



COOL RUNNINGS

03 March 2016

Issue 09#2016



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

HIGHWAY LADIES TIME TRIAL LEAGUE 1 of 2016



We will be hosting this event and would love to kick-start the year on an exciting and energetic note with as many of you as possible.

*the whole is only as good as
the sum of its parts*

Hosts: Westville Athletic Club
Date: Tuesday, 08 March
Venue: Westville Club House
Time: 18:00
Cost: Free!

- Westville club colours or club t-shirts to be worn
- Afterwards everyone is invited to stay for snacks and prize-giving (lots of lucky draws!) and for a chance to meet your fellow club members

So diarise it, get baby-sitters or get your running prams out, and let the husbands, boyfriends or partners make supper! The night is ours for fun! We also appeal to you to please sponsor a prize for the lucky draw – anything from wine, chocs, hampers, pamper goods to vouchers, gift cards etc.

We look forward to seeing our red & white stripes *dominate!*
See you there!
Janine, Vicky, Charmaine and Michelle



NEXT MAJOR EVENT:
Tuesday 8 March 2016
Ladies League
4 km
Westville AC

Friday 4 March 2016
Parlauf XC
Westville AC

Sunday 6 March 2016
Stella Royal
25 km and 10 km
Stella AC

Tuesday 8 March 2016
Ladies League
4 km
Westville AC

Sunday 13 March 2016
Umgeni Water
15km / 32km / 42km
Collegian Harriers & Howick AC

PARLAUF ON FRIDAY 4TH MARCH 2016

Westville AC will be going all out to make it the opening event of the 2016 Cross Country Season a memorable event with loads of fun to be had throughout the evening. Hot showers are available and for afterwards there will bar facilities and Braai fires available. There will also be wors rolls on sale.

Parlauf is a team event and is loads of fun for athletes and spectators. Each team consists of 2 runners (preferably of a similar pace). The course is a 1km lap and the team members will alternate and run the laps necessary for the age group or category. Club kit and licences are to be worn; temp licenses are available for purchase on the night for those not in possession of a 2016 licence. Even if you do not have a team mate, come through on the night and we will be able to find you a partner.

Programme for : Parlauf Friday 4th March 2016

Mob Race	All U12 age groups	2km (1 x 1km each)	18h00	Free Entry
Girls & Boys	U13, U14, U15, U16 & U17	4km (2 x 1km each)	18h15	R30 per team
Women	U19, Senior & 35 plus	6km (3 x 1km each)	18h45	R40 per team
Men & Mixed	U19, Senior & 35 plus, Mixed teams	8km (4 x 1km each)	19h15	R40 per team

Runner Profile - Mpumelelo Hadebe

Name: Mpumelelo Hadebe
Year joined Westville: 2015
Running since: 2011
Longest Race Distance: Two Oceans Ultra
Favourite Race: Kearsney Striders 21.1km
On your bucket list: Comrades
Worst running experience: Deloitte 42.2km
Best running experience: T wo Oceans Ultra
Running mentor / inspiration: All runners who are improving themselves
Best advice received: Run your own race

Something you wish you knew when you started: Running gets tougher when you're no longer a novice

How often do you run a week: 3 times a week

What do you eat & drink during a race: Water, Coke and chocolate bar

What is for breakfast on race day: Cereal

What shoe brand do you wear: Asics

What other sport do you do other than running: Football, golf and swimming

What motivates you to keep going during a race: Just the sense of accomplishment

RUNNING PREFERANCES:

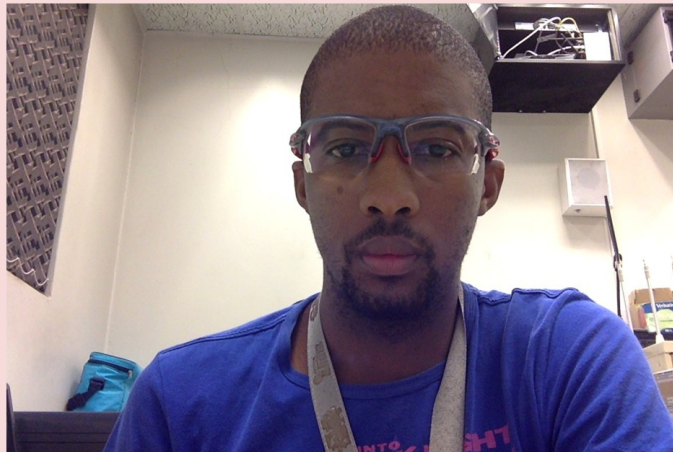
Time of day: Morning or Afternoon? Morning

Weather conditions: Hot or Rainy? Rainy

Route type: Flat or Hills? Combo of both

Route type: 1 Lapper, 2 Lapper or Point to Point? Point to point

Course type: Road or trail? Road



CLUB CHAMPS:

21.1 km club champs—SAP Striders (11/9)
10 km club champs—Waterfall Forest 10 (10/07)
15 km club champs—Stainbank

CATEGORY TAGS AND WESTVILLE KIT:

Please ensure that you have the new size category/age tags. You will not be eligible for category prizes if you do not have the new category tag on your kit. These are available at the club from Katharine, (R10 per set).
Please ensure that you wear the correct Westville kit when taking part in races. All outer (visible) clothing needs to be red and white. Top is the red and white stripes, and shorts (including lycra shorts worn as running shorts or under running shorts) must be red. Club kit is available at the club and can be purchased on Tuesday nights at the time trial.

HELPERS FOR LEAGUE RACE:

As you know our talented ladies will be taking on the rest of the highway region by hosting the ladies time trial league next week Tues at our club.
We are needing around 15-20 of our men to volunteer to assist with marshalling, manning the fires etc..
If you can assist please email Lynton on lynton.conway@gmail.com

MARITZBURG RESULTS:

As many of you may already know, there were a few problems with the verification of the results from the Maritzburg races. Please note that the results from this race will be published in the next newsletter.

MONDI 21.1KM AND 10KM

Please note that the Mondri 21.1km and 10km run and walk will not be taking place this Saturday, but it will take place on 23 April 2016.



YOUR COMMITTEE 2016



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Cross Country Captain:
VACANT

Ladies Captains:
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**WHAT DOESN'T
KILL ME, MAKES ME
AWESOME.**

Happy Birthday!

March

Name	Day
Alfred Dlamini	2
Don MacLeod	2
Cliff Cartmell	3
Rodney Collyer	4
Louise Lilford	5
Craig Brigg	8
Sheree Kirsten	8
Arlindo Miranda	8
Johan Cronje	12
Eric Jennings	12
Simon Collins	15
Brian Smith	17
David Ward	18
Lauren Barnard	21
Debbie Lundin	21
Jonathan Sinden	25
Matthew Spencer	28
Sam Gumede	29
Tim Parle	29
Jack Grieveson	31

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:

Our sponsors:



KAZMAC Photography