answered or a good story you would like to tell?

Then send it to:
fred@ramses.co.za

On the light side:

A man suffered a serious heart attack while shopping in a store. The store clerk called 911 when they saw him collapse to the floor.

The paramedics rushed the man to the nearest hospital where he had emergency pen heart bypass surgery. He awakened from the surgery to find himself in the care of nuns at the Catholic Hospital.

A nun was seated next to his bed holding a clipboard loaded with several forms, and a pen. She asked him how he was going to pay for his treatment.

"Do you have health insurance?" she asked. He replied in a raspy voice, "No health insurance."

The nun asked, "Do you have money in the bank?" He replied, "No money in the bank."

"Do you have a relative who could help you with the payments?" asked the irritated nun. He said, "I only have a spinster sister, and she is a nun."

The nun became agitated and announced loudly, "Nuns are not spinsters! Nuns are married to God."

The patient replied, "Perfect. Send the bill to my brother-in-law."

Committee 2015:

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Our sponsors:



KAZMAC Photography