



29 January 2015  
Issue 04#2015

We are on the Web  
[www.westvilleac.co.za](http://www.westvilleac.co.za)

## COOL RUNNINGS

Like us on Facebook

Wow we had a phenomenal presence in the Red & White stripes this past week at the various events. On Thursday at the opening Time Trial of the year, we accounted for more than 25% of the field in what was a record turnout for a time trial in the Durban area—well done to Chiltern for putting on a good display. Talking about a good display it seems like the Worsnip family have my measure. A while back during the Club—Club event I was beaten by a 5 month pregnant Tamryn Worsnip and then on Thursday evening was the turn of 6 year old Ryan Worsnip, who running with his dad decided to show me who's the boss and klapped me good and proper. Me thinks maybe its time to hang up my running shoes. Then on Sunday we had a tremendous turnout at the PDAC 25km event, with some good times been recorded by all and sundry. It was also good to see so many old faces back in Red & white and running so well. We look forward to seeing you many more times over the coming months.

**On Monday night is the traditional Ladies TT opener which features the Combined Highway clubs competing against the Combined PMB clubs. This year Kearsney are hosting the event and we would like to see our ladies participating (see attached flyer).**

On Tuesday is the first Chairman's monthly draw. How this works is that all members who 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 the first person drawn is not present then the amounts rolls over to the next month and increases by R100 for every month that it is not won. Let's see how many members we can get to the draw. Remember, it is also braai night so bring your family down, stay for the draw have a quick braai, mingle with all the members and then you can go on your merry way.

**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.**

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.

**With the Sparksport 32km taking place on Sunday 5am, we have altered Saturdays run slightly and will be joining Queensburgh AC and running one lap of the Hillcrest marathon starting at the hillcrest Keg. All our training runs start at 5am.**

*The good news for Sunday (or bad news for some) is that Sydenham have won their fight with Metro and the race will be over the same course as last year.* They also have a new sponsor and therefore the race will start from the clubhouse this year. Entries will be taken on the morning of the race or alternatively on Saturday afternoon between 2-5pm. Entry fee is R70 for the 16km walk/run and R100 for the 32km.



### Forthcoming attractions:

**Sunday 01 February:**  
**Sparksport Challenge:**  
32/16km run/walk  
Sydenham AC

**Monday 02 February:**  
**Highway ladies vs. PMB Ladies:**  
4km run/walk Time Trial  
Kearsney 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

**Wednesday 04 March:**  
**Mixed league TT:**  
DH SOB AC

**Friday 06 March:**  
**Parlauf XC:**  
Westville AC

## Grass versus Track (thank you Donovan Pillai)

Why run on grass when a track offers stable footing and an accurate measure of distance? Actually, those may be two of the most compelling reasons not to always run on a track.

### **Grass versus Track**

When you run on a paved trail or a track, the hard surface, coupled with the sure footing, combine to give you an effective push-off with every stride.

The result: fast times. Remember some of those lightning-fast times posted at Atlanta's Summer Olympics in 1996? They were run on the thinnest mondo tracks with the highest durometer readings (a measure of hardness) that the rule books would allow.

Much of the energy you exert when you run on grass, however, goes right into the earth instead of rebounding back into your feet and lower legs. Just as you have to bounce a basketball with much greater force on grass than on pavement to elicit an equal rebound, when you run on grass your cardiovascular system works harder than it does when you run on a track. Yes, this means that intervals run on grass will be slower than those run on a track. But it also means you'll get stronger from running an occasional workout on grass, as you force your body to work harder to overcome the slower surface.

The benefits of grass workouts don't end there. Here are three more:

**Greater Stability.** Since grass surfaces are more unstable than a track, you'll work your stabilizer muscles, such as the internal and external obliques in your torso, harder when you run on grass. This will make you a more solid runner.

**Fewer Injuries.** The softer surface of grass means less stress on your feet and lower legs, which can reduce your risk of stress fractures or shinsplints.

**More Freedom.** Moving your workout from the track to grass can take away the pressure you might feel to hit specific times for specific distances. Instead, you run hard for a predetermined amount of time rather than for a given distance.

### Q: How can I get past calf and shin pain? – *Rebekah Ferguson-Powers*

You're probably experiencing pain because you're not wearing the right shoes, you increased your mileage too quickly, and/or you're not stretching properly, says running coach Andrew Kastor.

- First, take a couple of rest days. Then go to a specialist running-shoe shop to ensure your shoes are suited to your foot type and running style.
- Scale back your mileage for a couple of weeks; and when you increase it, do so by no more than 10 per cent – or less – each week. After every run, stretch your quads, hip flexors, and calves.
- If pain persists, take more rest days, ice your calves for 10 to 20 minutes after each run, and massage them (with hands or a foam roller) for several minutes, two to three times a week.

## 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



## CLOSING DATES

This week there are two very important dates to take notice of, especially if you are running Two Oceans and/or Comrades.

At midnight on **Friday 30 January 2015** entries close for the NOSA Hillcrest marathon and half marathon.

**NOSA Hillcrest** enter at [www.hillcrestvillagers.co.za/hillcrestmarathon/index.html](http://www.hillcrestvillagers.co.za/hillcrestmarathon/index.html)

AND THEN

At midnight on **Saturday 31 January 2015** entries close for the **PMB Witness City** marathon and half marathon.

PMB Witness City Marathon [www.pmb42.co.za](http://www.pmb42.co.za)

If you are using either one of these as your Two Oceans/Comrades qualifier best you get your entries in fast.

## 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		

## 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](mailto:fred@ramses.co.za)

## On the light side:

Our teacher asked what my favourite animal was, and I said, "Fried chicken." She said I wasn't funny, but she couldn't have been right, because everyone else laughed.

My parents told me to always tell the truth. I did. Fried chicken is my favourite animal. I told my Dad what happened, and he said my teacher was probably a member of PETA. He said they love animals very much.

I do, too. Especially chicken, pork and beef. Anyway, my teacher sent me to the principal's office. I told him what happened, and he laughed, too. Then he told me not to do it again.

The next day in class my teacher asked me what my favourite live animal was. I told her it was chicken. She asked me why, so I told her it was because you could make them into fried chicken. She sent me back to the principal's office. He laughed, and told me not to do it again.

I don't understand. My parents taught me to be honest, but my teacher doesn't like it when I am. Today, my teacher asked me to tell her what famous person I admired most. I told her, "Colonel Sanders." **Guess where the f\*\*k I am now...**

## Committee 2015:

### Tammy Dennill (Chairperson)

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### Fred Mc Kenzie (Vice Chairperson & News-ED)

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### Sharon Schubach (Secretary & Registrations)

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### Daryl Hefer (Treasurer)

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### VACANT (Men's Captain)

Fred Mc Kenzie filling in

### Janine Engels (Ladies Captain)

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### Karyn Jackson (XC Captain)

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(Stuart Cox—Assisting)

### Lynton Conway (Facilities)

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### VACANT (Retail)

## Our sponsors:



KAZMAC Photography