



01 July 2015
Issue 26#2015

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www.westvilleac.co.za

COOL RUNNINGS

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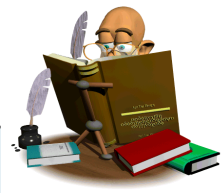


Wow, in all the years of writing the newsletter I have never had such a response to an email as I did with regard to the Club half marathon Champs. A big thank you to everyone who took the time to reply with their suggestions. A lot were well presented and substantiated as to why they were choosing a particular event. Of the 3 options only 1 opted for the 1 November (Verulam) event so that was quickly thrown out. From the remaining two events, SAPS and Supa Mama there was a 65/35 split in favour of changing the event to the SAPS 21,1km event on the 13 September and therefore after consultation with your committee, we have decided to move the Champs to the later event. We are quick to acknowledge that the change won't please everyone but as the majority want the change we have decided to go with the majority.

This weekend is the PDAC Cross Country league and we are hoping to see a huge turnout of the Red & White stripes. As I have said before an event for the whole family (See attached flyer). Then on Sunday at the Douglas Mitchell sports grounds in Port Shepstone is the South Coast Sardine marathon & half starting at 6.30am. Also on Sunday is the Umhlanga festival trail run starting at 6:30am. There are various distances and you can get more info on this on their website.

NB: The ladies Time Trial resumes next week and we hoping to see the same kind of crowd turnout as we did just prior to Comrades. The event is on Thursday 9 July and MOST IMPORTANTLY there has been a change of venue. It will still be hosted by Highway Walkers but will now be run at Hillcrest AC.

	Results: Archie Gumede 21,1km
	1st Master lady Janine Engels 1:46



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.



NB: 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 SAPS 21,1km
13 September 2015

Upcoming Races:

NEXT MAJOR EVENT:

Sunday 12 July:

Waterfall Spar:
10km run/walk
Forest Hills AC

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

New feature:



Physio
therapists

Brandon Jackson
B.Sc. (Physiotherapy)

Village Market, 123 Jan Hofmeyr Road
P.O. Box 265 Westville 3630
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SHIN SPLINTS

By: **Paula Symington** – B.Sc Physiotherapy

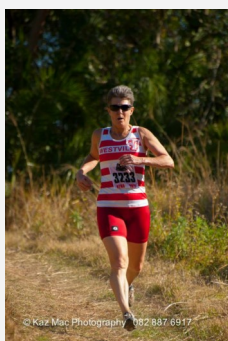
Shin splints, otherwise known as Medial Tibial Stress syndrome, is a common running injury. It presents as pain along the inner edge of the shin bone, especially the lower 1/3.

Pain is usually felt at the start of a run but eases as you warm up. The pain returns if you go too far and increases after your run once you cool down. It can be felt especially with jarring activities like steps or jumping. Occasionally there will be swelling along the inside of the shin bone. The source of pain is the muscles of the calf pulling on the tibial bone which results in inflammation.

Overtraining, especially too much too quickly, is the most common cause of shin splints. Biomechanical issues such as overpronation (foot rolling inwards) and wearing the incorrect shoes are potential triggers. Overworking the calf muscles or poor calf flexibility may also place extra stress along the shinbone.

The most important treatment is to identify and correct any training and biomechanical problems. Relative rest (i.e. avoid excessive impact activity) and ice are used to reduce pain and inflammation. A physiotherapist would be able to give you a clear diagnosis and prescribe specific stretching and strengthening exercises for the affected muscles as well as restore their flexibility with various massage techniques.

You may be referred for orthotics for your shoes to correct poor mechanics of the foot. Complete rest from running is often not required unless symptoms deteriorate. Reduce your running distance and try running on a softer surface like grass to reduce impact stress. If you continue to train excessively with shin splints you put yourself at risk of developing a stress fracture. (To be discussed next week)



Cross Country / Time Trial LEAGUE FIXTURES 2015

		Mix	L	XC
22-Jan	Chiltern	X		
04-Mar	DHSOB	X		
06-Mar	Westville			X
11-Mar	Queensburgh		X	
24-Mar	Savages	X		
11-Apr	Hilton (New Date)			X
16-Apr	Hillcrest		X	
22-Apr	Sydenham	X		
25-Apr	Queensburgh			X
07-May	PDAC		X	
16-May	Savages			X
06-Jun	Underberg			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		

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:

Two antennas met on a roof, fell in love and got married. The Ceremony wasn't much, but the reception was excellent.

A jumper cable walks into a bar. The bartender says, "I'll serve you, but don't start anything."

A woman has twins and gives them up for adoption. One of them goes to a family in Egypt and is named "Ahmal." The other goes to a family in Spain; they name him "Juan." Years later, Juan sends a picture of himself to his birth mother. Upon receiving the picture, she tells her husband that she wishes she also had a picture of Ahmal. Her husband responds, "They're twins! If you've seen Juan, you've seen Ahmal."

A man walks into a bar with a slab of asphalt under his arm and says: "A beer please, and one for the road."

Committee 2015:

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Fred Mc Kenzie filling in

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