



25 June 2015
Issue 25#2015

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

COOL RUNNINGS

Like us on Facebook



This Sunday there is a new race on the calendar, the ARCHIE GUMEDE MEMORIAL 21KM. This will be a point-to-point race from kwaNdengezi to Clermont, through Pinetown and Queensburgh. The finish is at the Sugar Ray Stadium in Clermont (just off Blair Atholl Road, and close to Chiltern Club).

Start: 7:00am, KwaNdengezi Stadium. # End: Sugar Ray Xulu Stadium, Clermont.

Entry fee: R50 # T-shirts and medals to all finishers.

FREE TRANSPORT will be provided before the race, from the finish to the start.

Our condolences to Mandy James on the passing of her father earlier this week. Our thoughts and prayers are with her and her family at this tragic time.

Well done to all who did Cross Country on Saturday. It was a nice vibe and Westville was well represented. The next XC league is at PDAC on the 4 July 2015. We hope to see many more of you there. You will be surprised at how fun XC is - tough but fun. Results are shown in the newsletter.

NB: for the ladies TT league on the 9 July there has been a change of venue. It will still be hosted by Highway Walkers but will now be run at Hillcrest AC.

Upcoming Races:

NEXT MAJOR EVENT:

Sunday 12 July:

Waterfall Spar:
10km run/walk
Forest Hills AC

Sunday 28 June:

Archie Gumede Memorial:
21km run/walk
Point - Point

Saturday 04 July:

XC League 6
PDAC AC

Sunday 05 July:

Sardine Run:
42 / 21km run/walk
South Coast Striders

Thursday 9 July:

LADIES TT LEAGUE:
4km run/walk
Highway AC

Sunday 12 July:

Waterfall Spar:
10km run/walk
Forest Hills AC
CLUB 10KM CHAMPS

Saturday 18 July:

Mandela Challenge:
67 min. run/walk

Sunday 19 July:

Totalsports woman's run:
10km run/walk
SAPS Striders

Reminder: Club champs

We hold our club championships (*club champs*) for the various distance throughout the year - for 2015 the following are our club champ races coming soon:

10km Forest Hills AC 10km
12 July 2015

21,1km Savages 21,1km
23 August 2015

Don't know what to do with the precious hard earned medal you got on Comrades day. The Mall Gallery is offering our members a special deal on all their framing of medals.



VACANCY News ED

After nearly 250 episodes spanning over approximately 4½ years I think it's time for a new direction. We are looking for a new NEWS ED to take over the weekly newsletter.

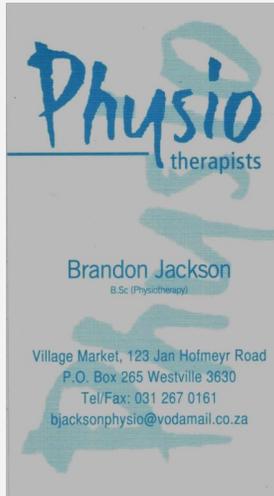
If you are interested please contact me for more details. I will continue for a while longer but ideally looking for someone to take over ASAP.

New feature:

ITB:

By:

Brandon Jackson – BPhyst, BSc (MED)(HONS) Sport Science



The dreaded ITB injury, medically known as IlioTiBial friction syndrome, is one of the more common running injuries.

Symptoms are very specific, presenting as a pain on the outside of the knee, especially when running downhill or going down stairs. The ITB is a thick strap of 'sinewy' tissue which runs from the hip to the outside of the knee

Where it crosses over a bony protruberance on the outside of the knee is where the trouble starts – as we run along and the band rubs back and forth across this bony protruberance, so friction develops, leading to inflammation and pain, locally over this area.

It is one of the few running injuries that virtually stops you in your tracks. The pain is excruciating and often leads to walking the downhills and running/hobbling the uphill.

The cause is weak or severely fatigued (overtrained) gluteal (bum) muscles. The glutes are connected directly to the ITB which extends down the outside of the thigh. As our leg strikes the ground, the glutes contract to stabilize the hip and leg by pulling the ITB tight. The ITB is thus a kind of shock absorber, hence the problems when running downhill. The weak/fatigued/overtrained glutes cannot control and tension the ITB properly and so it starts rubbing uncontrollably over the bony protruberance on the outside of the knee causing inflammation and "ouch"!

Self treatment involves icing the area for 15 minutes 3 x daily, resting initially for at least 7-10 days to allow the inflammation to settle, and avoiding anti-inflammatory medications. Then try to start running flat routes, half your normal training distance, slowly and no speedwork for the next 2 weeks. Thereafter, slowly return to normal training over another 2-3 weeks, increasing distance by about 20% per week.

If the condition persists, you need to address the weakness and tightness of the glutes and ITB by getting your physio to release these structures and starting you on a glute strengthening and hip stability programme. This involves exercises such as lunges and one-leg-squats, but needs to be carefully integrated with your running training.

The physio should also assess your running style and foot mechanics, since a foot that falls flat (pronates) when you run may contribute to the problem, hence the need for a more supportive running shoe.

In very persistent cases and as a last resort, surgery may be indicated to 'clean' up the band over the bony protruberance. This has the risk of creating more scar tissue over the area and you should thus consult with an orthopaedic surgeon experienced in treating this condition. You would then still have to do all the above-mentioned treatment and rehab, expecting about 3-6 months return to normal running.

However, prevention is always better than cure, so stretching of the glutes and ITB, strengthening of the hip and thigh muscles as well as the correct footwear when running the 'silly' distances we do, is vital to side-step this dreaded injury.

League No	5
Venue	Stainbank Nature Reserve
Host Club	Yellowwood Park AC
Date	Saturday 20 June 2015

Event 1 Girls and Boys 7 & 8yrs 1 km

Position	LicNo	Time	First Name	Surname	Club / School
6		05:55	James	Saunderson	Westville JP

Event 3 Girl and Boys plus 12 years 3 km

Position	LicNo	Time	First Name	Surname	Club / School
33		17:28	Steven	Callaghan	Westville

Event 5 Girls 14 & 15 ; Youth Women 16 & 17 ; Women +30 : 4km

Position	LicNo	Time	First Name	Surname	Club / School
1	3042	15:16	Janie	Grundling	Westville
10	3233	17:46	Kylie	Griffin	Westville AC
21	3330	19:43	Janine	Engels	Westville AC
27		20:24	Maureen	Slack	Westville
37	2993	21:42	Sanet	Beukes	Westville
38	3014	21:47	Sheree	Kirsten	Westville AC
52	3015	23:47	Sindy	Kirsten	Westville AC
53	3293	23:55	Brenda	Cox	Westville AC
55	3017	24:19:00	Renee	Heine	Westville
56	3175	25:04:00	Brenna	Janse van Rensburg	Westville
61	3044	26:57:00	Gill	Tregenna	Westville AC
62	3130	27:44:00	Megan	Cox	Westville AC
69	3131	29:02	Sarah	Cox	Westville AC
70	736	29:03:00	Samantha	Parle	Westville AC
71	3335	29:04:00	Alison	Parle	Westville AC
75	3111	30:11:00	Karyn	Jackson	Westville AC
79	3187	3600:13	Gloria	Naidoo	Westville

Event 6 Youth Men ; GM Men 60+ and Women 18 and 19yrs : 6km

Position	LicNo	Time	First Name	Surname	Club / School
11	3128	30:36	Les	Smith	Westville AC
21	734	35:58	Dylan	Callaghan	Westville AC

Event 7 Junior Men 18 & 19yrs ; Senior Women ; Master Men 30+ : 8km

Position	LicNo	Time	First Name	Surname	Club / School
22	3287	34:40	Ken	Culverwell	Westville AC
28	3317	36:13	Tony	Saunderson	Westville AC
29	3345	37:03	John	Adams	Westville AC
42	3284	39:44	Andrew	Burnard	Westville AC
48	3076	41:45	Stuart	Cox	Westville AC
49	2981	42:55	David	Saunderson	Westville AC
50	3179	43:21	Andy	Patterson	Westville AC
51	2956	43:58	Fred	Mckenzie	Westville AC
54	3170	49:27	Andrew	Atkinson	Westville
56	3127	1:23:48	Little John		Westville AC



Happy birthday

	Name
1	David Wessels
2	Mandy James
	Stefan Wilmans
3	Neil Ridley
4	Paul Pearce
5	Adrie Booth
	Matthew Callaghan
6	Kim Lowe
	Iain Robertson
	Desiree Masombuka
7	Nicola Blewett
8	Eva Nemes
9	Clive Stewart
11	Michelle Kemp
13	Rod Dorrofield
14	Paul Worsnip
	Patrick Wynne
	Carol Brooks
	Bongumusa Ngwenya
	Emile Fitzmaurice
15	Sithembiso Sithole
16	Mark Robinson
18	Sindy Kirsten
21	Agrippa Nene
	Craig Lilford
	Steven Gossman
	Cameron Leaver
22	Brad Ellis
	Alen Hattingh
23	Tony Lewis
	Samantha Spencer
	Cliff Westermeyer
24	Liz Chelin
25	Shani Silver
26	Sanet Beukes
27	Pamela Payne
	Michael Philpot
	Bryn Emms
	Craig Blewett
	Reg Groves
28	Jonathan Edwards
30	Russell Pietersen
	Gary Goldsworthy

YOUR COMMITTEE 2015:



Chairperson:
TAMMY DENNILL



Vice Chairperson:
News ED:
Men's Captain:
FRED Mc KENZIE



Secretary:
Registration & Retail:
SHARON SCHUBACH



Treasurer:
DARYL HEFER



Ladies Captain:
JANINE ENGELS



Cross Country Captain:
KARYN JACKSON



Club Hire & Facilities:
LYNTON CONWAY

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 lighter side:

A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen. "Careful," he said, "CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the! Salt. USE THE SALT! THE SALT!"

The wife stared at him. "What in the world is wrong with you? You think I don't know how to fry a couple of eggs?" The husband calmly replied, "I just wanted to show you what it feels like when I'm driving."

Committee 2015:

Tammy Dennill (Chairperson)

083 222-2339 # tammydennill@hotmail.com

Fred Mc Kenzie (Vice Chairperson & News-ED)

082 880-4894 # fred@ramses.co.za

Sharon Schubach (Secretary & Registrations)

082 414-1783 # itonridge@gmail.com

Daryl Hefer (Treasurer)

082 788-7114 # darylhefer@gmail.com

VACANT (Men's Captain)

Fred Mc Kenzie filling in

Janine Engels (Ladies Captain)

084 729-3871 # jengels.48@gmail.com

Karyn Jackson (XC Captain)

079 897-3661 # karynj@rohlig.co.za
(Stuart Cox—Assisting)

Lynton Conway (Facilities)

084 285-8431 # lynton.conway@gmail.com

VACANT (Retail)

Our sponsors:



KAZMAC Photography