

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

*“Life is short... Running makes it seem longer.” - Baron Hansen, Coach and Runner*

Can you smell it? There’s excitement, fear and anticipation about. The “Ultimate Human Race” is here and Comrades marathon fever is definitely in the air.

Thanks to all who organized the pasta party and for those who missed it you missed out on a good evening and talk from Brandon Jackson who gave some helpful insight on what to do/not to do on Sunday. Me, thinks also that Brandon Jackson had been given a mandate from all those that I have taken the Mickey out of, to embarrass me at the pasta party on Tuesday night for all the newsletter uttering’s. Remember, there are lots of newsletters still to come – an elephant never forgets ☺

To ALL who have supported and contributed to our 2011 Comrades Campaign in whatever aspect, from the 60km support crew, to those who have advised and guided, to the invited guests who spoke on Comrades, to those who have been behind us through thick and thin, encouraging and motivating, backing us all the way, to our training partners, partners and running mates and without a doubt, last but certainly not least, our very valued sponsors - Thank You one and all - You have all made Comrades 2011 a reality and for that we thank you.

- **TV Coverage** – is on SABC 2 and starts at 5.30am
- **Track your runner** – SMS the runner you want to track, race number to 38132 and you will receive a maximum of 5 SMS messages throughout the day. One number per SMS and the SMS costs R10.
- **Aches and pains party** - Tuesday 31 May 2011 at the Clubhouse from 7pm.
- **Tent at finish** - Our site number for the finish area at comrades is **38**. Please check the notice board at the club for the diagram for the layout of the finish area.
- Sadly there will be **NO supporter’s tent** as no club member has come forward to volunteer and all your committee members are either running or seconding someone. This is indeed a sad reflection on the club our size that not a single person is willing to get involved and help out. *Should you wish to change your mind, it is not too late and all you need to do is get hold of either Tammy Dennill or Sharon Schubach.*
- When you finish you will be tired and moggy but please be aware of your belongings. There will be numerous predators hanging about ready to sneak off with any unprotected shoes, bags etc. (This is when we are food for the “lions, cheetahs – you name them.”) And, please ask your family members while sitting waiting for you, to scoot out anybody that appears to be “suspect” or not affiliated to WAC. If there is a problem, SAPS members will be available amongst the crowds. Approach them for help. Also, give Mums, Dads, Wives and Children a realistic time of your arrival. Not only in hours run, but in time of day. There is nothing worse than trying to “calm down” anxious parents and supporters that their beloved child/husband will only be arriving at 10.30 running time and not with the Silver medallist at 1pm.
- Remember, Wendy Fitzmaurice and Rentia Dennissen will be driving the “Vic Clapham” bus. If you want to be assured of a finish, tag onto these ladies.

**MAY/JUNE BIRTHDAYS: (best wishes to all)**

26 <sup>th</sup>	Andy Watson
27 <sup>th</sup>	Gary Moor
28 <sup>th</sup>	Manoli Hajipetrou
30 <sup>th</sup>	Michelle Wilmans
31 <sup>st</sup>	Brandon Jackson
1 <sup>st</sup>	Veronica Labuschagne & David Wessels
2 <sup>nd</sup>	Brett Chettleburgh & Stefan Wilmans
3 <sup>rd</sup>	Neil Ridley
4 <sup>th</sup>	Paul Pearce
5 <sup>th</sup>	Adrie Booth & Matthew Callaghan

6 <sup>th</sup>	Kim Lowe & Iain Robertson
7 <sup>th</sup>	Nicky Blewett & Petra Blewett
9 <sup>th</sup>	Clive Stewart
13 <sup>th</sup>	Rod Dorrofield
14 <sup>th</sup>	Paul Worsnip, Carol Brooks & Emile Fitzmaurice
19 <sup>th</sup>	Lauren Roberts
22 <sup>nd</sup>	Brad Ellis & Alen Hattingh
23 <sup>rd</sup>	Cliff Westermeyer & Samantha Spencer
24 <sup>th</sup>	Liz Chelin
25 <sup>th</sup>	Roger Bartlett
26 <sup>th</sup>	Sanet Beukes
27 <sup>th</sup>	Craig Blewett, Mark Bennett & Mark Hardman
30 <sup>th</sup>	Gary Goldsworthy

### **CHAIRMANS JOURNEY:**

Wow Fred the Ed has really said it all this week!

In addition I would like to wish all the Westville runners, seconds, supporters and sponsors all the very best for a great day on Sunday. May all our runners finish and achieve their goals. Make us proud and just remember to keep moving, even if you are forced to a walk, ***just keep moving forward!***

Unfortunately I must agree with Fred and I am very disappointed that with 280 members at our club that we were not able to get one person to take our tent to Harrison Flats. It has been there for many years on the up and it is unfortunate that we find ourselves in this position.

I personally am very proud of this club and with the assistance of the committee, and a few select others, we are always trying to increase our member's benefits, basically to give more back to our runners. However unless we get the continued support of our members we cannot keep doing these things. I would though like to thank all those members that do gladly help out at TT's, races and whenever a call for help is sent out. Without you we could not provide the services and facilities we do.

Finally, lets' spare a thought for those people not able to make the start line on Sunday, perhaps through injury, illness or having passed away this last year. You are all champions. For those who will be there have a truly wonderful experience and memorable journey to PMB on Sunday.

See you at the tent or at the aches & pains evening on Tuesday!..... Run well.....

### **Westville Time Trial:**

Once again a reminder - it is very dark on the roads at the moment and very difficult for cars to see you running. Please can we ask that you keep to the pavements were possible and run single file if there are cars on the road. Also **“Run Safely, Run wisely and Run to be seen” Reflector belts please!!!!!!!!**

**The Chairman's monthly draw (currently sitting at R600) will be carried over this month and will be a must win draw in June. We will advise you closer to the time.**

### **RESULTS:**

#### **SA 10km Champs**

**Andy Daly 38:50** (*Well done to Andy for flying the Westville flag at the SA champs. This is a good time for a master at altitude*)

**Please diarize and remember the following dates:**

<b>Sunday 29 May @ 5.30am</b>	<b>COMRADES MARATHON</b>
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Tuesday 31 May @ 7pm

Aches and Pains (Clubhouse)

**Other important dates to diarize and remember:**

Saturday 25 June	Cross Country ( <b>Yellowwood Park</b> )
Thursday 30 June @ 6pm	Brookes/Durban Runner TT League ( <b>Stella</b> )
Wednesday 10 August @ 6pm	Sportszone/New Balance Ladies TT League ( <b>Queensburgh</b> )

**Ladies Captain request:**

Dear Friends

When I run the Comrades Marathon on the 29 May 2011 I will be raising money for the Sunflower Fund. This is a non profit organisation whose purpose is to raise money to pay for the tissue typing of potential bone marrow stem cell donors, to give children suffering from Leukemia and other blood disorders hope of finding their 1:100 000 donor match.

I am blessed to have a healthy family, and I cannot begin to imagine what it would be like to wait for a donor to help my child, should we ever need one. So I appeal to you to sponsor me on my run. Some of you can afford to give a big sponsorship, and some a little one, but every cent will be greatly appreciated and gratefully received.

The donations can be made to the following bank account:

Bank Account Name: The Sunflower Fund

Bank: ABSA Bank

Account No.: 4051834719

Branch: Tokai

Branch Code: 632005

Reference: KZNM4M21(sponsor's name)

***(The reference refers to me)***

Kind Regards

Lauren

**You know you're a runner ...**

- When there are permanent blood stains on your T-shirts where your nipples were rubbed raw.
- When every T-shirt you own has a race name and sponsors list on it.
- When you come back after an hour-long run and your spouse says, "That was fast. I didn't expect you back so soon."
- When you tell people you ran a 10k and you are shocked that people think that is a long run.
- When people stop asking you if you are going to run today, but rather ask you when.
- When your family plans vacations based on where your next marathon will be.
- When you have to make a real effort to remember to talk to your (non-running) family and friends about something other than running.
- When you forget birthdays and anniversaries, even major holidays, but never the date of your next race.
- When your friends no longer look at you like you're nuts because they know it for sure.

- When you've run, showered, and eaten breakfast before your family even wake up.
- When pasta is the only food you'll eat two nights before a race.
- When you have two eggs, two pieces of toast, a slice of cheese, a glass of juice, and a yogurt for breakfast and are hungry again by 11:00 a.m.
- When your only recent photos of you alone are race photos.
- You're giving directions to someone and you tell them it's just 5k up the road.
- When you think applying medical tape to your nipples is just a routine, everyday procedure that is perfectly normal.