



21 May 2015
Issue 20#2015

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COOL RUNNINGS

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Comrades marathon
10 more sleeps

Comrades Pasta Evening:

Date: Tuesday 26 May 2015
Time: 7:15pm
Speaker: Boysie van Staden
37 Medals (6x Gold medallist / 14x Silver medallist)

A pasta dinner with salads and rolls will be served after the talk.

Comrades runners: Free
Family & Friends: R45.00

RSVP: Urgently.

Comrades T-shirts will be distributed tonight

From your ladies Captain:

After the last Highway Ladies League at PDAC, I am grinning like a Cheshire Cat!! First of all, our ladies came out in their numbers (I knew you wouldn't disappoint) and this ensured we keep our lead.

Westville came 1st and 3rd on the night and our walkers are featuring in the results as well!! I am especially proud of the remarks below from Lise (PDAC).....

Thank you for working so hard to get your ladies to the time trials. I don't know whether your girls know this but as far as I know we're the only and oldest ladies only league in the country (correct me if you know of any other ladies league). I think this is rather special

A couple of interesting things: We had 147 finishers and 22 teams One of the biggest fields in a while. Westville closed an unprecedented 7 teams on the night and even made an appearance on the walker's score board! Well done

Well done ladies!! Keep up the good work! For those running Comrades, I wish you all the best of luck. Have fun, hang in there and most importantly, **DON'T GIVE UP!** For the rest of you, enjoy the "winter break" and see you all again for the next league on **09 JULY 2015 (Thurs) @ 6pm @ Pi- netown Boys High School (hosted by Highway)**

Take care, rest well and look forward to another bumper turnout.

God Bless Janine x

- Upcoming Races:**
- NEXT MAJOR EVENT:**
- Sunday 31 May:**
Comrades marathon:
88.77km
Comrades marathon Association
- Saturday 06 June:**
XC League 4
Underberg AC
- Sunday 07 June:**
Spar ladies:
10km run/walk
KZNA
- Saturday 20 June:**
XC League 5
YWP AC
- Saturday 04 July:**
XC League 6
PDAC AC
- Sunday 05 July:**
Sardine Run:
42 / 21km run/walk
South Coast Striders
- Thursday 9 July:**
LADIES TT LEAGUE:
4km run/walk
Highway AC
- Sunday 12 July:**
Waterfall Spar:
10km run/walk
Forest Hills AC
CLUB 10KM CHAMPS

RESULTS:

Starling Plumbers 21,1km

Janie Grundling	3rd lady overall
Tammy Dennill	3rd Vet lady

SA Masters track championships:

Les Smith	1x Bronze (5000m)
Andy Watson	1x Silver (Javelin) 2x Bronze (Discus & Shot-put)
Sue Smith	1x Bronze (5000m Walk)



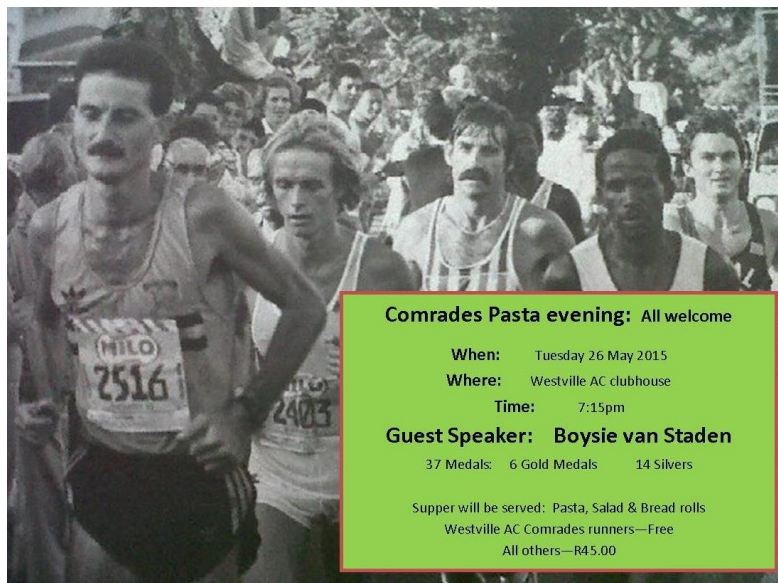
R.I.P.

Charmaine Brodie wife off Jonathon Brodie who passed away on Sunday morning.

Her funeral will be held on Thursday (today) at 1:00pm at the Westville Baptist Church.

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

PROPOSED LEAGUE FIXTURES 2015

		Mixed	Ladies	XC
22-Jan	Chiltern	X		
04-Mar	DHSOB	X		
06-Mar	Westville			X
11-Mar	Queensburgh		X	
24-Mar	Savages	X		
11-Apr	Hilton (New Date)			X
16-Apr	Hillcrest		X	
22-Apr	Sydenham	X		
25-Apr	Queensburgh			X
07-May	PDAC		X	
16-May	Savages (New Date)			X
06-Jun	Underberg			X
20-Jun	YWP			X
04-Jul	PDAC			X
09-Jul	Highway		X	
11-Jul	Richmond			X
25-Jul	UKZN			X
	Matatielle			X
30-Jul	Stella	X		
01-Aug	Newcastle			X
08-Aug	Amanzimtoti			X
11-Aug	Kearsney		X	
22-Aug	Collegians			X
26-Aug	Queensburgh	X		
10-Sep	Chiltern		X	
12-Sep	ASA			X
07-Oct	Forest		X	
22-Sep	Westville	X		
22-Oct	PDAC	X		
10-Nov	Westville		X	
18-Nov	Final DHSOB	X		



There is a defining moment in each person's life when the true measure of who they are is tested. They will be judged, and more importantly, they will judge themselves on how they answered in that moment of truth. On Comrades day that moment has arrived. You can no more escape your moment of destiny, than you can recapture it, once it has passed. You have the opportunity to define absolutely who you are. Seize your moment for greatness, knowing that when your time of judgment came, you were not found wanting.

COMRADES TENT

Traditionally we have a manned tent at Harrison Flats for our runners coming through and for Westville members to congregate on Comrades day. For the past few years Paul Pearce has done this job but he is running this year and so we need help with this tent. If you can assist, contact me.

THANK YOU.

Cross Country: hosted by Savages AC at the Westridge Tennis Stadium

Event 1 Girls and Boys 7 & 8yrs

Position	Time	First Name	Surname	M/F
2	05:31	James	Saunderson	M

Event 3 Girls and Boys 11yrs and 12yrs plus Girls 13yrs : 3km

Position	Time	First Name	Surname	M/F
19	15:27	Jenna	O'Brien	F
29	40:12	Little John		M

Event 5 Girls 14 & 15 ; Youth Women 16 & 17 ; Women +30 : 4km

Position	Time	First Name	Surname	M/F
16	18:56	Kylie	Griffin	F
18	20:14	Janine	Engels	F
25	21:06	Maureen	Slack	F
28	21:47	Sheree	Kirsten	F
40	22:48	Sindy	Kirsten	F
43	22:58	Brenda	Cox	F
48	24:27	Sarah	Cox	F
51	25:15	Tyler	Petersen	F
53	26:21	Megan	Cox	F

Event 7 Junior Men 18 & 19yrs ; Senior Women ; Master Men 30+ : 8km

Position	Time	First Name	Surname	M/F
20	35:21	Aubrey	Roberts	M
21	35:28	Ken	Culverwell	M
29	37:32	John	Adams	M
30	37:47	Tony	Lewis	M
36	38:56	Andrew	Burnard	M
47	44:12	Fred	Mckenzie	M
48	45:02	Andy	Patterson	M

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:

“What can I get you to drink?”

“Anything but make it a double. I’ve had a terrible week.”

“How so?”

“First my husband got run over by a bus. Then I lost my job as a bus driver.”

Committee 2015:

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Fred Mc Kenzie filling in

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