



COOL RUNNINGS

15 October 2015

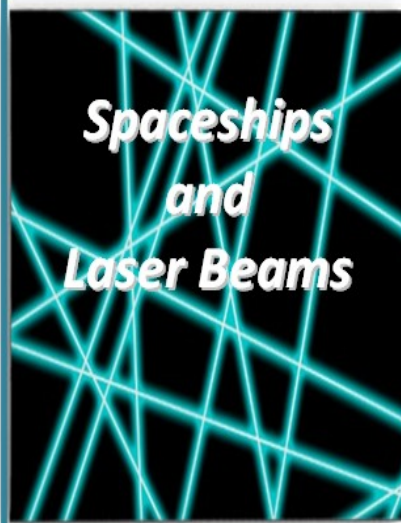
Issue 41#2015



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



Time is running out to get your tickets to the party of the year!!!
Contact Tammy or Sharon NOW!!! To secure your ticket deposit your money into the club bank account and put your name and surname as a reference.



WESTVILLE ATHLETIC CLUB
invites you to the

**ANNUAL AWARDS
DINNER AND DANCE**

Westville Country Club
Friday, 30 October 2015
7:00pm for 7:30pm
Cost R170pp



RSVP: Tammy Dennill 083 222 2339 or
Sharon Schubach 082 414 1783

Mixed league—22 October 2015—PDAC

Sadly Westville was beaten again this year at the club to club run, but we have the opportunity to redeem ourselves by cleaning up at the **Time Trial Mixed League** race on **22 October 2015 at PDAC starting at 6pm**. We need all our runners to make an effort, and we need our speedy ladies to run... we have a good chance of winning this league, this is the last race, so make it count!!!

Lucky Draw Sponsors

We are needing members to please sponsor some lucky draw prizes for Westville's race on Sunday 13 December. If you are able to donate / sponsor prizes please contact Janine Engels.

RESULTS



Congratulations to **Sue Smith** who won **GOLD** for KZNA at the SA 10km Road Walking Championships in Cape Town with a time of 62:35 in the 55-59 category.

And to **Vicky Stott** and **Steve Stott**. Vicky was joint second lady home in the Mini Mutter trail run, in a time of 06h24 and Steve was 5th male home in the Mighty Mutter, in a time of 12h30.

NEXT MAJOR EVENT:
Thursday 22 October:
Durban Runner/GU Energy
Mixed Time Trial League
PDAC

Sunday 18 October:
Goss & Balfe Marathon
42 km and 21km run/walk
Amanzimtoti AC

Thursday 22 October:
Durban Runner/GU Energy
Mixed Time Trial League
PDAC

Sunday 25 October:
Duke of York
16km walk/Run, 5km fun run
Collegian Harriers

Sunday 1 November:
VAC Challenge
15 km walk/Run
Verulam Athletics Club

Sunday 8 November:
Save Supermarket Orion
21 km walk/run, 10 km walk/run
Orion Athletics Club

CAN DEEP TISSUE MASSAGE IMPROVE PERFORMANCE AND REDUCE INJURY?

Presented by: Sports Medicine Institute International

The SMI believes that sports massage, both self-massage and professional massage, should be an integral part of every athletes training. They approach massage from three different perspectives:

Performance enhancement
Injury prevention
Injury rehabilitation

Performance Enhancement: Tight muscles do not get normal circulation and can become inhibited and irritated. Inflexibility associated with tightness can cause holding patterns and/or lack of strength which prevent relaxed, efficient training and performance. By comparison, relaxed muscles get better circulation, test stronger and tolerate training at a higher intensity with less pain and breakdown. Deep tissue massage reduces restrictive and sometimes painful muscle contractions and trigger points. With regular treatments, many athletes are able to change old holding patterns, allowing them to improve strength, speed and endurance.

Injury Prevention: Tightness can be a setup for muscle strain and other soft tissue injury. If tight and shortened muscle tissue is over stretched during activity, strain can occur even if the activity was no different from the previous day. In addition, chronic tightness can cause muscle and connective tissue injury and inflammation, resulting in back and shoulder pain, tennis elbow, iliotibial band syndrome, shin splints, Achilles tendonitis and plantar fasciitis. An experienced therapist can feel tightness and focus massage and stretching in those areas, helping to prevent the onset of injury.

Injury Rehabilitation: When added to medical treatment and physical therapy, deep tissue work provides a faster and more complete recovery. Mild strains, not involving torn muscle fibres, can usually be eliminated with a few sessions of deep tissue massage. More serious strains do involve torn muscle fibres. Scar tissue develops as the muscle heals which often causes pain when the muscle contracts and limits range of motion. After healing, scar tissue can be broken down by deep longitudinal strokes accompanied by joint movement and followed by assisted stretching. Chronic tendonitis is associated with scar tissue and adhesions in tendons and may be resolved by 6 to 12 sessions of deep cross-fibre friction massage. Most of the injuries runner's experience are overuse injuries which result in muscle strain and tightness. These types of injuries respond readily to expert deep tissue therapy.

Self massage using a foam roller is a great way to get some of the benefits of professional massage and to monitor muscle tightness and sensitivity. It can also act as an early warning system for potential problems.

KING & QUEEN OF THE MOUNTAIN SERIES

This series incorporates four 15km races which will recognise and reward all athletes who compete in a minimum of 3 of the 4 events.

The events are as follows;

Capital climb hosted by Midlands AC on Saturday 15 August 2015

Mineshaft hosted by Queensburgh Harriers on Sunday 22 November 2015

The StainBank Cup hosted by Yellowwood Park AC on Sunday 6 December 2015

The Illovo Christmas Challenge hosted by Westville AC on Sunday 13 December 2015

Contact each race organiser for more details.



Looking to sell a sports watch, needing to buy second hand treadmill?
Send an email with details to keiran.ward@unitrans.co.za





Name	Date
Werner van Zyl	1
Aubrey Roberts	2
Karyn Jackson	2
Paula Dovey	2
Moyra Collyer	4
Dean Roberts	4
Fred Mc Kenzie	7
Cameron Parle	10
Rob McInerney	13
Basil Henderson	15
Chris Binneman	17
Stuart Cox	18
Trevor Hart-Jones	18
Debbie Haswell	20
Grant Cummings	21
Gayle Simmons	21
Debbie Friis	21
Mandy Johnson	23
Brenda Cox	23
Kylie Griffin	25
Gavin Kruger	27
Dave Jollands	31

YOUR COMMITTEE 2015:



Chairperson:
TAMMY DENNILL



Vice Chairperson:
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

my things I description and
alking **Inspiration** disc
her strategies, but it can also
d to be for most iting pra

"If you are always
trying to be **NORMAL**,
you will never know
how **AMAZING**
you can be."

- Maya Angelou

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 couple who'd been married for over fifty years was sitting on the sofa. The wife said, "Dear, do you remember how you used to sit close to me?" He moved over and sat close to her. "Dear," she continued, "do you remember how you used to hold me tight?" He reached over and held her tight.

"And," she went on, "do you remember how you used to hug me and kiss me and nibble on my ear?"

With that, her husband got up and started to walk out of the room.

"Where are you going?" she asked.

"Well," answered the husband, "I have to go and get my teeth."



Committee 2015:

Tammy Dennill (Chairperson)

083 222-2339 # tammydennill@hotmail.com

Fred Mc Kenzie (Vice Chairperson & News-ED)

082 880-4894 # fred@ramses.co.za

Sharon Schubach (Secretary & Registrations)

082 414-1783 # itonridge@gmail.com

Daryl Hefer (Treasurer)

082 788-7114 # darylhefer@gmail.com

VACANT (Men's Captain)

Fred Mc Kenzie filling in

Janine Engels (Ladies Captain)

084 729-3871 # jengels.48@gmail.com

Karyn Jackson (XC Captain)

079 897-3661 # karynj@rohlig.co.za

(Stuart Cox—Assisting)

Lynton Conway (Facilities)

084 285-8431 # lynton.conway@gmail.com

VACANT (Retail)

Our sponsors:



SPAR

Hoopers 



travel dynamix



KAZMAC Photography

THE ORIGINAL
GETFIT
CHALLENGE

40 YEARS