



19 February 2015
Issue 07#2015

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

COOL RUNNINGS

Like us on Facebook



This Sunday is the WITNESS PMB City Marathon and Half. NB: The marathon is the second of two marathons that count towards our Club Marathon Champs. 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.

A gentle reminder that if you haven't renewed your license yet, you WILL be disqualified at the races (at Hillcrest we had a few member disqualified for wearing 2014 licenses). Please contact Sharon Schubach to get your license ASAP.

It is with interest that I am seeing an increasing number of races becoming pre-entry ONLY. Please take note of these and make sure you don't miss out. Currently, I am aware of the following that are pre-entry only—Durban City Marathon, Stella Royal 10/25km, Umgeni Water marathon, Bergville, Chatsworth, Deloitte's marathon. As soon as I have confirmation of what races have become pre-entry I will post on the facebook page.

On Friday 6 March, Westville host the opening of the Cross Country season by putting on the PAR-LAUF event. The flyer is on our facebook page and we urge you to enter. This is completely a fun event and is ideal for the whole family. We also need volunteers to assist with the field setup on Friday afternoon from 2pm as well as with running the event itself. If you can help, please give your name to one of the committee members on the flyer.

With the second leg of the club marathon champs taking place on Sunday, there will be no club training run on Saturday. Should you wish to get a run in I suggest you go along to a Park run and join in or organize your own group. Training runs will resume next week.

Then lastly, received from one of our members Robyn Herbst: **Wearing red clothes and seam-free socks will improve your run:** In most situations in life the clothes you wear are chosen for practical purposes and as a way of self-expression, but the clothes you wear when running can make or break your run. Make sure you choose the right clothes for your run or race. For example, did you know that wearing red could help you win? According to research conducted at the 2004 Olympic Games in Athens, competitors who wore red were more likely to win when competing.

..... and now you know why the Red & White sunburnt Zebras are always on the podium.

RESULTS:

Zabalaza 21,1km

Tammy Dennill	3rd Lady overall & 1st Vet	1:51:01
---------------	----------------------------	---------

Zabalaza 10km

Patrick Wynne	1st Master	56:50
Gill Tregenna	1st +70	59:19

Upcoming Races:

NEXT MAJOR EVENT:

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

Sunday 15 March:

Umgeni Water marathon:
42,2km 32km & 15m run/walk
Collegians AC

WELCOME:

The committee on receipt of the signed application form shall advise the applicant that he/she will have temporary membership until the committee has approved his/her application. # The registrations committee member shall then ensure that all new members are circulated in the weekly newsletter for a period of two weeks. # Any objections to the new member being made a permanent member, is to be placed in writing and addressed to the chairperson of the club.

Alex Wardle
Andrew Atkinson
Antony Mbuvu
Bridget Parton
Byron Lindsay
Cameron Leaver
Cindy Reeves
Ciska Meyer
Claire Schilt
Craig Robinson
David Wilcox
Dean Franz
Delani Hlongwane
Desiree Masombuka
Gavan O'Sullivan
Jan van Nijkerk
Jane Long
Jason Haswell
Jessica Jollands
Jonathan Sinden
Karen Jarman
Katharine Atkinson
Kelvin Strachan
Keri Becker
Lawrence Payne
Liesel Israel
Mandy Eley
Maureen van den Bergh
Mbongeni Hlongwa
Mpumelelo Hadebe
Nicci Wilcox
Nonkululeko Qhobosheane
Patrick Martel
Phillippa Rautenbach
Reginald Groves
Rex Monda
Richard Firbank
Rishandra Bissessur
Sandy Ambross
Shane Heppell
Thabsile Hlongwa
Tyrone van Wyk
Xolani Mbambo

YOUR COMMITTEE 2015:



Chairperson:
TAMMY DENNILL



Vice Chairperson:
News ED:
Men's Captain:
FRED Mc KENZIE



Secretary:
Registration & Retail:
SHARON SCHUBACH



Treasurer:
DARYL HEFER



Ladies Captain:
JANINE ENGELS



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

GENERAL INFORMATION:

Always try and arrive at least an hour before the start time of a race. This is to help you factor in the time needed for parking, registration, toilets, etc.

Take flyers of upcoming races with you. This allows you to be aware of the logistics of the forthcoming races i.e. pre-entry or if it is a point to point race, etc.

When running, whether it be on roads or cross country/trail – please remember to use bins provided to dispose of your litter. If there are no bins – hold onto your litter, until the next bin.

We would like our members to model responsible actions and influence others around them to consider their actions too. It only takes small actions, one person at a time, to make a big difference.

And lastly, remember that the other red and white racing stripes on the road could be there when you need them most, so always acknowledge fellow Westville runners. Who knows, a smile or kind greeting could be just the encouragement you need in your next event.

A journey of a thousand miles begins with the smallest step

CLUB CHAMPIONSHIP EVENTS:

We hold our club championships (*club champs*) for the various distance throughout the year - for 2015 the following are our club champ races:

10km	Forest AC 10km	12 June 2015
15km	Bearingman Stainbank Cup	06 December 2015
21,1km	Savages 21,1km	23 August 2015
42,2km	Nosa Hillcrest Marathon	08 February 2015
	The Witness PMB Marathon	22 February 2015

Trophies are awarded to 1st, 2nd and 3rd place for both men and ladies in the Seniors, Sub Veterans, Veterans, Masters and Grandmasters categories.



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.racetec.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