



# COOL RUNNINGS

12 November 2015

Issue 45#2015



We are on the Web  
[www.westvilleac.co.za](http://www.westvilleac.co.za)

## Congratulations

### WE ARE THE CHAMPIONS!!!

Westville ladies won the ladies league... and we were streaks ahead of second place!!

To each and every lady that ran in the league races, well done and THANK YOU!!

To our boys that were there to support the ladies and helping out at the Westville race on Tuesday, THANK YOU!!!!

To Janie, who once again put in an extra-ordinary performance on Tuesday night, WELL DONE!

### MIXED LEAGUE

The last mixed league will be held at **DHSOB** on Wednesday **18 November** at **6pm**. Westville needs to be out in force, lets dominate this last league for 2015!

### KING AND QUEEN OF MOUNTAIN

The Queensburgh race on 22 November 2015 is the next in the series. For more information, you can contact the race organiser. See the attached flyer.

### ILLOVO WESTVILLE CHRISTMAS CHALLENGE

We still need lucky draw prizes, please contact Janine Engels if you are able to donate a prize.

We need Westville members to assist on race day, please fill in the list at the club or contact Sharon if you are able to assist!



**NEXT MAJOR EVENT:**  
**Wednesday 15 November**  
**Bluff Vets**

21km run & 15km walk  
Bluff Athletics Club

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**Wednesday 18 November**  
**Durban Runner/GU Energy**  
Mixed Time Trial League  
DHSOB

**Wednesday 15 November**  
**Bluff Vets**

21km run & 15km walk  
Bluff Athletics Club

**Sunday 22 November:**  
**Queensburgh Mineshaft**  
15 km walk/run  
Queensburgh Harriers

**Sunday 29 November:**  
**Sani Stagger**

42 km & 21 km walk/run  
Sani Athletic Club

## RESULTS

### Orion 21.1km:

Aubrey Roberts	1st	60+	1:31:12
Gill Tregenna	1st	70+	2:16:57



**For those that were at the Awards evening, you will know that Dave Lowe was awarded Honorary Life Membership at Westville Athletics Club.**

**Congratulations Dave, well deserved!! Dave also asked me to please include the following message:**

*From: Dave Lowe*

*To: Westville Athletic Club Committee*

*Thank you for the wonderful award of Honorary Life Membership which I received during the year end function.*

*It was most appreciated and I shall remember the evening with Pride. I believe that I am fortunate to receive this award simply by doing what I love doing --- and that is running - Comrades in particular.*

*Obviously, Westville AC has been a huge part of my running life and I'd like to thank not only the current Committee headed by Tammy, Fred and others but also the past Committees who have done such an excellent job of growing and improving the Club. I think of people going back to the Eighties - people like Basil Henderson, Small Tim Kilpin, Harry Chapman etc all the way to Paul Eichart and to the current committee. The work that all these people did and continue to do, make Westville Athletics the highly successful club that it is, and makes it possible for ordinary members like me to enjoy our sport so much.*

*Thank you to one and all again.*

*Dave Lowe*



**KIDDIES CHRISTMAS PARTY**

The kiddies Christmas party on 01 December at 6pm .... bring a gift for your child - Father Christmas will be there!

**Struggling to stay motivated with holidays approaching?**

**Discover the road not taken**

If you ate the same food for lunch every day, you'd inevitably get bored, and it's the same with running! "Slogging along the same path every day can get old really fast," says Feller. Blogger Gabrielle Kotkov of Marathons and Macarons suggests picking a place that feels special. "It could be as simple as the foliage in the park, or the sunset along the river," she says. "I first fell in love with running in the park in autumn."



Name	Surname	Date
Claire	Wilkinson	1
Steven	Stott	1
Antony	Mburu	1
John	Adams	1
Claire	Schilt	3
Natalie	O'Connell	5
Siyabonga	Mngadi	5
Maureen	Slack	5
Trevor	Luyt	6
Trevor	Kershaw	8
Dave	Saunderson	9
Matthew	Mayo	10
Khea	Emms	12
Steve	McCarley	13
Nicolette	Visser	13
Sadie	Van Dyk	15
Jill	Adams	15
Jane	Long	15
Alison	Uys	16
Jessica	Jollands	16
Hilton	Janse van Rensburg	16
Samantha	Parle	16
Kathy	Rout	17
Delani	Hlongwane	17
Vincent	Mhlakoana	19
Mandy	Eley	23
Preston	Gounden	24
Christopher	Martin	24
Gareth	Duddington	26
Ted	Clark	27
Sarah	Cox	29
Heidi	Venter	29
Jowaine	Parrott	30

## 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**

### 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](mailto:keiran.ward@unitrans.co.za)

### On the lighter side:

A new kid started at school today.

After introducing the child to the class, the teacher asked the boy:  
"What does your father do?"

To which the boy replied:  
"Whatever my mom tells him to!"



### Committee 2015:

**Tammy Dennill (Chairperson)**

083 222-2339 # [tammydennill@hotmail.com](mailto:tammydennill@hotmail.com)

**Fred Mc Kenzie (Vice Chairperson & News-ED)**

082 880-4894 # [fred@ramses.co.za](mailto:fred@ramses.co.za)

**Sharon Schubach (Secretary & Registrations)**

082 414-1783 # [itonridge@gmail.com](mailto:itonridge@gmail.com)

**Daryl Hefer (Treasurer)**

082 788-7114 # [darylhefer@gmail.com](mailto:darylhefer@gmail.com)

**VACANT (Men's Captain)**

Fred Mc Kenzie filling in

**Janine Engels (Ladies Captain)**

084 729-3871 # [jengels.48@gmail.com](mailto:jengels.48@gmail.com)

**Karyn Jackson (XC Captain)**

079 897-3661 # [karynj@rohlig.co.za](mailto:karynj@rohlig.co.za)

(Stuart Cox—Assisting)

**Lynton Conway (Facilities)**

084 285-8431 # [lynton.conway@gmail.com](mailto:lynton.conway@gmail.com)

**VACANT (Retail)**

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