



COOL RUNNINGS

10 September 2015

Issue 36#2015



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



TONIGHT IS LADIES LEAGUE AT CHILTERN.
THIS IS A HOME GAME FOR US AND WE NEED TO TAKE
ADVANTAGE OF THIS TO INCREASE OUR LEAD!!

WESTVILLE AC HALF MARATHON CLUB CHAMPS

This Sunday at SAP Striders. Race starts at 06h30 at Hoy Park. You can still register on Friday and Saturday at Kings Park Athletics Club from 09h00-17h00 and at Hoy Park on Sunday morning from 04h30-06h00

Mixed League @ Westville

Westville is hosting the next mixed league race on 22nd September, we need marshalls, an appeal to all the ladies that aren't running in the league to please assist. We also need some lucky draw prizes, so please assist if you can.

Something for the trail runners.... I read this today in the Runnersworld newsletter:

Trail running tips (edited):

- * *Keep it safe: run with a buddy or a dog*
- * *Know the rules of the trail: Yield to other trail users and uphill runners yield to downhill runners, don't litter*
- * *Keep your eyes on the trail: it can be tempting to look at nature, but this can lead to you tripping or falling*
- * *Change gears: Adjust your pace according to the terrain*
- * *Invest in trail shoes: they are lower profile (closer to the ground) which reduces ankle rolls and the rugged tread offers better traction*
- * *Take care of your shoes: remove the inner soles and wash off the mud, stuff with newspaper to dry*
- * *Accessories: wear sun block, use sunglasses to protect eyes from tree branches, use bug spray*
- * *Carry fluids*
- * *Be the hill: Take short, quick steps going up hills and use your arms. Some hills are meant to be walked, especially on technical trails*



NEXT MAJOR EVENT:

Thursday 10 September:
LADIES TT LEAGUE:
4km run/walk
Chiltern AC

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LADIES TT LEAGUE:
4km run/walk
Chiltern AC

Saturday 12 September:
MPATHI MOUNTAIN RACE:
15km run/walk, 5km fun run
Biggarsberg AC

Saturday 12 September:
SA Cross Country Champs
ASA

Sunday 13 September:
SAP STRIDERS (CLUB CHAMPS):
21km run/walk, 10km run/walk
SAP Striders

Friday 18 September:
100 CAPITAL CLASSIC
100 mile, 50 mile, 20 mile
Natal Carbineers

Below are details of Westville's Development Assistance Project, bring the whole family for a fun run along the promenade. A great way to introduce new members to the love of running, so bring a friend, a colleague or family member and get them hooked on running.



A message from Sharon:

Hi Members

It's that time of the year again and preparations are about to start for our race on 13 December.

We are in need of coordinators for the following portfolios:

- Marshals - Yvette has done a great job for the past 2 years but unfortunately she cannot take it on this year. This is quite a big portfolio but Yvette has everything setup electronically.
- Safety Officer - this person must be accredited as a Health and Safety Officer so that they can sign off safety documents for the race and update the safety file. If there are any Health and Safety Officers in the club please contact me asap.
- Prizes - responsible for sourcing lucky draw prizes
- Parking

Please contact me asap if you are able to assist with any of these portfolios.

Regards
Sharon Schubach
Secretary— Westville Athletic Club



Name	Date
Michael Rogers	2
Andile Mbatha	2
Thokozani Mchunu	6
Tenley Cummings	8
Garth Skinner	8
Cliff Robbertze	9
Ryan Dercksen	11
Grant Lloyd	12
Wendy Fitzmaurice	12
Dallas Danielsen	12
Zanele Nduli	16
Ann Martin	17
Gina Chiesman	17
Nhlanhla Mbatha	17
Anton Stoffberg	19
Byron Lindsay	20
Sthembiso Ngcamu	20
Brett Arendse	20
Hendrik De Beer	21
Sandy Aiken-Rose	23
Vincent Mthembu	25
Craig Dennill	25
Anne Chadwick	27
Bert Barratt	30
Wendy Morgan	30

YOUR COMMITTEE 2015:



Chairperson:
TAMMY DENNILL



Vice Chairperson:
News ED:
Men's Captain:
FRED Mc KENZIE



Secretary:
Registration & Retail:
SHARON SCHUBACH



Treasurer:
DARYL HEFER



Ladies Captain:
JANINE ENGELS



Cross Country Captain:
KARYN JACKSON



Club Hire & Facilities:
LYNTON CONWAY

What doesn't kill me makes me
AWESOME

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:

keiran.ward@unitrans.co.za

On the lighter side:

THE TEXT

Hi Bob, This is Tom next door. I'm sorry buddy, but I have a confession to make. I've been riddled with guilt these past few months and have been trying to pluck up the courage to tell you to your face, but I am at least now telling you in text as I can't live with myself a moment longer without you knowing. The truth is, I have been sharing your wife, day and night when you're not around. In fact, probably more than you, particularly in the mornings after you've left for work. I haven't been getting it at home recently, but that's no excuse I know. The temptation was just too much.... I can no longer live with the guilt and I hope you will accept my sincerest apologies and forgive me. I promise that it won't happen again. Regards, Tom

THE CONSEQUENCES

Bob, feeling anguished and betrayed, immediately went into his bedroom, and without a word, slapped his wife twice, stunning her instantly. He returned to the lounge where he poured himself a stiff drink and sat down on the sofa. He took out his phone to respond to the neighbour's text and saw he had another message.

THE REPLY

Hi Bob, This is Tom next door again. Sorry about the slight "typo" on my last text, I expect you worked it out anyway, but as I'm sure you noticed, my predictive text changed 'WiFi' to 'Wife'. Technology hey? Hope you saw the funny side of that. Regards, Tom

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VACANT (Retail)

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THE ORIGINAL
GETFIT
CHALLENGE