



COOL RUNNINGS

19 November 2015

Issue 46#2015



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



KING AND QUEEN OF MOUNTAIN

A reminder that this weekend is the next race in the King and Queen of the Mountain series, if you did not take part in the first race, you have to take part in this race and the next 2 races in order to qualify.

Register for the series when you register for the race.

AGM

The AGM takes place next Tuesday the 24 November 2015 at 7pm. No nomination have been received for the committee portfolios. Nominations need to be sent to westvilleathleticclub@gmail.com or need to be handed to Sharon no later than 48 hours before the AGM. The nomination form is attached.

Committee portfolios:

- ◆ Chairperson
- ◆ Vice Chairperson
- ◆ Secretary/Membership
- ◆ Treasurer
- ◆ Men's Captain
- ◆ Ladies Captain
- ◆ Cross Country Captain
- ◆ Facilities Manager
- ◆ Retail

KIDDIES CHRISTMAS PARTY

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

CONGRATULATIONS

The ladies cleaned up again and won the mixed league title. The vets men finished in second place behind DHSOB and the senior men finished in third place. Thanks to all who took part in the league races this year!! Next year we will take the treble!!

NEXT MAJOR EVENT:
Sunday 22 November:
Queensburgh Mineshaft
 15 km walk/run
 Queensburgh Harriers

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 15 km walk/run
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Sunday 29 November:
Sani Stagger
 42 km & 21 km walk/run
 Sani Athletic Club

Sunday 6 December:
Mandela Memorial Road Race
 32km run 10Km & 5km walk/run
 Nquthu Athletic Club

Sunday 6 December:
BMG Stainbank Cup
 15 km run & 10km walk
 Yellowwood Park Sport Club

Sunday 13 December:
Illovo Sugar Christmas Challenge
 15 km run / walk
 Westville Athletic Club

RESULTS

OFS Masters Championships

- Sue Smith—Gold and overall winner—5000m and 1500m walking races
- Les Smith—Gold—1st place 65-69 category 5000m and 100m races
- Andy Watson—Gold—Javelin and Silver—Discus



Hi members

PLEASE PLEASE PLEASE, the race is 3 **WEEKS AWAY** and we have less than half the number of helpers required. This is the one day in the year that we expect our members to step up and help.

We still desperately need helpers for Entries, Results, Marshals and Teas.

Please email me with your **cell number** and **t-shirt size**.

Please members, we have 370 members - it shouldn't be difficult to get 200 helpers!

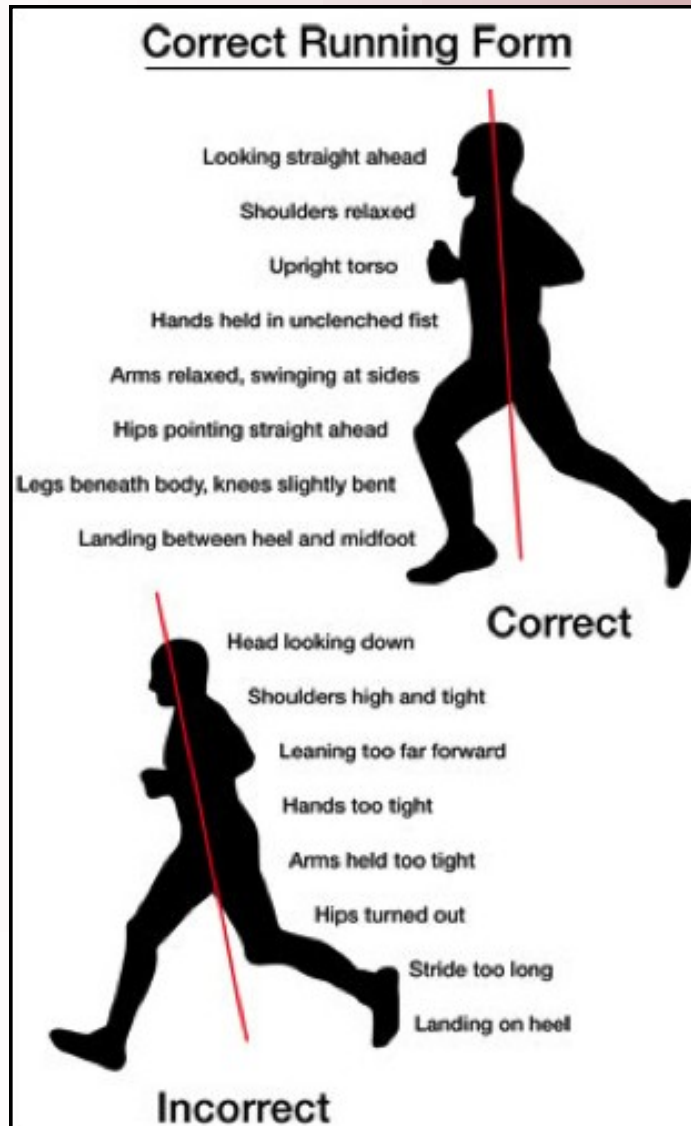
Thank you to those who have already put their names down.

Regards

Sharon Schubach

Secretary

Westville Athletic Club



Happy Birthday!

| 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

Results will show up
when you do

-Jill Koenig

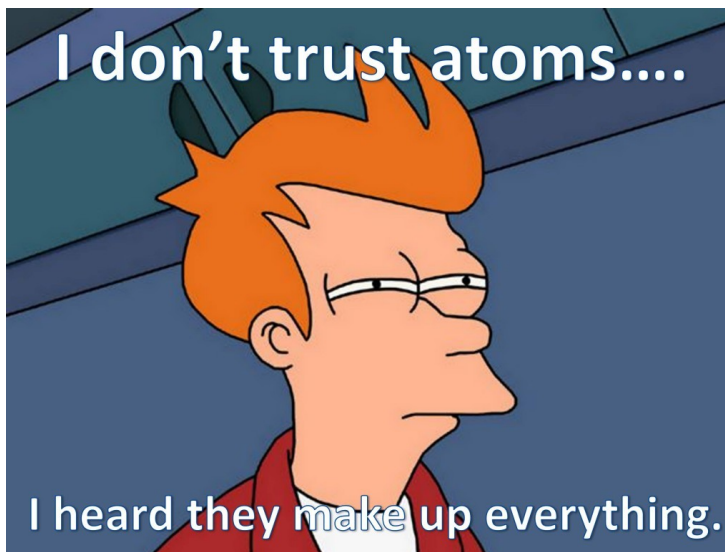


On the lighter side:

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



Our sponsors:



SPAR

Hoopers 



travel dynamix



KAZMAC Photography

THE ORIGINAL
GETFIT
CHALLENGE

Committee 2015:

Tammy Dennill (Chairperson)

083 222-2339 # tammydennill@hotmail.com

Fred Mc Kenzie (Vice Chairperson & News-ED)

082 880-4894 # fred@ramses.co.za

Sharon Schubach (Secretary & Registrations)

082 414-1783 # itonridge@gmail.com

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)

084 285-8431 # lynton.conway@gmail.com

VACANT (Retail)