



28 May 2015  
Issue 21#2015

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

# COOL RUNNINGS

Like us on Facebook



Comrades marathon  
It's here

## Aches & Pains:

**Date:** Tuesday 02 June 2015

**Time:** 7:15pm

### Awards Ceremony & party

We will award our achievers with their trophies and then spend the night discussing Who, What, How and When of the day and how it unfolded.

Come along and braai (bring a salad to share) and join in with the festivity of the night.

*Bar will be open*

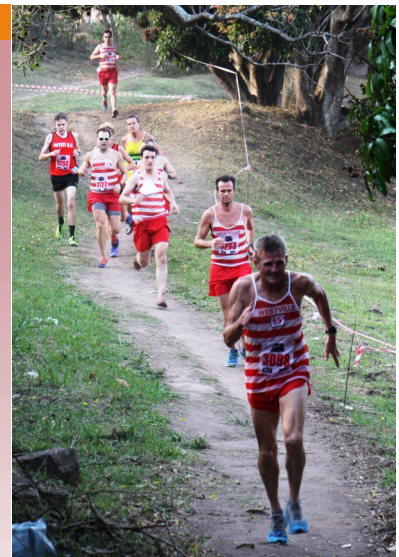
What a fantastic turnout on Tuesday evening at the pasta evening and what a fantastic vibe. Kudo's to our speaker Boysie van Staden, very interesting and humorous talk.

I was reminded this week that most of us will have done at least 800km in training--this is 10 Comrades that you have already run so what's the fuss about running another one this week.

Now, after 5 months of intense training, ignoring our partners, and being an absolute pain in the neck to most, the time has come. To each and everyone that will be attempting the FUN run, we your committee wish you all the very best and hope that you achieve what you set out to do. To our members who sadly will not be running, for one reason or another, you are all in our thoughts and we will be thinking about you all as we run our own little battle on Sunday.

*Please be reminded that this coming Tuesday 2 June 2015, is our aches and pain party. Here we hand out the various Comrades awards and have a bring and share evening. . Come along, bring a salad or dish of sorts and talk about your run's highs and lows. **Could you all try wear your Westville "WIMPY" sponsored shirt to the aches and pains please.***

*This Saturday morning there will be a number of club members doing a small little stroll/gentle jog at the Park run at North Beach. Why not come along and join in a fun relaxed morning - oh! And if you do please wear your sponsored shirt in appreciation of our sponsors commitment to the club.*



## 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**

## it's a boy:

Congrats to our Chairlady Tammy Dennill on becoming a proud grandmother to 4.14kg Aidon Chase Badenhorst Wednesday 27 May 2015 at 9:58am.

Tammy's nickname now officially changes from GRUMPY to **GRUMPY GRANNY.**



## Message from the Herbst"

Hi Fred and Others,

We still enjoy reading about the club, its members and everything else that happens. Elize and I wish to wish every W.A.C. athlete participating all the best for next Sunday and we will be watching on T.V. with great interest hoping to spot as many as possible runners bearing the white and red hoops of the club colours. May you all have an enjoyable and safe run. Best of luck.

## 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 Farrow
23	Rod Jarvis
25	Trevor Cowie
26	Andy Watson
28	Jenny Crompton
29	Nick Shave
30	Michelle Wilmans
31	Brandon Jackson
	Shaun Torgius

## Cross Country / Time Trial 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
	Matatiele			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		



THE ULTIMATE HUMAN RACE

When you cross the finish line on 31 MAY 2015  
..... every single cramp, every step, all the mileage, early morning runs,  
sacrifices and months of dedicated training will be worth every second

All the best for COMRADES 2015

Enjoy the journey

Your Westville Committee



## 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 lady about 8 months pregnant got on a bus. She noticed the man opposite her was smiling at her. She immediately moved to another seat. This time the smile turned into a grin, so she moved again. He seemed more amused. When on the fourth move, the man burst out laughing, she complained to the driver and he had the man arrested. The case came up in court. The Judge asked the man (about 20 years old) what he had to say for himself.

The man replied... "Well your Honour, it was like this: When the lady got on the bus, I couldn't help but notice her condition. She sat under a sweets sign that said, "The Double Mint Twins are Coming" and I grinned. Then she moved and sat under a sign that said "Logan's Liniment will reduce the swelling", and I had to smile. Then she placed herself under a deodorant sign that said "William's Big Stick Did the Trick", and I could hardly contain myself. BUT, your Honour, when she moved for the fourth time and sat under the sign that said "Goodyear Rubber could have prevented this Accident"..

I just lost it....."CASE DISMISSED!!"

## 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