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“Run Safely, Run wisely and Run to be seen”

Thursday 04 August 2011

“Never underestimate the power of dreams and the influence of the human spirit.” – Wilma Rudolph

This fortnightly lucky draw prize is sponsored by Lauren Roberts from the Fins & Flippers swimming school. Fins & Flippers is situated in Westville North Tel: 083 553-5869, lroberts2@gmail.com Lauren has a heated pool under roof with full changeroom facilities. She does ladies Aqua classes and starts swimming training from 6 months. Lauren will teach your child/ren to swim using correct strokes and get them gala ready. So if you or your children are looking to start swimming, give Lauren a call. The lucky draw will take place on the 15 August 2011.

I received a letter from an irate Westville runner this week, which is as follows:

Official complaint: I, without fail, receive the Mercury newspaper every morning but on Wednesday 27th July it failed to arrive. On enquiring at the Mercury offices as to why I did not receive my copy I was told that apparently, a lady runner from the Westville Athletic Club purchased the entire publication because her wedding photo was inside. Her name was Kitty, Kathy, Katie, Kerry or something like that. Please inform her of her spitefulness and request that she ensures that at least the club members get their publication. **Anonymous.**

Well I never, who would have guessed that to improve your core for running all you need to do is hump. Yes you read that correctly. On Saturday afternoon at the club I learnt something new as I watched Nicolette (the physio) put the girls through their routine. Now guys I know all of you want to help your partners improve their running so just remind them that to do so, they need to hump. Well done to Lauren and her team. The afternoon was a resounding success as the men watched rugby whilst the ladies worked out and if you were not there then you missed out on a fantastic afternoon. Lauren even kept her promise and organized the weather to play its part. Barry Spencer, we now know who wears the pants in your house – leaving so early.

On a sad note Tim Jollands son of David & Meryl Jollands was killed in a car accident on Saturday morning. Our sincere condolences go out to the Jollands family in their time of grief. **The funeral service will be held on Thursday 4 August at 3pm at The Christ church in Umhlanga.**

On a more happier note, Tracey Allison had a little boy on Tuesday 2 August. Little Troy arrived weighing in at 3.3kg and was approximately 3 weeks early (**never mind Tracey now you can start running sooner than you thought you would**). Congratulations to both Tracey and Gavin.

A reminder that on the 23 August Westville hosts the Durban Runner/GU TT League. Ladies we will need all the helpers we can get to assist with marshalling, entries etc on the night. You will need to be at the club by 5.15pm. If you can assist please contact Tammy Dennill 083 222 2339 or by email tammydennill@hotmail.com

You will note the lucky draw prize at the start of the newsletter. A suggestion by Lauren Roberts will be trialled by advertising our members and their businesses in exchange for a fortnightly draw. If you would like to advertise your business to the members let me know and I will put you on the waiting list.

As always this weekly communiqué is your mouthpiece and therefore should there be something you would like covered or something you would like to say please let me know. Any questions and/or thoughts, ideas or suggestions are always welcome.

CHAIRMANS JOURNEY:

Well done to all those who assisted and joined us at the Ladies ‘Physio’ talk and stretching afternoon. A really good turnout and lots of great information was passed on by Nicolette. The atmosphere was social, yet serious, and the fun continued well into the evening.

I was chatting with two runners at the social (*members of other clubs*) who due to their existing clubs being, in their eyes, too 'social' were looking to join Westville. They saw us as being more focused on athletics and providing facilities for the improvement of our members running. I think that this reiterates that although the social side of any club is important we should never lose sight of who we are and what we represent. We are well known for our running and must pursue our strategies for the improvement of our members and their running goals.

For all those that are still battling with the cold and are keen to continue running, as previously mentioned I have been trying out a few new routines on the treadmill (*from runners world*) and believe me they are extremely tough and beneficial. The impact of a softer run is arguably much better on the body and certainly doesn't cause any detrimental effect on your road running. The worst part of this type of training is of course the funny looks you get from other members especially when you are doing a fartlek session (*you can just see people thinking 'why doesn't that idiot just slow down and run continuously at a slower pace'*). Since comrades I have only run twice on the road with all my other runs on the treadmill and it certainly hasn't affected my running as proven by my quick run at Savages. Nothing of course beats running outside but take your iPod and just spend some time on the treadmill. I would love to hear of any other members that use the treadmill avidly and then of course there's the foam roller but I'll save that for another day!

Thanks to the Ed for the new look newsletter. Please remember to try and support our fellow members and use their services where possible. Thanks to Lauren **083 553-5869** from Fins & Flippers swimming school for sponsoring our newsletter's first lucky draw prize.

Have a great week and get out there and run, whether inside or outside, you all have your own reasons to do it and the special satisfaction it brings to you. We are here to help nurture those feelings!

Take care and be safe.

RESULTS:

Braaikets Longest day (12 hour track race): Congratulations to Dave Leppan finishing. He completed 80,5kms and finished 56th overall.

Toyota 10km Ladies race:

Zanele Nduli 2nd master 53:19

Cross Country / Trail Running

Unfortunately rain washed out play – literally. At the last minute the Varsity pulled the proverbial plug and the event was cancelled. Verulam were not impressed as they had made all the plans, paid deposit for hiring of equipment and catering etc and unfortunately there is not enough time in the season to reschedule the event, so it has been totally **CANCELLED**.

There is however one more XC event this year! The final event includes the **KZN XC Championships and** will be held on **Saturday 13 August at Gelofte School - Pinetown**. Although a championship event, it is not exclusive and all members/runners are welcome to participate. So please join us for the final event of the year.

We will make sure that there is plenty of soup, hotdogs and drinks available as well as the sponsored Croc Blood sponsored by Bug Busters which is sure to keep the spirits high.

Anyone who runs this event and has not yet received a super duper XC T-shirt sponsored by SA Trimmers, will receive a T-shirt on completion of your event!!! Bring the family there are events for all age groups and we guarantee a wonderful day out.

Note: the schedule of events is different for this event. We have not received it yet, but beware that each age group runs its own race, to the programme starts early and goes on for most of the day. As soon as I have a copy I will send it through.

Ladies captain report:

Thanks to everyone who attended our afternoon on Saturday. We are hoping to repeat something similar in the future.

Next Wednesday (**10 August**) is the next Ladies League at Queensburgh. Westville are leading this ladies league but the only way we can stay in the lead is if we have as many Ladies there as possible. We have been reminded to wear reflector belts as the route is quite dark. See you there.

FORTHCOMING ATTRACTIONS:

ROAD RACES:

Sunday 7 August @ 06h00 Tongaat Panthers **CANCELLED**
Tuesday 9 August Ladies 10km (**Chatsworth**)
Saturday 20 August @ 06h00 Witness Capital Climb (**King & Queen of the mountain**)
Sunday 21 August @ 07h00 Merewent 10km **CLUB 10KM CHAMPS**
Sunday 28 August @ 07h00 F-1 Bluff meats 10 & 20km run/walk (**Bluff meats shopping Centre, Durban North**)

TIME TRIAL LEAGUE & CROSS COUNTRY:

Wednesday 10 August @ 6pm Sportszone/New Balance Ladies TT League (**Queensburgh**)
Saturday 13 August KZN X-Country champs (**Gelofte School**)
Tuesday 23 August @6pm Durban Runner/GU TT League (**Westville**)

TRAIL RUNS:

Sunday 07 August **Mntunzini Bush Run** - 16km walk/run paul@ritchieauto.co.za Mntunzini
Sunday 25 September @8am iNsingizi Trail run - 9 & 18km run info@insingizi.co.za at iNsingizi Lodge in Mid Illovo
Saturday 01 October 4 Peaks Mountain Challenge - 24km www.pureadventure.co.za Moolman's hoek Private
Game Reserve – Adriaan
082 566-5668

SOCIAL EVENTS:

Saturday 13 August Rugby – Big screen: Springboks vs. Australia (**Westville Athletic Club**)
Saturday 20 August Interclub Potjie competition (**Westville Athletic Club**)
Friday 14 October Clubs Annual Awards/Dinner & Dance (**Westville Country Club**)
Sunday 11 December Illovo 15km race hosted by **Westville Athletic Club**

Janine Mazery wrote in informing us about the **Vic Falls Marathon** and half marathon taking place on the 28 August 2011. She has organized a trip departing on the 26th and returning on the 29th. The trip has been organized through Wild Frontiers. If you are interested in doing this marathon and would like further information, please contact Janine via email jmazery@gmail.com

AUGUST BIRTHDAYS: *(best wishes to all)*

1st Paul Mathe & Garry Barnes
2nd Lauren Lavarack & Brandon Bothma
3rd Stuart Clarke
8th Andre Cronje
10th Tracey Allison
13th Thandazani Madonsela
15th Dudley Le Roux, Dave Leppan, Alan North & Tiffany Callaghan

16 th	Heather Wenke & Warren Perry
20 th	Paul Eichert
21 st	Graeme Gibson & Shaun Clark
24 th	Amy Saunderson
31 st	Paul Scruby & Michael Lusignea

1. **REFLECTOR BELTS and VESTS** - Just driving in and around Westville/Hillcrest before sunrise and after dark, I am quite horrified at the number of people I see without reflective gear! I can only hope that these people are not members of our club! If you are on the roads and see someone running without reflective gear, can I please appeal to you as members of a responsible running club, to please tell them to "ensure they are seen"?

2. **TUESDAY TIME TRIAL 4 & 8KM** – Starts at 17h45. Everybody welcome – runners, walkers, members, social members, family, friends, non-members, colleagues etc.

After the time trial why not relax with a drink from the bar and chat to your club mates and fellow runners. Showers are available as are braai facilities.

3. **MORNING SCHOOLS:**

Try the Tuesday/Thursday school starting at the Westville mall and led by Ken Tonkin. There are various runs called with a minimum distance of 7km with extra loops available on all runs to increase the mileage. All runs start at 5.30am.

Craig Allsopp has a school on Saturday and/or Sunday starting at Pirates at 7am. Runs are nice and flat along the promenade and vary in distance from 7.2km – 10km. Runs are done at your own pace. Contact Craig on 082 371-3753 or by email craig@iteam.co.za

Interested in trail running. Alistair Bond has a school leaving Giba at 6am every Saturday. Routes vary and are excellent training grounds for trail running. Remember to take your own water along as the routes are dry. Contact Alistair on Alastair.Bond@za.behrgroup.com

If there are any more schools out there please let me know and I will add them to the list.

4. **NEW MEMBERSHIP:** Please note that new membership takes place on a Tuesday evening from 5.30pm – 7.00pm.

5. **CLUB KIT:** Club kit will only be issued at the Club on a Tuesday evening from 5.30pm – 7.00pm.

6. **WAC FACEBOOK PAGE:** A reminder to those members who subscribe to this social media platform, to please navigate across to our page "Westville Athletic Clubs" and follow us from there.

Dealing with those excessive T-Shirts

Remember your first road race? The excitement of picking up your number at the registration table; that nervous feeling in your stomach as you waited for the starting gun to fire; the crowds cheering you through the fatigue. But what was the best part - the most tangible memory of the great event? Surely it wasn't the burning sensation in your lungs, or the nasty blood blisters. No, it was the T-shirt the volunteer at the finish line handed to you at the end of the race, wasn't it? And that battered remnant of 50/50 cotton-poly blend is something you'll cherish forever. (And I do mean forever!). Problem is, that piece of faded glory isn't the only one. If you're like me, you have dozens (scores?) of these memories taking up valuable space in every room of your house. After a few years you begin to give them to friends and relatives, turn them into quilts, car-washing rags and donations to the Goodwill box. And still they spill from over-crammed drawers like ever-advancing multi-coloured glaciers.

Why do we keep so many race T-shirts? Probably because there are so many different categories of "must keep" shirts. Of course you have to keep that first race shirt, but there are also:

PB shirts - T-shirts that memorialize your personal bests for all distances. You'll always cherish those 10K and marathon PB shirts, but do you really have to hold onto that hideous orange thing you got when you did your best 5km?

Status shirts - I'll never throw away my Olympic Trials shirts, and you've got a keeper if you've ever run Comrades, but is your 1991 Two Oceans Classic shirt really a status symbol?

Pretty shirts - That rare shirt nice enough to wear in mixed company. Most aren't, and these occasions are rare, so there's no need to keep 20 "dress" shirts to wear to the grocery store. Two or three will do.

Unusual event shirts - I haven't worn my 1985 second annual Rhodes memorial shirt in the past ten years, but I'll never throw it away since it's the only one I've ever done. And maybe there's a strong case for keeping your 1989 Dikes on Bikes Ride for Gay Pride T-shirt, but if you have one for each of the past 10 rides, are they really all that unusual?

Long-sleeve shirts - It's great to have a few long-sleeve shirts for winter training, but I've never thrown one away. There just aren't enough cold days in Durban to justify keeping more than four or five shirts.

Cut-offs - Yes, you're justified in keeping a number of lightweight, sleeveless shirts for training in our October-March summers, but my pile of summer training shirts numbers in the three to four dozen range. Unless you only get to the laundry monthly, it may be time to think about thinning out the ranks.

Once you've made the decision to reduce your inventory, what do you do with all the throwaways? The Goodwill box is a good idea, but there are others. I've recently begun using them as landfill in the front yard. If you have any small sinkholes or depressions on your property simply dig them out, fill the hole with old T-shirts, then cover over with the dug-out dirt and grass. T-shirts also make great pet bedding. Shred them for small mammals, leave them as-is for dogs. Cooling and heating bills too high? Forget the fibreglass. Line the ceiling with your T-shirts for cheap and easy insulation. Or maybe you'd prefer to reincarnate them as car seat covers.

Whatever you decide to do with those old shirts, do something. And do it soon before the advancing mass completely takes over, feeding on those old shoes you're equally reluctant to throw away. But fear not: there are definitely more of both on the way.

Our Sponsors - Let US Support those who Support US!



ON THE LIGHT SIDE

Q. How do those crazy trail runners go through the forest?

A. They take the psycho path.
