



14 May 2015
Issue 19#2015

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COOL RUNNINGS

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17 more sleeps, For those of you running Comrades, yes that's all that's left. The bulk of your training is over and you should be tapering right now (or unless as some smartarse in our group said, unless you Fred and then you start tapering on the 28th). Vey funny.

This Sunday is the Mt Edgcombe for the Starling Plumbers 10/21,1km run/walk. We would like to get a number of Westville runners together and run it as a bus (you should be tapering and not racing now). I will drive the 1:55-2:00 bus and if anyone would like to drive a 2:15 - 2:20 bus let me know so I can spread the word.

On Saturday afternoon is Cross Country. This leg of the league is held at Westridge tennis stadium. Why not pop down on Saturday and come make an afternoon of it. Cross Country is very good stamina building.

A few items on the agenda in the next couple of weeks. Saturday 23 May 2015, we will be holding a Captain's run from the Clubhouse—approx. 10km starting at 6:30am. Thereafter we would like to have a skottel breakfast (bring your own). Then on Tuesday evening 26 May 2015, at approx. 7:15pm (after the time trial we will hold our annual Comrades PASTA evening. Our guest speaker is 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 60 years is still running a lot of us younger runners upside down.

Please RSVP for both events and especially for the pasta evening for catering purposes whether you will be attending and how many. See advert later in newsletter. Our Comrades T-shirts will be handed out after the talk.

A big thumbs up to our ladies for such an outstanding evening at THE PDAC Ladies TT league last week. They managed to be first on the evening and have regained the lead in the series. Well done to all who participated.

This week I received an email from a member of the club who wanted to know why not all the results are published in the newsletter. Unfortunately with a club our size we cannot publish every one's results but do try and publish all the podium winners of the various races. However, we are also human and occasionally these too fall through the cracks and some exceptional times / PB's are missed. Please help us to help you in this regard and if you have had a phenomenal result and/or a PB, then please feel free to drop us a mail mentioning it. We love to receive information from our members.

We wish Les & Sue Smith and Andy Watson all the best for the KZN Masters champs in PE this weekend. Please let us know how you progress.

RESULTS:

Cavanagh 52km

Wendy Fitzmaurice 1st Grandmaster lady

KZN Masters track championships:

Les Smith 1x Gold & 1x Silver
Andy Watson 1x Gold
Sue Smith 2x Silvers

Upcoming Races:

NEXT MAJOR EVENT:

Sunday 31 May:

Comrades marathon:
88.77km

Comrades marathon Association

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

Sunday 31 May:

Comrades marathon:

88.77km run/walk

Comrades marathon association

Saturday 06 June:

XC League 4
Underbery AC

Sunday 07 June:

Spar ladies:

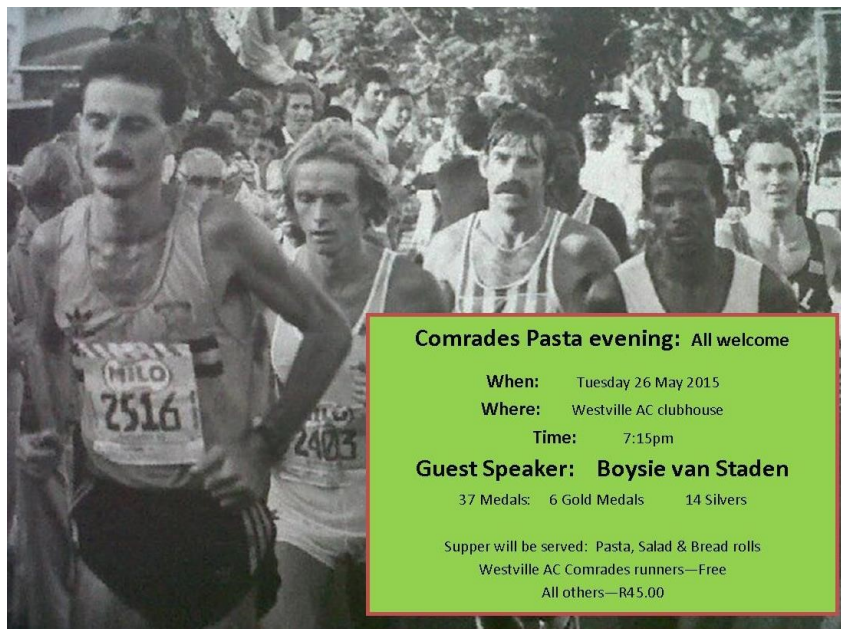
10km run/walk
KZNA

Saturday 20 June:

XC League 5
YWP AC

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

League 3: Westridge Tennis Stadium hosted by Savages AC

Date: Saturday 16 May

Venue: Westridge Tennis Stadium

Host Club: Savages AC

Contact person: Dave Williams – 083 419 1009

Event	Time	Category	Dist.
1	11:50	Boys & Girls 7 & 8yrs	1km
2	12:00	Boys & Girls 9 & 10yrs	2km
3	12:20	Boys & Girls 11 & 12 rs / Girls 13yrs	3km
4	12:45	Boys 13, 14 & 15yrs / Open woman	4km
5	13:15	Girls 14 & 15yrs / Youth woman (16 & 17yrs) Master woman (30+)	4km
6	13:50	Youth men (16 & 17yrs) / Grandmaster men 60+ Woman 18 & 19yrs	6km
7	14:30	Junior men 18 & 19yrs / Senior woman Master men 30-59	8km
8	15:20	Open men	12km

On the lighter side:

“MUM, when I was on the bus with Dad this morning, he made me give up my seat to a lady.”

“Well that was very good, you did the right thing.”

‘I was sitting on daddy’s lap.’

Tammy Dennill (Chairperson)

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Fred Mc Kenzie (Vice Chairperson & News-ED)

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Sharon Schubach (Secretary & Registrations)

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Daryl Hefer (Treasurer)

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VACANT (Men’s Captain)

Fred Mc Kenzie filling in

Janine Engels (Ladies Captain)

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Karyn Jackson (XC Captain)

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(Stuart Cox—Assisting)

Lynton Conway (Facilities)

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