



## WESTVILLE ATHLETIC CLUB NEWSLETTER

29 September 2016

Apologies for the lack of a newsletter over the past few weeks but our newsletter editor has had, and will have, other commitments until the end of November. If any member would like to help out during this time please contact Sharon or Katharine.

### PODIUM RESULTS:

**Congratulations to Jonathan Edwards for finishing the Cape Town Marathon in a time of 02:30!**

#### **Township to Township Marathon**

Aubrey Roberts 3rd Man 60+ 03:39:19

#### **Township to Township Half Marathon**

Gill Tregenna 1st Lady 60+ 02:23:23

**Highway Ladies Time Trial League**  
**Thursday 6 October**  
**at Chiltern Athletic Club**

*Please ladies, we need you there!*

### **CHAIRMAN'S DRAW AND BRAAI NIGHT**

Next Tuesday 4 October. The draw is standing at R700. Remember you have to be there to win it. We also have Dougie from SportsZone coming to display running shoes and there will be give-aways.

For something different we will be doing the time trial in reverse. Those wanting to enter to win a prize must take off their watches and predict their time. The runner/walker with the closest time will get a prize.

### **WESTVILLE - CHILTERN CLUB TO CLUB**

This annual event is coming up on Saturday 22 October starting at 3pm and we are the hosts this year. For the benefit of new members, the start is at our club and you need to find the shortest route to Chiltern and then you run back to Westville. The distance is about 13 or 14 kms depending on the route you choose. There is a Checkpoint Charlie either on the way there or on the way back which every runner has to pass. This will be announced just before the start. We have a braai and prize giving afterwards.

### **WESTVILLE AC KING & QUEEN OF THE MOUNTAIN**

Leg 3 is on 20 November at Queensburgh Mineshaft

Leg 4 is on 04 December at Stainbank, Yellowwood Park

You need to run 3 events to qualify. For more info please speak to Alen Hattingh on 083 440 3135.

The **ILLOVO SUGAR 15KM CHRISTMAS CHALLENGE** that we host is coming up on 11 December. The helper's lists are up at the club and an email will be going out in the next day or two. All members are encouraged to help - we have the helper's run the day before where you get to run the route.

### OCTOBER BIRTHDAYS

Happy birthday to the following members whose birthdays are coming up in October:

Werner van Zyl	1
Aubrey Roberts	2
Karyn Jackson	2
Paula Dovey	2
Michael Etchells	3
Moyra Collyer	4
Fred Mc Kenzie	7
Cameron Parle	10
Ntokozo Myeni	13
Rob McInerney	13
Basil Henderson	15
Lorien Cuthbert	17
Chris Binneman	17
Stuart Cox	18
Trevor Hart-Jones	18
Debbie Haswell	20
Grant Cummings	21
Gayle Simmons	21
Debbie Friis	21
Brenda Cox	23
Kylie Griffin	25
Gavin Kruger	27
Luke Ellis	27
Sarah Blewett	28
Dave Jollands	31

### YOUR COMMITTEE - 2016

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