



# WESTLINK



## COMRADES MARATHON 2022 THE RETURN - Sishay'Ibuya

After what feels like an absolute eternity Comrades came back in full swing ... but with significantly more difficult challenges. The sheer grit and determination of those who entered has been absolutely awe-inspiring to watch - having to train in dark, cold conditions, and focusing on qualifying at a time of year when historically Comrades success was being celebrated and reflections being made on where to improve for the next attempt.

Your Westville family has been behind you all the way and the sense of pride we have for everything that you have achieved is simply impossible to put into words.



# Pasta Party

The traditional pre-Comrades pasta evening set the tone for the main event - an atmosphere of nerves, excitement, anticipation and laughter filled the club which in itself was brilliant after the empty void created by Covid-19. With some fantastic organisation from our wonderful captains Janine Nortje and Iain Robertson as well as our fearless Chairman Carlo De Oliveira, our invited guest speakers, Ann Ashworth and Prodigal Khumalo, had the entire audience on the edge of their seats absorbing all the advice that was so generously handed out. The wonderfully informative, and at times emotional, talk was followed by a delicious pasta supper from Garlic and Giggles, making sure the runners started off their carbo-loading right.



# Pasta Party



# The Start

A special thanks to Janine Nortje for compiling the start list



## COMRADES MARATHON 2022

Sunday, 28 August 2022 - Down Run

### WESTVILLE AC START LIST

45763 Shelley AINSWORTH	31759 Sarah EKSTEEN	43145 Melissa MARTINSON	11744 David SAUNDERSON
23168 Sandy AMBROSS	30922 Karen FISHER	34274 Don MASINGA	30815 Tony SAUNDERSON
14085 Richard ARGALL	762 Dean FRANZ	9931 Derrick MAZIBUKO	21784 Jolene SHEPFERMANN
22174 Lauren BARNARD	18592 Michaela FRANZ	7309 Fred MC KENZIE	1122 Claire SCHILT
23622 Michael BARTHOLOMEW	56266 Debbie FRIIS	46699 Ahmed MEER	18479 Sibo SIBISI
7518 Keri BECKER	26267 Steven GOSSMAN	44830 Tamlyn MULLIGAN	34296 Samson SIBUYI
17956 Angela BECKX	10039 Preston GOUNDEN	55733 Nicola MITCHELL	49339 Wayne SIMMONS
56953 Charles BISHOP	31949 Devan GOVENDER	34189 Ryan MITCHELL	39860 Sihembiso SITHOLE
13724 Ryan BLANIRE	2483 Kylie GRIFFIN	56045 Bongumusa NOWENYA	52027 Thandekile SOTUBHU
15400 Lauren CALENBORNE	47631 Dirk GROBLER	51526 Siphso NGXONGO	39708 Clive STEWART
2485 Stuart COX	21667 Mpumelo HADEBE	1785 Janine NORTJE	5044 James TAYLOR
42733 Tymara CUNINGHAME	56134 Hopewell HLASE	741 Pamela PAYNE	44707 Sean UYS
4045 Phillips DARDAGAN	56419 Kerry HOAR	18976 Carl PEETZ	37956 Naliso VAN ROOYEN
57794 Carlo DE OLIVEIRA	22354 Jona HOTZ	34155 Michael John PHILPOT	40770 Tyrone VAN WYK
55905 Masee DLAMINI	17103 Liesel ISRAEL	23971 Stuart REEVES	44126 Robin WAKEFIELD-SMITH
56482 Martin DOVEY	51513 Grant KERR	29158 Kerry ROBERTSON	11552 Wesley WELLS
56477 Paula DOVEY	35912 Richard MACK	45686 Iain ROBERTSON	15557 Greg WICHT
24081 Kim DRUMMOND	76 Chris MARTIN	7918 Catherine ROBINSON	21936 Sarah WILSON

*Good Luck & God Speed*



# COMRADES DAY 2022

A picture is worth a thousand words, as the expression goes, to try and sum up the emotions and spirit of Comrades day would do the day injustice so we will let the pictures do the talking. These photos are just the tip of the iceberg, keep an eye on the club's Facebook and Instagram pages for more. If you have more memories from the day feel free to email them to [Catherineanne23@gmail.com](mailto:Catherineanne23@gmail.com) and thank you to those who have already shared pictures. This newsletter would not be possible without you.



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A very special mention must be made to Vanessa Vorster and Paul Pearce for the stunning banner that hung over the bridge entering Westville. A welcome sight for our runners as they dug deep and pushed to the finish.





# 2022 FINISHERS

Race No	Name	Age Cat	Batch No	Time	Net Time	Medals
39860	Sithembiso SITHOLE	Senior	B	07:36:06	07:35:53	8
14085	Richard ARGALL	Senior	A	08:13:45	08:13:39	3
762	Dean FRANZ	40 to 49	C	08:19:54	08:19:10	10
55905	Mose DLAMINI	40 to 49	A	08:24:32	08:24:29	1
21938	Sarah WILSON	40 to 49	C	08:24:55	08:23:48	8
35912	Richard MACK	Senior	C	08:51:41	08:50:39	3
76	Chris MARTIN	40 to 49	C	08:55:21	08:54:38	12
34189	Ryan MITCHELL	40 to 49	C	08:55:22	08:54:24	15
56134	Hopewell HLABE	50 to 59	B	08:58:27	08:57:58	14
52027	Thandekile SOTUBHU	50 to 59	B	08:58:28	08:58:16	18
15600	Lauren CALENBORNE	40 to 49	D	09:05:10	09:03:43	12
31759	Sarah EKSTEEN	40 to 49	D	09:06:31	09:04:08	10
26267	Steven GOSSMAN	50 to 59	C	09:09:17	09:08:29	5
49339	Wayne SIMMONS	Senior	C	09:09:56	09:09:06	8
45763	Shelley ANSWORTH	40 to 49	D	09:12:07	09:08:33	1
24081	Kim DRUMMOND	Senior	C	09:13:48	09:12:10	2
22174	Lauren BARNARD	Senior	D	09:18:15	09:15:56	4
30615	Tony SAUNDERSON	50 to 59	C	09:19:15	09:17:30	23
55733	Nicola MITCHELL	40 to 49	D	09:25:15	09:21:42	11
56266	Debbie FRIIS	40 to 49	D	09:25:15	09:21:42	7
56419	Kerry HOAR	40 to 49	D	09:26:27	09:22:53	8
43145	Melissa MARTINSON	Senior	D	09:28:38	09:25:03	1
15557	Greg WICHT	40 to 49	C	09:35:05	09:32:59	10
40770	Tyrone VAN WYK	Senior	C	09:36:57	09:36:07	9
1785	Janine NORTJE	40 to 49	D	09:39:57	09:36:25	8
17956	Angela BECKX	40 to 49	D	09:39:58	09:36:23	5
29158	Kerry ROBERTSON	40 to 49	D	09:39:58	09:36:25	5
56482	Martin DOVEY	40 to 49	C	09:43:10	09:42:01	15
11552	Wesley WELLS	Senior	D	09:52:16	09:49:13	6
47631	Dirk GROBLER	40 to 49	C	10:01:09	09:59:39	7
9931	Derrick MAZIBUKO	60+	C	10:01:37	10:00:33	28
56953	Charles BISHOP	40 to 49	D	10:06:36	10:03:03	13
44830	Tamlyn MILLIGAN	40 to 49	F	10:07:44	10:03:31	1
34296	Samson SIBUYI	40 to 49	F	10:08:32	10:03:56	5
2485	Stuart COX	50 to 59	D	10:23:21	10:21:15	6
45686	Iain ROBERTSON	40 to 49	D	10:24:53	10:21:30	14
56045	Bongumusa NGWENYA	Senior	D	10:25:45	10:23:59	6
37956	Nalize VAN ROOYEN	Senior	D	10:26:46	10:23:22	3
7518	Keri BECKER	40 to 49	F	10:33:43	10:29:36	6
7309	Fred MC KENZIE	60+	CC	10:35:05	10:34:10	17
21784	Jolene SCHEFERMANN	40 to 49	D	10:35:57	10:34:05	3
23622	Michael BARTHOLOMEW	Senior	D	10:37:52	10:35:23	2
57794	Carlo DE OLIVEIRA	40 to 49	F	10:38:50	10:34:07	1
56477	Paula DOVEY	40 to 49	D	10:40:46	10:37:10	10
7918	Catherine ROBINSON	40 to 49	CC	10:40:47	10:37:09	3
46699	Ahmed MEER	Senior	F	10:41:42	10:37:29	1
24274	Don MASINGA	50 to 59	D	10:45:22	10:42:48	12
39708	Clive STEWART	50 to 59	D	10:48:45	10:47:22	4
4045	Phillipa DARDAGAN	40 to 49	F	10:51:54	10:47:14	4
51513	Grant KERR	50 to 59	CC	10:59:01	10:55:19	11
17113	Liesel ISRAEL	40 to 49	F	10:59:03	10:54:22	3
741	Pamela PAYNE	40 to 49	F	10:59:16	10:55:52	6
18592	Michaela FRANZ	40 to 49	G	11:03:25	11:00:29	2
16976	Carl PEETZ	Senior	D	11:04:59	11:02:32	3
42733	Tymara CUNINGHAME	40 to 49	F	11:12:38	11:08:20	1
13726	Ryan BLAMIRE	Senior	F	11:13:12	11:09:06	4
44614	Bhekuyisa MFEKA	50 to 59	D	11:16:17	11:13:20	5
44707	Sean UYS	40 to 49	F	11:16:28	11:13:12	1
30922	Karen FISHER	50 to 59	D	11:18:59	11:17:38	15
31949	Deven GOVENDER	50 to 59	D	11:36:59	11:31:19	21
10039	Preston GOUNDEN	Senior	F	11:37:01	11:32:54	5
22354	Jono HOTZ	Senior	CC	11:38:01	11:36:31	8
11744	David SAUNDERSON	50 to 59	E	11:43:58	11:40:25	12
1122	Claire SCHILT	40 to 49	H	11:54:51	11:48:41	8
18479	She SIBISI	Senior	D	11:56:31	11:53:06	3
46126	Robin WAKEFIELD-SMITH	Senior	H	11:57:39	11:51:10	1
21667	Mpumelelo HADEBE	Senior	D	11:58:55	11:54:46	3

# 2022 COMRADES AWARDS

Award	Name	TIME	Number of Comrades Completed
1st Runner	Sithembiso Sithole	07hr 36	8
2nd Man	Richard Argall	08hr 13	3
1st Lady	Sarah Wilson	08hr 24	8
2nd Lady	Lauren Calenborne	09hr 05	12
1st Male Vet	Dean Franz	08hr 19	10
1st Female Vet	Sarah Wilson	08hr 24	8
1st Master	Hopewell Hlabe	08hr 58	14
1st Bill Rowan (sub 9 hours)	Sithembiso Sithole	7hr 36	8
1st Robert Mtshali (sub 10 hours)	Lauren Calenborne	09hr 05	12
1st Bronze (sub 11 hours)	Dirk Grobler	10hr 01	7
1st Vic Clapham (sub 12 hours)	Michaela Franz	11hr 03	2
1st Novice	Mose Dlamini	8hr 24	1
Last Runner	Mpumelelo Hadebe	11hr 58	3
Oldest Runner (65 years - 25/07/1957)	Derrick Mazibuko	10hr 01	28

Novices	Name	TIME
	Mose Dlamini	08:24:32
	Shelley Ainsworth	09:12:07
	Melissa Martinson	09:28:38
	Tamlyn Milligan	10:07:44
	Carlo de Oliveira	10:38:50
	Ahmed Meer	10:41:42
	Tymara Cuninghame	11:12:38
	Sean Uys	11:16:28
	Robin Wakefield-Smith	11:57:39

Back-to-Back Medals	NAME	TIME
	Kim Drummond	09:13:48
	Michael Bartholomew	10:37:52
	Michaela Franz	11:03:25

GREEN NUMBER CLUB	NAME	TIME
	Sarah Eksteen	09:06:31
	Paula Dovey	10:40:46
	Dean Franz	08:19:54
	Greg Wicht	09:35:05

# 2022 COMRADES AWARDS

15 Medals	Name	TIME
	Ryan Mitchell	08:55:22
	Martin Dovey	09:43:10
	Karen Fisher	11:18:59

Highest Number of Medals	Name	Time	Number of Medals
	Fred Mc Kenzie	10:35:05	17
	Thandekile Sotubhu	08:58:28	18
	Deven Govender	11:36:59	21
	Tony Saunderson	09:19:15	23
	Derrick Mazibuko	10:01:37	28



# THE END OF THE ROAD

And just like that ... as quickly as the 28th of August arrived, so it has passed us. To each and every single runner who made it to the start you are an inspiration to us all. In times of both hardship and victory it is important to remember that there is power in both. Enjoy the well-earned break, relax and breathe - you have all earned it. Each and every member, be it supporter or runner, on the day reminded us all of the Westville spirit and heart that makes it so easy to love this tribe. Woohoo

Westville!



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