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

Thursday 11 August 2011

“If you can't you must and if you must, you can.” – Tony Robbins

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.

Wow, thank you to all who responded to the new look newsletter so positively. With nearly six months as your news ED complete it is so encouraging to receive all the compliments and encourages me to continue looking for ways to make this newsletter a pleasurable and informative read (*also remember I am always open to compliments and praise so if you want to keep these coming I don't mind ☺*).

With such a cold winter for KZN taking place I was wondering how many others are like me and have simply hibernated this winter. Personally, this has been probably my quietest winter in terms of running and I cannot seem to motivate myself to get up and go running on those cold mornings. Anyone with any stories to share?

I've received a request from race organizers that when our Westville runners enter races that they please ensure that when filling in the entry forms that they use "Westville Athletic Club" in full and **NOT** WAC as this is reserved for another club, alternatively to ensure that "Westville" is written in full. This way the results can be recorded accurately.

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

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:

The ED has asked me to remind you all of some suggested sessions you can do on the treadmill. Most people complain about boredom however if you are best utilising your time with a tough and varied session you don't have the time or the energy to get bored. Anyway see the following hyperlink which will give you 10 different sessions you can try.

<http://www.runnersworld.co.za/training/workouts/10-treadmill-workouts2/>

Okay lots of things coming up this month, the Interclub Potjie competition is on the 20th August, please bring the family along it should be a great afternoon and you can watch the rugby on the big screen (*see details below*). Then the following week (23rd) we are hosting the TT league, so please try to be there either to run or help.

Unfortunately I don't have any further news about the KZNA debacle however it is possible that the President of the KZNA will get elected into the ASA ranks even though he is under the shadow of many allegations of unethical behaviour within our region. Yes and you all are very surprised, thought so. I will update you all as soon as I get the outcome of the forensic audit, which should be concluded soon.

Please also don't forget that we have our race coming up in December and the planning has already started. We will ultimately need approx. 170 people to assist to make our race possible and there is so much to be done. Please let Sharon or Tammy know if you can assist in some way. Without your assistance and support there is no race.

Hope you all enjoyed your woman's day break and trust your training is going well.

Stay safe.....

RESULTS:

No results this week.

Cross Country / Trail Running

The final KZN event of this season includes the **KZN XC Championships**. It will be held on **Saturday 13 August at Geloft School - Pinetown**. Although a championship event, it is not exclusive – **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 as there are events for all age groups and we guarantee a wonderful day out.

Please note that the programme is significantly different for the Champs – check the programme carefully:

KWAZULU-NATAL CROSS- COUNTRY CHAMPIONSHIPS:

| Event | Time | Age Categories | Distance |
|-------|-------|---|----------|
| 1 | 09h00 | Men 30-34; Men 35-39; Men 40-44; Men 45-49; Men 55-59 | 8km |
| 2 | 09h40 | Men 60-64; Men 65-69; Men 70-74; Men75+ | 6km |
| 3 | 10h15 | Women 30-34; Women 35-39; Women 40-44; Women 45-49; Women 50-54; Women 55-59; Women 60-64; Women 70-74; Women 75+ | 4km |
| 4 | 10h40 | Boys 8; Girls 8 (Beginners) | 1km |
| 5 | 10h50 | Girls 9 (2001); Girls 10 (2000) | 2km |
| 6 | 11h00 | Boys 9 (2001); Boys 10 (2000) | 2km |
| 7 | 11h10 | Senior Men | 12km |
| 8 | 11h55 | Senior; U/21 (1989) and U/23 (1987) Women | 4km |
| 9 | 12h15 | Boys 16 (1994); Boys 17 (1993) | 6km |
| 10 | 12h40 | Senior; U/21 (1989) and U/23 (1987) Men | 4km |
| 11 | 12h55 | Girls 11 (1999); Girls 12 (1998) | 3km |
| 12 | 13h10 | Boys 11 (1999); Boys 12 (1998) | 3km |
| 13 | 13h25 | Senior Women | 8km |
| 14 | 14h00 | Girls 16 (1994); Girls 17 (1993) | 4km |
| 15 | 14h20 | Junior Men (1991, 1992) | 8km |
| 16 | 14h55 | Junior Women (1991, 1992) | 8km |
| 17 | 15h20 | Girls 13 (1997) | 3km |
| 18 | 15h40 | Boys 13 (1997) | 4km |

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|----|-------|----------------------------------|-----|
| 19 | 16h00 | Girls 14 (1996); Girls 15 (1995) | 4km |
| 20 | 16h20 | Boys 14 (1996); Boys 15 (1995) | 4km |

Should you have any queries, please don't hesitate to contact Kylie on 082 563 0574

Ladies report:

What a lovely turnout of ladies for the league TT on Wednesday evening. Even though the weather was turning and it was cold Westville ladies did us proud. We weren't first on the night but hold thumbs that when we receive the final results that we will have managed to retain our overall lead.

What was very exciting was that our top 3 runners were all brand new members,

Shani Silver 16:23 (3rd place)

Karen Behrens 17:23 (9th place)

Janine Nortje 19:15 (14th place) not bad for someone who has only been running for 6 months!!

There was even a new Westville ladies walker's team which consisted of our Ladies captain, Lauren Calenborne, Megan Finestone and Helen Clark followed very closely by Karen Mc Kenzie. Afterwards Liz Chelin tried to collect as many bottles of wine as she could find and was last seen staggering towards her car.

It wasn't only the Ladies that made a big effort to be there. Little John, Andy Daly, JP, and Fred the Ed, thank you all so much for being at every Ladies League Event, supporting us. It doesn't go unnoticed and we really do appreciate you all coming out and lastly, thank you to all the old 'young' members for coming out of the woodwork for tonight.... Thandi Goudge, Charmaine Clarke and others. Thanks for making an appearance!

The next event is the Hillcrest Time Trial. **This is a biggie!** 1st of September. Write it in your diaries now, there will be no excuses accepted for missing that one.

Potjie competition:

Date: **Saturday 20 August 2011**
 Time: 12h00 (cooking to begin)
 Venue: Westville Athletic Club
 Entry Fee: R50 per team (enter as many teams as you like)

There will be a trophy for the winning team and a booby prize for the worst team.

Teams to supply their own cooking equipment and ingredients. Once the judging is over you can sell your food to recover your costs. The bar will be open and the big screen will be up for the rugby - South Africa vs. New Zealand. Game starts at 17h00. To enter a team, please email or phone Sharon (082 414-1783) or Tammy (083 222-2339)

FORTHCOMING ATTRACTIONS:

ROAD RACES:

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)**
 Sunday 4 September @07h00 Duke of York 16km **(Ashburton – PMB)** This is a point to point run

Sunday 4 September @ 06h00 Dolphin Coast Striders 10km/21,1km/50km **(Ballito)**

TIME TRIAL LEAGUE & CROSS COUNTRY:

Saturday 13 August KZN X-Country champs **(Geloft School)**
Tuesday 23 August @6pm Durban Runner/GU TT League **(Westville)**
Thursday 1 September @6pm Sportszone/New Balance Ladies TT League **(Hillcrest)**
Wednesday 21 September @6pm Durban Runner/GU TT League **(Riverside Sports)**

TRAIL RUNS:

Sunday 28 August The Sandy Bay Run 14km <http://www.sunriserun.co.za> **NO Late entries**
Saturday 10 September Nguni Classic 30km (no late entries) www.nguniclassic.co.za Ladysmith
Sunday 11 September The Huffer 20-30km wolhuter@mweb.co.za **NO Late entries**
Sunday 25 September @8am iNsingizi Trail run - 9 & 18km run info@insingizi.co.za Mid Illovo
Saturday 01 October 4 Peaks MTN Challenge 24km www.pureadventure.co.za 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
16th Heather Wenke & Warren Perry
20th Paul Eichert
21st Graeme Gibson & Shaun Clark
24th Amy Saunderson
31st Paul Scruby & Michael Lusigne

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1. **REFLECTOR BELTS and VESTS** - If you are on the roads after dark 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.

Eight Essential Jogging Tips

Trouble is, when a lot of you otherwise sensible readers see how much verve is to be had while running, you are going to try running yourself. So we also feel it is essential that you bear in mind the "Eight essential tips for the beginner":

1. Loosen up first. The ideal method is to throw back four fingers of scotch. If the urge to run persists, double the loosening exercise.
2. Check your resting pulse. If you can't find your pulse, check the pulse of a loved one. This is sometimes called "playing doctor" and, with any luck, will take your mind completely off running.
3. Never run if you are a short person. Short persons are built too close to automobile exhaust pipes. The noxious fumes get into their brains and make them crazy and they try to bite buses, which can be pretty dicey, especially if the bus has not stopped.
4. Always wear - a) a brassier and b) a jockstrap (**Strike out where inapplicable**). The worst jogging injuries result from flopping. Never wear both at once - at least not in public.
5. Children often taunt passing joggers. After a while, you will become accustomed to this and even grow to enjoy it, especially if you carry a golf putter and rap taunting children smartly across the back of the head with it.
6. Dogs can be a threat. If a huge, vicious dog charges you and lunges at your throat, say "There, boy down!" If that doesn't work, show him your membership card from the Humane Society.
7. Set your own pace. If you black out after five minutes, you are probably running too fast. If workman from the city come by and paint you green, you may be running too slow.
8. After jogging, check your pulse rate again. This time if you can't find it, you are quite possibly dead. Look at it this way: your corpse is sure in great shape

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ON THE LIGHT SIDE

1. "I thought you were going to marry Eddie? You said it was love at first sight."
"It was – it was the second and third sights that put me off him."
 2. **Girl:** You remind me of the sea.
Boy: Why? Because I'm so wild and romantic?
Girl: No. You make me sick.
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