



COOL RUNNINGS

20 August 2015

Issue 33#2015



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www.westvilleac.co.za

IMPORTANT INFORMATION

This weekend is the final and the *KZNA Cross Country Champs*.

The *New ASA Category Tags* must be worn.

Please note take note of the of the *New Starting Times* on the attached flyer.

King and Queen of the Mountain

The first event of the series saw 64 entries, which exceeded expectations, and bodes well for the next event to be hosted by Queensburgh on 22 November 2015 (Mineshaft). A reminder that in order to be rewarded you have to take part in 3 of the 4 events, so if you did not take part at Capital Climb, you need to be at the next 3 events.

A **big thank you to Paul Pearce** for taking the Westville tent to the event.

Fund Raiser

Please promote the following fund raising event, share with all your family, friends and colleagues... it promises to me a fun day out for all!

If anyone is able to donate any prizes for the lucky draw, please contact **Sindy Kirsten**.

5 a Side Soccer
Hosted by Westville Athletics Club

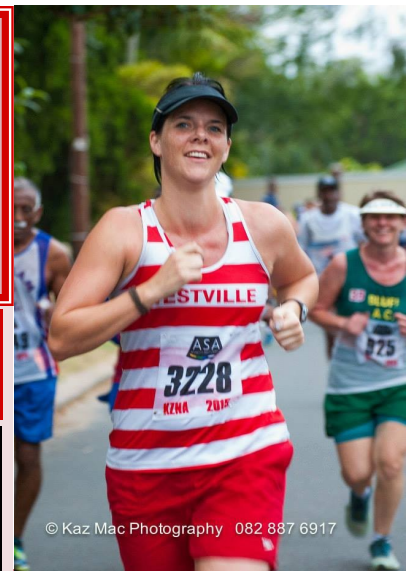
Saturday 7th November 2015

Kick off at 10h00 at Westville Athletics Club

R100 to enter a team of 5 people
Entries close 30th October 2015

Contact :
Sindy Kirsten – 083 528 6055
sindy@ir-services.co.za

Braai fires will be lit, for those that would like to braai afterwards.



© Kaz Mac Photography 082 887 6917

NEXT MAJOR EVENT:

Sunday 22 August:
Cross Country Champs
Collegians Club PMB

Upcoming Races:

Sunday 22 August:
Cross Country Champs
Collegians Club PMB

Sunday 23 August:

Supa Mama
21km run / 10km run/walk
Savages AC

Sunday 23 August:

Spar Ladies PMB
10km / 5km walk
PMB

Wednesday 26 August:
Durban Runner/GU Energy
Mixed League Time Trial
Queensburgh

RESULTS:

Capital Climb:

60+: Sheree Kirsten 1st

Ladies:

U16: Megan Cox 1st
30-34: Sindy Kirsten 1st
40-49: Brenda Cox 3rd
60+: Sheree Kirsten 1st

Masters Walking Champs:

Sue Smith Gold Medal in 10km walk

Men:

35-39: Jonathan Edwards 1st
40-49: Sefan Wilmans 1st
50-59: Aubrey Roberts 1st
50-59: Andy Daly 2nd
50-59: Ken Culverwell 3rd

Cross Country:

To the newly weds

Mr and Mrs Sean Roux
A hearty congratulations and
best wishes for many years of
wedded bliss ahead!



Brandon Jackson
 B Phys: B Sc (MED) (HON) Sport Science

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Muscle Tears
 by Glen Nunes

Also commonly known as a 'pulled muscle', muscles tears are referred to as a strain. They occur in runners who are fatigued, have muscle imbalances or where muscles are tight too. In runners the more commonly affected muscles are in the groin, hamstring and calf.

Usually when a muscle strain occurs the runner may experience a sharp pain in the affected muscles which may be accompanied with any of the following symptoms; swelling, bruising, spasm, and a reduction in muscle strength. A muscle strain may also happen over a period of time and presents with pain after running which gradually increases until it begins to hurt while running.

There are three grades of muscle strains:

Grade 1 is a mild strain with about 1-3 weeks recovery required before returning to running

Grade 2 is a moderate strain and also includes partial muscle tears. Time for recovery ranges from 2-4 weeks depending on the severity of the injury

Grade 3 is a severe strain and includes complete tear/rupture of the muscle. Time for recovery ranges from 6-8 weeks but may be up to 6 months if surgery is required to repair the muscle

Treatment for muscle strains initially consists of resting the injured muscle for 2-3 days and using ice, compression and elevation to assist in the recovery process (RICE principle). Anti-inflammatory medications are not recommended at this stage.

For mild strains (Grade 1) start basic movement exercises for the affected muscle and gradually return to running activities as pain allows. It is advised to avoid speed and hill training and to reduced running distance by half and increase slowly (10% per week) with no pain. Ensure you are warming up properly and stretching well after training.

For moderate strains (Grade 2), start basic movement exercises and gentle stretches for the affected muscle after the rest period. You can continue with cross training (eg: swimming and low resistance cycling) to maintain fitness as long as the affected muscle is not loaded and is pain free. Once you are pain free then light jogging may be commenced which again should be pain free. Once again reduce your running distance to half and avoid speed and hill training. Gradually increase your training as your muscle heals (10% per week) and ensure you are warming up properly and stretching after training.

For severe tears (Grade 3) you will need to follow the same basic advice as above but the recovery time will be longer. It is recommended to get an assessment for moderate to severe muscles strains to ensure you achieve a good recovery and to help prevent recurrent injury or complications.

MIXED LEAGUE

Message from Fred McKenzie

There was a great turnout at Stella Mixed Time Trial league and our boys and girls really nailed it. A huge thank you to all who pitched up on the night.

With just three legs of the league still to run before the season finale our Vets have their work cut out for them whilst our ladies need to maintain their composure and keep up the good results. Sadly, our senior men are the only team who cannot at this late stage make a comeback to win the league but can finish strong push for second.

As your stand in Men's Captain and Vice Chair, my request is simple:

To all our members, Lets use the last three leagues as a show of force and show the running community of KZN who we are and how we fight when cornered. I hope to see a huge the biggest turnout of the Red & White stripes yet at these remaining leagues and as many of our fast elite athletes leading from the front. The remaining league fixtures are as follows, please diarise the dates:

- Queensburgh Wednesday 26 August 2015
- Westville Tuesday 22 September 2015
- PDAC Thursday 22 October 2015
- DHSOB Wednesday 18 November 2015 (Season Finale)



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

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

On the lighter side:

A little boy went up to his father and asked: 'Dad, where did my intelligence come from?' The father replied. 'Well, son, you must have got it from your mother, cause I still have mine.'



Spending too much time out with injury? Maybe it is time to up the amount of strength training and sideline all those niggles for once and for all....

JOIN THE GETFIT CHALLENGE STARTING 31 AUGUST 2015!



NEXT CHALLENGE STARTS 31 AUGUST 2015
AT WESTVILLE, GILLITTS, DURBAN NORTH, UMHLANGA,
MORNINGSIDE, BALLITO & PIETERMARTIZBURG

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0861 348 348

**THE ORIGINAL
GETFIT
CHALLENGE**

Our sponsors:

Committee 2015:

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Sharon Schubach (Secretary & Registrations)

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Daryl Hefer (Treasurer)

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VACANT (Men's Captain)

Fred Mc Kenzie filling in

Janine Engels (Ladies Captain)

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Karyn Jackson (xc Captain)

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(Stuart Cox—Assisting)

Lynton Conway (Facilities)

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