



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



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It's been great to see that the numbers out on the roads are once again on the up after the winter chill and darkness, coinciding with the earlier appearance of the sun. From the Dusi paddlers training for their upcoming long portages and broken canoes... to the cyclists putting in a few kilometres on foot for the days that they have to push their bikes on uncharted trails or with flat tyres... to those wanting to run their first half marathon or full marathon... to the Two Oceans and Comrades veterans and hopefuls... to the Iron Man and Triathlon sculpted athletes and novices... or simply to those walkers and runners amongst us that enjoy friendships formed whilst still half asleep early in the mornings. Oh, and even for my dearest, sweetest wife, who perhaps at best once-a-month appears out on the road. Whilst being blessed with many talents and abilities, waking up early in the mornings is not one of them.

This past Friday we swapped our running shoes for our dancing shoes and what a fantastic evening of fun, laughter, drinking and dancing the night away it turned out to be (I even got a comment from our ladies captain that “I looked good in clothes”). What am I talking about—the annual awards dinner/dance. A good group of enthusiastic members turned out all looking splendid in their outfits and various styles of hats ranging from berets to fireman's hats to even the odd running hat. A huge congrats to Shani Silver and Paul Worsnip who walked away with the best female and male athlete of the year awards. Then a very big congrats to all our other winners who either won certificates or trophies. It is so great seeing you all do so well and finally to the three ladies, Tammy Dennill, Sharon Schubach and Janine Mazery a big thank you for all the work and effort that you ladies put into making the evening so great. I think I speak for everyone who was there that the three of you did a fantastic job.

Passionate plea: Come help your club: We are still looking for volunteers - Our annual race is approaching extremely fast - have you put your name down to volunteer. Sharon Schubach is the race coordinator and there are many hands needed on the day. Please contact Sharon urgently and volunteer. To those who have done so already we say thank you.

Until next time, enjoy.....

Our Sponsors
let's support
those who
support us:



The Marathon Cut-Off Gun by Bruce FORDYCE

This is the way the (race) ends

This is the way the (race) ends

This is the way the (race) ends

Not with a bang But with a whimper

Apologies to T.S. Eliot "The Hollow Men" (1925)



A "whimper or a bang" that is the vexed question about cut-off times and final cut-off guns in marathons.

South Africa appears to be the world leader when it comes to the practice of setting a time limit to an event and the firing a gun to loudly announce the end of a race. I like the concept but there are many who don't.

I think the firing of the final cut-off gun at the end of a major marathon is one of the most dramatic moments in any sport, anywhere. I've experienced both ends of the finish of a major race like the Comrades marathon and I can confidently report that the winners' arrival at the finish and the breaking of the tape, while stirring, is not nearly as dramatic as the firing of the final gun.

For one thing the stadium is packed with thousands more spectators and runners in the final minutes. There is a huge reception committee for the last strugglers. Some of those finishers receive more media coverage than the front runners.

But there are those who dislike the idea of a cut-off for any marathon; particularly runners from overseas. Their view is that you are a finisher no matter how long you take. Having just run the London marathon I can confirm that there were runners in fancy dress and carrying various ridiculous costumes who finished long after the 5 hour South African marathon cut-off time.

An English celebrity took over 8 hours to finish the 26 miles (I haven't a clue who she was). She raised quite a few thousand pounds for charity but afterwards can she claim to have RUN a marathon? When 10 Coldstream Guards carry a London bus through the marathon or a celebrity staggers through the finish 8 hours after the starting gun, is that marathoning?

I'm not certain how to judge this particular question but I am certain that I am a fan of our cut-off guns and all the drama and passion that accompanies the and having noted on telly that the stragglers at the London marathon were greeted by a pitifully thin gathering of officials, family and two drunken tramps hoping for a hand-out.

I prefer the way our races end with a bang and not a sad whimper.

Westville Athletic Club kit is available at **the club on a Tuesday evening**

Remember to wear **Red** shorts/leggings only. We have vests and baggies available.

Order your tracksuit now.

Contact: Sue Smith suesmithvintage@gmail.com



Your winners:



ATHLETIC TROPHY WINNERS:

ACHIEVER OF THE YEAR:	Shani SILVER & Paul WORSNIP	LIFE-TIME ACHIEVEMENT:	Gill TREGENNA
MOST IMPROVED FEMALE:	Shani SILVER	MOST IMPROVED MALE:	Paul EICHERT
JOYCE ALLAN TROPHY:	Wendy MORGAN	BATTLER OF THE YEAR:	Michelle KEMP
DENNILL AWARD:	Kenneth CULVERWELL	LES MELLOR TROPHY:	Elize HERBST
CHAIRMAN'S AWARD:	Barry SPENCER	DES MELLOR TROPHY:	Chris HERBST

CROSS COUNTRY TROPHY WINNERS:

MOST IMPROVED JUNIOR FEMALE:	Khea EMMS	MOST IMPROVED JUNIOR MALE:	Brynne EMMS
BEST PERFORMER IN CROSS COUNTRY:	Aubrey ROBERTS	ALAN BROOKES CAPTAINS TROPHY:	Brenda COX

CERTIFICATE WINNERS:

Outstanding achievements in athletics:	Richard LONG, Mike MARTIN & Lyndon NASH
Participation & improvement in athletics:	Wayne SIMMONS, Hilton & Justin JANSE VAN RENSBURG
Participation award in athletics:	Sheree KIRSTEN & Sindy KIRSTEN
Outstanding service and contribution to athletics:	Stuart COX
Outstanding achievements in Cross country:	Gill TREGENNA & Kylie GRIFFIN
STIRRER OF THE YEAR:	Craig DENNILL





Lily Hoar

born 30/10/12

2.9kg

Congrats: Doug & Kerry Hoar



Ella Grace Stanley

born 29/10/12

2.7kg

Congrats: Chels Jenna Stanley

RESULTS:

Duke of York 16km

Master men:

2nd-Kenny Culverwell

Master ladies:

3rd-Ann Chadwick



HAPPY BIRTHDAY

Date	Name	Surname
1	Claire	Wilkinson
1	Chris	Herbst
6	Tyler	Cheall
8	Trevor	Kershaw
9	Dave	Saunderson
9	Nonjabulo	Ndlazi
10	Matthew	Mayo
12	Khea	Emms
13	Steve	McCarley
13	Nicolette	Visser
14	Laura	Campbell
15	Sadie	van Dyk
15	Jill	Adams
15	Matthew	Visser
16	Alison	Uys
16	Roxy	Topham
16	Hilton	Janse van Rensburg
16	Samantha	Parle
17	Garry	Shea
17	Kathy	Rout
18	Melanie	Potgieter
19	Phyllis	Lichkus
24	Preston	Gounden
24	Chris	Martin
27	Ted	Clark
29	Sarah	Cox
30	Jowaine	Parrott
30	Cary Ann	Smith

NOMINATIONS REQUIRED

The AGM is approaching and as always new committee members are most welcome. If you are prepared to stand then please come forward and give us your names.

On the light side:

A government survey has shown that 91% of illegal immigrants go to Britain so that they can see their own doctor.

I've just fitted strobe lights in the bedroom - It makes the wife look like she's moving during sex.

Such an unfair world: When a man talks dirty to a woman its considered sexual harassment. When a woman talks dirty to a man its R2.50/min (charges may vary).

Just booked a table for Valentine's Day for me and the wife - Bound to end in tears though; she's crap at snooker.

If you get an email telling you that you can catch Swine Flu from tins of ham then delete it. It's Spam.

They say that sex is the best form of exercise. Correct me if I'm wrong but I don't think 2 minutes and 15 seconds every 3 months is going to shift this beer belly.

Upcoming Events

NOVEMBER 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 LADIES LEAGUE LAHEE PARK @ 18H00	2 DAREDEVIL RUN @ 7.30AM	3	4 Canola Blossom 14km Challenge @ 06h00
5	6 WESTVILLE TIME TRIAL @ 17H45	7	8	9	10 Newcastle nite race 21/10km @ 15h00	11 Stella Tribute CANCELLED
12 COMMITTEE MEETING	13 WESTVILLE TIME TRIAL @ 17H45	14 COMBINED TT FINAL QUEENSBURGH @ 18H00	15	16	17	18 Bluff Vets 21km @ 06h00
19	20 WESTVILLE TIME TRIAL @ 17H45	21	22	23	24 Sani Stagger @ 06h00	25 Sunkist 10km @ 06h00
26	27 AGM Straight after Time Trial	28	29	 SUNDAY 9 December 2012 ILLOVO SUGAR 15KM CHRISTMAS CHALLENGE 		
NOTES: Details of all events can be found at www.eventtiming.co.za						

HELP WANTED

Contact Tammy if you can help with Tent Duty.

083 222-2339



Committee contact details:

Position	Name	Email address	Cell number
Chairperson	Tammy Dennill	tammydennill@hotmail.com	083 222-2339
Vice Chairperson	Fred Mc Kenzie	fred@ramses.co.za	082 880-4894
Treasurer	Sharon Schubach	itonridge@gmail.com	082 414-1783
Secretary	Jenny Bartlett	bartlett.jenny@yahoo.com	083 225-9828
Men's Captain	Stefan Wilmans	stefchell@absamail.co.za	082 532-3766
Ladies Captain	Janine Mazery	jmazery@gmail.com	084 444-1976
XC Captain	Kylie Griffin	kylie@seifsa.co.za	082 563-0574
Facilities Captain	Paul Pearce	paul.pearce@esorfranki.co.za	083 447-7028
Registrations & Re-tail	Sue Smith	suesmithvintage@gmail.com	082 921-1175