



25 February 2015  
Issue 08#2015

We are on the Web  
[www.westvilleac.co.za](http://www.westvilleac.co.za)

## COOL RUNNINGS

Like us on Facebook



Another awesome weekend of running for the West...villians! By all accounts the majority of runners who ran the WITNESS PMB marathon/half, achieved PB's. Well done to all. This weekend is the turn of those who are running BUFFS on Saturday and the Durban City marathon on Sunday. Long range forecast is indicating good weather for you as well. Both marathon routes are over a fast course so let's hope and pray that the wind doesn't blow and that the weather stays cool.

If you haven't yet renewed your membership please be aware that we have to return all unsold licenses to KZNA on Friday. If you are still intending to renew, I suggest you contact Sharon Schubach urgently and ask her to hang onto your license number. You will still be able to renew after this date but there is no guarantee that you will get the same number and you will need to wait until a committee member then goes down to the KZNA offices to collect any outstanding licenses, which may take a while. This means that if you are then racing on the weekend you will need to buy a temporary license in order to compete at the event.

On the license issue, once again at PMB, a number of athletes were disqualified for wearing 2014 licenses. You don't want to be trying to qualify for Two Oceans or Comrades and then been disqualified.

Next week is a rather hectic week. On Wednesday 4 March 2015, is the 2nd round of the Mixed League Time Trial event. This takes place at DHSOB and their new course is a fantastic, fast/flat course. The event starts at 6pm and the ladies/walkers do 4km with the men doing 8km. Our biggest competitors are Old boys and this being their home course they are bound to have their "A" team present. Please can we have as many of our runners participating as possible. Thank you.

**Then on Friday 6 March, Westville host the opening of the Cross Country season by putting on the PARLAUF 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.**

Apart from the previous races which I have mentioned have become pre-entry races only, another one can be added to the list. The DICK KING 21,1km event. See our facebook page for details.

With a number of our athletes still to do their marathon this weekend or having just completed their marathon, we will not be holding a training run on Saturday BUT Queensburgh have agreed to allow our runners to join their group running 32km from Oscars at 5am. If you wish you are welcome to join them.

Lastly, I never knew that by omitting "On a lighter note" from the newsletter I would receive so much abuse and therefore to prevent any further harassment it has been reinstated with immediate effect.

### Upcoming Races:

#### NEXT MAJOR EVENT:

#### Wednesday 04 March:

**Mixed league TT:**  
DHSOB 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

### RESULTS:

**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
Sarah Wilson
Neil Wilson
Cyprian cele
Andy Patterson
Jasper Lochner
Natalie O'Connell
Sue-Ann Coskey

**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

## HIGHWAY LADIES TIME TRIAL LEAGUE:

This is a ladies only interclub competition between all the clubs in the highway area and all ladies in the club are encouraged to participate in this league (*social members too*).

There are 3 categories to this time trial league:-

### Super League:

Teams are made up of 6 ladies and points are allocated according to the accumulated times of the teams. The more ladies participating in the league means the more teams we have, which results in more points scored.

### Walkers League:

Teams are made up of 4 walkers and points are allocated as per the same method as the super league.

### Handicap League:

This league is scored on the number of ladies competing - as we are a large club we need approx. imately **50 ladies per event** to feature in this league.

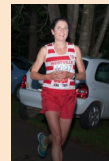
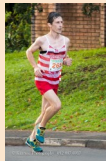
Therefore if you are new to the club or have never been to a ladies time trial league, then now is a good time to attend

## 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place for both men and ladies in the Seniors, Sub Veterans, Veterans, Masters and Grandmasters categories.



## Interesting links:

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

## 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](mailto:fred@ramses.co.za)

## On the lighter side:

- A blind man walks into a bar... And a chair... and a table.
- I failed my driver's test today. The instructor asked me "What do you do at a red light?" I said "I usually check my emails and see what people are up to on Facebook."
- A guy goes to the store to buy condoms. 'Do you want a bag?', the cashier asks. 'No', the guy says, 'she's not that ugly'.
- Never make fun of a fat guy with a lisp... He's probably thick and tired of it.
- I read today that 10 out of 2 people are dyslectic.....
- I quit my job at the helium gas factory....I refuse to be spoken to in that tone....
- I once farted in an elevator, it was wrong on so many levels.
- Stalking is when two people go for a long romantic walk together but only one of them knows about it.

## Committee 2015:

### Tammy Dennill (Chairperson)

083 222-2339 # [tammydennill@hotmail.com](mailto:tammydennill@hotmail.com)

### Fred Mc Kenzie (Vice Chairperson & News-ED)

082 880-4894 # [fred@ramses.co.za](mailto:fred@ramses.co.za)

### Sharon Schubach (Secretary & Registrations)

082 414-1783 # [itonridge@gmail.com](mailto:itonridge@gmail.com)

### Daryl Hefer (Treasurer)

082 788-7114 # [darylhefer@gmail.com](mailto:darylhefer@gmail.com)

### VACANT (Men's Captain)

Fred Mc Kenzie filling in

### Janine Engels (Ladies Captain)

084 729-3871 # [jengels.48@gmail.com](mailto:jengels.48@gmail.com)

### Karyn Jackson (XC Captain)

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

### Lynton Conway (Facilities)

084 285-8431 # [lynton.conway@gmail.com](mailto:lynton.conway@gmail.com)

### VACANT (Retail)

## Our sponsors:



KAZMAC Photography