



## WESTVILLE ATHLETIC CLUB NEWSLETTER 3 November 2016

### PODIUM RESULTS FROM THE WEEKEND:

KZNA 10km Challenge - including KZNA 10km Champs  
Derrick Mazibuko 55 to 59 Silver Medal 41:38  
Maureen Slack 45 to 49 Bronze Medal 46:15  
Gill Tregenna 70 to 74 Gold Medal 59:04

Wendy Morgan was 3rd lady overall at Kwa-Ximba  
22km trail run on Sunday 23 October

### UPCOMING RACES

This Sunday - Save Orion 21,1km & 10km  
This Sunday - Verulam Falcons 21,1km & 10km  
13 November - Greater Edendale 10km  
13 November - Bluff Marathon & Half Marathon  
20 November - QBH Mineshaft 15km

### HIGHWAY LADIES TIME TRIAL

The final event is on  
Wednesday 9 November at  
Forest Hills at 6.00pm.

Ladies, please let's finish off  
the year with a big turnout of  
red and white.

Barbs Neal is happy to lift  
some of the ladies from the  
club. Speak to Katharine

### MIXED TIME TRIAL LEAGUE

The final event is on Thursday 17 November at PDAC  
at 6.00pm

### 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 AGM is coming up on 29 November. The notice will be going out shortly.

Watch this space for details of when Father Christmas is coming



### ILLOVO SUGAR CHRISTMAS CHALLENGE - 11 DECEMBER 2016

The helpers' lists are up on the board at the club or email  
[westvilleathleticclub@gmail.com](mailto:westvilleathleticclub@gmail.com)

**NB:** Westville members are discouraged from running the race as we  
expect you all to help on race day. We have the helper's run on  
Saturday morning.

**We still need someone to coordinate prizes.** Please contact Sharon if  
you wish to take on this portfolio or if you are able to donate any prizes.



## NOVEMBER BIRTHDAYS

Happy birthday to the following members. Have an awesome day!

Claire Wilkinson	1
Steven Stott	1
John Adams	1
Claire Schilt	3
Maureen Slack	5
Trevor Luyt	6
Trevor Kershaw	8
Sarah Shuttleworth	8
Dave Saunderson	9
Shannon Verster	10
Nicolette Visser	13
Laura Campbell	14
Jill Adams	15
Sadie Van Dyk	15
Alison Uys	16
Jessica Jollands	16
Hilton Janse van Rensburg	16
Samantha Parle	16
Garry Shea	17
Delani Hlongwane	17
Vincent Mhlakoana	19
Preston Gounden	24
Gareth Duddington	26
Ted Clark	27
Sarah Cox	29
Heidi Venter	29
Jowaine Parrott	30

## YOUR COMMITTEE - 2016

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