



11 June 2015
Issue 23#2015

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

COOL RUNNINGS

Like us on Facebook



Congratulations are in order. To everyone who started the 90th running of the Comrades marathon regardless of whether you had a storming run, just finished or didn't finish we congratulate you. It was another hot comrades and the attrition rate was high. I was not at the Aches & Pains party on Tuesday as a result off work commitments but I believe there was a lively crowd and we salute all our trophy winners. Special mention to our two new members of the green number club, Chris Martin and Craig Blewett.

The Chairman's draw also took place on Tuesday and unfortunately was not won. This means that the prize increases to R300 next month.

With next Tuesday being a holiday (16 June) the clubhouse will be closed and no official Time Trial will take place. You are still welcome to run the Time Trial but will have to record it yourself.

By now most of you will have recovered from Comrades and raring to go again. Whilst there is no official races this weekend there is Cross country next weekend at Yellowwood Park. This is a tough but lovely course run through the Nature reserve and should be on your list to do. I look forward to seeing as many of you there as possible. Remember, this is now the time to build strength and speed before you strt training for Comrades 2016.

Last year I was chastised by the members for not alerting them to when our club champs will be held. Well I am doing so now. On the 12 July we have our 10km Club Champs at the Waterfall Spar 10km event. This is followed by our half marathon champs on the 23 August held at the Savages AC Supa Mama event. You can enter both these events now. Please see our FB page for entry details. In between these two events is also the next leg of our King / Queen of the Mountain series—The Capital Climb on the 15 August. Please diarize these events.

Lastly, don't forget to support our sponsors. They contribute to the smooth finances of the club and without them we would have to raise our subs.

VACANCY News ED

After nearly 250 episodes spanning over approximately 4½ years I think it's time for a new direction. We are looking for a new NEWS ED to take over the weekly newsletter.

If you are interested please contact me for more details. I will continue for a while longer but ideally looking for someone to take over ASAP.

Upcoming Races:

NEXT MAJOR EVENT:

Sunday 12 July:

Waterfall Spar:
10km run/walk
Forest Hills AC

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

Saturday 18 July:

Mandela Challenge:
67 min. run/walk

Sunday 19 July:

Totalsports woman's run:
10km run/walk
SAPS Striders

Happy birthday

	Name
1	David Wessels
2	Mandy James
	Stefan Wilmans
3	Neil Ridley
4	Paul Pearce
5	Adrie Booth
	Matthew Callaghan
6	Kim Lowe
	Iain Robertson
	Desiree Masombuka
7	Nicola Blewett
8	Eva Nemes
9	Clive Stewart
11	Michelle Kemp
13	Rod Dorrofield
14	Paul Worsnip
	Patrick Wynne
	Carol Brooks
	Bongumusa Ngwenya
	Emile Fitzmaurice
15	Sithembiso Sithole
16	Mark Robinson
18	Sindy Kirsten
21	Agrippa Nene
	Craig Lilford
	Steven Gossman
	Cameron Leaver
22	Brad Ellis
	Alen Hattingh
23	Tony Lewis
	Samantha Spencer
	Cliff Westermeyer
24	Liz Chelin
25	Shani Silver
26	Sanet Beukes
27	Pamela Payne
	Michael Philpot
	Bryn Emms
	Craig Blewett
	Reg Groves
28	Jonathan Edwards
30	Russell Pietersen
	Gary Goldsworthy

THE ORIGINAL GETFIT CHALLENGE

GET FIT 8 WEEK CHALLENGE

****COMRADES SPECIAL****

ALL WESTVILLE MEMBERS WHO SIGN UP FOR THE 8 WEEK CHALLENGE WILL GET **30% DISCOUNT** ON OUR **8 WEEK CHALLENGE**- STARTING ON THE 8TH JUNE 2015

2 SESSIONS PER WEEK- R 1 694.00

3 SESSIONS PER WEEK- R 2 205.00

PRICE INCLUDES –

2 FULL BODY ASSESSMENTS & MEAL PLAN

To register:

Go onto

the website: www.getfitchallenge.co.za.

Find the venue in your area you wish to train

At the bottom of that page you will get an option to
“REGISTER”

Fill in your registration details and an email will be sent back to you.

Note that the return e: mail will give you a price that doesn't match the above.

Pay according to the above prices and submit your proof of payment to
admin@getfitchallenge.co.za



NEXT CHALLENGE STARTS 1 SEPTEMBER 2014

**ONCE YOU SEE RESULTS
IT BECOMES AN
ADDICTION**

REGISTER ONLINE TODAY AT WWW.GETFITCHALLENGE.CO.ZA

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 man went to see his priest. "Father, something terrible is happening and I have to talk to you about it." The priest asked, "What's wrong?"

The man replied, "My wife's poisoning me." The priest, very surprised by this, asked, "How can that be?" The man pleaded, "I'm telling you, I'm certain she's poisoning me, what should I do?"

The priest advised, "Tell you what, let me talk to her, I'll see what I can find out and I'll let you know." A week later the priest called the man and said, "Well, I spoke to your wife. I spoke to her on the phone for three hours, you want my advice?" The man said yes; the priest replied,

"Take the poison!"

Committee 2015:

Tammy Dennill (Chairperson)

083 222-2339 # tammydennill@hotmail.com

Fred Mc Kenzie (Vice Chairperson & News-ED)

082 880-4894 # fred@ramses.co.za

Sharon Schubach (Secretary & Registrations)

082 414-1783 # itonridge@gmail.com

Daryl Hefer (Treasurer)

082 788-7114 # darylhefer@gmail.com

VACANT (Men's Captain)

Fred Mc Kenzie filling in

Janine Engels (Ladies Captain)

084 729-3871 # jengels.48@gmail.com

Karyn Jackson (XC Captain)

079 897-3661 # karynj@rohlig.co.za
(Stuart Cox—Assisting)

Lynton Conway (Facilities)

084 285-8431 # lynton.conway@gmail.com

VACANT (Retail)

Our sponsors:



KAZMAC Photography