



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

Thursday 09 February 2012



For me personally being back on the road running a race again was wonderful. It is not nice when you have an injury and when your doctors/physio's tell you not to run. You want to tell them where to get off but with age comes wisdom - or so they say (I'm not sure I'm there yet because I still don't listen 100%) but I am slowly learning that when you are injured it is advisable to rest or at least cut back on your schedule. This way, hopefully come the big day you will be fit and ready for it.

Talking about races this past weekend was the Sparkpoort 16km & 32km races. This is a tough run but personally I normally enjoy the run. This year my gripe was with warm water at every table and one or two very poorly manned tables. I also believe the front runners were all sent in different directions. Not a good advert for KZN running or our sponsors. With the drastic rise in entry fees this year, surely organizers can get the basics right.

Snippets:

- ❖ PLEASE NOTE THAT HILLCREST AC WILL NOT BE TAKING ENTRIES ON THE SATURDAY BEFORE THE RACE (11 February) AS IN PREVIOUS YEARS. **Entries are NOW CLOSED.**

Good luck to all our runners participating in the Hillcrest marathon on Sunday and especially to those whose debut marathon it is.

- ❖ **BATTLEFIELDS** “online entries” close on the 10 February. However, entries will be taken the day before the event at the start.
- ❖ **POSTNET** marathon online entries close at midnight on Saturday 11 February 2012. Enter at www.pmb42.co.za
- ❖ **ARTHUR CRESSWELL** marathon – entries close on the 30 March 2012. Enter online at www.enteronline.co.za for more info visit their website at www.ladysmithathleticsclub.com
- ❖ **WESTVILLE AC MARATHON CHAMPS – 1. HILLCREST NOSA MARATHON, OR, 2. POSTNET MARATHON, PMB.**

The first **Durban runner / GU MEN'S/LADIES TT LEAGUE** is next Wednesday 15 February at DHSOB. 6pm start. Manoli's Munchies will be sponsoring the men's t-shirts this year. ***(Please remember you have to run 3 events to qualify for the T Shirt).***

New Balance & The Sports Zone LADIES TT LEAGUE will be at Pinetown Old Boys School start 6pm; Wednesday 29 February. Westville Spar will be sponsoring the ladies t-shirts. ***(Please remember you have to run 3 events to qualify for the T Shirt).***

This year we are appealing to all runners new and old to please turn out at these TT league events. Westville has a proud tradition in these events and we would like to keep it that way but need every runner to turn up and run on the day (Scoring is all about participation so you do not necessarily need to be fast to score points). Remember, to participate in the league events you need to wear your Westville kit. If you are uncertain as to how these events work, please contact your men's and ladies captains to explain to you.

- ❖ **LICENSE NUMBER CUT-OFF:** 29 February is the last day for registrations. If you haven't registered yet, please do so urgently. At the end of February we have to return all the unused license numbers. Therefore, if you delay you could find yourself having to wait for a new license number.

Time Trial Duty:

Date	1 st member assist	2 nd member assist
7- Feb	Chris Herbst	Elize Herbst
14-Feb	Laura Campbell	
21-Feb	Oliver Lamusse	
28-Feb	Trevor Cowie	
7-Mar	Martin Dovey	Paul de Winnaar

We still need a few members to put their hands up. Please contact Sue Smith on 082 921-1175



VALENTINE TIME TRIAL - Tuesday 14 February 2012, come and run the valentines TIME TRIAL at the club. Bring your boyfriend/girlfriend, Husband/wife, lover, mistress, whoever, but get on down to the club in **RED & WHITE** and come join us for a glorious evening of fun. Braai fires will be lit and drinks will be on sale. Let's make it a wonderful evening for all – bring the kids on down too.

This past Tuesday saw a record number of 100 members and non-members running the Time Trial. Fantastic achievement for the club.

Upcoming races:

Day	Date	Race	KM	Venue	Start time	Support
Sunday	12-Feb	NOSA Hillcrest Challenge	21,1km & 42,2km	Hillcrest Villagers	05h00	TENT
Wednesday	15-Feb	Durban runner / GU MEN'S TT LEAGUE	8km men 4km ladies	DHSOB	18h00	TT League
Saturday	18-Feb	Battlefields Marathon	50km / 42,2km 21,1km & 10km	Hutten Park Primary School	05h30	
Sunday	19-Feb	Zabalasa Half Marathon	21,1km / 10km	Zabalasa AC, Cato Ridge	06h00	
Sunday	26-Feb	POSTNET Marathon	21,1km & 42,2km	Natal Carbineers	05h00	TENT
Tuesday	28-Feb	New Balance & The Sports Zone	4km	Highway AC	18h00	TT League
Sunday	04-Mar	Oasis Crescent Challenge	10km & 21,1km	Kings Park	06h00	
Friday	09-Mar	Parlauf XC		Westville AC	18h00	
Sunday	11-Mar	Gaterite Challenge	10 / 21,1 & 42,2km	Verulam	05h00	

for more information and/or flyers on any of the above events visit www.eventtiming.co.za

NB: Where a run is supported by the tent – cold beverages will be on sale for club members. Make sure you come and give us your race times.

2012 Cross-Country Calendar *Updated 28 January 2012*

Date:	League	Venue
09-Mar	Parlauf	Westville AC
31-Mar	1	Savages AC
14-Apr	2	Collegians
12-May	3	Amanzimtoti AC
26-May	4	Hilton Harriers
30-Jun	5	Yellowwood Park AC
21-Jul	6	Queensburgh AC
04-Aug	7	Eskom Gijimas
11-Aug	8	PDAC
18-Aug	9	KZN Champs
08-Sep		SA Champs



Message from your ladies Captain:

26 marathons, 26 countries, a marathon in a country for each of the 26 letters of the alphabet, over 7 continents and probably over 20 years! but that is my personal running goal. I am by no means a competitive runner and I have never had any illusions of such. I am proudly a middle of the pack runner and I work really hard to be there. But although I won't be winning any awards, I'm proud to have such a wonderful running goal 😊

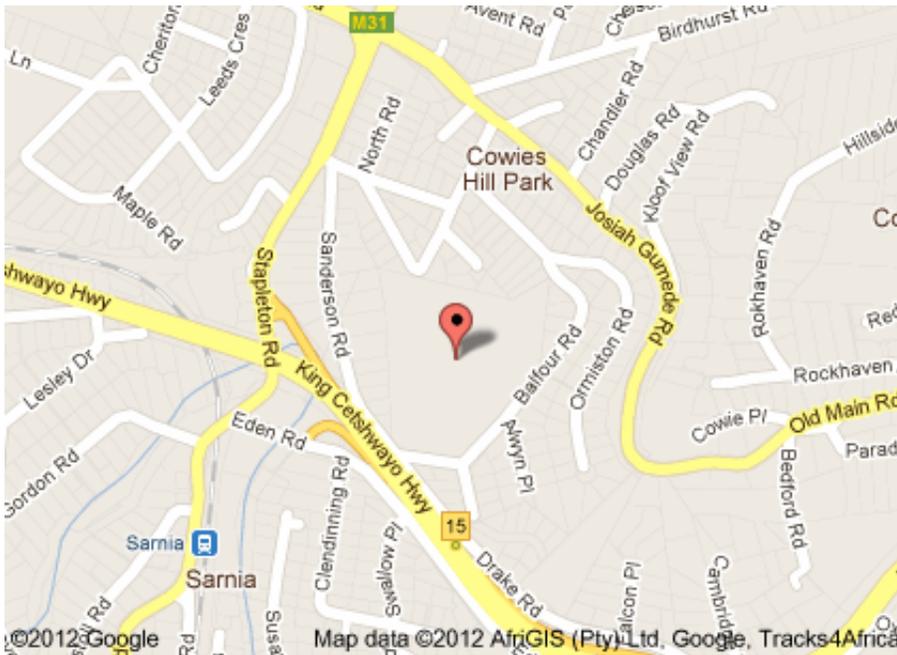
Now that I have introduced you to my personal goal, I would like to take this opportunity to introduce myself to you and along with the committee, wish all the ladies of Westville Athletics Club, a warm welcome to 2012. I am very excited to be a part of this wonderful club and even more so, to put myself out there to assist on the committee as Westville Ladies Captain.

With the New Balance Highway Ladies Time Trial League starting in 2 weeks time - I am eager to get involved, to run and to support our fantastic club. I appeal to each of you to please come join us for the 2012 league. It's a wonderful way to meet new people, participate with your club and make lasting friendships. If you have never been to a league night before, you are not alone! But this is your year then to get involved, so come join us – runners, walkers and everyone in between J

Basically:-

- There are 8 Time Trial League events between February and November
- All events start at 6pm
- Entry is free
- Distance is 4 km (runners and walkers)
- Westville club colours or club t-shirts to be worn
- A point scoring team is made up of 6 running ladies and walking teams of 4 ladies – so the more ladies, the more teams created, the greater depth in the field = MORE POINTS FOR WESTVILLE!
- Afterwards everyone is welcome to stay for snacks and prize-giving (lots of lucky draws!)

Our Ladies TT league kicks off on **Wednesday, 29th February**. It is being hosted by Highway Athletics at **Pinetown Boys High School**, 18 Prospect Road (Off Josiah Gumede Rd / Old Main Road), Pinetown at **6pm**.



The men's league kicks off next week Wednesday, 15th February. There is a mini ladies league combined with this event and again the more number of ladies participating, the better the scores for Westville. So please ladies, support wherever you can! Check out the newsletter from Fred for the details or contact me for further info.

I hope to meet you all soon and here's to a WINNING 2012!

Yours in running, Janine Mazery, Westville Ladies Captain

Comrades 2012:

As it is always the speed, never the distance, that kills, so is it the distance, not the speed that has to be acquired. In the early days of training, you must endeavor only to manage as great a distance on each practice outing as you can cover without becoming abnormally tired. . . . Your aim throughout, should be to avoid all maximum effort while you work with one purpose only and that is to achieve a definite and sustained rise in the average speed at which you practice, for that is the secret of ultimate achievement. . . . You must never, except for short temporary bursts, practice at racing speed.- Arthur Newton

The notion that you should never, except for short, temporary bursts, practice at racing speed is essentially a corollary to Newton's second law, in which he warned against the dangers of excessive speed training. In this law, Newton elaborated on his principal belief that the goal of training is to gradually increase the speed that can be maintained for prolonged distances. And this, he believed, could be achieved only by training that emphasized distance, not speed.

Newton was the first, to describe the belief that the human body already has sufficient speed and lacks only endurance.



However, since Newton's era, training has evolved considerably, with more emphasis being placed on the need for regular weekly sessions of speed training or speed work. With this evidence, *I have altered this third law from Newton's to read: Train first for distance, only later for speed.*

The wide acceptance of speed work today suggests that it is both effective and essential for all runners who wish to improve and to be competitive. But this should not detract from Newton's observation that the greatest performance improvements occur, at least initially, after the athlete has developed a strong endurance base through long, slow, distance training. My own feeling is that speed work should be approached with extreme caution, preferably with the help of a knowledgeable coach, or after consulting the appropriate writings of the training experts.

In summary, the key to successful training, at least for the first 12 months or so, is the amount of time you spend running each week, rather than the distance you cover or the speed at which you run. Therefore, you should initially aim to run for a certain time each session. You will run farther when you are fresh and rested than when you are tired. In this way, the effort will be controlled. Remember that the initial goal in distance training is to increase gradually the speed or effort that can be maintained for prolonged distances.

It has been found that after 12 or more months of training, athletes who only do distance training reach a definite plateau. To improve beyond this, the athlete must either further increase the distance run in training or else run the same distance but run some of that distance at a faster pace—that is, use speed training.

The evidence clearly indicates that increasing the distance run in training is frequently counterproductive. By judiciously using a limited amount of speed training at the correct time, it is possible to achieve quite dramatic improvements in performance.

The reasons for doing speed work relate to both physical and mental needs. Faster running trains the quadriceps muscles and the Type II muscle fibers in all the lower limb muscles. These are the muscle groups and the muscle fibers that are needed during longer distance races but remain untrained if you run slowly during training. Another benefit is learning to relax at speed. Furthermore, it is likely that the fast running adapts the ventilatory muscles for high work rates and may help prevent stitches.

Speed work also trains the central governor to allow for greater effort. A target is set, and a time is laid down. But the governor resists by testing the will, arguing that such effort is unnecessary. As a result, speed work becomes a test of that will. The choice is simply between doing and not doing the chosen task. There is no place for explanations, excuses, and rationalizations. Only when you have successfully faced that reality in the unforgiving solitude of the track or time trial are you ready for that best race.

But speed work is not without risk: the twin dangers are running the sessions too often and running them too fast, the natural trap for athletes who are overeager or for those who consider their inability to run faster a result of not training sufficiently hard (rather than a lack of genetic endowment).

“Professor Tim Noakes — The 15 Laws of Training—Lore of Running .”

Our Sponsors – let’s support those who support us:





Happy Birthday

Training runs & Time Trials:

- ➔ **Time Trials** every Tuesday starting @ 5.45pm
- ➔ **Monday/Wednesday/Friday** School leaves from the Westville mall @ 5am and routes vary between 8- 10km
- ➔ **Tuesday/Thursday** School leaves from the Westville mall @5.30am with routes varying from 7-10km

29-Jan	Sharon Schubach
31	Paul de Winnaar
01-Feb	Matthew Argall
2	Karen Fisher, Oliver Lamusse
3	Rhyno Lombaard, Taryn Holding
6	Martin Erasmus
7	Veronica Cochrane, Gayle Lombard, Wayne Kershaw
8	Andy Daly, Tammy Dennill
9	Kenny Culverwell
11	Katy Moore, Rainer Mutsaerts, Craig Allsopp
12	Brandon Barnes, Justin Erasmus
13	Kevan Rocher
15	Howard Reeves
18	Deon Pretorius
20	Caroline Fyvie, Alison Parle
22	Karen Mc Kenzie, Greg Reeve
23	Kate Swan, Martin Dovey
24	Nicola Centner, Gloria Naidoo
28	Wayne Simmons
29	Clyde Walker

NEW: Braai packs will be sold on a Tuesday evening after the Time Trial. Therefore, bring your family down and enjoy a social braai with your fellow club members. The bar will also be open so you won't go thirsty (just ask Cliffie, Paul and Barry).

On the light side:

A new school inspector is assigned to the grade 4 class in one of the local schools in Soweto.

He is introduced to the class by the teacher, Miss Wesizwe.

She says to the class: "Let's show the inspector just how clever you are by allowing him to ask you a question."

The inspector decides to ask a biblical question.

He asks: "Class, who broke down the walls of Jericho?"

For a full minute there is absolute silence. The children all just stare at him blankly.

Eventually Siphon raises his hand. The Inspector points excitedly to him.

Siphon stands up and says: "Sir, I don't know who broke down the walls of Jericho, but I am innocent."

The inspector looks at the teacher for an explanation. She says: Well, I've known Siphon since the beginning of the year and I believe that if he says that he didn't do it, then he didn't do it."

The inspector is shocked at the level of ignorance and storms down to the principal's office and tells him what happened.

The principal replies: "Look I don't know the boy, but I socialise every now and then with his teacher and I believe her. If she feels that the boy was not involved, then he must be innocent."

The inspector can't believe what he is hearing. He grabs the phone on the principal's desk and dials the Minister of Education. He relates the entire episode and asks her what she thinks of the education standard in the school.

The Minister sighs heavily and replies: "Eish wena. You know I am very busy. I don't know the boy, the teacher or the principal. Just get three quotes and have the wall fixed by my brother."

Contact us:

Please send your pictures and contributions to fred@ramses.co.za



WE NEED YOUR PHOTO'S

Do you have any photos from your runs?

Please send them to
fred@ramses.co.za

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Registrations & Retail	Sue Smith	suesmithvintage@gmail.com	082 921-1175

PDAC Official results 25KM

Overall Position	Time	Name	Gender
39	01:34:10	Paul Worsnip	M
66	01:38:43	Cliff Robbertze	M
74	01:40:35	Richard Long	M
76	01:41:05	Stefan Wilmans	M
116	01:46:41	Lauren Calenborne	F
143	01:51:11	Tony Saunderson	M
164	01:53:10	Justin Erasmus	M
174	01:53:48	Ken Culverwell	M
200	01:56:09	Garry Shea	M
202	01:56:12	Martin Dovey	M
203	01:56:13	Justin Baker	M
204	01:56:14	Ross McKechnie	M
206	01:56:23	Oliver Lamusse	M
207	01:56:24	Kerry Hoar	F
222	01:57:59	Paul De Winnar	M
223	01:58:06	Mike Martin	M
228	01:58:31	Tammy Dennill	F
232	01:58:52	Barry Spencer	M
233	01:59:04	Steve McCarley	M
234	01:59:05	Andy Daly	M
270	02:02:02	Simon Collins	M
272	02:02:09	Lindsey Watkeys	F
273	02:02:11	Rudi Van Niekerk	M
282	02:03:03	Vanessa Skinner	F
293	02:03:42	Wayne Simmons	M
294	02:03:43	Brandon Jackson	M
297	02:03:56	Louise Fitzsimons	F
318	02:05:25	Robyn Long	F
319	02:05:33	Iain Robertson	M
373	02:09:18	Megan Finestone	F
382	02:09:46	Don Masinga	M
391	02:10:16	Peter Heron	M
392	02:10:18	Lauren Urquhart	F
410	02:10:55	Justin Janse van Rensburg	M
415	02:11:14	Hilton Janse van Rensburg	M
424	02:11:33	Shelley Frankish	F
449	02:12:43	Dave Lowe	M
453	02:12:58	Caroline Fyvie	F
501	02:14:56	Tracey Allison	F

Overall Position	Time	Name	Gender
638	02:21:41	Liz Chelin	F
646	02:22:10	Jill Adams	F
651	02:22:18	Sean Roberts	M
693	02:23:39	Brandon Sunkel	M
702	02:24:00	Nicola Blewett	F
703	02:24:01	Ken Tonkin	M
752	02:26:12	Michael White	M
765	02:26:47	David Roux	M
767	02:26:52	Francois Brand	M
782	02:27:15	Gill Tregenna	F
783	02:27:21	Brandon Perry	M
814	02:28:53	Debbie Brien	F
826	02:29:14	Douglas Glennie	M
857	02:30:35	Katy Moore	F
858	02:30:36	Trevor Moore	M
865	02:30:57	Nic Brien	M
875	02:31:36	Elize Herbst	F
876	02:31:42	Zanele Nduli	F
887	02:32:15	Sue Smith	F
888	02:32:16	Andy Watson	M
889	02:32:16	Janine Mazery	F
890	02:32:17	Charles Janse van Rensburg	M
891	02:32:17	Kelly Benschop	F
898	02:32:39	Gloria Naidoo	F
919	02:33:27	Chris Herbst	M
931	02:34:27	Paula Dovey	F
933	02:34:28	Sindy Kirsten	F
968	02:36:54	Ted Clark	M
980	02:37:26	Sibusiso Dlamini	M
1005	02:38:53	Michelle Kemp	F
1021	02:40:08	Matthew Blewett	M
1034	02:41:18	Petra Blewett	F
1067	02:43:20	David Jollands	M
1071	02:43:23	Pieter Grace	M
1072	02:43:25	Graham Buck	M
1113	02:46:05	Werner van Loggerenberg	M
1123	02:46:51	Joshua Brophy	M
1128	02:47:19	Jenny Bartlett	F
1220	02:58:54	Lauren Lavarack	F

554	02:18:19	Stuart Cox	M
555	02:18:20	Trevor Jones	M
558	02:18:25	Craig Blewett	M
593	02:19:36	Don MacLeod	M
600	02:20:11	Sheree Kirsten	F
614	02:20:44	Nicola Centner	F

1277	03:09:53	Debbie Lundin	F
1285	03:11:52	Debbie Reeve	F
1286	03:13:16	Gregory Reeve	M
1351	03:45:10	Nelly Dlamini	F
1358	03:50:39	Cindy Memela	F
1378		Nonjabulo Ndlazi	F