



05 March 2015  
Issue 09#2015

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

## COOL RUNNINGS

Like us on Facebook



Congratulations to Jonathan Edwards, Paul Eichert and Wendy Morgan who flew the Westville flag high down at Buffs marathon 2015, with a time of 2:31 (4th overall), 2:41 (1st Vet male) and Wendy Morgan 3:07 (2nd lady overall and 1st vet lady). Awesome times, all PB's and great running. Well done. Also a big shout out to coach JP Chelin who coaches these hard working athletes.

On Tuesday night at the Chairman draw the (un) lucky recipient who was not present for the draw was Brandon Jackson so the amount rolls over to R400 next month.

Friday night is PARLAUF. We need volunteers to set up the field and assist at the event. If you are not running and would like to assist your club contact Karyn Jackson urgently on 079 897-3661.

Those that are contemplating running, make sure you get down and participate. This is a fun event and good cross training. You need to run in two's (get your friend/partner to run with you) and make sure you wear your club kit. If you/your partner are not members of a club, you will need to buy a temporary license as well as the entry fee. R10 for the temp license. After the event stay and socialize. The braai fires will be lit and the bar will be open.

I would just like to reiterate, that we are using the facebook page for a lot of the news items, items of interest as well as for entry information regarding the various races. If you want to keep up to date with everything that is happening in the club, please like our page and make sure you keep an eye on the happenings in the running world.

On Saturday 21 March we will be combining our training run with Queensburgh and running the popular SPAR—SPAR run on the Comrades route (Kloof - Camperdown). We need helpers for this event as well as the other events that I have highlighted in the training program. Thank you for those who have already responded but we need a lot more. Please come forward and give me your names.

Our Comrades route tester will take place on Saturday 25 April 2015. More details to follow.

Last week I had the wrong date for the Club 10km Champs. It has now been corrected and you can see all the dates of our various Champs on page 3.

### RESULTS:

#### Buffs marathon:

Jonathan Edwards	2:31	4th overall
Paul Eichert	2:41	1st Vet male
Wendy Morgan	3:07	2nd lady overall and 1st vet lady

#### Ethekwini marathon:

Megan Finestone	4:06	3rd Master lady
Wendy Fitzmaurice	3:58	1st Grandmaster lady

### Upcoming Races:

#### NEXT MAJOR EVENT:

#### Wednesday 11 March:

##### LADIES TT LEAGUE:

4km run/walk  
Queensburgh 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

#### Sunday 15 March:

**Tongaath Panthers Classic:**  
42,2km 21,1km & 15m run/walk  
Tongaath Panthers AC

#### Sunday 22 March:

**Hibiscus marathon:**  
48km run  
South Coast Striders AC

#### Sunday 22 March:

**Gaterite challenge:**  
42,2km 21,1km & 15m run/walk  
Verulam AC

#### Tuesday 24 March:

**Durban Runner/GU Energy:**  
Mixed league Time Trial  
Savages 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
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

### My Curveball

Often you don't see it coming so when it hits, it can smash into you pretty hard. At best it will leave you a bit winded, at worst, completely shell-shocked. My curveball, breast cancer at 40 years old. Once the curveball was dropped I had to give my body and mind a quick once over to assess the damage. I was facing my own mortality. When that was done, I shifted my attention to the curveball. I wondered where it came from. I was fit. Running 70-80km a week. Not sure why I didn't see it coming as my sister had it. I realised there was no point in pondering about all that. Time to move on.

I picked up the curveball and examined it from all angles. I decided what I was going to do with the choices I had. Fight and Survive. Unfortunately the work involved with dealing with my curveball was *hard*. Some days I cried at the lack of strength and resilience I had. Some days felt like I was getting nowhere. I lost my love for running and could barely keep up with friends whom I used to run alongside with. That was hard. If I wasn't a runner, who was I?

One day, I found myself thinking about my curveball. Suddenly I was gripped with a sense of strength that I didn't know I had. I threw that ball hard. Not back to where it came from – but certainly away from me, to some place it can't touch me. But that's not the end of the story. Because inevitably, it will come back to me. Whether it's the same curveball or another, life will throw something else my way. But the next curveball, I may know exactly what to do with it

Each time you run whether in training or a race, enjoy being out there, if you don't, why you doing it? I still run but my family and health come first and is more important than any race or event will ever be.

Nothing is guaranteed in this life. But when you make peace with that and you make it your mission to appreciate what you have and that you are here, to not sweat the small stuff and not worry too much about the stuff that you can't control.

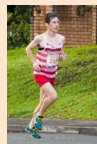
Kim Lowe #cancerwarrior

### 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 July 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 sixty-four-year-old man is sitting on a park bench, sobbing, when a young man walks by and asks him what's wrong. Through his tears the old man answers, "I'm in love with a twenty-two-year-old woman." "What's wrong with that?" asks the young man. Between his sobs and sniffles, he answers, "You don't understand, every morning before she goes to work, we make love. At lunchtime she comes home and we make love again, and then she makes my favourite meal. In the afternoon when she gets a break, she rushes home and gives me oral sex, the best an old man could want. And then at suppertime, and all night long, we make love." He breaks down, no longer able to speak.

The young man puts his arm around him. "I don't understand. It sounds like you have the perfect relationship. Why are you sitting here on this park bench crying?" The senile old man answers, again through his tears, "I forgot where I live."

## 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