



12 March 2015
Issue 10#2015

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www.westvilleac.co.za

COOL RUNNINGS

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Thank you to all those who came along on Friday afternoon and assisted with the setup for Parlauf. Your help was truly welcome. Parlauf went off well and we received a lot of compliments on a well managed event and on the new course layout. Special thanks to Stuart Cox and Karyn Jackson your XC committee.

This weekend there are two events happening. Firstly, the Umgeni water race but if you haven't entered yet I'm afraid you won't be able to do so. Entries are closed. A bit of advice, leave early to get there as the entrance to the dam on the Sunday morning is hectic and there is always a bottleneck at the registration. Also on Sunday locally is the Tongaat Panthers marathon and half. This takes place at Verulam and starts at 5am.

On Friday night, there was a friendly argument as to who has the fastest silver at Two Oceans. Yours truly name was bandied around but I decided to go check the facts and there were some interesting names that came up. Of the members still running, I am sadly only in fourth place being pipped by Aubrey Roberts, Andy Daly and Jowaine Parrot. Jowaine, of course the only lady on this list. Take a look at the table on page 2 (it is probably not 100% up-to-date but will give you an idea). Interesting reading.

I was asked this week to try and keep the members up to date more regularly with the happening around the region. I do this almost daily and once again request you to like our facebook page for a lot of the news items, items of interest as well as for entry information regarding the various races. This is the fastest way for me to get the news to you.

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.

RESULTS:

Parlauf:

Ladies:	Shani Silver & Jani Grundling	2nd team
Mixed:	Wendy Morgan & partner	1st team

Upcoming Races:

NEXT MAJOR EVENT:

Tuesday 24 March:

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

Sunday 15 March:

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

Sunday 15 March:

Tongaat Panthers Classic:
42,2km 21,1km & 15m run/walk
Tongaat 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

Sunday 29 March:

Dick King challenge:
21,1km & 15m run/walk
Amazintoti AC

Saturday 04 April:

TWO OCEANS:
56km & 21,1km run
Two Oceans

Friday/Saturday/Monday:

3/4/6 April
Comrades in 3 days

I went back to as far as I could on the website. The Two Oceans silver is known as probably the hardest silver to earn and therefore prized the most.

There were a few years missing on the two Oceans website so if anyone has any further results I would love to update this list and add them. The times have been placed from fastest to slowest. Gary Rich an ex member has 10 Two Oceans silvers followed by Paul Worsnip (6) and Aubrey Roberts (5). Both these latter two names could probably go on and equal if not better the amount of silvers at Two Oceans.

POSTION	NAME	Year FASTEST silver achieved	TWO OCEAN SILVERS										No. of Silvers	
1	Derek Preiss	1974 03:21:40	03:22:01	03:22:44										3
2	Steve Atkins	1979 03:26:10	03:26:26	03:26:30	03:36:06									4
3	Aubrey Roberts	1988 03:27:18	03:29:30	03:52:18	03:52:27	03:57:16								5
4	Andy Daly	1996 03:34:14	03:44:46											2
5	Gordon Fletcher	1988 03:37:40												1
6	Gary Rich	1980 03:37:57	03:43:53	03:45:41	03:46:29	03:49:11	03:49:46	03:56:01	03:56:01	03:59:01	03:59:09			10
7	Dave Rogers	1976 03:39:10	03:45:56											2
8	Derek Kay	1980 03:41:26	03:43:53	03:45:15	03:47:39	03:49:49								5
9	Kelvin Scott	1982 03:41:30	03:44:52	03:47:53	03:50:27	03:50:48								5
10	Basil Henderson	1984 03:43:52												1
11	Gary Goldsworthy	1984 03:46:55												1
12	Jowaine Parrott (F)	1996 03:47:06	03:50:50	03:56:55	03:57:53									4
13	Eddie Viljoen	1990 03:49:08	03:55:47	03:58:26										3
14	Rogan Bartlett	1996 03:50:18	03:57:30											2
15	Fred Mc Kenzie	1984 03:51:47												1
16	Johan du Plessis	1984 03:53:06												1
17	Ashukomer Singh	1986 03:53:15	03:55:09	03:59:35										3
18	Mark Jameson	1998 03:54:14	03:54:48	03:56:39	03:58:52	03:59:58								5
19	Paul Worsnip	2012 03:54:55	03:56:25	03:56:47	03:57:03	03:58:38	03:59:00							6
20	Geoff Logan	1988 03:55:23	03:55:41	03:56:49										3
21	Nicholas Niel-Ross	1982 03:55:42	03:58:30											2
22	Trevor Gomersall	1979 03:56:23												1
23	Bernard Ives	1988 03:56:58												1
24	David Rawlinson	1986 03:57:00												1
25	Cliff Robbertze	2010 03:57:03	03:57:56	03:58:38										3
26	Andrew Lansdell	1993 03:57:07	03:59:57											2
27	Grant Cummings	2002 03:57:24												1
28	Donald Macleod	1990 03:57:40												1
29	Gary Noble	1994 03:57:45												1
30	Anthony Saunderson	1999 03:58:28												1
31	Paul Eichert	2011 03:58:52												1

** Paul Eichert until he achieved he's silver was affectionately known as the "minute man" as he twice came close to breaking the magical 4 hour barrier with times of 4:00:52 and 4:01:58



Happy birthday

Date	Name
2	Alfred Dlamini
2	Don MacLeod
2	Robyn Herbst
4	Rodney Collyer
5	Louise Lilford
6	Andrew Pitts
8	Craig Brigg
8	Sheree Kirsten
8	Arlindo Miranda
9	Kelly Benschop
10	Blaine Pienaar
12	Johan Cronje
12	Eric Jennings
15	Simon Collins
17	Brian Smith
18	David Ward
19	Richard Proctor
20	Peter Heron
21	Francois Brand
21	Lauren Beviss-Challinor
21	Debbie Lundin
25	Jonathan Sinden
25	Fay Glennie
26	Xolani Mbambo
28	Douglas Glennie
28	Matthew Spencer
29	Sam Gumede
29	Tim Parle

This is what we as a committee love to receive—thank you Bridget.

I just wanted to send a note to you guys and say a great big THANK YOU to all the members and committee staff who are so devoted to the running club and ensuring that we as members are all kept up to date with everything and anything to do with the running community. I love getting your newsletters!! The support on the road during races and in training runs is just phenomenal and so encouraging. I feel privileged & proud to be part of the red & white club.

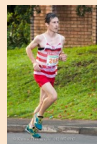
Letter shortened..... Bridget is getting ready to run a PB at Two Oceans. We wish you all the best with your race soon.

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



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.racotec.co.za
FINISH TIME:	www.finishtime.co.za
EVENTTIMING:	www.eventtiming.co.za
JETLINE ACTION PHOTOS:	www.jetlineactionphoto.com/find_photos.php

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

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 lighter side:

A few days after Christmas, a mother was working in the kitchen listening to her young son playing with his new electric train in the living room. She heard the train stop and her son said, "All of you sons of b*tches who want off, get the hell off now, cause this is the last stop! And all of you sons of b*tches who are getting on, get your asses in the train, cause we're going down the tracks."

The mother went nuts and told her son, "We don't use that kind of language in this house. Now I want you to go to your room and you are to stay there for TWO HOURS. When you come out, you may play with your train, but I want you to use nice language."

Two hours later, the son comes out of the bedroom and resumes playing with his train. Soon the train stopped and the mother heard her son say, "All passengers who are disembarking from the train please remember to take all of your belongings with you. We thank you for riding with us today and hope your trip was a pleasant one. We hope you will ride with us again soon." She hears the little boy continue, "For those of you just boarding, we ask you to stow all of your hand luggage under your seat. Remember, there is no smoking on the train. We hope you will have a pleasant and relaxing journey with us today."

As the mother began to smile, the child added, "For those of you who are pissed off about the TWO HOUR delay, please see the b*tch in the kitchen."

Committee 2015:

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Fred Mc Kenzie filling in

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VACANT (Retail)

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