



# NEWS

[www.westvilleac.co.za](http://www.westvilleac.co.za)

**“Run Safely, Run wisely and Run to be seen”**

**Thursday 01 September 2011**

***“It always seems impossible until it’s done.”***

This week’s lucky draw prize is sponsored by Karen Mc Kenzie from Kazmac photography situated in Westville Tel: 082 887-6917, [kaz@ramses.co.za](mailto:kaz@ramses.co.za) Karen has her own studio in Westville and is responsible for a number of the photographs on display in both our facebook page and website. Karen specializes in families, kiddies, babies – pregnancy and newborn, weddings, sport and corporate events. The lucky draw will take place on the 1 September 2011. The prize worth R585 is for a studio shoot with one 8 x 12 Print.

**(if you would like to sponsor a prize, please contact me and let me know together with what the prize will be)**



Aha, Spring is in the air and apart from the weekend weather, hasn’t it been lovely. This past week even saw me out training in one T-shirt again. Now is the time to dust off the cobwebs and get back out on the road with the next few months spent preparing your base training for Comrades. Talking about Comrades, entries open today (*see report from CMA below*).

This weekend sees the aQuellé Dolphin Coast Striders Ultra (*entries closed for the ultra*) and there are also the 10/21km races with entries taken on the morning. Please note that the Duke of York has been moved out to the 18<sup>th</sup> September, do not pitch up to run it this weekend otherwise you will be running it on your own.

**Tonight, 1 September (spring day) is the ladies Sportszone/New Balance Ladies TT League taking place at Hillcrest. Let’s have a fantastic turnout of ladies and take this league away from PDAC. Use this opportunity to kick start your training.**

I have attached a brochure outlining the Ithala challenge. Entries are limited so make sure you get in fast. If I recall correctly, last year Cliff Robbertze and Paul Worsnip ended up at the wrong Ithala park and ended up missing the race. Don’t make the same mistake – this run is in Vryheid.

I think apologies are in order. Our first prize sponsor Lauren from Fins & Flippers pointed out to me that I had her details wrong. If you have been trying to contact her and were unsuccessful, please take a look at her details at the end of the newsletter. Remember, Spring is here and this is a good time to ensure that your little ones are able to swim properly to avoid any disasters.

As always this weekly communiqué is your mouthpiece and therefore should there be something you would like covered or something you would like to say please let me know. Any questions and/or thoughts, ideas or suggestions are always welcome.

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## **CHAIRMANS JOURNEY:**

With talk of Comrades entries opening and the start on the long road to the start line I have spoken with Dion (*Chiltern Chairman*) regarding their scratch club. Unfortunately we do not have any formalised programme/routes set up for “beginners” (yet), however there are a number of informal groups and I suggest that you try and find out about a number of these (*we will try and collate this information as well – if there are any groups out there reading this please make contact with the club*). In the interim Chiltern are very happy for any Westville member wanting to join their “scratch club”, which starts on Sept 13<sup>th</sup>. It’s Tuesdays and Thursday evenings and from memory starts with a 2km route and then increases as your fitness does.

Our children’s room is almost complete; we have the tiles in now we just need the painting to begin. Will let you all know when we are launching this great opportunity for all our members with young families.

Although generally well supported (by other clubs) I was very disappointed with the turnout of our Westville members for the TT

league last week. It was at our club yet many of our runners were still not present. We are leading in some of the categories and we need continual support from our members to retain and improve our positions on the log. The club needs our runners to run, irrespective of your standard, **you all count**. A big thank you to all those that did come and run and of course to those that helped make it all possible, the helpers. I am not going to name anybody in fear of missing someone out but a huge thank you to all those that assisted in some way!

It's great to see the sun coming up earlier and the morning temperature improving quickly. This morning was a perfect example of how lucky we are with the weather and being able to run in such a perfect climate really is such a pleasure.

Have a great week and be safe on the roads.....

P.S. I even had my 65year old mother (living in NZ) rambling on how the All Blacks are letting NZ down and Graham Henry should be sacked etc etc.... So yes last Saturday's loss to AUS has hurt the country big time, especially when a totally uninterested party like my mum starts talking about it! Bye for now.

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## **RESULTS:**

### **Bluff 10/20km:**

Gill Tregenna	Ladies +60	2:02:10
Brett Chettleburgh	Men +50	1:27:55

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## **CROSS COUNTRY/TRAIL RUNNING:**

Are we good or what! Congratulations to the following members who were selected for the KZN Team to represent KZN at the SA Cross Country Champs on 17 September:

- ***Bryne Emms***
- ***Khea Emms***
- ***Shani Silver***
- ***Kylie Griffin***
- ***Dianne Wearne***
- ***Gill Tregenna***
- ***Andy Daly***
- ***JP Chelin***
- ***Les Smith***
- ***Andy Watson***

Duane Dicks and Aubrey Roberts were also selected. Unfortunately they will not be able to make it this year, but are hyped to get back into serious competition next year.

Our Cross Country Runners have done us proud again.

Let's not forget that we were proudly supported by SA Trimmers who supplied a really good quality T-shirt and the Croc Blood was sponsored by Bug Busters. We thank our sponsors as they add "fashion" and "spirit" respectively. We have also been told that the awards evening for the long overdue presentation of the KZNA Colours has been scheduled for Saturday 10 September. Unfortunately we have no more details, but will share as soon as we get them.

Don't forget the **King and Queen of the Mountain Series**. You have to complete at least 3 of the 6 (oops, forgot added Sydenham as well) selected events to qualify and your fastest time is taken. There are now only 3 races left, but that is still good opportunity to qualify:

Sun	09 Jan	Ronnie Davel	<b>Completed</b>	07:00	16km
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Sun		Sydenham	<i>Completed</i>	06:00	16km
Sat	20 Aug	Capital Climb	<i>Completed</i>	08:00	15km
Sat	10 Sep	Mpati Mountain Race	Dundee	14:00	15km
Sun	02 Oct	Saints Thorntree Challenge	St Charles College (Pmb)	07:00	15km
Sun	04 Dec	Bearingman / Stainbank Challenge	Yellowwood Park	06:00	15km

Should you have any queries, please don't hesitate to contact Kylie on 082 563 0574

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## **LADIES REPORT:**

Ladies, sadly we have lost our lead to PDAC following the TT at Queensburgh. However, we have a club that is more than capable of regaining this lead and ask that you **ALL** turnout and come and run tonight.

We have the regulars that attend no matter what but we need each and every one of you. Please could I implore on you to make the effort and come and do your bit for your club. We are so close. As the ED has mentioned Spring is here so there are no excuses as to why you shouldn't be out running. We look forward to seeing you all at Hillcrest at 6 pm.

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## **PRIZE GIVING:**

Date: **Tuesday 13 September 2011**  
Time: 19h00 (after the TT)  
Venue: Westville Athletic Club

**Please come and support all the trophy winners for the 42,2km, 21,1km and 10km champs.**

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## **TROPHY NOMINATIONS:**

You are invited to submit nominations for consideration for the following awards:

### **Most improved female runner of the year:**

*Awarded to the female athlete who has recorded a marked improvement in her standard of performance over the last year – of any base.*

### **Most improved male runner of the year:**

*Awarded to the male athlete who has recorded a marked improvement in his standard of performance over the last year – of any base*

### **Battler of the year:**

*Awarded to the member who tries hard, but battles.*

### **Dennill trophy:** (participation award)

*Awarded to the runner who has been present at most races on the fixture list and has made an appearance for Westville many time whether on or off the podium and in their personal capacity.*

### **Achiever of the year:** (Hoopers Trophy)

*Awarded to the runner who has brought accolades to the club by achieving in local, provincial and or national events.*

### **Joyce Allan Trophy:**

Awarded to the member who has persevered in their running, and achieved against their own standard of performance for the last year of any base.

Please note that these are only nominations the athletics committee will sit down with the results and verify all results and a final decision will be made by the athletics section.

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## **FORTHCOMING ATTRACTIONS:**

### **ROAD RACES:**

Sunday 4 September @ 06h00	Dolphin Coast Striders 10km/21,1km/50km ( <b>Ballito</b> )
Sunday 11 September @ 06h00	Newlands Striders 15km challenge ( <b>Newlands sports complex</b> )
Sunday 18 September @06h00	Sanlam SAPS Striders 21.1km ( <b>Kings Park</b> )
Sunday 18 September @07h00	Duke of York 16km ( <b>Ashburton – PMB</b> ) This is a point to point run
Saturday 24 September @17h00	Epic Foods 15km <b>Night</b> Race ( <b>Verulam</b> )
Sunday 25 September @ 07h00	Spartan 10km Challenge ( <b>TBA</b> )
Sunday 2 October @06h00	Goss Balfe South Coast Marathon 10/21/42km ( <b>Amanzimtoti</b> ) This is a point to point

### **TIME TRIAL LEAGUE & CROSS COUNTRY:**

Thursday 1 September @6pm	Sportszone/New Balance Ladies TT League ( <b>Hillcrest</b> )
Wednesday 21 September @6pm	Durban Runner/GU TT League ( <b>Riverside Sports</b> )
Saturday 8 October @6pm	Sportszone/New Balance Ladies TT League ( <b>Highway AC</b> )

### **TRAIL RUNS:**

Sunday 4 September	Scottburgh Spring Trail run	083 642-5086	See event timing
Saturday 10 September	Nguni Classic 30km (no late entries)	<a href="http://www.nguniclassic.co.za">www.nguniclassic.co.za</a>	Ladysmith
Sunday 11 September	The Huffer 20-30km	<a href="mailto:wolhuter@mweb.co.za">wolhuter@mweb.co.za</a>	<b><u>NO Late entries</u></b>
Sunday 25 September @8am	iNsingizi Trail run - 9 & 18km run	<a href="mailto:info@insingizi.co.za">info@insingizi.co.za</a>	Mid Illovo
Saturday 01 October	4 Peaks MTN Challenge 24km	<a href="http://www.pureadventure.co.za">www.pureadventure.co.za</a>	Adriaan 082 566-5668

### **SOCIAL EVENTS:**

Tuesday 13 September	Annual club 42,2km/21,1km/10km prize giving. <b>Westville Athletic Club</b>
Friday 14 October	Clubs Annual Awards/Dinner & Dance ( <b>Westville Country Club</b> )
Sunday 11 December	Illovo 15km race hosted by <b>Westville Athletic Club</b>

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## **SEPTEMBER BIRTHDAYS: *(best wishes to all)***

1 <sup>st</sup>	Francesca Galassi
4 <sup>th</sup>	Megan Rout
5 <sup>th</sup>	Michelle Madonsela
6 <sup>th</sup>	Paul Haselau
9 <sup>th</sup>	Cliff Robbertze
10 <sup>th</sup>	Andrew Camp, Joanne Bennett & Sandy Watt
12 <sup>th</sup>	Achim Braig & Wendy Fitzmaurice

16 <sup>th</sup>	Zanele Nduli
20 <sup>th</sup>	George Greyling
23 <sup>rd</sup>	Catherine Carminati & Sandy Aiken
25 <sup>th</sup>	Craig Dennill
27 <sup>th</sup>	Jono Hotz & Anne Chadwick
30 <sup>th</sup>	Bert Barratt, Previn Pillay & Siphwiwe Madonsela

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## **BITS & PIECES:**

1. **REFLECTOR BELTS and VESTS** - If you are on the roads after dark and see someone running without reflective gear, can I please appeal to you as members of a responsible running club, to please tell them to “ensure they are seen”?
2. **TUESDAY TIME TRIAL 4 & 8KM** – Starts at 17h45. Everybody welcome – runners, walkers, members, social members, family, friends, non-members, colleagues etc.

After the time trial why not relax with a drink from the bar and chat to your club mates and fellow runners. Showers are available as are braai facilities.

### 3. **MORNING SCHOOLS:**

1. Try the Tuesday/Thursday school starting at the Westville mall and led by Ken Tonkin. There are various runs called with a minimum distance of 7km with extra loops available on all runs to increase the mileage. All runs start at 5.30am.
2. Craig Allsopp has a school on Saturday and/or Sunday starting at Pirates at 7am. Runs are nice and flat along the promenade and vary in distance from 7.2km – 10km. Runs are done at your own pace. Contact Craig on 082 371-3753 or by email [craig@iteam.co.za](mailto:craig@iteam.co.za)
3. Interested in trail running. Alistair Bond has a school leaving Giba at 6am every Saturday. Routes vary and are excellent training grounds for trail running. Remember to take your own water along as the routes are dry. Contact Alistair on [Alistair.Bond@za.behrgroup.com](mailto:Alistair.Bond@za.behrgroup.com)
4. Another school – starts at 5am from the Westville Gym on a Monday, Wednesday and Friday. Just pitch up and join in. Routes vary and are normally between 8 and 10kms.

If there are any more schools out there please let me know and I will add them to the list.

4. **NEW MEMBERSHIP:** Please note that new membership takes place on a Tuesday evening from 5.30pm – 7.00pm.
  5. **CLUB KIT:** Club kit will only be issued at the Club on a Tuesday evening from 5.30pm – 7.00pm.
  6. **WESTVILLE Facebook Page:** A reminder to those members who subscribe to this social media platform, to please navigate across to our page “Westville Athletic Clubs” and follow us from there.
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## **MEDIA RELEASE: Launch of Comrades Marathon 2012**

*‘The Spirit of Giving, The Spirit of Caring, The Spirit of Winning! – That is The Spirit of Comrades!’*

This benevolent message took centre stage at the official launch of the 87<sup>th</sup> edition of The Ultimate Human Race, which kicked off in Johannesburg on Thursday, 25 August 2011. As in past years, the exciting event attracted the nation’s top runners and personalities.

The Comrades Marathon 2012 fires off outside Pietermaritzburg’s City Hall on Chief Albert Luthuli Street on Sunday, 3 June 2012. The much-anticipated 89km race will be a ‘down-run’, starting in ‘The City of Choice’ and ending at Durban’s Sahara-Kingsmead Cricket Stadium!

Entries will officially open at midnight on Spring Day, **1 September 2011** and close on Friday, 30 November 2011 or as soon as the cap of 18,000 entries is reached. The Comrades Marathon Association (CMA) has introduced some novel features to the entry

process of the iconic ultra-marathon. For the first time, local (South African) runners qualify for an "early bird" entry fee during the first month of the 90-day entry period.

Other great news for runners is that the CMA has also approved for implementation in 2012, a Substitution Rule, the details of which will be announced in due course.

Prospective Comrades competitors are urged to enter the great race early in order to avoid disappointment, as entries are strictly on a first come first serve basis.. Aspiring entrants are further reminded that entry requirements, which are clearly spelled out on the entry form, must be strictly adhered to at all times.

You may enter as follows:

- online on the Comrades Marathon website ([www.comrades.com](http://www.comrades.com));
- at Mr Price Sport, Home and Clothing stores countrywide;
- through the post by posting your completed entry form with proof of payment to the CMA office in Pietermaritzburg: P.O. Box 100621 Scottsville, 3209.
- Comrades Marathon House: by handing the completed entry form together with payment at the CMA office in Pietermaritzburg.

The spirit of giving is high on the Comrades Marathon's social agenda. Hence, its major drive to give back to the millions of South Africans who make the race the icon that it is today. To this end, runners and supporters alike have been urged to foster the spirit of sharing and caring, and contribute to the Comrade's charitable outreach initiative, the Amabeadibeadu Charity Drive.

Six nation-building charities namely, Starfish, Community Chest, The Sports Trust, Pink Drive, Wildlands Conservation Trust and World Vision have been appointed as the official charitable organisations which benefit from Amabeadibeadu fundraising initiatives, and in turn are involved in bringing meaningful change to the lives of disadvantaged South Africans.

By focusing on such issues as community development, care for the aged, health, Aids care and support, the environment and sports development, the respective charities through the Amabeadibeadu Charity Drive is in a good position to bring the intended meaningful change to affected communities across the Rainbow Nation and elsewhere.

Further to that, the CMA has for over a decade been making dreams come true for disadvantaged runners through its Underprivileged Runners Programme. This project provides material and moral support to about 800 Comrades runners every year, who would have otherwise been unable to participate in the ultra-marathon and share in the camaraderie and excitement of this epic event.

CMA Chairman, Peter Proctor says: 'We at the CMA are determined to make a positive impact on the lives of underprivileged South Africans and the Amabeadibeadu Charity Drive is a definite way forward. It is wonderful to know that with every step you take a mouth is fed, with every mile you run a tree is planted.'

He adds: 'We are committed to staging a superior event come 2012. We have visited marathons across the world and are confident that ours is by far, The Ultimate Human Race, as attested to by runners, both locally and globally, as well as the absolute authority on record-breaking achievements, namely The Guinness World Records. In this great spirit, we look forward to welcoming you to another spectacular Comrades Marathon in 2012..'

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## Our Sponsors - Let US Support those who Support US!



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## ON THE LIGHT SIDE

### Irish Doctors

- Paddy was not feeling well and went to see his Doctor. The Doctor was puzzled "I'm very sorry but I can't diagnose your trouble, O'Flaherty. I think it must be drink."  
***"Don't worry about it Dr Cullen, I'll come back when you're sober." said O'Flaherty.***
  
- An Irishman, by the name of O'Malley proposed to his girl on St. Patrick's Day. He gave her a ring with a synthetic diamond. The excited young lass showed it to her father, a jeweller. He took one look at it and saw it wasn't real. The young lass on learning it wasn't real returned to her future husband. She protested vehemently about his cheapness.  
***"It was in honour of St. Patrick's Day," he smiled. "I gave you a sham rock."***

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### Lucky draw sponsors:

Fins & Flippers swimming school

083 553-5869

[lroberts2@gmail.com](mailto:lroberts2@gmail.com)

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