



16 July 2015
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COOL RUNNINGS

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So this is it, after over 250 editions this is my last newsletter and I must add that it is with a bit of sadness that I am handing over the reigns. Having said that, I am sure you will all agree with me in wishing your new News-Ed, Keiran Ward all the best going forward and I am sure that within a short space of time she will be putting her own spin on the newsletter and making it even better than I can/could.

Also a huge thank you to Shaun and Robyn Torguis who have stepped up and volunteered to take over the Ground organization for our Annual race. This is a very important portfolio and always ensures the make or break of our race and with it the income we derive from it. Thank you guys, it is most appreciated.

This weekend is a very quiet one for running with the only event taking place being the Ladies Totalsports 10km event. Although online entries are closed I have it on good authority that manual entries will be taken on Friday and Saturday at registration between 09h00 - 17h00 & 09h00 - 14h00 respectively.

My transition to coaching has started quite brightly and a few runners have signed up for the challenge. If you feel like joining let me know? Craig Dennill has also started coaching a few of the members and between him and myself we are planning to speed things up (pun intended). Remember, that JP Chelin is already coaching a number of our runners and is a very experienced coach with some very talented runners.

Lastly, a reminder that the next Mixed TT league is on Wednesday 30 July 2015 at 6pm. Please can we have everyone attend and especially our speeding VETS. The course is not challenging and will suit most. Let's see how many Red & White hoops we can get to pitch up on the night.

Upcoming Races:

NEXT MAJOR EVENT:

Wednesday 30 July:

Durban Runner/GU Energy:
Mixed league Time Trial
Stella AC

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

Saturday 01 August:

XC League 7
Newcastle

Saturday 01 August:

Longest Day:
12hour run/walk
Collegian Harriers AC

Sunday 02 August:

Durban Runner Challenge:
10 / 21,1km run/walk
Durban Runner AC

Monday 03 August:

LADIES TT LEAGUE:
4km run/walk
Kearsney AC

Results:

Forest Hills 10km

Jonathon Edwards	1st Sub vet male	34:36
Janie Grundling	3rd Lady	39:53
Saenet Beukes	1st Grandmaster lady	53:28
Gill Tregenna	1st 70+	57:27



XC—Richmond

Men 60+	Les Smith
Ladies 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:

21,1km SAPS 21,1km
13 September 2015

King/Queen Series Capital Climb
15 August 2015



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PLANTAR FASCIITIS By: *GlenNunes* – B.Sc Physiotherapy

Plantar fasciitis is an overuse condition of the plantar fascia at the calcaneal (heel) attachment. The plantar fascia connects the heel to your toes underneath your foot along the inner side and supports your foot arch. Plantar fasciitis is common in runners due to the repetitive pushing off the forefoot. Plantar fasciitis typically presents as a sharp stabbing pain underneath the foot on weight bearing with the pain generally being worse in the morning and after rest periods. This pain normally decreases with increased movement.

Risk factors include age (more common between 40-60 years), foot biomechanics (flat foot or rigid high arches), running or jumping activities, activities involving more time spent standing on your feet, and being overweight.

Initial treatment involves reducing mileage by half, stopping speed work and running on flatter routes (avoiding hills). A frozen, water filled 500ml coke bottle may be used to help control pain by rolling it back and forth under the foot arch for 10 minutes.

If the condition persists, it is important to address the underlying cause of the development of plantar fasciitis. A physiotherapy assessment is recommended to assess, correct and rehabilitate your lower limb biomechanics (hip, knee, ankle and foot). Physiotherapy treatment may also involve footwear assessment, stretching and mobilisation of the plantar fascia and calf muscles, taping, and advice on wearing heel supports and/or a night splint.

XC Richmond - Results

Name	Dist.	Time
Jenna O'Brein	2km	14:24
Dylan O'Brein	4km	18:11
Sheree Kirsten		20:03
Brenda Cox		21:44
Gill Tregenna		23:02
Sindy Kirsten		25:09
Megan Cox		25:09
John Mordaunt		31:51
Les Smith	6km	27:36
Kenny Culverwell	8km	32:07
Stuart Cox		39:05
Fred Mc Kenzie		39:44



**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
03-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

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

On the lighter side:

HUSBANDS MESSAGE:

Honey, I got hit by a car outside the office. Tina brought me to the hospital. They have been taking tests and x-rays. The blow to my head though very strong, will not have any serious or lasting injury, but I have 3 broken ribs, a broken arm, a compound fracture in the left leg and they may have to amputate the right foot.

Wife's response:

Who is Tina?

I have just read that "Glass coffins are the way of the future"

Remains to be seen.

Committee 2015:

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