



07 May 2015
Issue 18#2015

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

COOL RUNNINGS

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With cries of rigged, redraw, etc ringing around the clubhouse last night, yours truly duly stepped up and claimed the Chairman's draw of R700 on offer. Fortunately for me my name was pulled from the hat by Michelle Kemp's daughter and for that she will share some of my profits. The amount now reverts back down to R200 for June and we look forward to seeing a nice size crowd, similar or better than last night.

Well hopefully you all observed the Comrades deadline and have submitted your qualifying times and are about to start tapering and if any of you are thinking of catching me, don't. Justin Janse van Rensburg has already by getting me to believe that he hadn't submitted his qualifying criteria in time and if I could somehow help. Well done Justin, you had me completely fooled—just wait for me to respond.

Now is the time that all the niggles, ailments and flu stories hit the airwaves. Just keep warm, don't overdo any training and if you think you have flu, get it seen to straight away.

To all our members who ran the Deloitte's marathon or half. Well done there were some great performances and it bodes well for Comrades.

Don't forget that tonight is the next leg of the Ladies TT league which will be held at PDAC commencing at 6pm. Please can all our ladies attend this league. At the last legue held in Hillcrest, Janie Grundling gave the hare Dereck Wasserfall a good run for his money. I have it on good authority that he was running scared. Let's see if she can do it again.

There's no race locally this weekend and if you looking to do a race then there's the Cavanagh 52 & 21,1km event out at Escourt.

Locally Dean Wicht will be taking a group of runners on a loop from Westville Mall over Cowies, Field's Hill into Wyebank, through Pinetown and back to the Mall—approx. 25km. They will be starting at 6am if you wanting to join. Bring money for your own drinks (no seconding).

On Saturday 23 May 2015, we will be running a Captains run from the Clubhouse—approx. 10km. After that we will have a skottel breakfast (everyone to supply there own breakfast and skottel). This is a week out from Comrades and is a team spirit building event prior to Comrades. Please come join us even if you not running Comrades.

Then on Tuesday 26 May 2015, at approx. 7:15pm (after the time trial we will hold our annual comrades pasta evening. Our guest speaker is our local hero BOYSIE VAN STADEN. Boysie has run 37 Comrades and has achieved 6 gold medals. Those that know Boysie will know that he is a down to earth likeable guy and at the age of 60years is still running a lot of us younger runners upside down. Please respond for catering purposes whether you will be attending and how many. See advert later in newsletter.

Lastly, well done to Sue Smith & Gloria Naidoo for undertaking such a big assignment and walking to JHB raising funds for Open door Crisis Centre and against human trafficking. Read more at <http://www.durban.getitonline.co.za/2015/05/04/stop-human-trafficking-walkers-take-to-the-road/>

Upcoming Races:

NEXT MAJOR EVENT:

Friday 1 May:

Deloitte's Challenge:
42,2 & 21,1km run
Dolphin Striders

Thursday 7 May:

LADIES TT LEAGUE:
4km run/walk
PDAC

Sunday 10 May:

Checkout Marathon:
CANCELLED

Sunday 10 May:

Cavanagh Marathon:
52, & 21,1km run/walk
Escourt Athletic Club

Saturday 16 May:

XC League 3
Savages AC

Sunday 17 May:

Starling Plumbers:
21,1 & 10km run/walk
Woodview Athletic Club

Sunday 17 May:

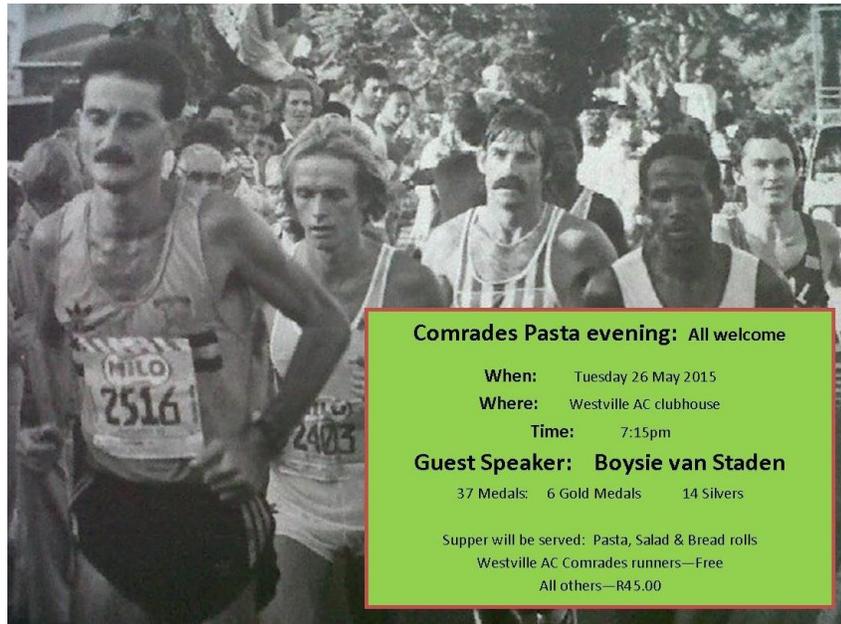
Nashua RBAC:
32 & 10km run/walk
Richards Bay Athletic Club

RESULTS:



Happy birthday

Date	Name
2	Grant Visser
	Sarah Eksteen
	Vanessa Skinner
5	Gavan O'Sullivan
6	Kathrine Roux
	Ross McKechnie
7	John Sage
	Rudi van Niekerk
8	John Mordaunt
9	Brenna Janse van Rensburg
	Phillippa Rautenbach
10	Jenna O'Brien
12	Don Masinga
13	Paul Rose
	Stuart Gannon
14	Wesley Wells
15	Nardus van Dyk
17	Jason Kershaw
19	Yvette Arendse
20	Carol Bennewith
	Cyprian Cele
22	Fawne Ferrow
23	Rod Jarvis
25	Trevor Cowie
26	Andy Watson
28	Jenny Crompton
29	Nick Shave
30	Michelle Wilmans
31	Brandon Jackson
	Shaun Torgius



Comrades Pasta evening: All welcome

When: Tuesday 26 May 2015

Where: Westville AC clubhouse

Time: 7:15pm

Guest Speaker: Boysie van Staden

37 Medals: 6 Gold Medals 14 Silvers

Supper will be served: Pasta, Salad & Bread rolls

Westville AC Comrades runners—Free

All others—R45.00

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:

I asked my new girlfriend what sort of books she's interested in, she said: Cheque books.

Why dogs don't marry? Because they are already leading a dog's life!

An old man goes to the Wizard to ask him if he can remove a curse he has been living with for the last 40 years. The Wizard says, "Maybe, but you will have to tell me the exact words that were used to put the curse on you." The old man says without hesitation, "I now pronounce you man and wife."

What's the difference between mother & wife? One woman brings you into the world crying & the other ensures you continue to do so.

Committee 2015:

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Our sponsors:



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