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

Thursday 18 August 2011

“Life’s blows cannot break a person whose spirit is warmed by the fire of enthusiasm.”

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.

Our first lucky draw winner of the swimming lessons is Megan Finestone. She wins a R200 voucher equal to one month’s swimming lessons. *(Maybe this will help her to run better)*. Remember, if you want to sponsor a lucky draw prize drop me a line.

After much cajoling Kylie managed to get me to attend a Cross Country event and I pitched up at Geloft school on Saturday morning to run. The run was tough but enjoyable and I would strongly recommend that our members give Cross Country a bash. You will be pleasantly surprised. Cross country is not only for runners but seems to embrace a family environment and it is quite pleasing to see so many families making a day of it. Having said that Tammy Dennill arrived at the grounds with her dog and was rambling on about some male being neutered – I’m not sure if she was talking about Craig or the dog. All I know was that somehow the wound had festered. If it is Craig then our sincere condolences and hope that you recover soon. The report on the KZN champs is further down below under the Cross country section.

It is pleasing to see that the newsletter is read and I received a number of emails regarding the entry form and the correct abbreviation to use on entry forms. According to Alen Lucas Hattingh and Tim Kilpin together with our erstwhile chairman, pointed out to me that the abbreviation **“WEST”** can also be used and seems to be the preferred acronym.

This Saturday sees us hosting our first potjie competition and it would be nice to see all of you pitching up and participating. See entry details below. Remember, the rugby will be on the big screen so you won’t miss a thing.

Saturday is the Capital Climb and incorporates our King and queen of the mountain and then on Sunday it is the club 10km champs taking place at Merewent. Breakfast will be served after the event so why not come along and enjoy a good run and breakfast.

A reminder that on the 23 August Westville hosts the Durban Runner/GU TT League. Ladies we will need all the helpers we can get to assist with marshalling, entries etc on the night. You will need to be at the club by 5.15pm. If you can assist please contact Tammy Dennill 083 222 2339 or by email tammydennill@hotmail.com

As always 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. I am also looking for the next person to sponsor a lucky draw prize so if you can and are able please drop me a line.

CHAIRMAN’S JOURNEY:

It was great on Monday night to be told that our club is now back up to 309 members, which on a down run Comrades year is a good trend. We have contacted many of our members who haven’t rejoined in 2011 and they are generally committed to rejoining for the 2012 year for the next down comrades.

With a view to further enhancing our membership and members benefits we are renovating our children’s room so parents who want their youngsters minded while they run the TT will have a new facility where their kids can play and watch movies in safety. We are looking for some assistance here with minders and ask that anybody interested please contact one of the committee members. The final details will be sent out on completion.

For all of those members taking on Merewent 10km on Sunday (club champs), please be reminded that it’s the same course as last

year (new course). It's no longer flat and fast, and although not "scenic" is undulating. Our tent will be there so please join us for a cold drink after the run. We hope this year that the run is indeed 10km. Good luck to all those taking part.

Due to the resignation of our bar lady Tash we are actively seeking a replacement to start almost immediately. If you are aware of anyone that may be interested please contact Sharon.

Hopefully I will see many of you on Saturday and Sunday. Enjoy your running and stay safe.

Take care..... until next week.

RESULTS:

No results this week.

CROSS COUNTRY/TRAIL RUNNING:

A great day for our athletes at KZN XC Champs on Saturday. Our podium finishers did us proud:

Shani Silver	W40 – 44	Silver
Kylie Griffin	W45 – 49	Gold
Di Wearne	W50 – 54	Bronze
Gill Tregenna	W65 – 69	Silver
Aubrey Roberts	M55 – 59	Bronze
Les Smith	M60 – 64	Bronze

We also saw some promising running from Khea Emms who, despite a serious fall which resulted in the need for First Aid after the event, managed to have a strong comeback to take 5th place in the Girls U14. It was great to have Karen Behrens run her first XC and we were even graced with the presence of Fred – not too shabby a run either. Thanks also to our other members and supporters who came along to enjoy the day. It was a full day with some exciting events to keep us all entertained.

The SA Champs in Bloemfontein is the last event on the XC calendar. Those who are selected for the KZN team will travel up to participate on Saturday 17 September. The programme will be the same as that followed on Saturday. We have also been informed that the long awaited presentation of outstanding KZN provincial colours will take place on Saturday 10 September. Those who are to receive their colours will be contacted shortly.

Also be aware that we will be acknowledging those who achieved during the season at the Dinner Dance in October. Well done to our XC athletes for flying the Westville Flag with pride during the season.

We now focus on the **King and Queen of the Mountain Series**. You have to complete at least 3 of the 5 selected events to qualify and your fastest time is taken. There are still 4 races, so you can show have plenty of opportunity to qualify:

Sun	09 Jan	Ronnie Davel	Completed	07:00	16km
Sat	20 Aug	Capital Climb	Pietermaritzburg City Hall	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

MEN'S REPORT:

Currently in the Durban Runner/GU TT league we are lying as follows:

Ladies 6th
Seniors 5th
Veterans 1st

Please can I ask that we have a huge turnout at Tuesday evenings TT, which is being held by us at Westville Athletic Club? All those who are not running, we also need your help for marshalling, etc.

Let's show the running community that not only can we win this league but we can also put on a major show. We look forward to seeing you **ALL** there.



Potjie Competition. Potjie Competition. Potjie Competition

Westville Athletic Club Potjie Cooking Competition is this Saturday the 20th August. Starting at 12pm.

Bring your family and friends and join us for an awesome fun day. Enter on the day as a team or an individual.

Or come and spectate and buy some of the wonderful creations.

R50 per Potjie entry.

All ingredients for the Potjie must be raw and prepared at the venue during the competition. Rice may be cooked beforehand. There will be hot trays for keeping food warm.

Bar open. Rugby on the Big Screen

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:

Saturday 20 August @ 08h00	Witness Capital Climb (King & Queen of the mountain)
Sunday 21 August @ 07h00	Merewent 10km CLUB 10KM CHAMPS
Sunday 28 August @ 07h00	F-1 Bluff meats 10 & 20km run/walk (Bluff meats shopping Centre, Durban North)
Sunday 4 September @07h00	Duke of York 16km (Ashburton – PMB) This is a point to point run
Sunday 4 September @ 06h00	Dolphin Coast Striders 10km/21,1km/50km (Ballito)

TIME TRIAL LEAGUE & CROSS COUNTRY:

Tuesday 23 August @6pm	Durban Runner/GU TT League (Westville)
Thursday 1 September @6pm	Sportszone/New Balance Ladies TT League (Hillcrest)

Wednesday 21 September @6pm Durban Runner/GU TT League (**Riverside Sports**)

TRAIL RUNS:

Sunday 28 August	The Sandy Bay Run 14km	http://www.sunriserun.co.za	<u>NO Late entries</u>
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:

Saturday 20 August	Interclub Potjie competition (Westville Athletic Club)
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

AUGUST BIRTHDAYS: *(best wishes to all)*

1 st	Paul Mathe & Garry Barnes
2 nd	Lauren Lavarack & Brandon Bothma
3 rd	Stuart Clarke
8 th	Andre Cronje
10 th	Tracey Allison
13 th	Thandazani Madonsela
15 th	Dudley Le Roux, Dave Leppan, Alan North & Tiffany Callaghan
16 th	Heather Wenke & Warren Perry
20 th	Paul Eichert
21 st	Graeme Gibson & Shaun Clark
24 th	Amy Saunderson
31 st	Paul Scruby & Michael Lusignea

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:**

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.

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

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

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.

Avon running school by Ken Tonkin

“This Group has its roots in a small group of five or six Westville Presbyterian Church members who, collectively approaching forty (*around the waist*) were ‘encouraged’ to start running (*literally – about 4.0 km or 2.6 miles as the car odometer we used was still calibrated in miles*). At that stage (1983) we met twice a week in Avon Drive for a ‘run’ followed by ‘physical exercises’ of sorts.

Over time this small group grew as did the frequency, from twice to three times a week (*this at the prompting of a doctor who indicated that this was a prerequisite for there to be any aerobic benefit!*) For many years Saturday runs were hosted first in Grays Inn Crescent and later in Earnest Whitcutt Drive and the distances attempted also gradually increased – so much so that some intrepid members within two years of our inception attempted either the Two Oceans or Comrades (*This without races ever becoming the main focus*). The focus has throughout the years always remained on **fellowship** and putting in the effort primarily for ‘health’ reasons. It was also in 1993 that we came to know ourselves as the **‘Avon Harriers’!**

In late 1993 we migrated to the Civic Centre– a move necessitated by the Tonkin’s relocating to Loerie Park which was patently unsuitable for an increasing large group. This gave the group greater visibility and over time ‘strangers’ joined us and became **‘friends’** who shared a common interest. Our sojourn at the Civic Centre didn’t last too long after one of the group’s cars was ‘nicked’ from the rear parking lot whilst we were out exercising. Collectively we agreed that the Car Park at Westville Mall offered greater security – it also had a further advantage: not all the runs now ended on an ‘uphill’! And so that’s where we still meet on Tuesdays and Thursdays – at 05:30 unless **Rule 1 applies:** “If its’ raining as defined by seeing it on your pool surface or hearing it in your downpipes then stay in bed and enjoy the extra shut eye”. With the larger group Saturdays are no longer hosted by one family – we look for volunteers to both host the group and design the routes: about 9 to 10 kms for walkers and 12 to 15 kms for runners but with the emphasis in this latter group being on ‘time on your feet rather than speed’ – something that many of us no longer have an abundance of!

Numerically the weekday group oscillates between about 25 and 40 although there have been mornings when the number has exceeded 50! The other significant change is that these days not everyone runs – in fact there are often more walkers than runners so there’s a place for everyone.

Having celebrated our ‘Silver Anniversary’ in 2008 - with commemorative mugs for those who attended our function on the hockey field at the end of Westville Road - we have continued to add years on the clock so that in April we had been in existence for 28 years. Not bad for an informal group of individuals who, apart from their enjoyment of being involved in some form of exercise, come from a variety of backgrounds and locations within the Westville and Pinetown suburbs!”

Our Sponsors - Let US Support those who Support US!



ON THE LIGHT SIDE

I was in the restaurant yesterday when I suddenly realized I desperately needed to pass gas. The music was really, really loud, so I timed my gas with the beat of the music. After a couple of songs, I started to feel better. I finished my coffee, and then noticed that everybody was staring at me....

I suddenly remembered that I was listening to my iPod.

...and how was your day?

Lucky draw sponsors:

Fins & Flippers swimming school

083 553-5869

lroberts@gmail.com
