

Westville Athletic Club
WEST-link (14/2011)
Thursday 31 March 2011
www.westvilleac.co.za

Well, last Thursday I decided to go and support the ladies at the Chiltern ladies league TT something I haven't done for ages (no wonder it rained – sorry ladies). Anyhow, I'm glad I did, Karen Fisher (*you know the better half of that "brother from another mother" Glenn*) wanted her legs warming, Lauren our ladies captain muttered something to me about saving herself for later, Kim Lowe kept on asking me to hang onto her keys (not sure why), Tammy Dennill, our vice chair, wanted her back massaging and I finally figured out why Kylie doesn't spend enough time on her feet – she runs way too fast and finishes far too quickly to spend any meaningful time on her feet.

On a serious note I am not sure how many of you know Sandile Lembetha. He is one of our top men runners and boasts a faster marathon time than our Men's captain. Sandile was also that friendly face at Sports Direct in Westwood Mall who was always willing to go the extra mile to make sure that you left the shop with the right pair of running shoes and at the right price. Unfortunately Sandile was recently retrenched (*Sports Direct will be closing soon*) and he has been battling to find a job ever since. As a result, his health is suffering and he is battling to make ends meet, which ultimately is affecting his performances on the road.

We at Westville Athletic Club are therefore appealing to any of our members who can assist by way of either a temporary or permanent job and/or contributing towards a meal hamper to see him through these tough times. If you are able to assist in any way please contact our men's captain Duane Dicks – 082 899-8767.

CHAIRMAN'S JOURNEY

We as humans tend to think more about what someone else has better or greater than ourselves, as opposed to how lucky we are for what we have, which includes our health. Irrespective of your ability to run, we take for granted just being able to run. We complain when we have to run, and then complain again when we can't. Only when we are injured or sick do we realise and start to consider how we take so many things for granted. Please spare a thought for one of our members, Chantelle Steyn, who is very ill and we wish her and her family our warmest wishes at this time.

If we can make a small improvement in someone's quality of life surely that's a great thing and something that should make us feel good. ***As the Ed says please, if we can help our fellow members in need let's do our best, obviously where we can or have the means too. Any help for Sandile would be most appreciated.***

On Saturday I attended with Gill & Allen the KZNA Annual General Meeting. The meeting was scheduled for 2 hours, however after 3.5 hours and only about 50% through the agenda I called it a day. The intensions were good by the board and the debate interesting at times, however the speeches were generally excessive and many minutes were wasted on issues totally unrelated to Athletics. However some interesting items that did come out of the meeting:

- KZN colours will be issued in 2011 retrospectively;
- Selection criteria for SA Champs now includes promising runners who do not necessarily achieve qualifying times;
- Athletics clubs worldwide were struggling with membership. One serious concern is lack of juniors and duly the natural progression from cross country / track to road (Technological impact);
- Schools will need to embrace clubs going forward for representation at National events;
- The need for recruitment of juniors at school level;
- More running tracks will be built nationally to try to ensure growth in the sport;

Speak to your captains if you require any further information.

There were no road races over the weekend, however well done to our cross-country runners, there were some great results coming through.

Good luck to those running Bergville on Saturday, have a great run and safe trip.

Have a great week and be safe.....

The 2nd episode of "Get to know your committee" is of our men's captain Duane.

Age: 39 (celebrated his 39th this week)

Married To: Yolande Dicks (nee Van der Byl)

Children: Damian (3years) and 1 boy on the way (due in July)

Favorite Athletic Discipline: Cross Country

Least favorite Athletic Discipline: Ultra Marathons.

Athletic History:

Can be broken down into 3 phases. Duane started as a 10 year old to follow in his dad's footsteps. His progression was immediate and he represented CGA (*which in the old days was known as Transvaal*) in Cross country at both junior and senior levels. At this point he then took a break from the sport to do his military service (*although he still did a lot of running, it was not voluntary or a sport*). **It was during this period that he ran a sub 50minutes for 15km (a lot of us cannot even run 10kms in this time).**

Duane then relocated to Cape Town to start his career where he met his wife, drank a lot and put on 30kgs

In 2007, he decided that he was now tired of being overweight and started running again, although this time to train for the Dusi canoe marathon. It was in the same year that he completed his first Comrades running in his father's number 7331, which he has now inherited.

In 2009 & 2010 he represented KZN in Cross Country in the 35-39 year age group.

Duane's running has improved in leaps and bounds and he recently had a PB in the Post net marathon running it in 2hrs 40 minutes – a phenomenal time.

RESULTS:

CROSS COUNTRY

Our season is "hotting" up quite literally. We had a good turnout at Queensburgh on one of the hottest days of the year but despite the heat and the fact that the course was technical; our running crocs did us proud.

This past weekend was the turn of Hilton, always a well organised event and a great course. Once again our athletes did us proud (*see the results at the bottom of this report*).

I am also very happy to announce that, thanks to Roger Hattingh of **SA Trimmings**, we have XC T-shirts for 2011. On Saturday, **Sandile Lembetha**, **Jenny Bartlett**, **Nicky Collins** and **Michael Lusigne** all earned their stripes by completing their 3rd event of the season and were handed their shirts which they can now wear with pride.

I am also pleased to announce that **Bug Busters** is back as a sponsor and the port will be our croc blood from now on. (*Bugs driving you mad? Greg is just a call away to assist with your creepy crawly problems. Contact Kylie if you would like his details*).

We are grateful to our sponsors and ask that you support them whenever you can. Whilst **SA Trimmings** does textiles and may not be needed by everyone, they also do some heavy duty reflective equipment which will be very useful in the dark winter months ahead (*Kylie has samples of reflector belts, snap-bands and iron-on reflectors for you to see*).

Please note: the XC league scheduled at Savages on 9 April has been postponed due to the rugby, as has the Collegians event scheduled on the Easter weekend. The clubs are still liaising with KZNA and as soon as they sort themselves out, I will let you know what the new dates are. In the meantime, any cross country related queries, please contact Kylie on 082 563 0574 or kylie@seifsa.co.za

Cross Country League 2

Sandile Lembetha	2 nd Senior men	(12km)	43.32
Michael Lusignea	3 rd Junior Male	(8km)	41.57
Duane Dicks	1 st Men 35+	(8km)	31.29
Stefan Wilmans	2 nd Men 40+	(8km)	33.01
Andy Daly	1 st Men 50+	(8km)	34.16
JP Chelin	3 rd Men 55+	(8km)	39.36
Les Smith	2 nd Men 60+	(6km)	28.31
Andy Watson	3 rd Men 60+	(6km)	29:19
Nicky Collins	2 nd lady 35+	(4km)	26.26
Kylie Griffin	2 nd Lady 40+	(4km)	20.25
Gill Tregenna	2 nd Lady 60+	(4km)	27.18

NEXT RACE

Bergville to Ladysmith 2 April - Start at 6:00am at Bergville Farmers Hall. Good luck to all our members who will be running. Remember, this is supposed to be a training run for Comrades – take it easy.

CLUB RUN

Our long run is on the 16 April starting at Stokers (Kloof) and finishing at Collegians (PMB) starting at 5am. The cost is R30 for members and R50 for non-members. There will be static water points every 3km as **no seconding** will be allowed along the route because of problems experienced last year. You will also need to arrange your own transport back from PMB.

LADIES LEAGUE

A very big thank you to all the Ladies that braved the weather to run for their club last Thursday at Chiltern. In spite of the weather the turnout was pretty good and from my side was really appreciated. Sadly though we were outdone by PDAC on numbers, but let's not let that get us down..... there is still a long way to go in the league and I need not remind you about the tortoise and the hare.

We will be planning a "Westville Ladies" get-together in order to build some team spirit. If you have any ideas/suggestions please let us have them. Details of the get-together will follow in the next newsletter. In the meantime, please diarize the next league date and I sincerely hope you will all make a concerted effort to be there.

3rd Ladies league on Wednesday 13th April at Forest Hills Athletics Club at 6:00pm.

MENS LEAGUE

3rd Men's league Tuesday 12th April at Savages 6pm (***Please note this event has been moved from the 5th April to accommodate the Neil Diamond Concert.***)

SUNFLOWER FUND

Sue Smith has agreed to help Tenley Cummings from the Sunflower Fund with the miles4marrow campaign (*Those of you that were at the Comrades talk will remember her as one of the speakers*) This is such a wonderfully rewarding campaign whereby you the athlete get yourself sponsored for every mile run. Sue is trying to get a group together from WAC who are doing Comrades 2011. I would really like to encourage you all to get involved in this wonderful initiative and if you are keen Sue will be at the Club on a Tuesday evening to give you more information. We need your commitment quite soon and all runners entering must be at the club on Tuesday the 5th of April for the Westville Photo Shoot (*media coverage for this fundraiser is always excellent*).

SWIMMING

Well done to Gill Tregenna for winning a number of medals at the SA Masters swimming champs. These are some of the medals she came home with:

Individual: 1 x Gold, 4 x Silver and 1 x Bronze

Team: 3 x Gold and 1 x Silver

RUGBY

The club will be open from 4.30pm on Saturday for the rugby. The Sharks are playing the Stormers. Braai fires will be lit at half time.