



NEWS

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“Run Safely, Run wisely and Run to be seen”

Thursday 08 September 2011

***“Don’t just race for time, race for the love of the run, the people you meet along the way
and the strangers & friends you inspire.”***

This week’s lucky draw prize is sponsored by Karen Mc Kenzie from Kazmac photography situated in Westville Tel: 082 887-6917, kaz@ramses.co.za Karen has her own studio in Westville and is responsible for a number of the photographs on display in both our facebook page and website. Karen specializes in families, kiddies, babies – pregnancy and newborn, weddings, sport and corporate events. The lucky draw will take place on the 1 September 2011. The prize worth R585 is for a studio shoot with one 8 x 12 Print.

(if you would like to sponsor a prize, please contact me and let me know together with what the prize will be)



I love going and watching the ladies TT league. On Thursday evening I had extra motivation to keep going and lending my support. Standing at the start the ladies all of a sudden started taking off their tops and handing them to me with their keys – what more could a guy ask for? Talking of the TT league, what a turnout. I’m sure our ladies captain Lauren Calenborne is very proud of all who responded to our pleas and pitched up and ran. Sadly it wasn’t enough to wrestle the league away from PDAC but I am sure that with the continued support combined with our super athletes (*who were mostly missing last night for some or other reason*) it is only a matter of time before we are rightly back where we should be – No. 1.

Talk about support, we had Liz Chelin running on her 32nd wedding anniversary, Francesca Galassi running on her birthday and surprise, surprise Kerry Ward pitching up to run (*who would have thought*). Then there was the new lady Janine Nortje who was very wary to say anything in front of me for fear of ending up in the newsletter – I wonder why? Welcome to the club Janine.

On Sunday we had a fair representation at the run in Ballito with Tony Saunderson blitzing the 10km run and Brett Chettleburgh doing the same in the 21km, with new lady Janine Nortje being the 1st Westville lady home. Podium finishers are reflected below.

Remember, this weekly communiqué is your mouthpiece and therefore should there be something you would like covered or something you would like to say please let me know. Any questions and/or thoughts, ideas or suggestions are always welcome.

CHAIRMANS JOURNEY:

Well done to all those that ran on Sunday in Ballito. Unfortunately the Newlands 15km on Sunday has been cancelled. However the SAPS 21km (Kings park) is still on for the following Sunday, hope to see you all there. Good luck to all those going up to Dundee this weekend to run the Mpati Mountain race.

Some sad news one of our members Wayne Denison was hit by a vehicle while mountain biking and is still in a serious condition in hospital. We wish him a speedy recovery and send Rentia our thoughts and prayers at this time.

On a more positive note our children’s room is almost complete, the painting and tiling have been done and now it’s just the finishing touches. Hopefully we should have it up and running within the next month.

I see Comrades entries are now open and if you enter this month you can save R30. I can’t imagine that’s going to be a massive draw card to enter early but a good motivator to start dusting off those shoes and getting back on the road again!

Please remember we have our 10, 21.1 & 42.2km prize giving on Tuesday night and then next month our club annual awards. Please

make an effort to come along and support your fellow members. The annual awards evening is a dinner dance and will be a fun evening for all.

Have a great week and be safe on the roads.....

RESULTS:

Ballito 10/21,1km:

1st Lady's 60+ Gill Tregenna
1st Man 50+ Brett Chettleburgh

CROSS COUNTRY/TRAIL RUNNING:

Don't forget the **King and Queen of the Mountain Series**. You have to complete at least 3 of the 6 (oops, forgot added Sydenham as well) selected events to qualify and your fastest time is taken. There are now only 3 races left, but that is still good opportunity to qualify:

Sun	09 Jan	Ronnie Davel	<i>Completed</i>	07:00	16km
Sun		Sydenham	<i>Completed</i>	06:00	16km
Sat	20 Aug	Capital Climb	<i>Completed</i>	08:00	15km
Sat	10 Sep	Mpati Mountain Race	Dundee	14:00	15km
Sun	02 Oct	Saints Thorntree Challenge	St Charles College (Pmb)	07:00	15km
Sun	04 Dec	Bearingman / Stainbank Challenge	Yellowwood Park	06:00	15km

Should you have any queries, please don't hesitate to contact Kylie on 082 563 0574

MENS' REPORT:

A reminder about the league event at Riverside Sports on Wednesday 21 September starting at 6pm. Please will all runners make use of the bottom entrance, i.e. from Prospect Hall Rd (same road as Japanese Gardens)? If you enter the top gate, you will have to pay for parking.

There will be marshals' on the route, but please still be careful at busy intersections.

PRIZE GIVING:

Date: **Tuesday 13 September 2011**
Time: 19h00 (after the TT)
Venue: Westville Athletic Club

Please come and support all the trophy winners for the 42,2km, 21,1km and 10km champs.

TROPHY NOMINATIONS:

You are invited to submit nominations for consideration for the following awards:

Most improved female runner of the year:

Awarded to the female athlete who has recorded a marked improvement in her standard of performance over the last year – of any base.

Most improved male runner of the year:

Awarded to the male athlete who has recorded a marked improvement in his standard of performance over the last year – of any base

Battler of the year:

Awarded to the member who tries hard, but battles.

Dennill trophy: (participation award)

Awarded to the runner who has been present at most races on the fixture list and has made an appearance for Westville many time whether on or off the podium and in their personal capacity.

Achiever of the year: (Hoopers Trophy)

Awarded to the runner who has brought accolades to the club by achieving in local, provincial and or national events.

Joyce Allan Trophy:

Awarded to the member who has persevered in their running, and achieved against their own standard of performance for the last year of any base.

Please note that these are only nominations the athletics committee will sit down with the results and verify all results and a final decision will be made by the athletics section.

FORTHCOMING ATTRACTIONS:

ROAD RACES:

Sunday 11 September @ 06h00	Newlands Striders 15km challenge (Newlands sports complex)
Sunday 18 September @06h00	Sanlam SAPS Striders 21.1km (Kings Park)
Sunday 18 September @07h00	Duke of York 16km (Ashburton – PMB) This is a point to point run
Saturday 24 September @17h00	Epic Foods 15km Night Race (Verulam)
Sunday 25 September @ 07h00	Spartan 10km Challenge (TBA)
Sunday 2 October @06h00	Goss Balfe South Coast Marathon 10/21/42km (Amanzimtoti) This is a point to point

TIME TRIAL LEAGUE & CROSS COUNTRY:

Wednesday 21 September @6pm	Durban Runner/GU TT League (Riverside Sports)
Thursday 6 October @6pm	Sportszone/New Balance Ladies TT League (PDAC – Lahee Park)
Thursday 20 October @6pm	Durban Runner/GU TT League (PDAC – Lahee Park)

TRAIL RUNS:

Saturday 10 September	Nguni Classic 30km (no late entries) www.nguniclassic.co.za	Ladysmith
Sunday 11 September	The Huffer 20-30km wolhuter@mweb.co.za	<u>NO Late entries</u>

Sunday 25 September @8am iNsingizi Trail run - 9 & 18km run info@insingizi.co.za Mid Illovo
Saturday 01 October 4 Peaks MTN Challenge 24km www.pureadventure.co.za Adriaan 082 566-5668

SOCIAL EVENTS:

Sunday 11 September **SA vs. WALES on the big screen at the club. Braai fires will be lit for a lunch time braai and the pub will be open**
From 10am

Tuesday 13 September Annual club 42,2km/21,1km/10km prize giving. **Westville Athletic Club**
Friday 14 October Clubs Annual Awards/Dinner & Dance (**Westville Country Club**)
Sunday 11 December Illovo 15km race hosted by **Westville Athletic Club**

SEPTEMBER BIRTHDAYS: *(best wishes to all)*

1st Francesca Galassi
4th Megan Rout
5th Michelle Madonsela
6th Paul Haselau
9th Cliff Robbertze
10th Andrew Camp, Joanne Bennett & Sandy Watt
12th Achim Braig & Wendy Fitzmaurice
16th Zanele Nduli
20th George Greyling
23rd Catherine Carminati & Sandy Aiken
25th Craig Dennill
27th Jono Hotz & Anne Chadwick
30th Bert Barratt, Previn Pillay & Siphwe Madonsela

BITS & PIECES:

1. **REFLECTOR BELTS and VESTS** - If you are on the roads after dark and see someone running without reflective gear, can I please appeal to you as members of a responsible running club, to please tell them to "ensure they are seen"?
2. **TUESDAY TIME TRIAL 4 & 8KM** – Starts at 17h45. Everybody welcome – runners, walkers, members, social members, family, friends, non-members, colleagues etc.

After the time trial why not relax with a drink from the bar and chat to your club mates and fellow runners. Showers are available as are braai facilities.

3. **MORNING SCHOOLS:**

1. Try the Tuesday/Thursday school starting at the Westville mall and led by Ken Tonkin. There are various runs called with a minimum distance of 7km with extra loops available on all runs to increase the mileage. All runs start at 5.30am.
2. Craig Allsopp has a school on Saturday and/or Sunday starting at Pirates at 7am. Runs are nice and flat along the promenade and vary in distance from 7.2km – 10km. Runs are done at your own pace. Contact Craig on 082 371-3753 or by email craig@iteam.co.za
3. Interested in trail running. Alistair Bond has a school leaving Giba at 6am every Saturday. Routes vary and are excellent training grounds for trail running. Remember to take your own water along as the routes are dry. Contact Alistair on Alastair.Bond@za.behrgroup.com
4. Another school – starts at 5am from the Westville Gym on a Monday, Wednesday and Friday. Just pitch up and join in. Routes vary and are normally between 8 and 10kms.

If there are any more schools out there please let me know and I will add them to the list.

4. **NEW MEMBERSHIP:** Please note that new membership takes place on a Tuesday evening from 5.30pm – 7.00pm.
5. **CLUB KIT:** Club kit will only be issued at the Club on a Tuesday evening from 5.30pm – 7.00pm.
6. **WESTVILLE Facebook Page:** A reminder to those members who subscribe to this social media platform, to please navigate across to our page “Westville Athletic Clubs” and follow us from there.

Vic Fall Marathon - How to be the first Westville runner home if your name isn't Paul or Cliffie! By Janine Mazery

Firstly, enter a race no other club members have entered!

I was quite intrigued when my dad mentioned a fellow Hilton Harrier had run the Victoria Falls Marathon last year and had really enjoyed it. Having never been to Vic Falls before I thought it sounded like a fabulous way to get to see the falls, run an international race and enjoy a wonderful weekend away with my family. And boy was I right!

Dealing with Wild Frontiers (organisers of the race) left me feeling confident we were in for a truly memorable weekend and well organised race. We flew into Livingstone, Zambia on Friday 26th August and were shuttled across the bridge into Zimbabwe to the Kingdom Hotel and had Friday and Saturday to explore the hotel, the falls, ride the mighty Zambezi's white waters and have high tea at the beautiful Vic Falls Hotel.

Then it was race day, Sunday 28th August. What a super race, the Vic Falls Marathon definitely has something for everyone. A full 42.2km marathon race, 21km half marathon and a 5km fun run. Starting outside the Kingdom Hotel at 6:30am, the full marathon route is a double lap of the 21km. Running over the Vic Falls Bridge and back again at sunrise was breathtaking! The route then took us on through the National Park and into some beautiful safari lodge properties, ending at the Victoria Falls primary school. The water tables were well organised and plentiful!

It really was a fantastic run with runners coming from America, Europe, Japan, South Africa and of course Zim. The half marathon field was roughly 500 and full marathon field, round 200. Although slightly under-trained, the relaxed atmosphere and stopping for many photos along the way made our run an easy and very enjoyable jog. And what a feeling it was crossing the finish knowing I was the first (and only) Westville runner home! Had to have a good chuckle!

Our package included a spectacular sunset cruise on the mighty Zambezi in the afternoon where hippos, elephants, crocs and birdlife entertained us whilst the sun set, followed by a festive braai at the Vic Falls Boat Club.

All in all, a highly recommended and spectacular run which turned into a wonderful getaway for the whole family too. See you all there next year!

Our Sponsors - Let US Support those who Support US!



ON THE LIGHT SIDE

- I was taking a shortcut on my run through the cemetery this morning when I saw a guy crouching behind a tombstone. I said “Morning” he said “nah, just taking a sh1t”
- There are only two four letter words that are offensive to me “don’t” and “stop” unless of course they are used together.
- In our marriage her job is to bitch – mine is to give her reason to.

Lucky draw sponsors:

Fins & Flippers swimming school

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lroberts2@gmail.com
