



Cool Runnings

6 April 2017

Upcoming Races:

9th April 2017

Durban City Marathon 10 / 21 / 42km
Kings Park Athletics Stadium
Hosts: KZN Athletics

20th April 2017

Mixed League Time Trial
Hillcrest
Hosts: Hillcrest AC

23rd April 2017

Charity Trail Run 5/11/21 km
Giba Gorge
Lions Club—Charity Run

Upcoming Events:

Easter Egg Hunt

Tuesday 11 April 2017
Hotdogs on sale for R10
Please RSVP to Katharine to ensure all kids get

Club long run—54km

Saturday 22 April 2017
In conjunction with the Beloved Long Runs

WOW—WELL DONE LADIES!!!

Thank you to all the Westville ladies that ran the time trial on Tuesday, we had an amazing turn out!

Thank you to all the guys that helped!! The vibe at the club was amazing!!



RESULTS

Westville ladies won the Bergville team prize!!

Sarah Eksteen
Alison Uys
Amanda James
Karen Fisher



COMRADES SUBSTITUTION PROCESS OPEN

The Substitution process officially closes on 14 April 2017.

The completed application forms as specified in the Substitution Rule must reach the CMA office by close of business on 14 April 2017. There will be no extension of this deadline and no postal applications will be accepted. Athletes intending to submit Substitution application forms are advised to visit the official Comrades Marathon website at www.comrades.com for the comprehensive list of rules and regulations.

EASTER EGG HUNT

We are having an Easter Egg hunt on Tuesday 11 April during Time Trial. Please could you let Katharine (Cell: 083 797 9711) know if you are coming along so she can ensure that all are catered for. We need to ensure that all children get to avoid disappointment. Hot dogs will be on sale for R10.



TENT @ TWO OCEANS

Once again K-way VOB will be hosting the Westville runners at their tent at the end of Two Oceans, the site map has been attached to the email. The site will be on the "C" field stands, the gazebo is blue and white and branded with the K-Way VOB's logo. There will be an honesty box payment for drinks at the site.



CHECKOUT CHALLENGE

Happy Birthday

Name	Date
Tony Saunderson	2
James Nothard	2
Robin Goddard	4
Barbara Hlangano	5
Stuart Reeves	5
Kevan McCarogher	5
Dave Lowe	5
Cliff Westermeyer	5
Thembeke Ngobese	6
Sue-Ann Coskey	8
Dean Franz	9
Monicah Chigumirah	12
Colette Tanner	13
Ntobeko Gumede	13
Julia Butler	15
Alton Butka	17
Sandy Ambross	21
David Roux	23
Lauren Calenborne	24
Sifiso Vumisa	25
Patrick Martel	26
Barbara Neal	26
Mark Loggenberg	28
Lloyd Melrose	28
Deon Crouse	29
Steven Callaghan	29
Colin Salvesen	30

On the lighter side

REAL COMPLAINTS RECEIVED BY "THOMAS COOK HOLIDAYS" FROM DISSATISFIED CUSTOMERS:

"On my holiday to Goa in India, I was disgusted to find that almost every restaurant served curry. I don't like spicy food."

"We went on holiday to Spain and had a problem with the taxi drivers as they were all Spanish."

"No-one told us there would be fish in the water. The children were scared."

"It took us nine hours to fly home from Jamaica to England. It took the Americans only three hours to get home. This seems unfair."

The Committee

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