



09 July 2015  
Issue 27#2015

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

# COOL RUNNINGS

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Ladies, tonight is the TT hosted by Highway walkers and run on the Hillcrest Villagers TT route. Please make a note of the start venue and remember it starts at 6pm. We are currently holding a slender lead in the league - now let's see if we can keep it.

This weekend is a full one. On Saturday it is the XC out t Richmond and I have been told that these country folk know how to entertain, so do yourself a favour and get along down there and enjoy a fun-filled day of XC. Then on Sunday, it is the turn of our club 10km champs held in conjunction with the Forest Hills 10km race. The race starts at 7am and you can still enter online until this evening. Thereafter you will pay a late entry fee. We are hoping to see a flood of red and white at both events. After the event your committee will be serving you Bacon/Egg rolls for breakfast. Come along and enjoy the vibe.

To all the men, the mixed league TT reconvenes on Thursday 30 July. In all the sub sections of this league we are lying either second or third and now need to make a concerted effort and push the last 4 events of the year. **TO ALL OUR VETERAN RUNNERS - WE NEED YOU AT THESE EVENTS.**

My days as your news-ed are coming to an end but that does not mean that I am lost to the club. I have applied for my coaching license and hopefully with some help from our clubs two brilliant coaches (and I do not say that lightly) JP Chelin and Andy Daly, one day I will become as good as them. If anyone is interested in some help, I would be willing to assist. Just give me a call and we can discuss.



## News-Ed

A big thank you to Keiran Ward for stepping up and filling the position of New-Ed.

I must admit I am already having withdrawal symptoms but am sure that Keiran will do a great job.

Personally, I am looking forward to sitting back and reading the newsletter every week instead off creating it.

Keiran will be taking over shortly so look forward to her version of the newsletter.



### Results:

#### Sardine 21,1km

1st GrandMaster lady  
Saunet Beukes

#### XC-PDAC

1st 50+ Janie Engels  
1st 70+ Gill Tregenna



## 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

**Thursday 9 July:**  
**LADIES TT LEAGUE:**  
4km run/walk  
Highway AC

**Sunday 12 July:**  
**Waterfall Spar:**  
10km run/walk  
Forest Hills AC

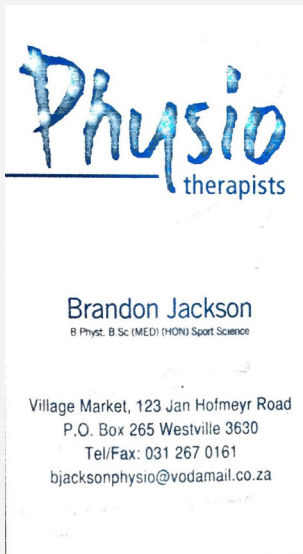
#### **CLUB 10KM CHAMPS**

**Saturday 18 July:**  
**Mandela Challenge:**  
67 min. run/walk

**Sunday 19 July:**  
**Totalsports woman's run:**  
10km run/walk  
SAPS Striders

**Saturday 25 July:**  
**XC League 6**  
**Verulam AC (UKZN)**

**Wednesday 30 July:**  
**Durban Runner/GU Energy:**  
Mixed league Time Trial  
Stella AC



**STRESS FRACTURES -By: Thirona Naicker - B.Sc Physiotherapy**

Stress fractures are an overuse injury as a result of repetitive minor trauma. It may occur when muscles become fatigued and are unable to absorb added shock. That muscle, will transfer the overload of stress onto the bone.

Stress fractures are often the result of increasing the amount of intensity of an activity too quickly. You will have a sudden onset of pain that is localized over the fracture site. You will experience intense pain at the start of a run, this will get worse to the point where you have to stop running. You may also experience pain at rest or at night.

Stress fractures may be diagnosed by your physiotherapist. The clinical suspicion can be confirmed with an x-ray, however an x-ray may not always show stress fractures. In those cases, a bone scan, MRI or a CT scan may be more successful with diagnosis.

Treatment includes rest from aggravating activity for 6 – 8 weeks, with gradual return to sport. You may still engage in pain-free activities while healing takes place



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**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		

To those of you who know me well, I was frequently asked why I was still running Comrades if I was not feeling well in the weeks running up to the big day.

Please read the article below and you will understand, I couldn't let this young lady down and I'm pleased to tell she is currently in New York representing South Africa having left on Sunday to participate and I for one am looking forward to seeing how well she performs.

We managed to raise over R60 000 for her and her chaperone (mom) to go and participate and although we were shy of our target, we were still able to get her there by managing to borrow the balance of the funds.

## Highway resident helps Toti singer get to NY

>> 'For me to read Keely's achievements and hear her sing is such an inspiration'

**KALISHA NAICKER**

**"I**f you can dream it, you can do it"  
It is no surprise that Upper Highway runner Fred McKenzie feels this way as he completed his 12th Comrades on Sunday. McKenzie made this run more spirited as he ran in aid of Keely Crocker, a 12-year-old Amanzimtoti girl who suffers from a rare kidney disease Focal Segmental Glomerulo Sclerosis (FSGS).

He said when he heard about girl's story he felt he couldn't sit back and do nothing.

"Keely was diagnosed in February 2012 and spent every second weekend in hospital for treatment," said McKenzie.

"By March 2013 her condition had deteriorated and after a second opinion, it was decided to stop the treatment she was on, which at the time was making her very ill.

"A month later she was so weak she couldn't walk. After many frantic phone calls and specialists visits, she was diagnosed with adrenal insufficiency caused through the sudden withdrawal of the IV Methyl-prednisone she had been on for 13 months."

McKenzie said that three months of steroid replacement therapy got her adrenal glands working again. In September she was diagnosed as papilloedema caused through pressure on the brain (Intracranial Hypertension), and all extra-mural activities were immediately stopped.



Fred McKenzie ran Comrades to raise funds for Keely Crocker.

PHOTO: SUPPLIED

"However, she doesn't let the fact that she has a kidney disease get her down and plays sport for her school and achieves academically.

"Keely also sings for various charities and sang four songs in the Talent Africa Nationals competition. She obtained two gold and two silver medals and a place in the SA Team to compete in New York in July," said the 56-year-old father of one.

"For me to read Keely's achievements and hear her sing is such an inspiration and it should also be to many other people. I just couldn't sit back and not help this young girl get a once-in-a-lifetime opportunity to showcase her talent.

"So I am trying to raise funds for her to get to New York and ran Comrades in aid of this.

To aid in the cause e-mail, [thecrockers@telkomsa.net](mailto:thecrockers@telkomsa.net) or [fred@ramses.co.za](mailto:fred@ramses.co.za), alternatively call 083 789 2987.



## Happy birthday

Date	Name
1	Alex Wardle
3	Shane Heppell
4	Les Smith
	Janine Nortje
5	Tyler Petersen
	Brandon Sunkel
6	Mpumelelo Hadebe
	Bradley Boxall
9	Liesel Israel
	Sudhir Nathoo
12	Lauren Pretorius
	Marco Raffinetti
14	Keiran Ward
15	Tyrone Van Wyk
16	David Wilcox
17	Adrian Lindsay
18	Nonkululeko Qhobosheane
	Andrew Atkinson
19	Martin Botha
21	Thabsile Hlongwa
23	Paula Symington
24	Sarah Wilson
	Craig Robinson
	Geoff Dawson
25	Derrick Mazibuko
27	Steve Atkins
	Thandekile Sotubhu
	Bridget Parton
28	Kerry Hoar
	Justin Janse van Rensburg
29	Kerry Petersen
30	Dylan Callaghan

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

## On the lighter side:

### DAUGHTER TO FATHER:

“Dad there is something my boyfriend said to me that I didn’t understand. He said that I have a beautiful chassis, lovely airbags and a fantastic bumper.”

### FATHER’S RESPONSE:

“Tell your boyfriend that if he opens your bonnet and tries to check your oil with his dipstick, I will tighten his nuts so hard that his headlights will pop out and that he will start leaking from his exhaust pipe.”

## Committee 2015:

### Tammy Dennill (Chairperson)

083 222-2339 # [tammydennill@hotmail.com](mailto:tammydennill@hotmail.com)

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

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### Sharon Schubach (Secretary & Registrations)

082 414-1783 # [itonridge@gmail.com](mailto:itonridge@gmail.com)

### Daryl Hefer (Treasurer)

082 788-7114 # [darylhefer@gmail.com](mailto:darylhefer@gmail.com)

### VACANT (Men’s Captain)

Fred Mc Kenzie filling in

### Janine Engels (Ladies Captain)

084 729-3871 # [jengels.48@gmail.com](mailto:jengels.48@gmail.com)

### Karyn Jackson (XC Captain)

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

### Lynton Conway (Facilities)

084 285-8431 # [lynton.conway@gmail.com](mailto:lynton.conway@gmail.com)

### VACANT (Retail)

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