



WESTVILLE ATHLETIC CLUB NEWSLETTER 17 November 2016

PODIUM RESULTS FROM THE WEEKEND:

Bluff Half Marathon

Maureen Slack 3rd lady overall 01:48:03

We still haven't received the Champs results from last week

Westville came 2nd in the Highway Ladies Super League. Thank you to all our ladies who ran in the leagues.

MIXED TIME TRIAL LEAGUE

The final event is tonight at PDAC at 6.00pm. This final league for the year doesn't count for points - it's the prize giving, but please let's all be there.

Condolences to the family of Sandy Fismer (a well know Hilton Harriers member) who was tragically killed in a car accident on Tuesday.

Congratulations to Fred and Karen McKenzie who became Grandparents to a beautiful little girl this week!

Good luck to our members who are doing the Sky Run this weekend!

UPCOMING RACES

20 November - QBH Mineshaft 15km. **This is the 3rd leg of the Westville King and Queen of the Mountains.** The gazebo will be up, please come and join us after your run.

26 November - Sani Stagger

27 November - Hope Challenge at Curries Fountain. Half marathon and 10km

4 December - Bearing Man Stainbank Cup at Yellowwood Park. **This is the 4th leg of the Westville King and Queen of the Mountains.** The club serves breakfast at this race so please stay afterwards.

The AGM is on Tuesday 29 November at 19h00. Nominations for committee members have to be in 48 hours before the AGM. Please send your nominations to westvilleathleticclub@gmail.com

Father Christmas is coming on Tuesday 6 December. Please bring a present for your kiddies, and a packet of sweets or chips to share. The club will provide cake and cold drinks.



The Christmas time trial is on 13 December. This is run in reverse and we have shooters along the time trial route. Dress up in your Christmas gear. A prize will go to the best dressed.

Congratulations to all our Prize Winners at the Annual Awards Evening:

Hoopers Award - Sarah Wilson
Dennill Award - Sheree Kirsten
Most Improved Male - Mark Robinson
Most Improved Female - Brenda Cox
Battler of the Year - Kerry Petersen
Delise Atkins Supporter of the Year - the Cox family: Stuart, Brenda, Megan and Sarah
Chairman's Award - Steve Gossman



Cross Country:

Alan Brooks Trophy - John Adams
Most Improved Female - Sindy Kirsten
Most Improved Male - Patrick Wynne



Certificates for Road Running:

Outstanding Achievement in Athletics for Road Running - Tracey Allison
Outstanding Achievement in Athletics for Road Running - Jonathan Edwards
Improvement in Athletics for Road Running - Lauren Barnard
Improvement in Athletics for Road Running - Brandon Barnes
Improvement in Athletics for Road Running - Stuart Cox
Improvement in Athletics for Road Running - Michael Etchells
Improvement in Athletics for Road Running - Julia Lyle
Improvement in Athletics for Road Running - Sarah Rich
Improvement in Athletics for Road Running - Kirsty Ross
Improvement in Athletics for Road Running - Kelvin Strachan
Improvement in Athletics for Road Running - Vicky Stott
Improvement in Athletics for Road Running - Patrick Wynne
Consistency in Athletics for Road Running - Gayle Simmons

Certificates for cross country:

Les Smith - Silver medal in 65-69 category at KZN Champs; selected for SA Champs
Tony Saunderson - Part of 50-54 Bronze team medal at SA Champs

Patrick Wynne - Gold medal in 55-59 category at KZN Champs; part of 55-59 Bronze team medal at SA Champs

Fred McKenzie - Part of 55-59 Bronze team medal at SA Champs

Andy Patterson - Part of 55-59 Bronze team medal at SA Champs

Aubrey Roberts - Gold medal in 60-64 category at KZN Champs; Bronze medal in 60-64 category and part of 60-64 Gold team medal

Kylie Griffin - Silver medal in 50-54 category at KZN Champs; selected for SA Champs

Sanet Beukes - Gold medal in 60-64 category at KZN Champs; part of 60-64 Gold team medal at SA Champs

Gill Tregenna - Gold medal in 70-74 category at KZN Champs; Silver medal in 70-74 category at SA Champs

Certificates for track and field:

Les Smith - Outstanding Achievement - Gold medal for 5000m at KZN Masters Champs

Sue Smith - Outstanding Achievement - Gold medal for 10000m at KZN Masters Champs; Gold medal for 5000m at KZN Masters Champs; Bronze medal for 5000m Walk in 60-64 category at SA Masters Champs; Bronze medal for 10000m Walk in 60-64 category at SA Masters Champs; Awarded SA Colours for Road Walking

John Adams - Outstanding Achievement - Gold medal for 5000m at KZN Masters Champs

Andy Watson - Outstanding Achievement - Gold medal for Shot Put at KZN Masters Champs; Gold medal for Javelin at KZN Masters Champs; Gold medal for Discus at KZN Masters Champs; Gold medal for Javelin in 65-69 category at SA Masters Champs

Certificates for 100% attendance at Highway Ladies Time Trial League:

Brenda Cox, Megan Cox, Sheree Kirsten and Sindy Kirsten

Certificates for 100% attendance at the Mixed Time Trial League:

Hopewell Hlabe, John Mordaunt, Megan Cox, Sheree Kirsten, Sindy Kirsten, Stefan Wilmans and Stuart Cox



ILLOVO SUGAR CHRISTMAS CHALLENGE 11 DECEMBER 2016

The helpers' lists are up on the board at the club or email westvilleathleticclub@gmail.com
Please let us have your t-shirt size as well!

YOUR COMMITTEE - 2016

Chairperson
SHARON SCHUBACH
itonridge@gmail.com
082 414 1783

Vice Chairperson
STEFAN WILMANS
stefchell@absamail.co.za
082 532 3766

Secretary
KATHARINE ATKINSON
katharine@telkomsa.net
083 797 9711

Treasurer
DARYL HEFER
darylhefer@gmail.com
082 788 7114

Men's Captain
LYNTON CONWAY
lynton.conway@gmail.com
084 285 8431

Cross Country Captain
ALEN HATTINGH
alligator@telkomsa.net
083 440 3135

Facilities Manager & Club
Hire
MICHELLE WILMANS
michellew@tysonprop.co.za
082 899 2439

Retail & Website
STEVE GOSSMAN
steven.gossman@gmail.com
072 639 3093



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



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P.O. BOX 1715 • PINETOWN 3600, KZN • TELEPHONE: (031) 7029732, 7026395, 7026396 • FAX: (031) 7028723