



Cool Runnings

26 January 2017

Upcoming Races:

29th January 2017

PDAC 25km
Hosts - PDAC

5th February 2017

DG Paint & Panel Challenge (16/32km)
Hosts - Sydenham

7th February 2017 at 18h00

Highway Ladies Inter Club Challenge – Highway vs Pietermaritzburg
Hosts - Kearsney Striders

ZERO TO HERO'S

WOW!! What an amazing turnout for the first Zero to Hero run (115 runners/walkers!), well done to our captains and the rest of the organisers and helpers that put the event together. To those that missed out, you can still register to join the group and be part of the amazing journey to the addiction of running!

- 2.5km and 4km route every Tuesday and Thursday
- 17h30 at Westville Athletic Club
- Working towards 4km or 8km Time Trial route on 28th March 2017
- Kids welcome to run (no child minding facilities)
- Join us for a social drink at the bar on Tuesday
- Westville AC Men's Captain: Hein - 082 335 8760
 Ladies Captain: Barbs - 072 773 9977

We are looking for members to assist with marshalling and timekeeping, if you can assist please contact Barbs.

MIXED LEAGUE

Thank you to all the members that took part in the first mixed league race at DHSOB this week. Westville had the second highest number of finishers in the time trial. Our standings in the league are as follows:

- Senior Men - 12th place
- Vet Men - 2nd place
- Master Men - 2nd place
- Ladies - 5th place

Results

Kearsney Half Marathon:

Cliff Robbertze	2 nd Male 50 to 59	1:38:00
Karen Fisher	1 st Lady 50 to 59	1:56:52



CONDOLENCES

The Westville Athletic Club committee and members would like to extend their condolences to Shaun Woods for the loss of his wife Jill. Jill was also aunt to Andrew Burnard. We wish Jill's family lots of strength in these difficult times.

NEW MEMBERS

In accordance with the constitution we have to advertise new members in the newsletter for 2 weeks.

New Member List:

Michelle Webb	Kurt Laureau
Warren Beckx	Colin Chipps
Ronnie Olivier	Carl Peetz
Daelyn Pearce	Kurt Peetz
Stacey Hunt	Geraldine Martin
Richard Humphrey	Darren Lategan
Kym Potgieter	Nalize van Rooyen
Andrew Watt	Cherie Lamusse
Shaun Reid	



PARLAUF - HELPERS NEEDED

Westville AC will be hosting Parlauf on Friday 10 March. We request members who can help with field set-up, entries, finish etc to contact Kylie on 082 563 0574 / kylie.griffin@telkomsa.net.

All assistance is welcome, many hands make light work.

Many thanks

Kylie - XC Captain

KING AND QUEEN OF THE MOUNTAIN

2016 WINNERS:

King of the Mountains - Stuart Cox

Queen of the Mountains - Tammy Dennill

Prince of the Mountains - Andy Patterson

Princess of the Mountains - Brenda Cox



Proof that our new committee is dedicated to ensuring a bigger and better Westville Athletic Club home base for 2017.

Left: Chairman Steven Stott hard at work making sure our field gets back to pristine condition for the 2017 season

Happy Birthday

JANUARY BIRTHDAYS

Name	Date
Graham Buck	1
Denise Monda	10
Hopewell Hlabe	10
Gill Tregenna	11
Grant Heather-Clark	11
Steven Arendse	11
Anver Moolla	11
Hylton Millar	12
Prashina Budree	13
Jean-Pierre Chelin	13
Craig Butler	14
Charmaine Clarke	16
Bonke Dumisa	16
Renier Botha	16
Janine Mazery	17
Daryl Hefer	17
Andrew Quinlan	18
Sue Smith	20
Shaun Wood	20
Dave Rogers	20
Dustin Hayman	23
Douglas Hoar	24
George Peach	25
Dave Cochrane	25
Keith Wenke	26
Jacques De Villiers	26
Nomvula Sikhakhane	26
Andy Patterson	27
Hein De Klerk	28
Sharon Schubach	29
Ryan Mitchell	29
Paul de Winnaar	31
Ciska Meyer	31

On the lighter side

Jack the Ripper would be a great name for a personal trainer.

Tequila is Spanish for..... "Text your ex"

2016 CLUB CHAMPIONS

10km Champs (Forest)

Female 1st

Open Kirsty Ross 0:49:31
35-39 Alison Uys 0:43:33
40-49 Maureen Slack 0:47:11
50-59 Tammy Dennill 0:49:38
60+ Sheree Kirsten 0:52:31

2nd

Jessica Jollands 0:49:58
Vicky Stott 0:50:48
Charmaine Newmarch 0:53:10
Anne Chadwick 0:55:11
Sanet Beukes 0:53:14

3rd

Sindy Kirsten 0:52:26
Claire Schilt 0:53:32
Brenda Cox 0:59:01
Ann Martin 1:01:34
Charmaine Clarke 0:59:31

Male 1st

Open Mark Robinson 0:36:05
35-39 Steve Stott 0:41:46
40-49 Jonathan Edwards 0:34:05
50-59 Patrick Wynne 0:42:01
60+ Aubrey Roberts 0:40:58

2nd

Kevan McCarogher 0:40:13
Daniel Israel 0:48:48
Hein de Klerk 0:40:46
Barry Spencer 0:44:42
Les Smith 0:46:50

3rd

Michael Etchells 0:40:35
Cliff Robbertze 0:41:56
Chris Binneman 0:45:56
Andy Watson 0:56:05

15km Champs (Stainbank Cup)

Female 1st

Open Sindy Kirsten 1:31:26
35-39 Angela Beckx 1:24:18
40-49 Alison Parle 1:29:59
50-59 Tammy Dennill 1:27:18
60+ Sheree Kirsten 1:31:26

2nd

Kirsty Ross 1:34:01
Barbara Neal 1:30:16
Bridget Parton 1:34:44
Jowaine Parrott 1:36:44
Gill Tregenna 1:38:37

3rd

Julia Lyle 1:37:31
Brenda Cox 1:37:00
Karyn Jackson 1:57:56

Male 1st

Open Mark Robinson 1:03:31
35-39 Damon Adendorff 1:15:17
40-49 Hein de Klerk 1:08:25
50-59 Derrick Mazibuko 1:10:25
60+ Aubrey Roberts 1:06:57

2nd

Kevan McCarogher 1:10:39
Daniel Israel 1:24:49
John Adams 1:09:44
Ken Culverwell 1:13:10
Les Smith 1:26:14

3rd

Preston Gounden 1:19:00
Stuart Cox 1:11:21
Fred McKenzie 1:27:20
Alan Etchells 1:41:51

Half Marathon Champs (SAPS Striders)

Female 1st

Open Kirsty Ross 1:55:04
35-39 Tracey Allison 1:32:56
40-49 Kerry Hoar 1:51:32
50-59 Tammy Dennill 1:49:52

2nd

Romy Croxford 2:10:17
Sarah Wilson 1:36:47
Leanne Ellis 1:52:06
Ann Chadwick 2:11:56

3rd

Alison Uys 1:40:38
Louise Lilford 1:53:13

Male 1st

Open Mark Robinson 1:19:31
35-39 Andrew Burnard 1:42:53
40-49 John Adams 1:32:56
50-59 Derrick Mazibuko 1:35:35
60+ Alan Etchells 2:15:33

2nd

Brandon Barnes 1:36:24
Damon Adendorff 1:45:15
Hein de Klerk 1:34:36
John Warnes 1:38:50

3rd

Patrick Martel 1:44:27
David Claassens 1:46:56
Trevor Hart-Jones 1:38:39
Chris Binneman 1:43:43

Marathon Champs (Hillcrest and Maritzburg)

Female 1st

Open Fawne Wells 3:55:40
35-39 Sarah Wilson 3:13:35
40-49 Sarah Eksteen 3:30:56
50-59 Karen Fisher 3:46:34
60+ Zanele Nduli 4:53:47

2nd

Sarah Rich 4:02:53
Tracey Allison 3:26:32
Lauren Calenborne 3:33:44
Jowaine Parrott 4:30:41

3rd

Lauren Barnard 4:05:12
Tamryn Worsnip 3:35:33
Mandy James 3:49:21
Ann Martin 4:46:45

Male 1st

Open Sithembiso Sithole 3:16:46
35-39 Steve Stott 3:31:45
40-49 Ryan Mitchell 3:13:36
50-59 Ken Culverwell 3:33:31
60+ Robin Goddard 3:51:24

2nd

Hendrik de Beer 3:23:05
Paul Worsnip 3:35:33
Craig Brigg 3:21:16
Derrick Mazibuko 3:39:59
Clyde Walker 4:11:51

3rd

Kevan McCarogher 3:26:54
Stuart Gannon 3:37:18
Grant Lloyd 3:41:41
John Warnes 3:58:31
Dave Lowe 4:15:44

The Committee

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