

Week 15 / 2013

Thursday
11 April 2013



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



This weekend is the Bergville 52km ultra hosted by Ladysmith Athletic Club. To all of you who are making the trek, good luck and enjoy. By all accounts the weather is going to be on the cool side so take a throwaway top for those first few kilometres. The race starts at 6am and I am told that the organisers are accepting late entries. This is a point to point race so make sure you have transport to get to the start or alternatively back to the start after the race. Brett & Taryn Holding have kindly offered to take the tent up to the start so when you finished your run, come share your war stories.

Rod Jarvis would have been doing his 40th Bergville this weekend but unfortunately has been struck down by illness. We wish Rod a speedy recovery.

On Sunday there is the KZNA 10km champs for those of you who are keeping it short. This race starts at 07h00 from Kings Park.

I have been fielding a lot of queries regarding the Club long run next week. The distance you do is up to you. Most individuals do between 30-45km of the route but there are a good percentage of runners who do the entire run. Included in the field are both fast and slow runners so do not feel like you are going to be left behind. To finish Comrades you need to average approximately 8min/km so this will give you a guide line as to how slow you can go on the day. Payment is to be made on the morning of the run to either Tammy, myself or Sharon and please remember to organize a lift back from the end.

We are also looking for a volunteer (preferably someone who is NOT running Comrades) to take the tent up to PMB and put it up on the Saturday preceding Comrades and then to take it down at the end of Comrades or the following day. If you would like to volunteer please give us a call.

Congrats to Janine Nortje for winning the Comrades competition. It seems that Westville runners are making a habit of winning Comrades competitions (see article at end of newsletter).

Until next time, enjoy.....

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Running Makeover: How Do I Get Faster for My Next Race?

In Part 1 of this series, coach Jason Fitzgerald provided solutions to runners stuck in a training and racing rut. In Part 2, Jason gives easy tips for runners who plan to chase a PR at their next race.

Running a new personal record is a top goal for most runners who enjoy the thrill of competing against their previous best times and with good reason: the sense of achievement from running faster than ever can make you feel powerful and successful as a runner. When you accomplish something you deliberately set out to do, your confidence skyrockets but many runners flounder from workout to workout, and some simply don't know what to do. So they do nothing and get stuck in a vicious cycle of dealing with constant little injuries, never seeing any improvement, or being terrified of increasing their mileage.

When you use a haphazard and uncoordinated plan, you're using the shotgun approach—try as many training tactics as possible and see what sticks. I call it the [try everything, try nothing approach](#). There's no progression, system or consistency. And that's why runners don't get faster.

What's the Next Logical Step?

Runners who want to see consistent improvement should look at their running and ask one question: What is the next logical step? Usually, that means changing your training to become harder or more focused

- Run slightly more mileage (weekly, monthly or by more consistent long runs)

- Run harder workouts (or workouts more specific to your goal race)
- Run more frequent workouts

Most runners never take this step, even though it's what I call a "[positive risk](#)." These beneficial risks include joining a running club, signing up for your first marathon, or hiring a coach. All of these risks can push you to run faster than you ever have before. Without risking failure, you'll never discover your potential.

Two Mistakes Most Runners Make

If you're not sure where to start, you might be making two of the most common training mistakes among beginning runners. You're not running enough or you're not running strides.

Most runners think to get faster you have to run a lot of fast workouts. But most runners simply need to run *more* because what they really lack is endurance. You can probably run 6:00-per mile pace for a few seconds. So the solution is to increase your endurance so you can hold that pace for longer. Start by increasing your long run by a mile once every two to three weeks. Runners training for a 5K or the marathon should all be doing consistent long runs—it's your most important workout of the week!

Your weekly mileage will also help boost your aerobic capacity so try to increase it by about 10 percent every two to three weeks until you've reached your "baseline workload"

Strides should be a regular staple of your weekly running program. They're 100-meter accelerations where you start at a slow run, build to about 95 to 98 percent of your maximum speed, and then gradually slow to a stop. One stride should take you about 20 to 25 seconds. Start with four strides, and after about three weeks, increase to six per session. Take about a minute of walking or standing in between to catch your breath. Strides are not an aerobic workout so don't rush—you don't get additional benefits by reducing the recovery period. Strides are short and you're only running fast for a few seconds, so they shouldn't be very difficult. Remember to stay relaxed—at no point should you be straining or sprinting.

So take an honest look at your running over the last three to four months. It doesn't matter what your goal race is, these upgrades to your training can help you accomplish that elusive PR you've been chasing.



Westville Athletic Club kit is available at **the club on a Tuesday evening**. Remember to wear **Red** shorts/leggings only. We have vests and baggies available. Order your tracksuit now.

Ladies Crop/Tank tops	R160	Ladies Casual tops	R90	Shorts second skins/PS shorts	R100
Vests S, M, L, XL	R150	Vests 2 x XL	R160	Boxers	R80
Track suits	R450	Tog bags	R130	Baggies	R130



NOTICE BOARD

RESULTS:

Oasis Crescent 21,1km

Maureen Slack 1st Vet lady 1:34:55



Oasis Crescent 10km

Les Smith 1st Grandmaster

Gill Tregenna 1st Grandmaster lady

XC—Hilton

Men 45-49 Trevor Hart-Jones 2nd
Men 50-44 Kenny Culverwell 3rd
Men 55-59 Andy Daly 2nd

Ladies 45-49 Kylie Griffin 2nd
Ladies 70-74 Gill Tregenna 1st

SUBSTITUTIONS OPEN

It's that time of the year again when Comrades Marathon runners who were unable to enter for the 2013 Ultimate Human Race during the official entry period (September –November 2012) have an opportunity to still be part of the great race through the official Substitution process.

Thanks to the CMA's Substitution Rule, these Comrades Marathon hopefuls have from now until 30 April 2013 to substitute an entrant who has withdrawn, or intends to withdraw from the 2013 edition of the epic road-running challenge.

The Comrades Marathon Substitution Rule was introduced for the very first time last year and now forms part of the official race rules of the world's biggest ultra-marathon. **The Substitution process officially opened on 1 April and will close on 30 April 2013.**

The completed application forms as specified in the Substitution Rule must reach the CMA office by 30 April 2013. There will be no extension of this deadline.

HAPPY BIRTHDAY

On the light side:

A Scottish Jew decided to retire and take up golf, so he applied for membership at a local golf club. About a week later he received a letter that his application has been rejected, so he goes to the club to inquire as to why.

Secretary: You are aware that this is a Scottish golf club?

Scot: Aye, but I am as Scottish as you are, ma'am, my name is MacTavish.

Secretary: Do you know that on formal occasions we wear a kilt?

Scot: Aye, I do know, and I wear a kilt too.

Secretary: You are also aware, that we wear nothing under the kilt?

Scot: Aye, and neither do I.

Secretary: Are you also aware, that the members sit naked in the steam room?

Scot: Aye, I also do the same.

Secretary: But you are a Jew?

Scot: Aye, I be that.

Secretary: So, being Jewish, you are circumcised, is that correct?

Scot: Aye, I be that, too.

Secretary: I am terribly sorry, but the members just would not feel comfortable sitting in the steam room with you, since your privates are different from theirs.

Scot: Ach, I know that you have to be a Protestant to march with the Orangemen. And I know that you have to be a Catholic to join the Knights of Columbus. But this is the first time I've heard that you have to be a complete prick to join a golf club!

Date	Name	Surname
1	Craig	Murie
2	Mark	Mowat
2	Tony	Saunderson
3	Gloria	Gabela
4	Robin	Goddard
5	Adam	Fitzmaurice
5	James	Reeve
5	Dave	Lowe
5	Tim	Kilpin
9	Ig	du Toit
9	Tarryn	Ballard
16	Barry	Spencer
16	Richard	Long
17	Ken	Tonkin
17	Sipho	Duma
20	Brett	Holding
20	Jonathan	Hunsley
20	Andile	Sithole
23	David	Roux
24	Karen	Behrens
24	Lauren	Calenborne
24	Melanie	Watkins
27	Rohland	de Charmoy
28	Lloyd	Melrose
28	Aidan	Billington
29	Deon	Crouse
29	Steven	Callaghan

APRIL 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Family day	2	3 Training run 5am	4	5 Training run 5am	6 X-C LEAGUE No. 1 Hilton @ 11H00	7 OASIS Crescent Challenge 21,1 / 10km @ 06h00
8 Training run 5am COMMITTEE MEETING @18h00	9	10 LADIES TT LEAGUE HIGHWAY @ 18H00	11	12 Training run 5am	13 ARTHUR CRESS- WELL (Bergville) Point to Point	14 KZNA 10km Champs @07h00
15 Training run 5am	16	17 Training run 5am	18	19 Training run 5am	20	21 CLUB LONG RUN
22 Training run 5am	23	24 MIXED TT LEAGUE Queensburgh @ 18H00	25	26 Training run 5am	27 X-C LEAGUE No. 2 Collegian Harriers @ 11H00	28 CAVANAGH MAR- ATHON 52 / 21,1KM @06H00
29 Training run 5am	30	Queensburgh Club long run				
<p>NOTES:</p> <p>Details of all events can be found at www.eventtiming.co.za</p>						



Contact Tammy
if you can help with Tent Duty.

083 222-2339



Committee contact details:

Position	Name	Email address	Cell number
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WILDERNESS SAFARIS COMPETITION WINNER

Janine Nortje from Westville Athletics Club is the awesome winner of the amazing Wilderness Safaris Competition, sponsored by Wilderness Safaris.

This bubbly lady who works as a personal assistant ran and completed her first Comrades last year and is aiming for her second Comrades medal this year.

She started running in 2011 after the birth of her 4th child. Janine says, 'I fell in love with running almost immediately and before I knew it I had entered to run the 2012 Comrades Marathon. I successfully completed my Comrades and look forward to completing many more in the future.'

Janine says there are a few people who inspire her but one that comes to mind is Dave Lowe, someone she had met through running. She says, 'Dave is a member of Westville Athletics Club and will be running his 40th consecutive Comrades this year. Aside from being an incredible athlete, he is wonderful example of a true gentleman with much valuable advice to offer.'

As to how she feels about being the winner of the fabulous getaway, Janine says she will be accompanied by her husband, who has been yearning to visit the Okavango Delta for as long as she can remember! She is greatly looking forward to it!

CLASSIFIEDS



Contact: Craig Dennill - 083 222-2380
Email: Dennill_C@mtn.co.za

FOR SALE:

- Blackberry 8520 - Retail replacement R2385 available for R1200 onco
- Blackberry 9800 Charcoal - Retail replacement R5155 available for R3000 onco
- Blackberry 9900 White - Retail replacement R6337 available for R3500 onco

All of these items are still sealed and come with a cover and international travel charger

- Hauwei S7 Slim tablet - Retail replacement R3552 available for R2000 onco
(Brand new sealed 7 inch WVGA Capacitive touch screen, 3.2 m pixels camera , blue tooth 2.1 +EDR , micro USB , HDMI , WI-FI 802.11B/G/N , GPS/AGPS , Micro SD , Stereo speaker)



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