



COOL RUNNINGS

08 October 2015

Issue 40#2015



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



Westville / Chiltern club to club run:
Saturday 10 October 2015.

Hosted by: Chiltern Athletics Club
@ 15h00
Last year Chiltern won....
We can't let this happen again!!

KEEP CALM AND TURN UP This Saturday

NEXT MAJOR EVENT:
Sunday 18 October:
Goss & Balfe Marathon
42 km and 21km run/walk
Amanzimtoti AC

A reminder that entries for South Coast Marathon and Half Marathon close on 10 October 2015.

Sunday 11 October:
Swift Half Marathon
21km run, 10km & 5km run/walk
Hulamin AC



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

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

**Time is running out to get your tickets to the party of the year!!!
Contact Tammy or Sharon NOW!!!**

RESULTS

Congratulations to Andrew Patterson who was the 2nd Master home in the first leg of the Spur Trail Series (9 km), held at Inanda dam on 4 October 2015.



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 Yellowwood 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.



Looking to sell a sports watch, needing to buy second hand treadmill?
Send an email with details to keiran.ward@unitrans.co.za



MIXED LEAGUE

The final league of the mixed league will be taking place on 22nd October 2015 at PDAC, we want to end the year with a win on the night, so let's paint Pinetown red.... And win in style!!

Ladies, we need to make our presence felt at the mixed league races.... LET'S SEE YOU ALL THERE!

The mixed league for ladies is a little bit short of 5 km, but I am sure the benefits are almost as good....

Reasons You Should Run A 5K

Extract from Lauren Fleshman's article on runnersworld.co.za

The 5-K is the perfect distance. It encourages you to develop a combination of endurance, speed, and strength. You can train and still have a life, race hard and walk normally the next day, and get really fit really fast.

Style

No fuel belts, water bottles, Vaseline stains. No shorts with 30 pockets. You can wear skorts with no sign of chafe.

Humanity

When you hit the wall, it hurts a lot, but it is over faster than it takes to make a cappuccino (almost).

Second Chances

Getting derailed at a marathon due to weather, travel mishaps or having an off days costs you 16 weeks of training, if you stuff up on a 5km you can just get in the car and go home and try again next week.

Competition vs Completion

The satisfaction in finishing a marathon comes from completion under duress. You reach a point where you not sure you going to make it. In a 5k you know you going to finish, so satisfaction comes from competing: against yourself, the clock, and others in an intense, concentrated period of time.

Budget

5ks are cheaper.

Nipple Health

No nipple bleeding

Free Time

What will you do with your weekends when you aren't exhausted from running three and a half hours?

Doctors bills

Overuse injuries go hand in hand with injuries. y. More running days per year = happy runners with more money = a healthy global economy = World Peace.

Fitness

Shorter interval work is more effective than long-distance runs for weight management and gaining fitness. Interval training won't set you up to run a great marathon, but it will make you a champion at the 5-K



Name	Date
Werner van Zyl	1
Aubrey Roberts	2
Karyn Jackson	2
Paula Dovey	2
Moyra Collyer	4
Dean Roberts	4
Fred Mc Kenzie	7
Cameron Parle	10
Rob McInerney	13
Basil Henderson	15
Chris Binneman	17
Stuart Cox	18
Trevor Hart-Jones	18
Debbie Haswell	20
Grant Cummings	21
Gayle Simmons	21
Debbie Friis	21
Mandy Johnson	23
Brenda Cox	23
Kylie Griffin	25
Gavin Kruger	27
Dave Jollands	31

YOUR COMMITTEE 2015:



Chairperson:
TAMMY DENNILL



Vice Chairperson:
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

it's always too early to quit

NORMAN VINCENT PEALE

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:

Something to ponder:

- ◆ When a pregnant woman swims, is she a human submarine?
- ◆ What if every country in the world has ninjas, but we only know about the Japanese because they are rubbish?
- ◆ Does your dog always follow you to the bathroom because I always follow him outside and he just thinks that's how it works?



Our sponsors:



KAZMAC Photography

THE ORIGINAL
GETFIT
CHALLENGE

Committee 2015:

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VACANT (Men's Captain)

Fred Mc Kenzie filling in

Janine Engels (Ladies Captain)

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Karyn Jackson (XC Captain)

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(Stuart Cox—Assisting)

Lynton Conway (Facilities)

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VACANT (Retail)