



12 February 2015
Issue 06#2015

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

COOL RUNNINGS

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Fantastic running by the Red & White sunburnt Zebra's at Hillcrest this past week. We had so many PB's that it would be impossible for me to mention them all but a big thumbs up to all of you who achieved your best on Sunday. It would however, be remiss of me not to mention a few worthwhile performance by our top athletes, Jonathon Edwards and Paul Eichert who both ran sub 80 min on the half and finished 10th and 11th respectively. Then in the marathon Jani Grundeling who achieved 1st place in a scorching time of 3:00:57 making her the fastest lady in Westville.

Over the past few years I have regularly been chirping about greeting and encouraging your fellow members at races, whether you a fast runner or a slow runner. Therefore, its nice to get feedback from one of our regular backmarkers that she was so chuffed with Barry Spencer and Stuart Cox, who assisted her through a bad patch and encouraged her to keep going at the expense of their own race. Well done guys, that is what we are asking for—Comradeship.

Nice turnout at our Valentines Time Trial and so great to see so many kids running the time trial, week in and week out. Your future committee in the making.

To all the 2014 trophy winners, Congrats and we wish you an even better 2015. For those of you who missed out, let's see you claim your trophies this year.

This Saturday we have the **NEW MEMBERS** meet and greet "Bring and Share" breakfast. This is preceded by a 15km training run commencing at 5am from the clubhouse and a shorter option led by Tammy Dennill starting at 6am. Please can you respond ASAP whether you will be attending the breakfast. Also NB: The breakfast is NOT only for new members but also for existing members to come and mingle with the new members and make them feel at home. We look forward to seeing as many of you there as possible.

Then on Sunday is the Zabalaza 21,1km race, which starts at 6am from the Cato Ridge Country Club. Entry fee is R90 for the half and R60 for the 10km. This race, although I have not run it to date, I believe is ell organized and although a hard course is great to do. Therefore, it would be nice to see the Red & White stripes turning out for it.

RESULTS:

NOSA Hillcrest 21,1km

Paul Eichert	1st Vet male	01:19
Chelsea Blanchard	2nd Junior Female	02:14

NOSA Hillcrest 42,2km

Jani Grundling	1st Lady	3:00
Cliff Robbertze	3rd Vet male	3:11
Robin Goddard	2nd Grandmaster	3:54

Upcoming Races:

NEXT MAJOR EVENT:

Sunday 22 February:

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

YOUR COMMITTEE 2015:



Chair person:
TAMMY DENNILL



Vice Chair person:
News ED:
Men's Captain:
FRED Mc KENZIE



Secretary:
Retail:
SHARON SCHUBACH



Treasurer:
DARYL HEFER



Ladies Captain:
JANINE ENGEL



Cross Country Captain:
KARYN JACKSON



Club Hire & Facilities:
LYNTON CONWAY



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

Interesting links:

WESTVILLE WEBSITE:	www.westvilleac.co.za
WESTVILLE FACEBOOK PAGE:	www.facebook.com/pages/Westville-Athletic-Club/120100468059218
PHOTOGRAPHS:	www.facebook.com/pages/Sports-photography-by-Kaz/935858716425617
COMRADES:	www.comrades.com
TWO OCEANS:	www.twooceansmarathon.org.za
KZNA:	www.kznathletic.co.za
CHAMPIONCHIP:	www.championchip.co.za
RACETECH:	www.racetech.co.za
FINISH TIME:	www.finishtime.co.za
EVENTTIMING:	www.eventtiming.co.za
JETLINE ACTION PHOTOS:	www.jetlineactionphoto.com/find_photos.php

Committee 2015:

Tammy Dennill (Chairperson)

083 222-2339 # tammydennill@hotmail.com

Fred Mc Kenzie (Vice Chairperson & News-ED)

082 880-4894 # fred@ramses.co.za

Sharon Schubach (Secretary & Registrations)

082 414-1783 # itonridge@gmail.com

Daryl Hefer (Treasurer)

082 788-7114 # darylhefer@gmail.com

VACANT (Men's Captain)

Fred Mc Kenzie filling in

Janine Engels (Ladies Captain)

084 729-3871 # jengels.48@gmail.com

Karyn Jackson (XC Captain)

079 897-3661 # karynj@rohlig.co.za
(Stuart Cox—Assisting)

Lynton Conway (Facilities)

084 285-8431 # lynton.conway@gmail.com

VACANT (Retail)

Our sponsors:



KAZMAC Photography