

**Westville Athletic Club**  
**WEST-link (22/2011)**  
**Thursday 02 June 2011**  
[www.westvilleac.co.za](http://www.westvilleac.co.za)

**“Run Safely, Run Wisely and Run to be Seen”**

***"The problem with running is that by the time you realise you're not in shape for it – it's too far to walk back." - Franklin P. Jones, Comedian***

Awesome, fantastic, incredible, unbelievable – it's, all done and dusted for another year. Congratulations to all of you, whether you achieved your time or not, whether you finished or not, just to have taken the decision to enter in itself a remarkable achievement and you are all winners. Looking at some of the runners at the aches and pains party on Tuesday night, you would have thought that for some it was a battle zone and for others a stroll in the park. If you were not there you missed the opportunity to engage and discuss your trials and tribulations.

Also a huge congrats to our Chairman Paul Eichert and Ladies Captain Lauren Calenborne for being first Westville Man and Lady home (*see the results below*), as well as to both Dave Lowe and Shaun Wood who finished their **38<sup>th</sup> and 34<sup>th</sup>** consecutive Comrades. This is a remarkable achievement and an inspiration to us all.

On a bitching note, I was wondering whether anyone else who ran Two Oceans also picks up on the fact that there is a huge difference between Comrades and Two Oceans when it comes to results. With Comrades we already have positions and category results whereas with Two Oceans now almost six weeks later they are still battling to finalize their results never mind the positions. If this annoys you somewhat maybe a few letters to the race organizers might improve the situation.

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

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>	Rogan 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:**

Well done to everybody that took part on Sunday and thanks to all the friends and family that supported us on the day (*even though my wife did miss me at Cowies ☹*) it was a great day for the club and for everyone involved.

Thanks Fred for the comment on Oceans, they are being very reticent as to what is happening and why the results have not been forthcoming. If you want your official results, namely your finishing position, please send them an email asking why it has not been made available yet. I have however addressed this issue with them already on behalf of the club.

The aches & pains evening was enjoyed by many and the photographs shown on the night taken by Karen Mc Kenzie were stunning. There are already many photo's available on Action Photo as well as on our facebook page, so do check it out.

Enjoy your rest and look forward to seeing you all back on the road soon.

**Westville Time Trial:**

Once again a friendly 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 where 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 (R600) will be carried out this month and will be a must win draw. YOU HAVE TO BE THERE TO WIN IT.**

**RESULTS:**

**Comrades 87km:**

**Silver:**

Paul Eichert	07:05:00	1 <sup>st</sup> Westville male & 1 <sup>st</sup> Westville Veteran male
Paul Worsnip	07:12:01	2 <sup>nd</sup> Westville male
Allen Ndlovu	07:26:24	3 <sup>rd</sup> Westville male

**Bill Rowan:**

Mike Martin	07:47:01	1 <sup>st</sup> Westville Bill Rowan medal
Lauren Calenborne	07:58:01	1 <sup>st</sup> Westville lady
Andrew Reed	08:09:12	
Gavin Heron	08:12:51	
Richard Long	08:21:57	1 <sup>st</sup> Westville Novice
Tony Saunderson	08:30:36	
Stefan Wilmans	08:33:01	
Christopher Martin	08:39:16	
Gary Moor	08:45:35	
Sandy Aiken	08:51:21	2 <sup>nd</sup> Westville lady
Paul Rose	08:51:21	
Simon Collins	08:54:42	

**Other results:**

Robin Goddard	09:17:43	1 <sup>st</sup> Westville Master and 1 <sup>st</sup> Westville Bronze Medal
Karen Fisher	09:44:29	1 <sup>st</sup> Westville Veteran Lady
Wendy Fitzmaurice	11:00:43	1 <sup>st</sup> Westville Vic Clapham medal
Marius Rossouw	11:28:59	Oldest Westville finisher
Nicolette Proctor	11:57:08	Last Westville runner home

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

Sunday 12 June @ 06h45	Sunrise run series Race (Marine life saving club) 5/10kms
Sunday 19 June @ 09h00	Ladies SPAR race (Moses Mabhida stadium) 10km
Sunday 26 June @ 07h00	Umlazi Dev 10km challenge (Umlazi Sports Centre)
Sunday 03 July @ 06h30	Sardine half marathon (Uvongo) 21,1km

### 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> ) <b>Now that Comrades is over it's time to work on your speed. Westville are strongly placed in the league and we need every one of you to turn out so that we can consolidate our position and win this league.</b>
Wednesday 10 August @ 6pm	Sportszone/New Balance Ladies TT League ( <b>Queensburgh</b> )

### Life after Comrades: Cross Country!

To those who say XC is too hard, you have no more valid excuses now that you have completed Comrades! For those who did not do Comrades, your legs are fresh and you will find XC a doddle, so into the winter season and the final few league runs.....

The next XC league is on Saturday 25 June. It is hosted by YWP in the Stainbank Nature Reserve. This is an absolute treat as you get to run in real bush with real wildlife running around (*not just the kids*). Remember that soup and hotdogs are on offer with the Croc Blood supplied by Bug Busters. We also have plenty of opportunity for runners to earn their high quality XC shirt proudly sponsored by SA Trimmers. Roger of SA Trimmers is also involved with the "See-Me" range of reflectors you should all be wearing to keep you visible.

Next **Saturday, 11 June** we will have a guided 17km trail run through the Kranskloof Nature reserve. Start time: 06:30. We will start at the picnic site on the **Waterfall** side of the reserve and run through both sections of the reserve. The run is tough and technical, but worth it. Hydration packs are essential, there will be a fill up point en route and a camera is recommended. We will be able to give a short-cut to those who need to turn back early. There is a R15 charge payable to the reserve – it is a worthwhile cost as they do a lot to maintain the reserve and the paths we will be using.

Should you have any queries, please email [kylie@seifsa.co.za](mailto:kylie@seifsa.co.za) or call on 082 563 0574 (*please note Kylie's number did change in March – some people still have the old no.*)

See you off road – Kylie

## **The Comrades Stranglehold: - by Emile Fitzmaurice from Doha**

So this is the first time in 13 years that I have cycled 150km the day before Comrades and run 10km the day after. Both the cycle and the run were in a cool 30degree temperature at 5am in Doha Qatar of course - and of course I did not compete, although my champion chip can testify that I did the full distance in a finishing time of 11:00:43 as recorded on the timing system.

Somehow Wendy attached **HIS** chip to **HER** shoe and ran in my name (*hopefully Comrades Marathon Association will correct this without a Dis-Qualifier*).

I had entered, planning to run and doing all the training with a 4hour Dubai Marathon and a 5h22 Dead Sea 50km, I was on track. My body however had other ideas and my right knee has some wear and tear joint issues which gradually debilitated me with distance. I eventually decided that Comrades was going to damage me and prevent me from doing Ironman Regensburg on the 7Aug'11, thus I **DidNotStart**.

I, however had no idea how much of a Stranglehold Comrades had on me - Sunday being a workday in Doha, I had my laptop on my desk with Comrades Streaming Video on one side and I was glued to it from 05h30 SA time to 17h30 - also monitoring the mat times of my wife and running buddies both from Doha and South Africa.

On the other side was my work Laptop with some Job descriptions and Budgets for anybody walking into my office - and they had to speak louder than the Audio from the Comrades Video Stream. It was really hard not to be there and I am not sure if I wish to repeat the exercise - Comrades in Doha is lonely and no fun.

Thanks however to technology I was able to watch the Men's and Ladies winners romp home - Well done to Stephen and the Russian Twins. Stephen has really proven to be a Comrades Great and the Twins Stranglehold on Comrades seems to be unassailable.....

My congratulations to all those who finished on target and my sympathies to those who did not. As a **DidNotFinish** in 2010 I know what it is like. Never mind - 2012 will bring another Comrades and another challenge to get to the target time, or target run count, or green, double green or triple green.

Enjoy the Westville club aches and pains party all my running buddies - you should recover quicker this year after the UP.

So I must off to work. I will be in SA soon - cannot wait.