

Westville Athletic Club
WEST-link (30/2011)
Thursday 28 July 2011
www.westvilleac.co.za

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

“Have great hopes and dare to go all out for them. Have great dreams and dare to live them.” – Norman Vincent Peale

Into the last couple of days of July, which means that the Tour de France is consigned to history for another year, Spring is that much closer (*not that you would say so with the latest cold snap*) the club half marathon champs are complete and judging by the number of runners I have seen on the road lately the hibernation period is almost over. Oh, and its Kerry Hoar’s birthday month, with the main celebration today. Happy birthday Kerry.

Talking about the half marathon champs, I believe there was a great turnout of Westville runners with a few even achieving personal bests, viz: Francesca Galassi by 3 minutes in the 10km and Stuart Cox (5min), Shelley Frankish (6min) and Jill Adams (3min) in the 21,1km champs. Congrats also to the podium finishes.

REFLECTOR BELTS and VESTS - Just driving in and around Westville/Hillcrest before sunrise and after dark, I am quite horrified at the number of people I see without reflective gear! I can only hope that these people are not members of our club! If you are on the roads and see someone running without reflective gear, can I please appeal to you as members of a responsible running club, to please tell them to “ensure they are seen”?

This Saturday sees the Ladies Team building event. To refresh your memories the committee and especially your ladies captain Lauren, is organizing a team building afternoon to not only build team spirit but also allow all those new members to get to know the committee and other members. This is an ideal opportunity to not only do this but also learn how to stretch properly before and after a run (*something we are all guilty of not doing*). Although this is aimed primarily at the ladies the **men are not excluded** and whilst the ladies are doing their thing the braai fires will be lit and the bar open. The SHARKS vs. The CHEETAHS will also be playing on the Big screen. Let’s make this a super fun day for the entire family. Please contact Lauren shongololo@hotmail.com to confirm your participation. Westville committee look forward to seeing you all there. **(PS. Lauren says the weather promises to be much warmer on Saturday so we are in for an informative, fun afternoon. The ladies from Chiltern have also been invited, so please RSVP as soon as you can)**

GOOD LUCK to Dave Leppan who is tackling the Braaikets Longest day (12 hour track race) on Saturday.

The 23 August sees Westville hosting the Durban Runner/GU TT League. Ladies we will need all the helpers we can get to assist with marshalling, entries etc on the night. You will need to be at the club by 5.15pm. If you can assist please contact Tammy Dennill 083 222 2339.

Please diarize the Friday 14th October 2011 for the Club Dinner Dance. It will take place at the Westville Country Club. This is the gala event of the year which includes our yearly prize giving. You will be receiving more details in the forthcoming weeks.

As always this weekly communiqué is your mouthpiece and therefore should there be something you would like covered or something you would like to say please let me know. Any questions and/or thoughts, ideas or suggestions are always welcome.

JULY & AUGUST BIRTHDAYS: *(best wishes to all)*

28 th July	Kerry Hoar (nee Ward)
30 th	Dylan Callaghan
1 st August	Paul Mathe & Garry Barnes
2 nd	Lauren Lavarack & Brandon Bothma
3 rd	Stuart Clarke
8 th	Andre Cronje
10 th	Tracey Allison
13 th	Thandazani Madonsela
15 th	Dudley Le Roux, Dave Leppan, Alan North & Tiffany Callaghan
16 th	Heather Wenke & Warren Perry
20 th	Paul Eichert
21 st	Graeme Gibson & Shaun Clark
24 th	Amy Saunderson
31 st	Paul Scruby & Michael Lusignea

CHAIRMANS JOURNEY:

We are getting back into the swing of things again with the race calendar hotting up. It really was great to see all the Westville colours at Savages on Sunday. Well done to all those that took part and those that came along to just help and support the rest of us.

On the more social side we have the Ladies team Building Event on Saturday, which sounds like a lot of fun and it involves the whole family so please try and be there. It's a great opportunity to meet with friends and fellow members and have some fun in the process and perhaps learn something about your body in the process. Remember to RSVP if possible.

As a committee we are constantly asking for feedback but unfortunately get very little from our members and could be forgiven for thinking that this means that all is "ok". However, from time to time there are always going to be some members who instead of forwarding constructive criticism/suggestions will tend to work against the committee, which tends to make my job as chairman to motivate a team of VOLUNTEERS that much harder.

I would like to reassure every member that we as the committee are **fully committed and constantly working** on your behalf to better the club. The club does not run itself and your committee spend many hours behind the scenes making things happen. This same committee is made up of volunteers who give up their time and energy, are businessmen/woman, have business commitments and family responsibilities and therefore, if they are not seen at the club or races does not mean that they do not have your interests at heart. Every one of us is always available to talk to you either on the phone or via email. I am proud of this club and its results and while I am chairman I will ensure the focus remains on the right areas

I would like to finish by saying we are an Athletics club and as per our constitution, are here for the betterment of athletics through its members. We are also a social and friendly club. As Chairman, my focus is on helping you all improve in your chosen disciplines. Please help me and my committee to do such by giving me constructive feedback and assistance where you can as we are a small committee as opposed to the strength of numbers in previous years.

Have a great week and enjoy your training, wear a few extra layers (and reflective kit) and get out there, you can only get so wet! Be safe out there.....

Results:

Savages 10km

Andy Daly 1st Master 38:56

Savages 21,1km

Derrick Mazibuko 3rd Master 1:26:15
Gill Tregenna 2nd Grand Master 2:04:52

Time Trial League:

Last Wednesday saw us competing in the Queensburgh league and what a dismal turnout it turned out to be. Both the men's and ladies leagues are weighted heavily towards the number of runners turning up and therefore it was no surprise to see Westville being beaten by the likes of Queensburgh and Chiltern, who convinced their members to turn out in force (*One has to take one's hat off to Chiltern which may be a small club but can still manage to get their members to turn out in force not only for the men but also for the ladies*).

Below are the standings for both the Queensburgh league and the league overall.

<u>Category</u>	<u>Queensburgh league</u>	<u>Overall Standings</u>
Ladies	11 th	6 th
Seniors	9 th	5 th & 11 th
Veterans	3 rd & 7 th	1 st , 4 th , 10 th , 13 th & 18 th
Walkers	-	-

Cross Country / Trail Running

Wow what a fantastic event put on by Amanzimtoti hosting the XC and other active events on Saturday. We also had some good results on the day.

Bryn Emms	B10	(2km)	07:52	3 rd
Khea Emms	G13	(3km)	12:07	2 nd
Kylie Griffin	W45+	(4km)	17:26	1 st
Di Wearne	W45+	(4km)	20:19	
Shelley Frankish	Snr	(4km)	22:18	
Gill Tregenna	W65+	(4km)	22:34	3 rd
Andy Watson	M60+	(6km)	28:36	
Les Smith	M60+	(6km)	28:37	
Andy Daly	M50+	(8km)	31:22	1 st
Stefan Wilmans	M40+	(8km)	31:33	
John Mordaunt	M40+	(8km)		

This **Saturday 30 July** is the final league event before KZN Champs. It will be hosted by Verulam at **UKZN (Varsity) track**. They will follow the usual programme.

As always don't forget that we will have hot soup and hotdogs for members and we will have the cooler box with drinks. I do also still have some very good quality Croc T-Shirts sponsored by Roger Hattingh of SA Trimmers (*Remember to talk to Roger about the See-U range of reflectors as well*). We have a few people who will qualify for shirts if they run again, don't miss this opportunity. Also don't forget that the tradition of Croc Blood is still strong (*the blood is port sponsored by Greg Kirsten of Bug Busters*) and it is just the right thing to warm the cockles on a chilly winter's day after a good run, some warm soup and a hotdog, warmly dressed in your SA Trimmers T- Shirt..... Who could ask for anything more!

Alistair Bond's group will be running in **Giba** this Saturday 30th leaving the car park at 6am. The plan is to run to Macintosh waterfall (*which should be looking good after the rain*), up the Western ridge to the watchtower and back down into Giba via Gravity Dice. As always please remember to bring water.

Please diarize and remember the following dates:

Saturday 30 July @ 07h00	The Braai Ketts longest day (<i>entries close 02/07</i>) PMB
Sunday 31 July @ 07h00	Totalsports Ladies Race 5 & 10km (Kings Park)
Sunday 31 July @07h00	Save Cash & Carry 21,1km (Raisethorpe, PMB)
Sunday 7 August @ 06h00	Tongaat Panthers CANCELLED
Saturday 20 August @ 06h00	Witness Capital Climb (King & Queen of the mountain)
Sunday 21 August @ 07h00	Merewent 10km CLUB 10KM CHAMPS

Other important dates to diarize and remember:

Saturday 30 July @ 3pm	Ladies-get-together. (see ladies captain report)
Saturday 30 July	X-Country (UKZN varsity track - hosted by Verulam)
Wednesday 10 August @ 6pm	Sportszone/New Balance Ladies TT League (Queensburgh)
Saturday 13 August	KZN X-Country champs (Gelofte School)
Saturday 20 August	Interclub Potjie competition (Westville)
Tuesday 23 August @6pm	Brookes/Durban Runner TT League (Westville) All hands on deck. We will need as many helpers/marshalls as possible. Please diarize this date and come and support your club.

This news from the KZN Trail Running Web-site:

30 July	Eshowe – Ngoje Trail Run 45km and 25km butch@trappersrb.co.za	Eshowe
07 August	Mntunzini Bush Run 16km walk/run paul@ritchieauto.co.za	Mntunzini
25 September	iNsingizi Trail run 9 & 18km run info@insingizi.co.za	at iNsingizi Lodge in Mid Illovo (7am registration – 8am start)

ON THE LIGHT SIDE

The police came to my front door last night holding a picture of my wife. They said, "Is this your wife, sir?"

Shocked, I answered, "Yes."

They said, "I'm afraid it looks like she's been hit by a bus."

I said, "I know but she has such a lovely personality."