

**Westville Athletic Club**  
**WEST-link (24/2011)**  
**Thursday 16 June 2011**  
[www.westvilleac.co.za](http://www.westvilleac.co.za)

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

**“There is no telling how many kilometres you will have to run while chasing a dream” –  
author unknown**

A few years back on this day we would all be lining up at the start of Comrades. I for one am glad it's over for the year and must admit I have been terribly lazy since Comrades but also enjoying the recovery period nevertheless.

On Saturday whilst socializing at Doug and Kerry Hoar's wedding, Kim Lowe tells me that she had to work at her son's fete' that morning and enjoyed scoring with all the little boys. Not sure what she meant but it sounds obscene. Keep your little ones away from her. At the same function, which incidentally was held at Tala Game Reserve Megan Finestone, was in her element. All she could talk about was “all the bush” around her to squat in – I think she has terrible withdrawal symptoms from running and missing doing her thing on the side of the road.

A warm welcome to Carol Brooks from us ‘ballies” to the fifties club – Carol turned 50 on the 14 June 2011.

If you weren't at the club on Tuesday night you missed out on the R600 “must be won” draw that took place. It was eventually won by Chris Herbst. Well done Chris, drinks are on you for the rest of the month.

**JUNE BIRTHDAYS: (best wishes to all)**

1 <sup>st</sup>	Veronica Labuschagne & David Wessels
2 <sup>nd</sup>	Brett Chettleburgh & Stefan Wilmans
3 <sup>rd</sup>	Neil Ridley
4 <sup>th</sup>	Paul Pearce
5 <sup>th</sup>	Adrie Booth & Matthew Callaghan
6 <sup>th</sup>	Kim Lowe & Iain Robertson
7 <sup>th</sup>	Nicky Blewett & Petra Blewett
9 <sup>th</sup>	Clive Stewart
13 <sup>th</sup>	Rod Dorrofield
14 <sup>th</sup>	Paul Worsnip, Carol Brooks & Emile Fitzmaurice
19 <sup>th</sup>	Lauren Roberts
22 <sup>nd</sup>	Brad Ellis & Alen Hattingh
23 <sup>rd</sup>	Cliff Westermeyer & Samantha Spencer
24 <sup>th</sup>	Liz Chelin
25 <sup>th</sup>	Rogan Bartlett
26 <sup>th</sup>	Sanet Beukes
27 <sup>th</sup>	Craig Blewett, Mark Bennett & Mark Hardman
30 <sup>th</sup>	Gary Goldsworthy

**CHAIRMANS JOURNEY:**

This week brings about some serious allegations of mismanagement and misappropriation of funds within KZNA. It's easy to be cynical in this situation however until we have the full details we cannot speculate into the goings on, however it doesn't look good. I will be attending a meeting on the 25<sup>th</sup> June at KZNA where this issue will be tabled and I'll feed back to you with any outcome and action taken at this point.

I hope all you comrade's runners are starting to dust off those running shoes and get back on the road again. I am back at the gym after a long bout of the flu and must admit It's nice to run again, albeit gently.

Thank you to those people that contacted me after last week's comments with your offers of assistance to the club. It really is appreciated and it's never too late to offer your assistance in any area of the club. Thanks again.

Have a great week on the road and be safe!

**Westville Time Trial: Reflector belts please!!!!!!!**

**Rugby:**

The club will be open for the rugby on Saturday - Sharks vs. Bulls - from 4.30pm. Kick-off is at 5.05pm. Braai fires will be lit and the bar will be open

**Please diarize and remember the following dates:**

Sunday 19 June @ 09h00	Ladies SPAR Race (Moses Mabhida Stadium) 10km
Sunday 26 June @ 07h00	Umlazi Dev 10km Challenge (Umlazi Sports Centre)
Sunday 03 July @ 06h30	Sardine Half Marathon (Uvongo) 21,1km
Saturday 9 July @ 08h00	Woman's Day 10km (Chatsworth)
Sunday 10 July @ 09h00	Spar Chesterville Ladies Run (Durban)
Sunday 17 July @ 07h00	Forest 10km (Forest Hills Sports Club)
Sunday 24 July @ 07h00	Savages 21,1km (Savages AC)

**Other important dates to diarize and remember:**

Saturday 25 June	Cross Country ( <b>Yellowwood Park</b> )
Thursday 30 June @ 6pm	Brookes/Durban Runner TT League ( <b>Stella</b> ) <b>Now that Comrades is over it's time to work on your speed. Westville are strongly placed in the league and we need every one of you to turn out so that we can consolidate our position and win this league.</b>
Wednesday 10 August @ 6pm	Sportszone/New Balance Ladies TT League ( <b>Queensburgh</b> )

**Ladies News:**

The Ladies-Get-Together takes place on Saturday the 23rd of July at 3pm. Nicolette Visser is going to show us how to do some core work and stretching (*Kim that's core not score*) and afterwards there will be a few challenges to do. Families and relevant others are then welcome to join us for Drinks and Cheese and Biscuits.

**Cross Country / Trail Running**

The rain chased off most people for the run at Kranskloof this past weekend and although the run was treacherous due to the wet conditions, it was still a spectacular run. We will be running these routes again once the gorge has dried out. We have 3 options to offer trail runners, so all levels of runner are catered for. Watch this space.

***Don't forget the next Cross Country League run on Saturday 25 June at Stainbank Nature Reserve. It's hosted by YWP and is as close to nature as you'll get.***

**Also, this news in from the Riverside Group:** In addition to the events listed below there is a 9km trail run every Wednesday morning at 05h15 from Total Garage on Broadway Durban North with 4 regular routes measuring

approximately 9km each. There is also a 10km and 16km trail run every Saturday morning from Riverside Sports starting at 06h00 until mid September then 05h15 until end of April and an organised 10km walk once a month from Riverside Sports too starting at 06h00.

18 June	<b><u>Scottburgh Winter Solstice Run</u></b> 5km, 10km and 24km <a href="http://www.surfski.co.za">www.surfski.co.za</a>	Scottburgh
18 June	<b><u>Sardine Super Classic</u></b> 8km and 16km <a href="http://www.sardinesuperclassic.co.za">www.sardinesuperclassic.co.za</a>	Hibiscus Coast
18 June	<b><u>Umgeni River Run</u></b> 75km or 21km - Nagle Dam to Pietermaritzburg & Inanda Dam to Pmb <a href="http://www.roag.co.za">www.roag.co.za</a>	Inanda & Nagle Dam
25 June	<b><u>Talbot Trail Run Series</u></b> Table Mountain 7km and 12km <a href="http://www.roag.co.za">www.roag.co.za</a>	Pietermaritzburg
02 July	<b><u>Riverside Trail Walk</u></b> 10km <a href="mailto:buzzhilde@vodamail.co.za">buzzhilde@vodamail.co.za</a>	Durban North
03 July	<b><u>Umhlanga Winter Sunshine Festival Trail Run</u></b> 16km run and 10km run/walk <a href="mailto:buzzhilde@vodamail.co.za">buzzhilde@vodamail.co.za</a>	Umhlanga Rocks
09 July	<b><u>Talbot Trail Run Series</u></b> 7km and 14km <a href="http://www.roag.co.za">www.roag.co.za</a>	Faulkland Farm near Pietermaritzburg
22 July	<b><u>Mountain Splendor Nite Trail Run</u></b> 7 km <a href="http://www.roag.co.za">www.roag.co.za</a>	Central Berg
23 July	<b><u>Mountain Splendor Trail Run</u></b> 15km <a href="http://www.roag.co.za">www.roag.co.za</a>	Central Berg
24 July	<b><u>Umdoni Park Challenge</u></b> 14km & 22km <a href="http://www.bothahouse.co.za">www.bothahouse.co.za</a>	Pennington
30 July	<b><u>Eshowe – Ngoje Trail Run</u></b> 45km and 25km <a href="mailto:butch@trappersrb.co.za">butch@trappersrb.co.za</a>	Eshowe
07 August	<b><u>Mntunzini Bush Run</u></b> 16km walk/run <a href="mailto:paul@ritchieauto.co.za">paul@ritchieauto.co.za</a>	Mntunzini

## **MOST COMRADES** - thanks to Craig Dennill for this interesting snippet

Barry Holland and Louis Massyn both have consecutive runs , however Louis unfortunately ran a Vic Clapham this year meaning that Barry Holland will join Kenny Craig (145) and Riel Hugo (1221) with 40 consecutive next year but only ***Kenny has all 40 under 11 hours.***

Dave Lowe and Alan Robb are the only two on 38 with consecutive runs , both of them with all their runs under 11 hours and are on track to be only the 3<sup>rd</sup> and 4<sup>th</sup> (Kenny , Barry) to 40 consecutive runs, all under 11 hours.

Year	Race No	First Name	Last Name	Category	Gender	Medals
2010	183	Dave	Rogers			44
2000	1	Clive	Crawley			42
2008	1221	Riel	Human			40
1998	145	Kenny	Craig			40
1983	141	Liege	Boulle			39
2011	916	Barry	Holland	Ages 50 - 59	Male	39
2011	403	Louis	Massyn	Ages 60 +	Male	39
2011	1704	Alan	Robb	Ages 50 - 59	Male	38
2011	1702	Dave	Lowe	Ages 60 +	Male	38
2011	1264	Caspar	Greeff	Ages 60 +	Male	38
2011	1550	David	Williams	Ages 50 - 59	Male	38

## **ON THE LIGHT SIDE**

**Young Son:** "Is it true, Dad? I heard that in some parts of Africa, a man doesn't know his wife until he marries her?"

**Dad:** "That happens in most countries, son."