

Westville Athletic Club
WEST-link (11/2011)
Friday 11 March 2011
www.westvilleac.co.za

Chairman's Journey:

Another week of training done and not many to go for all you Comrades, 2 Oceans & Bergville runners out there. I trust your training is all going well. Remember the niggles will come and you will start feeling tired more and more the closer you get so just know with hard training that's normal!. Well done to all those that ran the Tongaat 27km race last weekend.

Apologies about missing chairman's draw on Tuesday we will do it next week and the pot is steadily building.

My focus this week revolves around a letter received by the committee which raised some very interesting points and I feel it is something that needs to be addressed with all our members. We as the committee work completely voluntarily to run the club in a way that best meets all of our members (or the majority). Arranging events and the operational side of the club is our prime focus for the enjoyment and betterment of all our members. We however cannot force people to attend events or assist the club but will certainly encourage where possible for such. We on a regular basis ask for members to contribute with their times and special events and without this information we cannot know what 300 members are doing and where they are doing it, although we do try. So my point being is please help us to help you. We do try to get it right and remember every committee member also works and has families and also tries to run in between and really does sacrifice many hours for you our members benefit. Please tell us what's happening out there. At Westville like most other running clubs what you put in you will get out.

We have 2 really great events coming up, the members breakfast (with a run) this coming Saturday morning and the Comrades evening on the 22nd March. Please make an effort to join us as these are events planned for your enjoyment and benefit. Please RSVP to the respective people as soon as possible.

Thanks so much to Fred McKenzie who has volunteered to take on the newsletter. Knowing Fred's sense of humour this should make interesting reading. On that point though we will be moving much of the information enclosed onto our new website. The newsletter will have links directly into the relevant pages on the site.

Okay hopefully see many of you on Saturday otherwise have a great weekend, run safe and stay well!.

Until next week.....

Results from the Weekend:

It was brought to the Athletic committee's attention that Tracy Henriksen and Berdine Brand completed their 1st 21km race at Postnet. Well done Ladies!

Members, if you run a Personal Best or complete your first race, please let your captain's or Tammy know. We cannot mention it in the newsletter if we don't know about it.

Upcoming Races:

Gaterite Challenge on 13 March 2011 at Verulam Sports Grounds. The marathon starts at 5.30am and the half marathon and 10km Run/Walk starts at 6.00am.

NB: MIDLANDS MEANDER MARATHON HAS BEEN CANCELLED ON 27 MARCH 2011

Ladies:

Details of the next league:

League	Date	Host Club	Venue
2	Thurs 24 March at 6.00pm	Chiltern AC	Chiltern AC

Men:

Details of the next league:

League	Date	Host Club	Venue
2	Wed 16 March at 6.00pm	Sydenham AC	Sydenham Sports Club

Cross Country/Off-Road:

THE 1ST CROSS COUNTRY LEAGUE EVENT OF THE SEASON IS THIS SATURDAY 12 MARCH AT NORTHDENE.

Hosts - Queensburgh Harriers

Venue - BMX track @ North Park, Northdene

Directions - M7 west bound - take North Park turn off, turn left onto main road, go under railway bridge and through robots, up hill past BP garage, take 2nd left after garage into Brentwood road, then 1st right into Marlton road and down the hill onto BMX track.

M7 east bound same as west except turn right onto main road.

General info - no showers only men's and ladies toilets

Race Day Programme

Event	Time	Distance	Participants
Race 1	12h00	2km	Girls & Boys 10 years and under
Race 2	12h20	3km	Girls & Boys 11& 12 years & Girls 13
Race 3	12h45	4km	Boys 13,14,15 years
Race 4	13h15	4km	Girls 14,15 & Master Women & Over 35 Women
Race 5	13h50	6km	Youth Men & Women 16 & 17 & Jnr Women 18 & 19
Race 6	14h35	8km	Jnr Men 18 & 19, Master Men & Over 35 Men & Snr Women
Race 7	15h40	12km	Snr Men

Entry fee R5 for age groups 12 years and younger

Entry fee R10 for age groups 13 years and older

Temporary Licences R10

Club Breakfast Run:

Don't forget the Club Breakfast run tomorrow morning starting at 6.00. Please let Tammy (083 222 2339), Lauren (082 604 3788) or Duane (082 899 8767) know if you will be joining us.

Tammy has promised to run/walk as slow as the slowest runner/walker, so you will not be left on your own at the back!

New Member's Evening and Comrades Evening:

Please diarise Tuesday 22 March for the New Member's Evening and Comrades evening, starting at 19h00.

Speakers include Shaun Meiklejohn, Rentia Denissen and Brandon Jackson (via satellite).

Chairman's Draw:

Ooops... we slipped up. This was supposed to be this Tuesday! It will take place next Tuesday 15 March. R300 up for grabs!

Newsletter:

A **BIG** thank you to Fred McKenzie who has taken up the challenge to become the Newsletter Editor.

Web Site:

Our new and improved web site is up and running. Please give us some feedback. Please bear with us though - there is quite a bit of info that still has to be copied across and added. Click on the address to follow the link: www.westvilleac.co.za