



## WESTVILLE ATHLETIC CLUB NEWSLETTER

6 October 2016

### PODIUM RESULTS:

#### Coo-ee Newlands Marathon

Sarah Wilson 2nd Lady 35-39 03:28:08  
Sheree Kirsten 1st Lady 60+ 04:54:15

#### Coo-ee Newlands Half Marathon

Tracey Allison 1st Lady 35-39 01:31:20

Wendy Morgan was 3rd lady overall at Run The Berg



### BELATED PODIUM RESULTS:

#### SA Cross Country Champs

##### Men 50 to 54

Tony Saunderson Bronze team medal

##### Men 55 to 59

Patrick Wynne Bronze team medal  
Fred Mc Kenzie Bronze team medal  
Andy Patterson Bronze team medal

##### Men 60+

Aubrey Roberts Bronze individual medal and Gold team medal

##### Ladies 60 to 64

Sanet Beukes Gold team medal

##### Ladies 70 to 74

Gill Tregenna Silver individual medal

#### SAPS Half Marathon

Tracey Allison 3rd Lady 35-39 01:32:56  
Tammy Dennill 3rd Lady 50-59 01:49:52

The Westville ladies won the team prize. Well done to Tracey Allison, Sarah Wilson, Angela Beckx and Tammy Dennill.

#### SAPS 10km

Maureen Slack 3rd Lady 40-49 46:42

#### Spar Chesterville 10km Run

Wendy Morgan 1st Lady 47:30

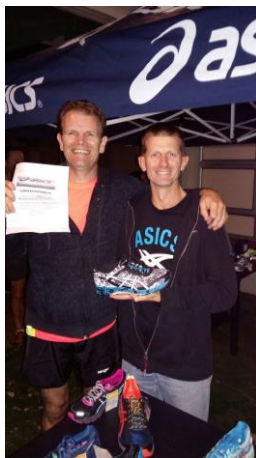
#### Spar Chesterville 10km Walk

Reg Groves 2nd Man 01:23:45



### CHAIRMAN'S DRAW AND BRAAI NIGHT

A good, fun, social time trial was held on Tuesday night with it being the Chairman's draw won by Mark Loggenberg. It was great to see so many families with children who played while parents ran and socialised around the braai. Time trial was done a bit differently this time by going in reverse and the runners having to predict their time for a prize. The closest person to their time was Dylan O'Brien and the furthest was Hopewell Hlabe. Thanks to Dean Wight from Asics and Dave Flood from Sports Zone Kensington for the prize of a pair of Asics shoes won by Kelvin Strachan and discount vouchers. The Beauty treatment voucher was won by Luke Ellis.



# CLUB 2 CLUB

**When: 22 October**

**Time: 14H30 for 15H00**

**Start & Finish: Westville AC**

Shower Facilities available.

Braai Fires will be lit.

Bar will be open.

DSTV will be on.

Kids welcome to play on the field or in play room.



Wear red shorts and any top

Club kit NOT to be worn.

Choose your own route from Westville AC to Chiltern AC and back.

Finish in the fastest time possible.

One compulsory checkpoint will be announced at the start.



Members & Visitors from the 2 clubs are welcome, but only members of each club will count towards the results.

## UPCOMING EVENTS

Sunday 9 October - Swift Half Marathon and 10k run/walk  
For more info call Alex Anthony 072 209 0092

Sunday 16 October - Muden Race 25km  
For more info call Zenzele 073 142 3533

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.

## 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.

## 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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For all upcoming races and race results, visit our website: <http://www.westvilleac.co.za/>



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