

Week 31 / 2012

Thursday
26 July 2012



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

Toyota Win-a-Car Handover

It's huge, it's draining, it's painful, it seems to go on forever - it's running the 89km race called the Comrades Marathon, and finishing it in under 12 hours. This is what Craig Blewett from Westville Athletic club achieved on 3 June 2012, while raising money for his chosen Comrades Amabeadibeadhi charity, The Starfish Greathearts Foundation. He is now being richly rewarded as the winner of the Toyota Win-a-car competition, where he will receive a brand new Toyota Etios!

Craig also ran as part of the Race for Charity campaign and raised funds together with his family members, wife – Nicky, brother, Matthew and sister-in-law Petru. The Blewett family undertook this physically and emotionally challenging race in order to raise funds for orphaned children. Craig says “This is nothing compared to what millions of orphans suffer - but this year we run it for them! I really like this charity as it addresses a real need that I come into contact with a lot in outreach work that I am involved in, and that is children orphaned by HIV/AIDS.” When asked what difference they could make, Craig's answer was “MAD21 – Make A Difference to that One. So, while we can't change the lives of everyone we can change the lives of someone.”

Craig adds “Comrades is HUGE - that is the only word

to describe it. It is huge in distance, huge in effort, huge in occasion, huge in support, huge in pain, huge in willpower, huge in emotion, and huge in achievement. It is the axial point of many people's running calendar”.

Craig's reaction on learning he had won the car “WOW, I was in the medical tent on race day, it was so awesome to hear the news about the car...and totally unexpected...I suppose what makes it really great is that it was linked to the money raised for charity”



Congrats to Shani Silver on her second place finish in the veterans section at the Totalsport ladies 10km race on Sunday as well as to Gill Tregenna who finished first in the +70 age category.

Also congrats to all the Cross Country participants—what a tough course it was, with a special congrats to Bryn Emms (U9), Lauren Calenborne (+35's) and Gill Tregenna (+60's) all achieving 1st place in their respective categories.

This weekend is the Braai Ketts longest day and we wish our two participants well in their endeavour.

TONIGHT IS MEN'S Time Trial LEAGUE AND WE WANT ALL OF YOU TO SHOW UP AND PARTICIPATE. ESPECIALLY OUR MEN. THE TT IS AT STELLA AND IT IS A RELATIVELY EASY COURSE—SO NO EXCUSES.

Until next week, enjoy.....

Congratulations



UTi Rhodes Trail Run 2012

By Janine Mazery

They say all roads lead to Rhodes and they would be surprisingly correct. Nestled away in the Southern Drakensburg mountains, the multitude of signs eagerly pointing you to Rhodes gives you that feeling of a very genuine and big-hearted welcoming.

The beauty of the area with its many rivers winding through the mountain valleys and farms, where farmers cleverly farm every plough-able inch of land even along the river banks, makes a stunning tapestry of colour



With temperatures in the negatives and the cold and wet weather closing in, the conditions of the Rhodes 2012 run were heavily debated the night before but no one could have been quite prepared for what arrived on race day. Unable to get support or emergency vehicles up the mountain, it was wisely decided to change the route.



Although runners may have felt cheated to begin with, as many had their hearts set on meeting or reconnecting with the formidable Mavis Bank, by the time the snow started falling and the mud started rising, we knew we were experiencing something quite spectacular.

It is on a day like this where your body is overwhelmed with the elements around, that runners are reminded that winning isn't about coming first; it's about competing with your greatest competitor – yourself and never giving up.

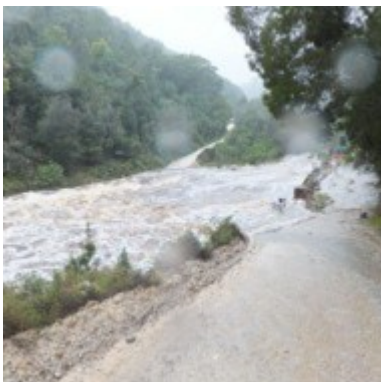
The 24th UTi Rhodes Trail Run is definitely an event which will go down in the history books as something more than just a trail run. The organisation of the event was remarkable, the complete dedication to the runners safety by the organisers was paramount and the first class support from the race volunteers, especially in such extraordinary conditions, was supreme. Runners would not have been able to have made such breathtaking memories had it not been for the race committee and volunteers.

To the runners who braved the elements, this year's Rhodes run will be fondly remembered. From the fantastic race; the amazing volunteers and the committed organisers; to the helpers who kept the runners well fed and nourished and the warm people of Rhodes who so generously opened their amazing village to all who flocked there. The weather was the cherry on top and this travelling snowman hopes to be back next year for another breathtaking adventure.



AND WHY THE KNYSNA RACE WAS CANCELLED

Impassable roads



JULY 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					X-C LEAGUE No. 5 YELLOW WOOD PARK @ 11H00	1 FOREST HILLS 10KM @07H00
2	3 WESTVILLE TIME TRIAL @ 17H45	4 COMBINED TT LEAGUE QUEENSBURGH @ 18H00	5			8 SARDINE 21KM @06H30
9 COMMITTEE MEETING	10 WESTVILLE TIME TRIAL @ 17H45	11	12	13	14	15 SAVAGES 21 & 10KM @ 07H00 Pre-entry only
16	17 WESTVILLE TIME TRIAL @ 17H45	18	19	20	21 X-C LEAGUE No. 6 QUEENSBURGH @ 11H00	22 CORRIDOR 21KM & TOTAL SPORTS 10KM LADIES RUN
23	24 WESTVILLE TIME TRIAL @ 17H45	25	26 COMBINED TT LEAGUE STELLA @ 18H00	27	28 MFULI MOUNTAIN CHALLENGE & BRAAI KETTS LONGEST DAY	29 KOSIBAY 21KM & CLEREMONT KWADABEKA 21KM
30	31 WESTVILLE TIME TRIAL @ 17H45	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



Braai Ketts Longest Day

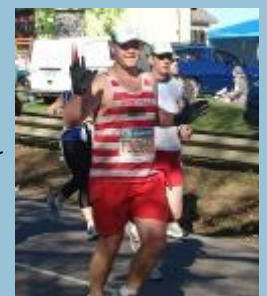
On Saturday we have two of our club members taking part in the above race, viz: Tammy Dennill our chair person and Dave Leppan a club member.

For those of you who aren't familiar with this event it is a 12 hour race run on a track commencing at 7am and running through to 7pm. To be eligible for a finish you must have completed a minimum of 80km in this time period.

The race started in 1996 and was won by Craig Dennill. Tammy entered her first race in 1998 and won the race breaking the record. She then followed this up with another win in 1999 and subsequently finishing 2nd in the other four events that she has completed. Tammy earned her permanent number after her 5th event and now after a few years absence has decided to give it another shot.

Dave Leppan, entered his first event last year and has decided he hasn't had enough and has entered again this year.

If you are doing nothing on Saturday, why not take a ride through to Pietermaritzburg and go and support our two runners. I am sure they will welcome the support.



On the light side:

Annie, 6 years old, gets home from school . She had her first family planning lesson at school. Her mother, very interested, asks;" How did it go?"

"I died of shame!" She answers. Koos from over the road, says that the stork brings babies. Sally next door said you can buy babies at the orphanage. Piet in my class says you can buy babies at the hospital.

Her mother answers laughingly But that's no reason to be ashamed? **No, but I can't tell them that we were so poor that daddy had to make me himself!**

An elderly couple was celebrating their sixtieth anniversary. The couple had married as childhood sweethearts and had moved back to their old neighbourhood after they retired. Holding hands, they walked back to their old school. It was not locked, so they entered, and found the old desk they'd shared, where Andy had carved "I love you, Sally." On their way back home, a bag of money fell out of an armoured car, practically landing at their feet. Sally quickly picked it up and, not sure what to do with it, they took it home. There, she counted the money - fifty thousand dollars! Andy said, "We've got to give it back."

Sally said, "Finders keepers." She put the money back in the bag and hid it in their attic. The next day, two police officers were canvassing the neighbourhood looking for the money, and knocked on their door. "Pardon me, did either of you find a bag that fell out of an armoured car yesterday?"

Sally said, "No". Andy said, "She's lying. She hid it up in the attic. Sally said, "Don't believe him, he's getting senile"

The agents turned to Andy and began to question him. One said: "Tell us the story from the beginning." Andy said, "Well, when Sally and I were walking home from school yesterday ..."

The first police officer turned to his partner and said, "We're outta here!"



KZN TRAIL RUNNING
PRESENTS YOUR INTRO INTO MULTI DAY RUNNING
10-12 August 2012
Day1: 12km Night Run
Day2: 22km River Run
Day3: 25km Krans Run

Trail Fest

Entries open Friday 22 June on www.roag.co.za Info : kzntrailrunning.co.za

**SAMPLE TRACKSUITS
HAVE ARRIVED.**

**SEE SUE SMITH ON A
TUESDAY EVENING TO
TRY ON FOR SIZE AND
TO ORDER.**

**IDEAL FOR AFTER
A RACE.
R450.00**



**Also arrived
Westville baggie shorts.
R130.00 each**

**HELP
WANTED**

Contact Tammy if you
can help with Tent Duty.
083 222-2339



**We are collecting old running
shoes. BRING them to the Time Trials on
a Tuesday—they will go to a good cause.**

Training Groups:

Westville Mall:

Monday, Wednesday & Friday - 5am

Tuesday & Thursday - 5:30am

(The Tue/Thu group also have a large walking group)

Kloof Virgin Active:

Monday, Wednesday & Friday - 4:50am

Westville Athletic Club:

Tuesday # Time Trial - 5:45pm

Monday & Thursday # Track - 5:30pm

GIBA TRAIL RUNS:

Saturday - 05:45am

Happy birthday:



Date	Name	Surname
	JULY	
26	Steven	Ash
27	Steve	Atkins
27	Erick	Sotubhu
28	Kerry	Hoar
28	Justin	Janse van Rensburg
	AUGUST	
1	Garry	Barnes
2	Lauren	Lavarack
3	Stewart	Clarke
8	Nathan	Moss
8	Matt	Laskey
10	Tracey	Allison
13	Renee	Heine
15	Dudley	le Roux
15	Tiffany	Callaghan
15	Dave	Leppan
16	Warren	Perry
16	Heather	Wenke
20	Paul	Eichert
21	Graham	Gibson
21	Shaun	Clark
25	Michelle	Lagesse
30	Duncan	Wicht
30	Vernon	Bell
31	Meghan	Swan
31	Michael	Lusignea

Our Sponsors

let's

support those

who

support us:



Time Trial Duty:

Janine Mazery 084 444-1976

Date	1 st member assist	2 nd member assist
31-July	Garth Skinner	Vanessa Skinner
07-August	Kelly Benschop	Michelle Kemp
14-August	Prashina Kallideen	Jenny Crompton
21-August	Kelly Benschop	Karen Mc Kenzie
28-August	Volunteers Required	Volunteers Required



Contact us:

Please send your pictures and contributions to fred@ramses.co.za

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	sharon@itonridge.co.za	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 & Retail	Sue Smith	suesmithvintage@gmail.com	082 921-1175

WE NEED YOUR PHOTO'S

Do you have any photos from your runs? Please send them to fred@ramses.co.za



2012 POTJIEKOS COMPETITION

SPRING DAY - Saturday, 01st September 2012 at Westville Athletic Club



Rules

Our intent of these rules is to try to make the competition fair for all who participate.

- A R50 entrance fee per pot must be paid to cover costs of coals etc.
- Coals to cook the food will be provided by Westville AC – entrants will scoop coals from communal fire to maintain their own fires, alternatively you may use gas – your preference.
- Each team can consist between 1 and 6 people.
- Team members must dress-up to a Theme.
- A three legged potjie pot or a flat pot of any size can be used.
- All preparations must take place on the premises.
- Only fresh foods can be used – no tinned food.
- The team must provide all of their own equipment and utensils.
- One of the team members must be at the stand at all times.
- Teams can start from 12.00 noon and the food must be ready for judging by 4pm.
- Judging will take place between 4pm & 5pm.
- Points will be awarded accordingly: 40% - dress, team spirit, originality & presentation and 60% - potjie taste.
- **The judge's decision is final.**

SPRING is nature's way of saying –
'Let's Party!'
so our potjie competition is here again!

Come and join us for a day of different
potjie styles, fun, laughter and good
company.

For further information or to book your spot
contact

Sharon on 082 414-1783

or

sharon@itonridge.co.za

Drinks are on sale from the PUB