



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



this issue

The Soweto marathon P.2
On the light side P.3
Upcoming events P.4

Well I never! For all of you who always struggle with motivation, It seems all you need to do to stay motivated is to admire your six-pack. On Tuesday evening in the cold and rain and with everyone trying to decide whether to train or just drink, Andy Daly was observed admiring his six-pack (in body builder pose) and muttering to himself that just seeing his six-pack was enough motivation for him. Needless to say, there were howls of laughter and plenty of jibing after that but it seems it works because everyone around proceeded to train.

At this time of the year there's not happening and that what is supposed to happen has been cancelled. Do not pitch up for the Stella tribute on Sunday - it has been cancelled. There is however a race in Newcastle on Saturday afternoon at 3pm if you are considering travelling out that far.

This Wednesday 14th November, is the Mixed league final TT league to be held at Queensburgh. Let's see if we can get a huge turnout for this event. We look forward to seeing you all there.

For those of you who are planning to enter the club 10km champs, just a reminder that this year it will be held on the 16 December in conjunction with the Calder cup run. This is a super fast course and some good times should be recorded.

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 Soweto Marathon by Matthew MAYO

We clocked in to the slow lounge and had a few snacks as we waited to board our flight to JHB (with the word “Slow lounge” being the summation of the weekend and our run). Fortunately for us Terry’s sister Yolán (Who we planned to run the race with and a veteran of the Washie and a Bill Rowan medallist in the last two of her eight Comrades) had pre-registered for us, which unbeknown to us at the time was a bonus as a number of flights over the weekend were delayed and according to those in the know a number of runners failed to register in time and missed the run.

We were feeling quite good - Terry had run the south Coast marathon in under 4 hours and I felt well rested with my last marathon back in 1999. We did the Tim Noakes thing on Saturday night with little carbs and some sirloin steak and beef curry, Yolán having a vegetable lasagne.

That night we were off to bed early and surprise, surprise awake early with Terry up from 2am with roosters taking turns in crowing, dogs barking, hadedas, and a local party all getting us in the mood. The alarm buzzed at 4.15am and although we had been awake for much longer, we started preparing for our adventure - Ablutions, sun cream, Vaseline, and then finally on our way to the start. With Yolán struggling to multitask, we missed the turn-off but fortunately with enough time in hand were quickly able to get back on course and passing the impressive soccer city(calabash) we arrived at NASREC with about 10 minutes to spare. There was a great vibe going on with approximately 20 000 runners lining up. With Kemboi in the field we were not so confident of the win so we decided to treat it as a training run. Just as well as with so many runners in the fields our first km took just short of 9 minutes.

It takes a few kilometres before you get to Soweto, but you know you have arrived, with a genuine welcome from all the locals. There was no squatter housing, but mainly houses the size of low cost housing. Most of the gardens were beautifully maintained with the gardens with lawns and roses standing out. Early on in the race “beans” was living up to his name and eventually a kind local allowed Terry to rebore his plumbing. Yolán who had been desperate from the 2nd km marked Sowetan territory on the back lawn of a local as their toilet was already in use.

In the heart of Soweto at 21kms we were averaging about 6 minutes a km and reasonably happy with progress as we seemed to be passing 90% more runners than those who were passing us, two of these from Westville Athletics club. The weather was perfect with sun and a cool breeze a nice change from the Durban weather we have been having. On a few occasions late in the race we caught a whiff of the local weed and could not help thinking that it would help with the pain we were going through.

At about 26kms, Yolán, was keeping up with her 6 minute km pace as if she could do this for 10 days, I was hanging on to her coat tails and when we looked back Terry was standing hands on knees, it seems that at the pit stop he had let go of all his body fluid as well, and was not looking good. From here on in it was vasbyt, my metabolism having kicked in I had to visit one of the port-o-loos which was well kept. At about 27kms we passed Mandela’s house where his wife was in residence, and at about 36kms we past the biggest church I have ever seen in my life. The pastor has a few well fed and kept horses and apparently arrives at church on a horse every Sunday. At this stage we were run/walking and after 4 ½ hours on the road coke and water were so last year. At a local SPA-ZA shop I bought a 2 litre ginger beer and 2 litre cream soda which was a nice change. This was just before heartbreak hill, the only really steep hill on the race. We enjoyed the walk and the support. There were a few taxis that were clearly not that happy with the race interrupting them, but otherwise the support throughout was great with a few people offering salt and Vaseline and the naartjies at the one water point a lifesaver.

With 10 minutes to go to break 5 Hours we started sprinting in slow motion and heard the countdown as we rounded the final curve, just missing the 5 hour cut off. Overall, a great experience and qualifying in “H” batch for comrades as well as taking the saying “time on your feet” to a new level.

Lesson: Life is a box of chocolates. You never know what you are going to get. Maybe vegetable lasagne is better than meat.

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



Congratulations to our ladies captain Janine Mazery and all the Westville ladies, who after an absence of 3 years have managed to bring this trophy back to where it belongs.



**WOOOO HOOOOOO!!!!!! :o)
Westville brings the Super League trophy home after 3 years!**

This trophy is dedicated to **every runner** who participated in the 2012 ladies time trial leagues. **THANK YOU!** Even if you managed just 1 event this year, we couldn't have done it without you. Well done ladies!

Enjoy the time off for now – we definitely won't be giving it back next year :o)

♥ Janine

APOLOGIES:

Last week a gremlin crept in and instead of mentioning the “Des Mellow trophy” we unfortunately stated the “Des Mellor trophy”.

No slight was intended and we apologise to all those concerned.

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.

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

On the light side:

A pastor concluded that his church was getting into very serious financial troubles. While checking the church storeroom, he discovered several cartons of new Bibles that had never been opened and distributed. So at his Sunday sermon, he asked for three volunteers from the congregation who would be willing to sell the Bibles door-to-door for \$10 each to raise the desperately needed money for the church.

Jack, Paul and Louie all raised their hands to volunteer for the task. The minister knew that Jack and Paul earned their living as salesmen and were likely capable of selling some Bibles. But he had serious doubts about Louie who was a local farmer, who had always kept to himself because he was embarrassed by his speech impediment. Poor Louie stuttered badly. But, NOT WANTING TO discourage Louie, the minister decided to let him try anyway. He sent the three of them away with the back seat of their cars stacked with Bibles. He asked them to meet with him and report the results of their door-to-door selling efforts the following Sunday. Anxious to find out how successful they were, the minister immediately asked Jack, "Well, Jack, how did you make out selling our Bibles last week?"

Proudly handing the reverend an envelope, Jack replied, "Using my sales prowess, I was able to sell 20 Bibles, and here's the \$200 I collected on behalf of the church." "Fine job, Jack!" The minister said, vigorously shaking his hand... "You are indeed a fine salesman and the church is indebted to you.."

Turning to Paul, "And Paul, how many Bibles did you sell for the church last week?" Paul, smiling and sticking out his chest, confidently replied, "I am a professional salesman. I sold 28 Bibles on behalf of the church, and here's \$280 I collected." The minister responded, "That's absolutely splendid, Paul. You are truly a professional salesman and the church is indebted to you."

Apprehensively, the minister turned to Louie and said, "And Louie, did you manage to sell any Bibles last week?" Louie silently offered the minister a large envelope. The minister opened it and counted the contents. "What is this?" the minister exclaimed. "Louie, there's \$3,200 in here! Are you suggesting that you sold 320 Bibles for the church, door-to-door, in just one week?" Louie just nodded.

"That's impossible!" both Jack and Paul said in unison. "We are professional salesmen, yet you claim to have sold 10 times as many Bibles as we could." "Yes, this does seem unlikely," the minister agreed. "I think you'd better explain how you managed to accomplish this, Louie."

Louie shrugged.. "I-I-I re-re-really do-do-don't kn-kn-know f-f-f-for sh-sh-sh-sure," he stammered. Impatiently, Peter interrupted. "For crying out loud, Louie, just tell us what you said to them when they answered the door!"

"A-a-a-all I-I-I s-s-said wa-wa-was," Louis replied, "W-w-w-would y-y-y-you I-I-I-I-like t-t-to b-b-b-buy th-th-this B-B-B-B-Bible f-f-for t-t-ten b-b-b-bucks—o-o-o-or— wo-wo-would yo-you j-j-j-just like m-m-me t-t-to st-st-stand h-h-here and r-r-r-r-read it t-to y-y-you?"

Upcoming Events

NOVEMBER 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 LADIES LEAGUE LAHEE PARK	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	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: <p style="text-align: center;">Details of all events can be found at www.eventtiming.co.za</p>						

HELP WANTED

Contact Tammy if you can help with Tent Duty.

083 222-2339



Committee contact details:

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