



22 January 2015
Issue 03#2015

We are on the Web
www.westvilleac.co.za

COOL RUNNINGS

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Firstly, let me wish our two ironmen entrants the best of luck for this coming weekend. To Hilton Janse van Rensburg & Paul Worsnip go give it horns. If there are any other members entered that we do not know about please forward us your details and the very best of luck to you too.

Tonight is the first Mixed League Time Trial starting at 6pm and at Chiltern AC. This event is on our doorstep so no excuses. Let's have a great turnout and start the defense of our titles on a good note. See you all there. Ladies/walkers 4km and men 8km. Please wear club colours

Remember, we are doing membership renewals every Tuesday evening between 5:30-7:30pm until the end of February. Please renew your membership early and get your new license number. License numbers are only valid until 31 January. You can get new kit during the same times.

2015 sees us renewing the monthly Chairman's draw. How this works is that on the first Tuesday of every month, all members run the TT and are entered into the draw. The kitty starts with R200 and you have to be present to be eligible to win. If you are not present then the amounts roll over to the next month and increases by R100 for every month that it is not won.

Early notification:

- Tuesday 10 February is the Valentines TT and awards evening. For those of you who are not sure what this is, the Valentines TT is run in reverse and we encourage you to run in red and/or white. Also on the same evening, we will be doing the 2014 awards—these are for the winners of the various club championship events held during 2014. We encourage ALL members to come along and run the Valentines TT and then support your fellow members achieving these awards.
- Saturday 14 February, we will have a NEW members run and breakfast. We encourage all members to come along for a short run and introduce yourself to the new members, make them feel at home. After the run, we have a bring and share breakfast.

This year we will be using the Facebook page a lot more for interaction with our members. Please make a point in liking our page so that you keep up to date with all the news.

The training run this Saturday is from Westville mall, through Pinetown and back (18km) See our Facebook page for more details. Shorter options are available for those not wanting to run the entire way. We will start at 5am. Then on Sunday is the popular PDAC 25km event starting from Waterfall Shopping Centre at 5am. Remember this is a point-point run so remember to organize your lift, either to the start or for pick up at the end.

If you are doing the NOSA Hillcrest marathon or half, please note that this is strictly a pre-entry event. Entries close at midnight on the 30 January 2015. This marathon is also one of two (the other being PMB) which count towards our club championship.

Forthcoming attractions:

Thursday 22 January:

Mixed league TT:
Chiltern AC

Sunday 25 January:

PDAC:
25km run/walk
PDAC

Sunday 01 February:

Sparksport Challenge:
32/16km run/walk
Sydenham AC

Sunday 08 February:

NOSA Hillcrest marathon:
42,2/21,1km run/walk
Hillcrest AC

Sunday 15 February:

Zabalaza Half marathon:
21,1km run/walk
Zabalaza AC

Sunday 22 February:

Maritzburg marathon:
42,2km & 21,1km run/walk
Carbineers AC

Saturday 28 February:

Bufs marathon:
42,2km & 21,1km run/walk
Bufs AC

Sunday 01 March:

Durban City marathon:
42,2km & 21,1km run/walk
Durban Runners AC

Improve Your Form

If you want to stir up debate in your running group, bring up form. Proponents of minimalist-style running believe that just as there is a correct way to swim or swing a tennis racket, there is a correct technique for running. Other experts say the way we run is individual, and messing with it invites injury. But there is some common ground: Both camps agree that certain components of form, such as good posture and proper stride. Here's a look at these elements:

PRE-LANDING: Just before the foot strikes, the brain sends a signal to the muscles to prepare for impact. The muscles contract so they can stabilise the joints. If this line of communication is weak or slow, the muscles won't get this heads-up.

Run with Good Posture:

What It Means: Upper torso straight, lower back not arched, head directly over shoulders

Why It Matters: Poor posture can put excess stress on back and knees. If your back arches, your body weight tends to shift back, making you more prone to over striding.

Try This: Strengthen your core and upper body. Practise good posture during the day. Bad postural habits carry over to your run.

Swing Arms Efficiently:

What It Means: Arms moving forward and back

Why It Matters: Arm swing affects trunk stability. An across-the-body arm swing tends to rotate the shoulders, or cause the trunk to sway, compromising core stability.

Try This: Bend your elbows about 90 degrees and let your arms swing relaxed. Keep your elbows close to your body with your hands loose, which helps the entire body relax.

Should You Change Your Footstrike?

It depends who you ask. Some experts believe that landing on your mid- or forefoot, rather than your heel, greatly reduces injury risk, and some data supports that. Others believe there's a strong chance you'll trade one injury for another because landing on the forefoot increases impact forces on the calf and Achilles tendon.

Further complicating the matter: studies show that it's difficult to know how you're striking the ground (you think you're mid-foot or forefoot-striking, but you're actually heel-striking, and vice versa). This is a reason some experts say it's more productive to focus on not over striding, which is easier to determine on your own.

The bottom line: If you're running injury-free, most experts say don't bother changing. But if you're chronically injured, footstrike is another tool that could aid treatment and prevention. If you decide to try it, the transition must be gradual and accompanied by plenty of foot, ankle, and calf strengthening.

Avoid Overstriding

What It Means: When the foot lands well ahead of the knee

Why It Matters: Overstriding increases forces on the body, putting excess wear and tear on muscles, joints, and tissue.

Try This: Focus on where your foot is landing in relation to your body, and land as close to your body as possible. Your lower leg should be vertical when your foot first contacts the ground. B2R running coach Eric Orton suggests this cue: when you run, rather than reaching with the foot, drive forward with the knee. Since it's tough to overstride when climbing inclines, he recommends incorporating a weekly hill workout into your routine to give you a feel for the correct form.

Happy birthday

| Date | Name | Surname |
|------|-------------|------------|
| 1 | Graham | Buck |
| 6 | Ndumiso | Sithole |
| | Dana | Glennie |
| 8 | Christian | Ndayambaje |
| 10 | Denise | Monda |
| | Hopewell | Hlabe |
| 11 | Gill | Tregenna |
| | Gary | Cocking |
| | Kevin | Lindhorst |
| | Anver | Moolla |
| | Steven | Arendse |
| 13 | Hendrik | Roux |
| | Jean-Pierre | Chelin |
| 16 | Charmaine | Clarke |
| | Bonke | Dumisa |
| 17 | Mike | Martin |
| | Janine | Mazery |
| | Greg | Wicht |
| | Daryl | Hefer |
| 18 | Andrew | Quinlan |
| 20 | Sue | Smith |
| | Shaun | Wood |
| | Dave | Rogers |
| 24 | Clive | Dyer |
| | Thierry | Lagesse |
| | Douglas | Hoar |
| 25 | Glenn | Fisher |
| | Dave | Cochrane |
| | George | Peach |
| 26 | Nomvula | Sikhakhane |
| 29 | Tammy | Cross |
| | Sharon | Schubach |
| 31 | Paul | de Winnaar |



PROPOSED LEAGUE FIXTURES 2015

| | | Mixed | Ladies | XC |
|--------|-------------|-------|--------|----|
| 22-Jan | Chiltern | X | | |
| 04-Mar | DHSOB | X | | |
| 06-Mar | Westville | | | X |
| 11-Mar | Queensburgh | | X | |
| 24-Mar | Savages | X | | |
| 16-Apr | Hillcrest | | X | |
| 22-Apr | Sydenham | X | | |
| 25-Apr | Queensburgh | | | X |
| 07-May | PDAC | | X | |
| 09-May | Savages | | | X |
| 06-Jun | Underberg | | | X |
| 16-Jun | Hilton | | | X |
| 20-Jun | YWP | | | X |
| 04-Jul | PDAC | | | X |
| 09-Jul | Highway | | X | |
| 11-Jul | Richmond | | | X |
| 25-Jul | UKZN | | | X |
| | Matatiele | | | X |
| 30-Jul | Stella | X | | |
| 01-Aug | Newcastle | | | X |
| 08-Aug | Amanzimtoti | | | X |
| 11-Aug | Kearsney | | X | |
| 22-Aug | Collegians | | | X |
| 26-Aug | Queensburgh | X | | |
| 10-Sep | Chiltern | | X | |
| 12-Sep | ASA | | | X |
| 07-Oct | Forest | | X | |
| 22-Sep | Westville | X | | |
| 22-Oct | PDAC | X | | |
| 10-Nov | Westville | | X | |
| 18-Nov | Final DHSOB | X | | |

RESULTS

Kearsney Striders:

10km

Alison Uys 3rd lady
 Gill Tregenna 1st 60+ Lady
 Les Smith 1st 60+ Male

Ladies team prize: Alison Uys / Romy Croxford / Kelly Benschop

21,1km

Cliff Robbertze 3rd Vet
 Kenny Culverwell. 3rd Master
 Reginald Groves. 1st Grandmaster

HAVE YOUR SAY

Got something on your mind that you want to share, photographs you would like to submit, a question you want answered or a good story you would like to tell?

Then send it to:
fred@ramses.co.za

On the light side:

Wife: "How would you describe me?"

Husband: "ABCDEFGHIIJK."

Wife: "What does that mean?"

Husband: "Adorable, beautiful, cute, delightful, elegant, fashionable, gorgeous, and hot."

Wife: "Aw, thank you, but what about IJK?"

Husband: "I'm just kidding!"

Committee 2015:

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