



**NEWS**

[www.westvilleac.co.za](http://www.westvilleac.co.za)

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

**Thursday 25 August 2011**

**“When we do the impossible we realize we are special people.”**

This week's lucky draw prize is sponsored by Karen Mc Kenzie from Kazmac photography situated in Westville Tel: 082 887-6917, [kaz@ramses.co.za](mailto:kaz@ramses.co.za) Karen has her own studio in Westville and is responsible for a number of the photographs on display in both our facebook page and website. Karen specializes in families, kiddies, babies – pregnancy and newborn, weddings, sport and corporate events. The lucky draw will take place on the 1 September 2011. The prize worth R585 is for a studio shoot with one 8 x 12 Print.

**(if you would like to sponsor a prize, please contact me and let me know together with what the prize will be)**



What a fantastic club weekend. On Saturday, we must have had close to 100 people (adults and kids) all turning up for the potjie competition, which incidentally was won by Rob from Chiltern followed closely by Andy & Rogan from Westville. This was one incredibly lovely afternoon with a number of potjie's being made and shared amongst everyone who pitched up. There was some fierce competition and rumour has it that some of the contestants were a little jealous of Stefan & Michelle Wilmans pot and decided it should be spilt. Liz Chelin could also be seen running around with wine in one hand and looking like she could kill for a taste of someone's potjie. *(See all the photographs on the Westville face book page).*

After the competition, everyone cramped into the clubhouse to watch the rugby and enjoy a few brown bottles. The rugby made even more enjoyable watching our Chairman (Kiwi) cringing in the corner and taking abuse from all the Springbok supporters *(not a nice way for our chairman to spend his birthday)*. Let's hope we can do the same to them next month at the RWC.

On Sunday it was the turn of the 10km champs at Merewent and although the numbers were a lot smaller a good morning was had by those who ran and then spent the morning enjoying the boerie rolls supplied by the committee *(thanks Alen, Ian, Sharon & Tammy)*.

Last week I reported being concerned about Tammy Dennill talking about some poor male being neutered and wasn't sure if it was Craig or the dog. Well I am pleased to report that Craig is doing fine and has being seen wondering around licking his wounds.

This Sunday you have a choice of the Bluff meats 10/20km run in Durban North or if you want to do something different there's the Sandy beach run coinciding with the Spring tide *(See details of both events below)*.

Next Thursday, 1 September (spring day) is the ladies Sportszone/New Balance Ladies TT League taking place at Hillcrest. Let's have a fantastic turnout of ladies and take this league away from PDAC.

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.

---

## **CHAIRMAN'S JOURNEY:**

Congratulations to all those that ran either at the Capital Climb or at Merewent on Sunday. Irrespective of your times I hope you all had a great run and enjoyed the moment. Sorry I have no official results at the time of writing but I believe we had some first timers and some really good times, so well done!

Merewent was the 'new' route' again this year and although they appeared to get the distance correct this year - to go from one of the quickest 10km routes to one of the slowest still baffles me. The race organisation was very good and the boerie rolls in the tent afterwards were awesome. Thanks to the chefs and the ladies who organised for their efforts.

What a great day Saturday turned out to be. If you missed the potjie contest then you missed a real social and festive day. We as your committee have learnt a lot from this event, which hopefully will stand us in good stead for next year. Thanks to everybody from the club that helped to organise, support and take part as without you it wouldn't have worked.

I'm going to refrain from discussing the rugby, however I braved the torment with the confidence that it was our second string side and the Springboks never really looked dangerous. Anyway next month will answer all the questions and hopefully dispel the 'choker' branding the kiwi's acceptably hold.

Please take note of all the events coming up over the next few months. I would like to make a special mention of our official gala prize giving on Friday 14<sup>th</sup> October. Please mark that date in your calendar, it was a great event last year and we want to make it equally as impressive this year. The food and entertainment will be incredible and it would be great to see you all there.

Have a great week, good luck with your training and be safe on the roads.....

Until next week.

---

## **RESULTS:**

### **KZN Sub Youth Track League:**

**Bryn Emms**            Boys u9            600m            Placed first in a time of 2:07.20  
**Khea Emms**            Girls u13            1500m            Placed third in a time of 5:46.48

Results from the Capital Climb and Merewent 10km still outstanding.

---

## **CROSS COUNTRY/TRAIL RUNNING:**

I was hoping that we would have the selections for the KZNA Cross Country Team by now, but alas, this is KZNA we are dealing with.....

So, short and sweet this week, I will be in contact with those who make the team as soon as I have official notification. In the meantime, will those who feel they may have made the team, please continue to train like the Trojans you are. I have put forward who I believe should be selected as has JP Chelin – we're just making sure our athletes are not overlooked.

Don't forget the King and Queen of the Mountain Series. You have to complete at least 3 of the 5 selected events to qualify and your fastest time is taken. There are now only 3 races left, but that is still good opportunity to qualify:

Sun	09 Jan	Ronnie Davel	<b>Completed</b>	07:00	16km
Sat	20 Aug	Capital Climb	<b>Completed</b>	08:00	15km
Sat	10 Sep	Mpati Mountain Race	Dundee	14:00	15km
Sun	02 Oct	Saints Thorntree Challenge	St Charles College (Pmb)	07:00	15km
Sun	04 Dec	Bearingman / Stainbank Challenge	Yellowwood Park	06:00	15km

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

---

## **MEN'S REPORT:**

A big thank you to all those who turned up on Tuesday night to run the TT league. We are definitely missing our seniors and ladies and are wondering where you are all hibernating. Results unfortunately take time and therefore we should only have them in a week or two and we will then update you all as to the status.

There was quite a turnout on the night and everyone who ran enjoyed themselves – yes also those poor souls who were heard swearing and cursing “Mkula”.

The next event is on the 21 September at Riverside Sports Club. By this date we are well into Spring and therefore there should be no excuses and we **WILL** expect a large turnout of Westville runners, Seniors, Veterans and Ladies.

---

## **LADIES REPORT:**

With only one week to go until the next Ladies Time Trail at Hillcrest Villagers we need every lady to turn out. This is a lovely flat route and a great time trial. Please Ladies make an effort to be there, we need you **ALL**.

There will be the usual snacks available during the lucky draw, but afterwards it would be great if your husbands, boyfriends, toy-boys, sugar-daddies could join us for a braai and a social.

---

## **PRIZE GIVING:**

Date: **Tuesday 13 September 2011**  
Time: 19h00 (after the TT)  
Venue: Westville Athletic Club

**Please come and support all the trophy winners for the 42,2km, 21,1km and 10km champs.**

---

## **TROPHY NOMINATIONS:**

You are invited to submit nominations for consideration for the following awards:

### **Most improved female runner of the year:**

*Awarded to the female athlete who has recorded a marked improvement in her standard of performance over the last year – of any base.*

### **Most improved male runner of the year:**

*Awarded to the male athlete who has recorded a marked improvement in his standard of performance over the last year – of any base*

### **Battler of the year:**

*Awarded to the member who tries hard, but battles.*

### **Dennill trophy:** (participation award)

*Awarded to the runner who has been present at most races on the fixture list and has made an appearance for Westville many time whether on or off the podium and in their personal capacity.*

### **Achiever of the year:** (Hoopers Trophy)

*Awarded to the runner who has brought accolades to the club by achieving in local, provincial and or national events.*

### **Joyce Allan Trophy:**

Awarded to the member who has persevered in their running, and achieved against their own standard of performance for the last year of any base.

Please note that these are only nominations the athletics committee will sit down with the results and verify all results and a final decision will be made by the athletics section.

---

## **FORTHCOMING ATTRACTIONS:**

### **ROAD RACES:**

Sunday 28 August @ 07h00	F-1 Bluff meats 10 & 20km run/walk ( <b>Bluff meats shopping Centre, Durban North</b> )
Sunday 4 September @ 06h00	Dolphin Coast Striders 10km/21,1km/50km ( <b>Ballito</b> )
Sunday 11 September @ 06h00	Newlands Striders 15km challenge ( <b>Newlands sports complex</b> )
Sunday 18 September @ 06h00	Sanlam SAPS Striders 21.1km ( <b>Kings Park</b> )
Sunday 18 September @ 07h00	Duke of York 16km ( <b>Ashburton – PMB</b> ) This is a point to point run
Saturday 24 September @ 17h00	Epic Foods 15km <b>Night</b> Race ( <b>Verulam</b> )
Sunday 25 September @ 07h00	Spartan 10km Challenge ( <b>TBA</b> )
Sunday 2 October @ 06h00	Goss Balfe South Coast Marathon 10/21/42km ( <b>Amanzimtoti</b> ) This is a point to point

### **TIME TRIAL LEAGUE & CROSS COUNTRY:**

Thursday 1 September @ 6pm	Sportszone/New Balance Ladies TT League ( <b>Hillcrest</b> )
Wednesday 21 September @ 6pm	Durban Runner/GU TT League ( <b>Riverside Sports</b> )

### **TRAIL RUNS:**

Sunday 28 August	The Sandy Bay Run 14km	<a href="http://www.sunriserun.co.za">http://www.sunriserun.co.za</a>	<b><u>NO Late entries</u></b>
Sunday 4 September	Scottburgh Spring Trail run	083 642-5086	See event timing
Saturday 10 September	Nguni Classic 30km (no late entries)	<a href="http://www.nguniclassic.co.za">www.nguniclassic.co.za</a>	Ladysmith
Sunday 11 September	The Huffer 20-30km	<a href="mailto:wolhuter@mweb.co.za">wolhuter@mweb.co.za</a>	<b><u>NO Late entries</u></b>
Sunday 25 September @ 8am	iNsingizi Trail run - 9 & 18km run	<a href="mailto:info@insingizi.co.za">info@insingizi.co.za</a>	Mid Illovo
Saturday 01 October	4 Peaks MTN Challenge 24km	<a href="http://www.pureadventure.co.za">www.pureadventure.co.za</a>	Adriaan 082 566-5668

### **SOCIAL EVENTS:**

Tuesday 13 September	Annual club 42,2km/21,1km/10km prize giving. <b>Westville Athletic Club</b>
Friday 14 October	Clubs Annual Awards/Dinner & Dance ( <b>Westville Country Club</b> )
Sunday 11 December	Illovo 15km race hosted by <b>Westville Athletic Club</b>

---

## **AUGUST BIRTHDAYS:** *(best wishes to all)*

1 <sup>st</sup>	Paul Mathe & Garry Barnes
2 <sup>nd</sup>	Lauren Lavarack & Brandon Bothma
3 <sup>rd</sup>	Stuart Clarke
8 <sup>th</sup>	Andre Cronje
10 <sup>th</sup>	Tracey Allison

13 <sup>th</sup>	Thandazani Madonsela
15 <sup>th</sup>	Dudley Le Roux, Dave Leppan, Alan North & Tiffany Callaghan
16 <sup>th</sup>	Heather Wenke & Warren Perry
20 <sup>th</sup>	Paul Eichert
21 <sup>st</sup>	Graeme Gibson & Shaun Clark
24 <sup>th</sup>	Amy Saunderson
31 <sup>st</sup>	Paul Scruby & Michael Lusignea

---

## **BITS & PIECES:**

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](mailto: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](mailto:Alastair.Bond@za.behrgroup.com)

Another school – starts at 5am from the Westville Gym on a Monday, Wednesday and Friday. Just pitch up and join in. Routes vary and are normally between 8 and 10kms.

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. **WESTVILLE 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.
-

## Getting Out the Door

Some days, you just can't wait to work out—you are full of physical and mental energy, and you almost sprint out the door in anticipation. Many times, though, getting going is tougher—you feel really tired or unmotivated, and running is the last thing you want to do. On those days, it's important to remember that everyone, even the best athletes in the world, feel that way at times. Long-time runners know that, on such days, if they can find the motivation to get out the door, to take the magic step, the run will take care of itself, and they'll be glad they made the effort. Here are some ideas for taking the magic step on days when you don't feel like working out.

**Set a Goal:** The most successful way to stay motivated is to set *realistic* goals, and the key is picking goals that are reachable—one small step at a time. It can be disappointing to set too high a target for yourself and fall short of it. But you can avoid that let-down by going slowly, step by step. Pick a goal that's fun and meaningful to you, and that's also challenging but achievable. For example, if you've been running twice a week, and decide that you are going to run more frequently, start by adding one extra day a week. Later when you feel rested and comfortable with that routine, add a fourth day's running, and finally a fifth day. You'll be pleasantly surprised to find how smoothly you progress, how much you're enjoying it, and how easily that elusive early goal can be achieved.

**Make an Appointment:** In the same way that you schedule other parts of the day, scheduling a time to work out can help you to get going. It can be easier to take the magic step if, for example, you tell yourself you'll be out of the house and running at 6:30 tomorrow morning rather than telling yourself you'll run when you feel up to it. If the time comes to run and you truly can't find the energy to start, then, if your schedule allows it, pick another time later in the day, and stick to it. One sure way to keep your running appointment is to arrange to run with a friend. If you know your friend is counting on you, then there's no way out of it. You don't want to disappoint a friend.

**Remember the Past, Imagine the Future:** In your running career, you've no doubt already had days when you didn't feel like going out—but you did, and felt so much better afterwards. A mature and wise runner I know told me, "I've lost count of the mornings when I almost turned off the alarm and went back to sleep. But I didn't—and I'm a few minutes into the run and I think, 'I nearly didn't do this today. I'm so glad I did!'" Those are the days to remember when you're having trouble getting out the door. Maybe it's raining or cold outside—remind yourself how happy you were the last time you ignored the weather and made the effort. Knowing how good you'll feel later on can give you excitement and energy.

**Choose Another Running Workout:** Sometimes when you are running the same familiar route or trail every day, you can lose the excitement and the magic of the nature that is surrounding you. But changing your routine a little can revitalize your training. If you're used to running in flat, monotonous country, find a bridge or a nice hilly terrain and add some light up-and-downhill repeats. Or, if you are struggling on the hills around your home, try an interval workout on the local high school track. Then you could run on the treadmill ("[Taming the Treadmill](#)") at your local health club—while you're watching the bad weather reports on the TV! A little imagination can work wonders. Even when conditions are good, you can gain extra motivation by treating yourself to a run someplace else, like a nice park or trail you can drive to. Sometimes, it's not the thought of working out in general that might keep you from getting out the door, but the specific run you've planned for the day. For example, you might have told yourself that today you'll run for 45 minutes on a hilly course, and when it comes to making a start, that run just seems overwhelming. If that's the case, then remind yourself that it's not always necessary to stick to a schedule.

**Do Something Different:** There are other sports and activities that can help to make you a better runner. Taking a long bike ride not only increases your endurance but can be an ideal exchange for a long endurance run. Swimming can be occasionally substituted for your "easy" run—and it's especially beneficial when you're recovering from an injury or an exhausting run. It will also help you to become accustomed to deeper breathing. Timed water-running in the pool with fast and slow repeats can maintain stamina, similar to the benefit that you get from a speed-and-interval workout on the track.

**Stay in Bed Without Guilt:** There *are* some days when the best way to deal with a lack of motivation is to do nothing, to allow yourself to take the day off and not beat yourself up over the decision! Of course, you don't want these days to become the norm, but there's a reason for why you're not motivated. What's important is to figure out the reason. To start, determine what your normal pulse and temperature are upon waking when you're healthy and energized. Use these measurements as baselines to check

against when you're not feeling motivated. If your pulse and/or temperature are noticeably higher than normal, then you're probably ill or overly tired from training too hard recently, in which case a day off or a light workout is probably your best choice. If your pulse and/or temperature are normal but you're still not motivated, that's often related to other areas of your life. Have you been working too much lately? Do you feel guilty taking time away from your family to work out? If you're feeling extraordinarily lazy and decide to allow yourself to take the day off without guilt, use the time you would have spent working out to examine the rest of your life. Look for things in your work, family or personal life that might be draining you, and plan ways to improve those matters so that, in the future, you'll have more energy to devote to your health and fitness.

I wish you good luck for your fitness and your training!

---

## Our Sponsors - Let US Support those who Support US!



---

### ON THE LIGHT SIDE

- Just been gang raped by a group of mime artists, they did unspeakable things to me.....
  - I thought I'd be a gentleman and hold the door open for a young lady, two minutes later she said "will you sod off I'm trying to have a wee!"
  - A Muslim has been shot in the head with a starting pistol, police say it's definitely race related.....
  - Due to a water shortage in Ireland, Dublin swimming baths have announced they are closing lanes 7 and 8.....
  - Ginger bloke goes to the docs about a rash on his bollocks. The doc says "how often do you have sex?" He says "Once or twice a year!" The doc says "that's not a rash mate, its RUST".
  - I got a letter from "Screw Fix Direct" thanking me for my interest, but explaining they were not a dating agency.....
- 

### Lucky draw sponsors:

Fins & Flippers swimming school

083 553-5869

[lroberts@gmail.com](mailto:lroberts@gmail.com)

---