



COOL RUNNINGS

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Huge apologies to **Shani Silver**



Shani won a bronze medal at SA half Champs in the 45+ category. This was not mentioned in the previous edition.

A big thank you to all of you that took part in the two time trial league races... I have not seen any results yet, but it definitely looked like Westville was there in numbers!!

Once again, apologies to Shani (and any other members that got medals at the recent champs) for not mentioning her achievements in the results last week. A message from Tammy: *Please could members who are selected to represent KwaZulu Natal at any championship events and win medals at these events, let either Fred McKenzie or myself know. We would like to acknowledge all achievements and do not want anybody to feel that they have been left out. Unfortunately KZN Athletics no longer lets clubs know which of their members have been selected, or who achieved podiums at these championship events. We often get to know about people obtaining podiums via the grapevine and inevitably somebody is left out.*

One of my bucket list items is to run an international marathon, so this week I started looking at which of the international marathons are rated the best... needless to say that the most mentioned where the obvious.... Boston, New York, London, Berlin and Big Sur. But amongst them was also a South African race that got numerous mentions.... And to my surprise, it was neither Two Oceans (although Two Oceans did have some mentions) nor Comrades, it was in fact the Big Five Marathon in Limpopo. This might not come as a surprise to some of you "old timers" but I thought that, if I haven't heard of it, then I am surely not the only one. So here are the details:

- The Big Five Marathon takes place in June every year. The 2016 edition of the Big Five Marathon will take place on 25 June 2016.
- The Big Five Marathon is known for its challenging course which takes runners through incredible scenery and showcases the natural beauty and wildlife of South Africa.
- In return for the Big Five Marathon's challenging course, you get truly magnificent scenery and the chance to run with zebras, giraffes and antelopes and even through lion country.

And in closing, this week we celebrate the 30th anniversary of the opening of our club house (5 August).... Many happy memories made... and many more to come!!

Upcoming Races:

NEXT MAJOR EVENT:

Sunday 15 August:

Capital Climb

5km fun race/ 15km run/
walk

Sunday 09 August:

Women in Action:

5 / 10km run/walk
Chatsworth AC

Saturday 08 August:

XC League 11

Hutchinson Park—Toti

Sunday 15 August:

Capital Climb

5km fun race / 15km run/walk
Midlands AC

Saturday 15 August:

Isthumba

Sunday 16 August:

Merewent

10km run/walk
Merewent AC

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:

15 August 2015	King/Queen Series	Capital Climb
13 September 2015	21,1km	SAPS Striders





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Hamstring Origin Tendinopathy

By Paula Symington

B.Sc Physiotherapy

The Hamstrings consist of three individual muscles which share one common origin in the pelvis, the ischial tuberosity. This injury involves inflammation and degeneration of the hamstring tendon where it attaches onto this sitting bone area. Symptoms include pain which is described as a 'deep buttock pain' which is often aggravated by prolonged sitting and running. Pain is also felt in this area when stretching the hamstrings.

The most common cause of this injury is overuse and it is most commonly seen in middle or long distance runners. There are also various biomechanical factors such as core weakness and inflexibility of the hamstrings that can lead to the slow onset of this condition. Like most tendon injuries, the pain is pronounced at the start of the run, eases as you warm up and then increases significantly when you cool down. Typically the area of pain feels much better when rested completely but pain soon returns when any demand such as running is placed on it. Hence it is important that you seek medical advice from a physiotherapist

Treatment involves rest from running and regular icing of the area in the acute stage. Once symptoms have eased slightly you will need to start a graded stretching and strengthening programme. This can be done in conjunction with a modified running programme. Physiotherapy can help by working on the local structures to encourage

healing and break down scar tissue. A physiotherapist will also assist you with the necessary rehabilitation programme. If managed well the estimated recovery period for a hamstring tendinopathy can be between 8-12 weeks.

KZN XC League 2015

League No 8
Venue UKZN Sportsfield
Host Club Verulam AC
Date Saturday 1 Aug 2015

Event 4 Boys 13 ; 14 and 15yrs : 4km plus O **Total No of Athletes** 24

Position	LicNo	Time	First Name	Surname	Club / School	License No	M/F	dd	mm	yy	Age
24	3127	31.15	Little John	Mordant	Westville AC	3127	M	8	5	1968	0

Event 5 Girls 14 & 15 ; Youth Women 16 & 1 Total No of Athletes 46

Position	LicNo	Time	First Name	Surname	Club / School	License No	M/F	dd	mm	yy	Age
18	2960	19.57	Abbey	Haswell	Westville AC	2960	F	6	8	2001	0
28	3014	21.28	Sheree	Kirsten	Westville AC	3014	F	8	3	1955	0
34		23.12	Brenda	Cox	Westville		F	23	1	1974	0
37	3130	25.13	Megan	Cox	Westville AC	3130	F	18	12	1998	0
39	3044	25.37	Gill	Tregenna	Westville AC	3044	F	11	1	1942	0
41	3111	27.46	Karyn	Jackson	Westville AC	3111	F	2	10	1965	0

Event 6 Youth Men ; GM Men 60+ and Won Total No of Athletes 18

Position	LicNo	Time	First Name	Surname	Club / School	License No	M/F	dd	mm	yy	Age
9	3128	29.37	Les	Smith	Westville AC	3128	M	4	7	1949	0

Event 7 Junior Men 18 & 19yrs ; Senior Wor Total No of Athletes 41

Position	LicNo	Time	First Name	Surname	Club / School	License No	M/F	dd	mm	yy	Age
5	3320	28.29	Jonathan	Edwards	Westville	3320	M	28	6	1976	38
24	3287	35.2	Ken	Culverwell	Westville AC	3287	M	9	2	1962	53
25	3098	37.25	Aubrey	Roberts	Westville AC	3098	M	2	10	1955	59
27	3345	38.38	John	Adams	Westville AC	3345	M	1	11	1967	47
30	3076	40.32	Stuart	Cox	Westville AC	3076	M	18	10	1970	44
36	2956	41.53	Fred	Mckenzie	Westville AC	2956	M	7	10	1958	56
37	3179	42.27	Andy	Patterson	Westville AC	3179	M	22	1	1959	56

X Country Results



Date	Name
1	Garry Barnes
3	Stewart Clarke
6	Abbey-Lynn Haswell
6	Kelly van Rooyen
9	Glen Combe
10	Tracey Allison
13	James Geldart
13	Renee Heine
15	Dudley Le Roux
15	Tiffany Callaghan
15	Dave Leppan
16	Heather Wenke
17	Kelly Francis
20	Kieran Janse van Rensburg
20	Paul Eichert
22	Lynton Conway
27	Jan van Nijkerk
28	Andrew Burnard
29	Neil Wilson

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

**THE BODY
ACHIEVES
WHAT THE
MIND
BELIEVES**

LEAGUE FIXTURES 2015

		Mix	L	XC
08-Aug	Amanzimtoti			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		

On the lighter side:

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:
keiran.ward@unitrans.co.za

A blonde, a redhead, and a brunette were all lost in the desert. They found a lamp and rubbed it. A genie popped out and granted them each one wish. The redhead wished to be back home. Poof! She was back home. The brunette wished to be at home with her family. Poof! She was back home with her family. The blonde said, "Awwwww, I wish my friends were here."



Committee 2015:

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