



# COOL RUNNINGS

3 September 2015

Issue 35#2015



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



## CONGRATULATIONS

The following Westville members have been selected for the KZN cross country team to compete at SA Champs:

- \* Kenny Culverwell
- \* Aubrey Roberts
- \* Andy Daly
- \* Kylie Griffin
- \* Sheree Kirsten
- \* Gill Tregenna
- \* Les Smith
- \* John Adams



A huge congratulations to each of you on this achievement, and we wish you all the best!!

## REMINDERS

To all our ladies, we have a home game for the ladies league on Thursday next week, lets extend the lead at the top of the Super League table.

Super League :	Points
1. Westville	298
2. PDAC	265
3. Hillcrest Villagers	145
4. QBH	118
5. Chiltern	92

Next Sunday (13 September) is SAP Striders, 21km club champs. Get your entries in. Online entries close 9th September 2015.

Westville is hosting the next mixed league race on 22nd September, we need marshalls, an appeal to all the ladies that aren't running in the league to please assist. We also need some lucky draw prizes, so please assist if you can.

**NEXT MAJOR EVENT:**  
Thursday 10 September:  
**LADIES TT LEAGUE:**  
 4km run/walk  
 Chiltern AC

**PLEASE NOTE: DOLPHIN COAST STRIDERS HAS BEEN POSTPONED UNTIL DECEMBER**

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

Saturday 12 September:  
**SA Cross Country Champs**  
 ASA

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

Friday 18 September:  
**100 CAPITAL CLASSIC**  
 100 mile, 50 mile, 20 mile  
 Natal Carbineers

## RESULTS

**Nelson Mandela Marathon 21km**  
 Janie Grundling 2nd Lady

**Nelson Mandela Marathon 10km**  
 Sanet Beukes 1st 60+

**Bluff Meats 21km**  
 Tracy Allison 1st Lady & 1st sub vet  
 Sarah Wilson 2nd Lady  
 Charmaine Clark 1st 60+

**Bluff Meats 10km**  
 Jonathan Edwards 1st 35+  
 Alison Parle 1st 40+  
 Gill Tregenna 1st 60+

## Running Shoes!

By Brandon Jackson Bphyst, BSc(MED)(HONS)sport science

We take approximately 44 000 steps to run a standard marathon. Distance running is a tough sport! We need all the help we can get! The correct running shoes can make it a lot easier. In an ideal world we should run barefoot, but it takes about 3 years of adapting to barefoot running, just to get up to marathon distance. Why make a difficult sport even more difficult!

There are 3 basic types of running shoes:

- **Racing shoes:** light, with minimal foot support, mainly just to absorb some shock and protect the foot soles from the tar. Used for racing only.
- **Neutral shoes:** Even cushioning throughout the sole, generally softer.
- **Motion control/anti-pronation shoes:** Firmer material on the inner arch side of the sole, to control the rolling action of the foot as it strikes the ground and takes weight.

There are 3 basic types of feet requiring a certain type of shoe:

- **High arch/rigid foot:** standing on one leg, the arch remains, with someone being able to stick their fingers under your foot. Generally requires a neutral softer shoe to allow the foot to roll.
- **Neutral foot:** standing on one leg, there is still some gap under the arch and the foot tends to roll inwards. Generally requires a mild anti-pronation shoe (some firmer material on the arch side of the shoe. A light runner with a medial arch could get away with a neutral shoe. A heavier runner 90kg+, would look for a mild anti-pronation shoe.
- **Flat foot:** standing on one leg, the arch falls flat and the foot rolls inwards significantly. Often also “knock-kneed”. Requires a good motion control/anti-pronation shoe, especially if a heavier runner.

Remember that the cool colours or brand of the shoe does nothing for your feet, but rather the correct shoe type for you. It is recommended to consult with a “running injury experienced” physio, biokineticist or podiatrist to assess your feet and running action, advising on the correct shoe for you. This may save you money in the long term by not buying the incorrect shoe. As helpful as the sales assistant is at the sports store, they generally don't have the biomechanical knowledge to advise you correctly. Also try to use a running specialist store where they have a larger variety and better running knowledge.



## YOUR COMMITTEE 2015:

Name	Date
Michael Rogers	2
Andile Mbatha	2
Thokozani Mchunu	6
Tenley Cummings	8
Garth Skinner	8
Cliff Robbertze	9
Ryan Dercksen	11
Grant Lloyd	12
Wendy Fitzmaurice	12
Dallas Danielsen	12
Zanele Nduli	16
Ann Martin	17
Gina Chiesman	17
Nhlanhla Mbatha	17
Anton Stoffberg	19
Byron Lindsay	20
Sthembiso Ngcamu	20
Brett Arendse	20
Hendrik De Beer	21
Sandy Aiken-Rose	23
Vincent Mthembu	25
Craig Dennill	25
Anne Chadwick	27
Bert Barratt	30
Wendy Morgan	30



**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**

**5 a Side Soccer**  
Hosted by Westville Athletics Club

**Saturday 7<sup>th</sup> November 2015**

**Kick off at 10h00 at Westville Athletics Club**

**R100 to enter a team of 5 people**  
**Entries close 30<sup>th</sup> 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.*

## 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](mailto:keiran.ward@unitrans.co.za)

## On the lighter side:

'A Spanish teacher was explaining to her class that in Spanish, unlike English, nouns are designated as either masculine or feminine. A student asked, "What gender is 'computer'?" Instead of giving the answer, the teacher split the class into male and female, and asked them to decide for themselves. Each group was asked to give four reasons for its recommendation.

The men's group decided that "computer" should definitely be of the feminine gender because:

1. No one but their creator understands their internal logic.
2. The native language they use to communicate with other computers is incomprehensible to everyone else.
3. Even the smallest mistakes are stored in long term memory for possible later retrieval; and
4. As soon as you make a commitment to one, you find yourself spending half your paycheck on accessories for it.

The women's group, however, concluded that computers should be masculine because:

1. In order to do anything with them, you have to turn them on.
2. They have a lot of data but still can't think for themselves.
3. They are supposed to help you solve problems, but half the time, they ARE the problem; and
4. As soon as you commit to one, you realize that if you had waited a little longer, you could have gotten a better model.

The women won.

## Committee 2015:

**Tammy Dennill (Chairperson)**

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

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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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**VACANT (Retail)**

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