



# COOL RUNNINGS

17 December 2015

Issue 50#2015



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



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## ILLOVO SUGAR CHRISTMAS CHALLENGE

A **BIG** thank you to all the members that assisted at the club run on Sunday, and to everyone that helped out in the months leading up to Sunday's race. Feedback from Sharon is that we had a record number of race entries of 2 050. Great way to end the year....

## RUNNERS PROFILE

There will be a new addition to the newsletter in 2016. I am going to introduce a weekly runners profile, this will be in the form of the attached questionnaire. I think this will be a great way for runners to share their experiences, what they have learnt over the years and any advice and tips they have received in their years on the road. It will also be a great way for everyone to get to know their fellow Westville club members.

Please can I ask each of you to complete the questionnaire and send it back to me. And if you want to add anything, please feel free to do so.

Each week one profile will be published (I will ensure all details are updated prior to publishing).

## KING AND QUEEN OF THE MOUNTAIN RESULTS 2016

Female	Category	Name	Club	points
1st	Open	Janie Grundlingh	Westville	3
2nd	Open	Sindy Kirsten	Westville	7
3rd	Open	Layle Cathey	PDAC	7
1st	>40	Michelle Sims	Eskom	3
2nd	>40	Omashani Naidoo	Phoenix villagers	6
3rd	>40	Sheree Kirsten	Westville	9

Male	Category	Name	Club	points
1st	Open	Mdumiseni Zondi	Ntl Carbineers	3
2nd	Open	Sibonela Mashimane	Eskom	6
3rd	Open	Sydney Khuzwayo	YWP	6
1st	>40	Willie Majambozi	Boxer	3
2nd	>40	Garth Cathey	Midlands	7
3rd	>40	Dumisani Mhlongo	SAPS	10

**NEXT MAJOR EVENT:**  
**Sunday 20 December:**  
**The Big Hill Challenge**  
 21 km / 10 km run  
 Dolphin Coast

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**The Big Hill Challenge**  
 21 km / 10 km run  
 Dolphin Coast

**Sunday 10 January 2016**  
**Ronnie Davel**  
 16 km / 6 km run / walk  
 Hilton Harriers

**Sunday 24 January 2016**  
**Kearsney Striders**  
 21 km / 10 km run / walk  
 Kearsney Striders

**Sunday 31 January 2016**  
**PDAC**  
 25 km run / walk  
 PDAC

**Sunday 07 February 2016**  
**DG Panel & Paint Challenge**  
 32 km run / 16 km run/walk  
 Sydenham Sports Club

## 9 TIPS TO KEEP RUNNING OVER THE HOLIDAYS

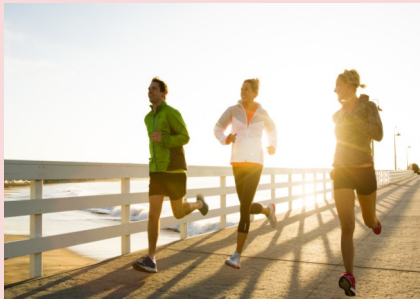
From [www.runnersconnect.net](http://www.runnersconnect.net)

### **Make a plan:**

Make time for your runs. Look for possible obstacles, and how you will overcome them.

### **Focus on maintaining:**

This is not the time of the year to make unrealistic goals, especially with all the tempting food choices on offer.



### **Run in the morning:**

Get your runs in before the others have even started confronting their hangovers. The endorphin rush will start your day off right!

### **A short run is better than no run:**

Increase intensity 1-2 times per week if you find you are in a time crunch.

### **Have a healthy breakfast:**

Overindulging happens when we restrict; a healthy start to the day means you are less likely to overdo it later.

### **Make some themed runs:**

This is the time of year to have fun running by dressing up, and listening to Christmas music.

### **Plan to run with friends:**

This way you can hold one another accountable, and get a break from the chaos at home.

### **Sign up for a race with family and friends:**

There are races this time of year. A race on your calendar will help you (and your family/friends) stay on track.



### **If you miss a run, don't beat yourself up:**

No one is perfect, and obstacles come up. There is no need to give up, tomorrow is a new day!





Name	Date
Kelvin Strachan	2
Ayanda Hlubi	2
Megan Finestone	2
Brandon Perry	3
Romy Croxford	3
Dirk van den Heever	4
Karl Rabie	6
Colin van den Bergh	7
Vicky Stott	7
Matthew Blewett	8
Richard Firbank	11
Alison Rich	12
Denbeigh Knight	14
Katharine Atkinson	15
Mark Schapers	17
Jodie Spencer	17
Megan Cox	18
Tina Leisegang	18
Kerry Robertson	20
John Warnes	23
Jacob Twala	25
Lindsey Watkeys	25
Rob Gibb	25
Janie Grundling	28
Rowland Visser	28
Renier Basson	30
Alan Etchells	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**

**WHEN YOUR LEGS GET TIRED, RUN  
WITH YOUR HEART**

## 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:

### LIFE BEFORE THE COMPUTER:

- ◆ Memory was something you lost with age
- ◆ An application was for employment
- ◆ A program was a TV show
- ◆ A cursor used profanity
- ◆ A keyboard was a piano
- ◆ A web was a spider's home
- ◆ A virus was the flu
- ◆ A CD was a bank account
- ◆ A hard drive was a long trip on the road
- ◆ A mouse pad was where a mouse lived
- ◆ And if you had a 3 1/2 inch floppy ... you just hoped nobody found out



## Committee 2015:

**Tammy Dennill (Chairperson)**

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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)**

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