



COOL RUNNINGS

01 October 2015

Issue 39#2015



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



Thank You Thank You Thank You

Dear Club Members,
I would like to say a big "THANK YOU" to all the members who took some time out of their busy schedules to help at the Durban Mixed League Time Trial hosted by Westville Athletic Club. It was a success and we had all corners of the time trial covered. Also thank you to the members who brought lucky draw prizes, especially to Craig Dennill for the MTN prizes, Spar for the Hampers and Dean White for the ASIC hamper and Sport Massage.

Regards
Tammy Dennill

SORRY SORRY SORRY

I sincerely apologise for there being no newsletter last week, unfortunately someone decided to do roadworks in Syringa Avenue and at the same time cut our Telkom ADSL line, so we are currently networkless!

Attention Ladies

It's that time again.... TT LEAGUE TIME.
7 October 2015 at 6pm
Forest Hills AC
We need all our ladies to be there so that we can get maximum points!!

SA Marathon Champs

Janie Grundling was 7th lady overall and 3rd SA lady home in a time of 2:54:29

Ethekwini Township to Township

21.1km

Sheree Kirsten was 1st 60+ lady in a time of 02:07:56



NEXT MAJOR EVENT:

Wednesday 7 October:

LADIES TT LEAGUE:

4km run/walk
Forest Hills AC

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4km run/walk
Forest Hills AC

Sunday 11 October:

Swift Half Marathon

21km run, 10km & 5km run/walk
Hulamin AC

Sunday 18 October:

Goss & Balfe Marathon

42 km and 21km run/walk
Amanzimtoti AC

Thursday 22 October:

Durban Runner/GU Energy

Mixed Time Trial League
PDAC

Sunday 25 October:

Duke of York

16km walk/Run, 5km fun run
Collegian Harriers

KING & QUEEN OF THE MOUNTAIN SERIES

This series incorporates four 15km races which will recognise and reward all athletes who compete in a minimum of 3 of the 4 events.

The events are as follows;

Capital climb hosted by Midlands AC on **Saturday** 15 August 2015

Mineshaft hosted by Queensburgh Harriers on Sunday 22 November 2015

The StainBank Cup hosted by Yellowood Park AC on Sunday 6 December 2015

The Illovo Christmas Challenge hosted by Westville AC on Sunday 13 December 2015

Contact each race organiser for more details.

This year's CLUB TO CLUB run between Westville and Chiltern will be taking place on 10 October 2015. The run will be hosted by Chiltern and the run will start at 15h00. PUT IT IN YOUR DIARY!

Last year Chiltern won.... We can't let this happen again!!



I am looking to include a classifieds section in the weekly newsletter.... Looking to sell a sports watch, looking to buy second hand treadmill? Sending me an email with details.

⇒We have a member looking to buy a running watch, so if anyone is selling please let me know.

Friday 30 October 2015 is the ANNUAL AWARDS DINNER DANCE.

Please RSVP to Tammy or Sharon TODAY!

If you thought last year's party was HUGE, you don't want to miss this years!



WESTVILLE ATHLETIC CLUB

invites you to the

**ANNUAL AWARDS
DINNER AND DANCE**

Westville Country Club
Friday, 30 October 2015
7:00pm for 7:30pm
Cost R170pp



RSVP: Tammy Dennill 083 222 2339 or
Sharon Schubach 082 414 1783

YOUR COMMITTEE 2015:



Chairperson:
TAMMY DENNILL



Vice Chairperson:
Men's Captain:
FRED Mc KENZIE



Treasurer:
DARYL HEFER



Secretary:
Registration & Retail:
SHARON SCHUBACH



Ladies Captain:
JANINE ENGELS



Club Hire & Facilities:
LYNTON CONWAY



Cross Country Captain:
KARYN JACKSON

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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:

A worried elderly lady calls her husband on his cell phone...
"Please be careful," she tells him worriedly. "I heard on the news that there is a car going the wrong way on the highway."
To which he replies, "It's not just one car, it's all of them!"



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Committee 2015:

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Sharon Schubach (Secretary & Registrations)

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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)

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VACANT (Retail)

Our sponsors:



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KAZMAC Photography

**THE ORIGINAL
GETFIT
CHALLENGE**