



COOL RUNNINGS

27 August 2015

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We are on the Web
www.westvilleac.co.za



Congratulations to all our runners that took part in the Cross Country Champs this past weekend, some very good results! And to those that ran the new look Supa Mama race, here's hoping you enjoyed the challenging route and achieved your goals. To quote one runners description of the race, "it felt like they threw us over the edge of a cliff, and then made us run back up it.... TWICE!"

This week sees the end of winter and the springing of spring.... And with that comes the much awaited opening of entries for Comrades! To get the Comrades hype off to a start, I decided to find some interesting facts about the Comrades and give some details for the 2016 edition of the this ultra human endeavour.

What will your body go through during the 89 odd kilometers of the race:

1. Dizziness: 14% of runners suffer from dizziness at some point.
2. Speed: the average speed of the lead man is 15.3 km/h, 255m per minute.
3. Strides: you will take approximately 111 250 strides to complete.
4. Cramps: 43% of runners suffer from cramps.
5. Age: average age of male runners:42 and ladies: 40
6. Leg stress: for every km you run, a complex system of 66 joints, 52 bones and more than 100 ligaments, muscles and tendons hit the ground over 1000 times.
7. Sweat: You will sweat an average 4.5 liters.
8. Weight: Runners will lose 3-5 kgs

In the 2015 Comrades 30 350 liters of coca cola was consumed, more than 1 million Energade sachets were distributed and more than 2 million sachets of water was handed out.

Looking towards 29 May 2016, here are some entry details:

Entries cost R380 for early bird entries received before 30 September, thereafter the fee will be R 420. Entries close on 30 November or when 20 000 entries are received. And the slogan for 2016: **Izokuthoba—It will humble you.**

NEXT MAJOR EVENT:
Sunday 6 September:
DOLPHIN COAST ULTRA:
 50km run, 21km run, 10kn run/walk
 Dolphin Coast Striders

Sunday 30 August:
MANDELA MARATHON:
 42.2km run, 10km run/walk
 KZN Athletics

Sunday 30 August:
BLUFFS:
 21.1km run, 10km fun run
 Bluff Meat AC

Sunday 6 September:
DOLPHIN COAST ULTRA:
 50km run, 21km run, 10kn run/walk
 Dolphin Coast Striders

Thursday 10 September:
LADIES TT LEAGUE:
 4km run/walk
 Chiltern AC

Saturday 12 September:
MPATHI MOUNTAIN RACE:
 15km run/walk, 5km fun run
 Biggarsberg AC

Sunday 13 September:
SAP STRIDERS (CLUB CHAMPS):
 21km run/walk, 10kn run/walk
 SAP Striders

RESULTS

Supa Mama 21km:

60+ Men Les Smith 3rd
 60+ Ladies Sheree Kirsten 1st

Supa Mama 10km

40+ Shani Silver 2nd

Cross Country Champs

Men

45-49 John Adams Bronze
 55-59 Aubrey Roberts Gold
 55-59 Andy Daly Silver
 65-69 Les Smith Gold

Ladies

50+ Kylie Griffin Gold
 70+ Gill Tregenna Gold



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Lower back pain

By Caroldee Nienaber

Lower back pain is a very common injury which most runners will experience at some stage during their running career. This is due to the repetitive stress and impact that is involved with running and the forces which are translated up to the hips and spine when the foot strikes the ground.

Lower back pain can have a variety of causes the most common of which is muscle strain and spasm. This presents as a dull ache in the lower back during or after a run. The area may feel tender to touch and there may be a restriction in lower back movement.

The main causes include overtraining (too much, too soon), an increase in hill training, poor running posture, over pronation (flat-feet), weakness in the abdominal and lower back muscles, weak gluteal muscles and tightness in the hamstrings and hip flexor muscles.

Self-treatment includes cutting back on your mileage and hill training, ice packs and gently stretching the lower back, hamstrings and gluteal muscles. It is also very important as a runner to include lower back and core strengthening to your training program.

If your lower back pain persists it is important to seek treatment as it may be due to a more severe underlying cause such as a herniated disc, degenerative disc disease or a stress fracture.

5 a Side Soccer
Hosted by Westville Athletics Club

Saturday 7th November 2015
Kick off at 10h 00 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.

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

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**THE ORIGINAL
GETFIT
CHALLENGE**



YOUR COMMITTEE 2015:

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



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

**“IF YOUR DREAMS DON'T
SCARE YOU THEY'RE NOT
BIG ENOUGH!”**

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:

I want to make a Facebook account and the name will be Nobody so when I see stupid crap people post, I can Like it. And it will say Nobody Likes This.

I'm going to change my Facebook name to Benefits. Now, when someone adds me on Facebook, it will say: you are now friends with Benefits.



Committee 2015:

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Fred Mc Kenzie filling in

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VACANT (Retail)

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