

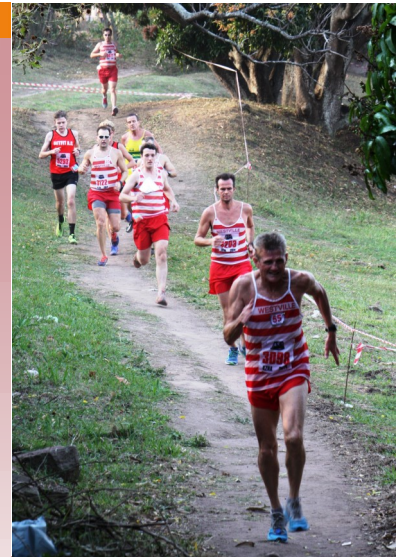


18 June 2015
Issue 24#2015

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

COOL RUNNINGS

Like us on Facebook



A reminder that we are looking for a new News-Ed. Please contact me if you are interested. I will continue for a short while still but would like to see the new Ed in position before I relinquish.

This time of the year is a lean time as most members are still in hibernation after Comrades and even for those that have begun running again (or never stopped) races are few and far between. There is nothing on the go for road running and I cannot see any events for Trail either.

However, there is the Cross Country league No. 5 at Stainbank Nature Reserve and hosted by Yellowwood Park AC. This is a great course and good stamina building for the road. If you've never tried Cross Country before give this event a bash. Its also great for the whole family and those of you with little ones have no excuse as the different legs go off at different times, so whilst mom is running dad can look after the little ones and visa versa. Bring a picnic basket and you can relax and enjoy the beautiful surroundings too. The day kicks off at 11:50am (see attached flyer).

Reminder: Club champs

We hold our club championships (*club champs*) for the various distance throughout the year - for 2015 the following are our club champ races coming soon:

10km Forest Hills AC 10km
12 July 2015

21,1km Savages 21,1km
23 August 2015

Don't know what to do with the precious hard earned medal you got on Comrades day. The Mall Gallery is offering our members a special deal on all their framing of medals. Below is a sample of what it can look like but obviously you can design your own frame. Give them a call, they will willing assist.



Spar ladies 10km

Janine Engels 3rd Master lady

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

YOUR COMMITTEE 2015:



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TAMMY DENNILL



Vice Chairperson:
News ED:
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Treasurer:
DARYL HEFER



Ladies Captain:
JANINE ENGELS



Cross Country Captain:
KARYN JACKSON



Club Hire & Facilities:
LYNTON CONWAY

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@ramsesc.co.za

On the lighter side:

John was on his deathbed and gasped pitifully. "Give me one last request, dear," he said. "Of course, John," his wife said softly. "Six months after I die," he said, "I want you to marry Bob."

"But I thought you hated Bob," she said. With his last breath John said, "I do!"

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Why were hurricanes usually named after women? Because when they arrive, they're wet and wild, but when they go, they take your house and car.

Committee 2015:

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