



COOL RUNNINGS

29 October 2015

Issue 43#2015



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



The day has arrived.... Tomorrow is party night!

Hope to see you all dressed up and ready to party.... It promises to be **OUT OF THIS WORLD!!**

LADIES LEAGUE

Westville is hosting this last time trial which usually incorporates a Christmas theme.
TUESDAY 10 NOVEMBER 2015 at 6pm

1. Please bring a wrapped gift, marked **GIRL / BOY** for the Christmas charity collection
2. Bring your Christmas hats / decorations
3. A plate of eats (optional)
4. Plenty of Christmas spirit

The final scores for the year will be tallied up and we are hoping to retain our lead and win the trophy! This usually takes a little longer than normal, so come prepared for the wait and party :)

**Guys we need your help with the time keeping, marshalling etc...
And most importantly.... To cheer the ladies on!**

KING & QUEEN OF THE MOUNTAIN SERIES

A reminder to all that the Queensburgh Mineshaft 15km will be the next in the King and Queen of the Mountain Series.
The race organisers can be contacted for more details.

TWO OCEANS QUALIFIER

For those that are still wanting to qualify for the Two Oceans, please note that the organisers will not extend the cut off date for qualifying times to be in, and therefore the PMB Marathon will not be a qualifying race as it takes place after the cut off date.

Lastly.... ILLOVO CHRISTMAS CHALLENGE

It is almost time to put on our showcase. There are still plenty of spots open on the helpers board. Please get your names down so the race organisers can get all the finer details sorted.

NEXT MAJOR EVENT:

Tuesday 10 November:
Ladies League
4 km
Westville Athletics Club

Sunday 1 November:

VAC Challenge
15 km walk/Run
Verulam Athletics Club

Sunday 8 November:

Save Supermarket Orion
21 km walk/run, 10 km walk/run
Orion Athletics Club

Tuesday 10 November:

Ladies League
4 km
Westville Athletics Club

Sunday 22 November:

Queensburgh Mineshaft
15 km walk/run
Queensburgh Harriers

Wednesday 18 November

Durban Runner/GU Energy
Mixed Time Trial League
DHSOB

RESULTS

Chesterville 10 km

Sue Smith 3rd female overall and 1st 50+ 61.20
Tyler Petersen 1st Junior Female 67.00
Les Smith 1st 60+ 54.15

Duke of York 16 km

Patrick Wynne 1st 50+ 82.32



Good Advice from Runners Like You

From shoes to motivation, RW readers offer helpful running tips.

By [Yishane Lee](#)

Some extracts from the article that was published on the Runners World website

Knot Smart

"Runner's World taught me how to lace without using double knots, so they don't come undone," says Andy Poon of Vancouver (20+ years). Stacey from Chicago got the tip from her sibling: "My little brother told me to tuck my laces into the tops of my shoes to make sure they can't come undone." Says Kim Tantlinger of Waltham, Massachusetts (11 years), "Square knots are better than granny knots and eliminate the need for double-knotting."

Exercise Caution

"Listen to your body telling you that it needs a day of rest," says Laura McElduff, a reader in Northvale, New Jersey. "Otherwise you'll end up burned out, overtrained, or injured." Says Becca Dougherty of Flemington, New Jersey (15 years): "It is better to go into a race undertrained than overtrained." Jaylyn Bergner of Asheville, North Carolina (15+ years), uses legs-up-the-wall for recovery. "My coach in high school would have us elevate our legs for 10 minutes." Angie Shoe of Jacksonville, Florida, relies on pills: "An elderly gentleman said to take fish-oil pills daily. He promised that my joints will thank me later."

Run Your Own Run

"When I was trying to reel someone in but hating the race, I began repeating 'Run your own race' and everything came together," says Brian Fay of Syracuse, New York (11 years). Sandra Henriques of Cincinnati says not to think ahead: "Be present in the mile you are in. Don't worry about mile 18." Tracy of Portland, Oregon, quotes Alice in Wonderland: "Begin at the beginning and go on till you come to the end: then stop."

Enjoy It

"My coach said, 'Have fun! The hard work was the training. The race is the party!'" says Jill Mitsch of Cupertino, California. "Even if today's run was what you would consider a failure, it is a bridge to your next good run," says Sarah Wiederkehr of Arlington, Virginia. "This thought keeps me from fretting about lack of progress." Any run is cause for joy, says Jen Harder of Waldheim, Saskatchewan. "There's no such thing as a bad run!"

Your Sage Source

The best advice you ever got came from...

33% A friend

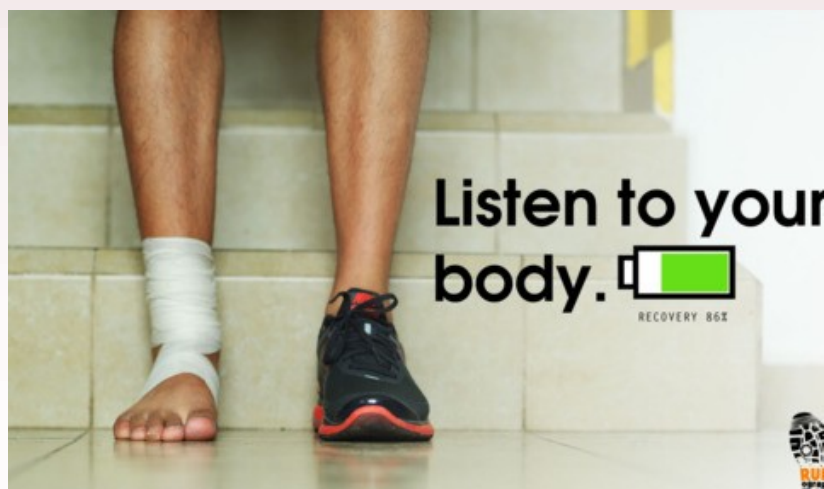
23% A coach

36% Runner's World, of course!

3% A sports doc/physical therapist

4% A specialty running shoe store

(Based on 1,730 respondents.)



Happy Birthday!

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:
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Treasurer:
DARYL HEFER



Ladies Captain:
JANINE ENGELS



Cross Country Captain:
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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:
keiran.ward@unitrans.co.za

On the lighter side:



Teacher: Class, we will be having half a day of school this morning.

Class: Yay Yay Yay

Teacher: We will be having the other half this afternoon

Committee 2015:

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Fred Mc Kenzie filling in

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VACANT (Retail)

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THE ORIGINAL
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