

**Westville Athletic Club**  
**WEST-link (13/2011)**  
**Thursday 24 March 2011**  
[www.westvilleac.co.za](http://www.westvilleac.co.za)

A big thank you to all the members who have responded so positively to my first newsletter and for all your suggestions, please bear with me and we will definitely respond to all the comments in the coming weeks.

In the meantime I have received a request from my “brother from another mother” Glenn Fisher. For those who don’t know Glenn (he is the uglier version of me J) everyone in the running fraternity continually confuses the two of us at the races. Well, he wants me to let all the husbands of my running harem know that he is tired of getting beat up by them because they (my harem) keeps throwing themselves at me and then (the husbands) confuse me for him and he takes all the flak. Glenn don’t you know, that’s what happens to the “Ugly duckling” – always the loser.

An email received from the great **Wendy “I’m not racing” Fitzmaurice**. Those who do not know Wendy, she is a phenomenal athlete and until her recent relocation to Doha used to clean up at the podium finishes around KZN. Well, “She who is not racing” has decided that she would like a “VIC CLAPHAM” medal at Comrades 2011 and has teamed up with another of our club greats Rentia Denissen and has elected to lead an approximate **11 hour bus home**. All those wanting to jump aboard and ensure a finish less than 12 hours are invited to join up with these two greats on the Comrades bus. Emile, this is your chance to beat Wendy home – take it.

I have decided that we need to get to know our committee as well as the other members of the club. So from this week we will have a **“Get to know your committee”** section.

First up is our chairman Paul Eichert otherwise known as KIWI or Kiwi Paul – yes, shame he is from the land of the great white cloud.

Age: 40 (*ouch getting old hey*)

Designation: Westville Athletic Club - Chairperson (*politically correct, I think*)

**Running achievements:**

4km:	12:58
8km:	28:23
10km:	35.33
15km:	54.20
21km:	80.04
42.2km:	2hrs48mins
<b>Comrades:</b>	<b>6hrs45mins</b>
161km:	17hrs09mins

Pretty impressive stats don’t you think? Paul only started running in 1996 in response to a dare from a mate, which was to run the London marathon. He trained with tennis shoes mostly on a treadmill as it was too cold outside. Paul was a very green runner and had no idea how to train and just ran each day as time allowed, eventually finishing the marathon in 3hrs48min (*there’s hope for all of us yet*).

Even more impressive is that Paul is asthmatic (since very young) and you won’t see him running anywhere without his inhaler!

His favourite race – definitely the down run at Comrades.

Greatest running accomplishment - having 10 weeks to prepare for Comrades after surgery in February 2010 and nailing a big negative split on the day.

**Quote from Paul** *“Running to me is something very special which, is the one thing I do for myself. You only get out of it what you put in and there’s no cheating yourself. If you have trained consistently and well you will achieve”.*

## **CHAIRMAN'S JOURNEY**

Well done to all the members who took part in the races over the weekend. Some excellent results coming through which, is really great to see.

If you missed the Comrades & New Members evening last night you missed a fun evening with lots of very interesting and useful information being passed on to assist with your training from all of the speakers. We had a few unfortunate technical problems with our skype call to India but managed to get everything right in the end. Thank you to all those that did make it and to the club members that assisted to make this evening a success.

Keeping it short this week, but will update you all with anything interesting that comes out of the KZNA AGM this weekend, next week!.

Hope your training is going well for whatever you are aiming to achieve and look forward to seeing you all on the road soon. Stay safe.

## **RESULTS**

### **Umgeni Water 15km**

JP Chelin                      1<sup>st</sup> Master man                      69:04

### **Umgeni Water 32KM**

***Shelley Frankish ran a PB by 18 minutes, her time 3:02:00, Great achievement Shelley – well done.***

### **Stella Royal 25KM**

Michelle Wilmans              3<sup>rd</sup> Vet lady                      2:16:27

### **Stella Royal 10km (Kwazulu Natal Champs)**

Andy Daly                      1<sup>st</sup> Master Man                      38.33 (Gold Natal champ medal)

### **KZNA Masters Track Champs**

Andy Daly                      1<sup>st</sup> Master Man 5000m                      17:30 (gold medal)

Andy Watson                      1<sup>st</sup> Grandmaster man in Javelin                      (gold medal)

Andy Watson also ran the 800m and 1500m

Les Smith                      1<sup>st</sup> Grandmaster man in 5000m                      (gold medal)

Sue Smith                      1<sup>st</sup> Master Lady in 5000m

*In these track events if you do not get the stipulated qualifying times you do not get the medal, you get a participation medal.*

## **NEXT RACE**

Bergville to Ladysmith

## **CROSS COUNTRY**

Will be at Hilton on 26<sup>th</sup> March. If you need information on venues, directions, times etc you can speak to Kylie our Cross Country Captain – 082563 0574

## **LADIES LEAGUE**

<sup>2nd</sup> Ladies league on Thursday 24th March at Chiltern Athletics Club at 6:00pm - ahem - very close by. Rumour has it that PDAC are really concerned about us winning the last event. Please make an appearance and keep them very worried!

Our new 2011 Ladies League Shirts are ready..... for those of you that are there and lastly don't forget the lucky draw afterwards with yummy snacks and champagne on offer.

## **MENS LEAGUE**

<sup>3rd</sup> Men's league Tuesday 12<sup>th</sup> April at Savages 6pm. ***Please note this event has been moved from the 5<sup>th</sup> April because of the Neil Diamond Concert.***

The results of the Sydenham men's league TT are not available as yet. As soon as we have these the results will be posted.

## **NB!!**

**Midlands 42.2km has been cancelled for 27 March 2011**