



Week 31 / 2013

**Thursday
01 August 2013**

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Dates to remember:

- * Queensburgh XC
* 3 August
- * Merewent 10km
* 4 August
- * Woman's day
* 9 August
- * Ladies TT League
* 13 August
- * Mixed TT league
* 22 August

Running has now officially had me going around in circles and if I wasn't round the bend before Saturday then I'm well and truly around the bend now. For those of you wondering what I'm rambling on about, on Saturday I undertook the "Longest day challenge" which for those who are unaware of what this is all about, it involves running around a cricket oval for 12 hours. Thankfully I came through it unscathed and managed to clock 101km and finish 1st master and 6th overall.

On Sunday we had a few podium finishes with Sheree Kirsten the 2nd master lady home in the half marathon and Les Smith the 2nd master home in the 10km along with Debbie Lundin who was also 2nd master lady. Well done to all.

Last Tuesday saw us hosting the Durban Runner/Gu mixed TT league and what a fantastic event it turned out to be.



We had over 200 participants taking part. I am sure that this is a record for the league.

Then on Thursday it was the turn of the ladies and your ladies captain Janine Mazery played host to the WOW evening and all I can say is "wow". I was fortunate enough to be the official photographer on the night and what a truly amazing event Janine and her team (see photograph above) put on. For the more than 90 ladies present on the night there was over R20k in prizes

handed out an I had a good giggle when the "dirty weekend" holiday for two prize was drawn by lucky number 69—I kid you not. I know Janine found it hard to swallow.

This weekend is the last XC league before the KZN champs. It is being hosted by Queensburgh harriers. Join Stuart and his team for a great day out. On Sunday is the merewent 10km starting at 7am.



Until next time, enjoy.....

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On Christmas day, Craig informed me that I can either do the VIC Falls Marathon or go on the boat from Durban to no-where for three days. It was my choice. I don't do boats well, so the obvious choice was Vic Falls Marathon. Hoping maybe it would be in 2014 when with a bit of luck I would start enjoy running again, I was told in mid-March that the trip to Vic Falls Marathon was booked.

Day One: Friday 12th July.

Leaving Durban for JHB at 7:40 meant waking Craig up at 4:30am (payback time). With a short stop in JHB it was onto Livingston airport, Zambia. Wild Horizons were waiting for us and the very friendly immigration officers handled our passports quickly and efficiently. They got us through both the Zambian and Zimbabwean border posts quickly and without any problems. We arrived at the Kingdom Hotel at around 2:00pm, booked in and went to register for the Marathon. Then the walking started! We walked through the small town of Vic Falls to find two supermarkets an OK and MK (whatever that stands for). Well this was our first lesson on no change in Zimbabwe 1\$ = R10.00 so if an item costs \$1.75 equivalent of R17.50 there was no way you were going to get change. We soon learnt to buy small things to add up to the full amount. Returning to the hotel for dinner to find out that it would cost us \$27 each we decided to go the Spur route (\$10 each) which could be found at the hotel in a food court area at the casino.

Day Two: Saturday 13th July

We had a buffet breakfast at the hotel before our 6 hours of walking. Taking a walk in the rain forest right by the Vic Falls is amazing, you get wet from the spray but the view and the roar of the water is spectacular. There was an endless supply of locals trying to sell you anything from the entire collection of Zimbabwe Dollar Bank notes to hand carved elephant and salad bowls at a "Special Price". Craig enjoyed this part the best. He would barter

caps with the locals for hours. We decided to do the elephant back ride and interact with the elephants at the elephant sanctuary at 3:00pm. It was an awesome experience and I would advise anybody going to Vic Falls to do this. So after a full day of activity you suddenly think "O damn I am running a marathon tomorrow"

Day Three – Sunday 14th July

It is Marathon day and so up early (5:15am) for breakfast, which consisted of toast and jam, even though you had the full buffet selection and then an amble across the road to the start at 6:30am. This is Africa so African time prevails and the race starts 20 minutes late, which is okay because they are waiting for the sun to come out. There are only about 170 of us doing the marathon and as the gun goes most people take off at a brisk pace and leave the rest of "back markers" in their wake, only to find we catch a whole lot of them near the middle of the race. The first part of the race takes you over the Vic Falls Bridge that links Zimbabwe and Zambia, where we turn back on ourselves and have a good view of the falls. Back in Zimbabwe, the route turns right onto Zambezi Drive and we run on good tar road, which winds its way along the side of the Zambezi River and past the "Big Tree" supposedly the largest Boabab Tree in the whole of Zimbabwe. Because the Vic Falls area is a national park the road is scattered with elephant dung, although we did not encounter any wild life on the run. From Zambezi Drive we pass the Azambezi River lodge, the local boat club and the Crocodile Farm and do a short dirt loop in the park and run back into town, going through some of the

We soon learnt to buy small thing to round up to the full amount.



residential area of Vic Falls. At about the 18km mark we arrive back at the Bulawayo main road and are sent back towards the start, but this time not over the bridge, we turn left into Zambezi Drive, yes, you guessed right we have to do two loops of the same route. After 34km we take a right toward our finish at the school only to proceed past the school on a long unforgiving boring road towards Botswana out and back for about 6km's by now the field is very spread out, it is hot and everyone in the marathon is feeling a bit fed up. Once you enter the school it is about 1km around the school before the welcome finish line. My slow time of 4:04 (11th Lady and 2nd Vet) will go down as my second slowest marathon ever, but I was there, I saw the falls, and I got the Tee Shirt. The event is well organised,



with plenty of water tables along the route. In fact at the Bulawayo road junction they had Zambezi Larger for the more adventurous runner! Don't believe the story of fast and flat, this course has many hills and it does get rather warm. I would suggest to anyone thinking of going to do this race, simply do the 21km and enjoy more time for other activities afterwards.

The marathon weekend finishes off with an organized sunset cruise on the Zambezi followed by the "Marathon after Party".

The one pleasure I will always remember is the friends you make from so many different nationalities (German, Scottish, Belgium Irish, American and of course the good old "South African"). It felt like we were from one country with one goal to run and enjoy the VIC Falls marathon. I hope to see some of these "new friends" at the comrades as this seems to be their end goal. As for me and my next bucket wish, I think the Kilimanjaro Marathon is starting to look good!!!!

Durban Runner/Gu Time Trial League

23-Jan 28-Feb 19-Mar 24-Apr 23-Jul Total

SENIORS

1	Stella A	20	20	20	20	20	100
2	Westville A	18	17	19	18	19	91
3	Queensburgh A	17	19	16	19	17	88
4	Stella B	19	18	17	15	18	87
5	PDAC	10	5	15	16	15	61
6	Chiltern A	15	11	18		16	60
7	Durban Runner	11	16	14		12	53
8	Savages	12	14	12	14		52
9	DHSOB A	16	15	10		8	49
9	Stella C	14	13	11		11	49
11	Queensburgh B	9	12		17	6	44
12	Westville B		10	13		14	37
13	Sydenham A	13	9				22
14	Queensburgh C				13		13
14	Westville C					13	13
16	Chiltern B					10	10
17	Westville D					9	9
18	DHSOB B		8				8
19	Durban Runner B		7				7
19	PDAC B					7	7
21	Savages B		6				6

VETERANS

1	DHSOB A	20	20	20	18	19	97
2	Westville A	19	19	19	19	20	96
3	PDAC A	18	17	18	20	18	91
4	Chiltern A	17	15	17	17	16	82
5	Savages	16	18	16	14	12	76
6	Westville B	13	16	15	12	17	73
6	PDAC B	10	11	13	15	15	64
8	DHSOB B	14	13	14	13	6	60
9	Queensburgh	15	14	12	16		57
10	Westville C	9	9	10	9	14	51
11	Stella	12	12	7		9	40
12	Chiltern B	11	6	11		7	35
13	Queensburgh B		8	6	11		25
14	DUT		10	2	10	2	24
15	Savages B		9	9		3	21
16	Westville D			5		14	19
17	PDAC C		5	3		4	12
18	Westville E					11	11
19	Westville F					10	10
20	DHSOB C			8			8
21	Westville G					5	5
22	Riverside			4			4
23	Westville H					1	1

23-Jan 28-Feb 19-Mar 24-Apr 23-Jul Total

LADIES

1	Chiltern A	20	17	18	20	19	94
2	DHSOB	19	20	20	12	20	91
3	Westville	17	18	19	18	16	88
4	Queensburgh A	18	15	15	19	17	84
5	Savages	16	19	16	13	12	76
5	Queensburgh B	14	14	12	17	13	70
7	Stella A	15	16	17	11	10	69
8	Westville B	10	13	14	16	11	64
9	Chiltern B	13	12	10		18	53
10	Queensburgh C	12	7	9	14	8	50
11	PDAC		11		15	9	35
12	DHSOB B		9	8		15	32
13	Stella B	11	8	11			30
14	Westville C			13	9		22
15	Chiltern C	8				14	22
16	Westville D			7	10		17
17	Sydenham	9	6				15
18	Savages B		10				10
19	Chiltern D					7	7
20	Riverside			6			6

WALKERS

1	Stella A	10	9	10	10	9	48
2	DHSOB	9	10	9	8	8	44
3	Sydenham A	8	8	8	9	7	40
4	Queensburgh A	7	7	6	7	10	37
5	Stella B	6	5	4	6	5	26
5	Sydenham B	5	6	7	5		23
7	DHSOB B		4	5	4	4	17
8	Queensburgh B	4			2	6	12
9	Westville			3	3		6
10	Sydenham C		3				3

NOTICE BOARD

HAPPY BIRTHDAY

Date	Name	Surname
2	Lauren	Lavarack
3	Stewart	Clarke
9	Glen	Combe
10	Tracey	Allison
13	Renee	Heine
13	Thandekile	Madonsela
13	James	Geldart
15	Dudley	le Roux
15	Tiffany	Callaghan
15	Dave	Leppan
16	Heather	Wenke
18	Ronnie	Verster
20	Paul	Eichert
21	Graham	Gibson
22	Lynton	Conway
30	Duncan	Wicht
30	Vernon	Bell
31	Michael	Lusigna

Brenna van Straaten
 Owner of B-Fit Studio
 Cell 082 904 4147 / Blackberry pin 22079ED0

B-Fit
 Personal Training by Brenna van Straaten

ARE YOU INTERESTED

Brenna would like to start a Saturday morning **BOOTCAMP** at the club but needs a minimum of 6 people per session to commence.

Fee would be R50 per session. Contact Brenna if you interested



www.sweatsafe.co.za

Remember to sign up and be safe. Visit their website to find out more.

New Hoodies



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Committee Contacts

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Sharon Schubach (Registrations)		

On the light side

Two old mates are freshwater fishing. They are slowly drinking beer when Bob says softly and slowly so as not to disturb the fish; "You know Joe, I think I'm gonna divorce Gladys. She hasn't spoken to me in over two months."

Joe sips slowly and reflectively, then speaks in a low voice "Think carefully about it Bob. It's not everyday you find a woman like that."

AUGUST 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Training run 5am	WESTVILLE TIME TRIAL @ 17H45	Training run 5am	1	2 Training run 5am	X-C LEAGUE No. 8 Queensburgh @ 11H00	4 MEREWENT 10KM @ 07H00
5 Training run 5am	6 WESTVILLE TIME TRIAL @ 17H45	7 Training run 5am	8	9 WOMAN IN ACTION 10KM @08H00	10 X-C LEAGUE KZN Champs Geloft @ 11H00	11 MTUNZINI BUSH 16KM @07H00
12 Training run 5am	13 LADIES TT LEAGUE FOREST HILLS @ 18H00	14 Training run 5am	15	16 Training run 5am	17 CAPITAL CLIMB 15KM @ 08H00	18 KWAMASHU 21,1KM @ 07H00
19 Training run 5am COMMITTEE MEETING @18h00	20 WESTVILLE TIME TRIAL @ 17H45	21 Training run 5am	22 MIXED TT LEAGUE CHILTERN @ 18H00	23 Training run 5am	24	25 NELSON MANDELA MARATHON 42,2KM @06H00
26 Training run 5am	27 WESTVILLE TIME TRIAL @ 17H45	28 Training run 5am	29	30 Training run 5am	31	
		NOTES:				
Details of all events can be found at www.eventtiming.co.za						