

COOL RUNNINGS

Issue 33 # 2013

15 August 2013

WESTVILLE ATHLETIC CLUB

Our photo of the week is of Jill Adams & Adrie Booth enjoying themselves at the WOW event held recently at the clubhouse. If you have any interesting articles for inclusion into the newsletter please feel free to forward to me. I would love to include any articles received.

Last week proved that men cannot multi-task. Whilst compiling the newsletter I was reading an article about Mike Marshall the Sports doctor and whilst doing so was also inserting that terrible photograph of Mike Martin in that SPEEDO. Naturally I then referred Mike Martin to Mike Marshall. Mike Martin, you can thank your friends for the article.

On Saturday by all accounts we had a fantastic turnout of both

runners and club member spectators at the KZNA Cross Country champs. A huge well done to all our medal winners and its great to see you all keeping the Westville flag flying high.

This weekend sees the Capital Climb 15km on Saturday starting at 08h00. This is the second event in our King & Queen of the Mountains. The tent will be up and if you haven't done this race before do your self a favour and get to Pietermaritzburg this weekend and enter. I have attached the flyer and entry form to make it easy for you. Let's have a great turnout for this event.

The KwaMashu 21km set for Sunday has been **CANCELLED**.



For those of you buying running shoes and/or kit, Justin Hands has relocated his shop to Morningside. It is located on the corner of Gordon & Windermere Roads. I popped in this week and the shop is looking great. For good advice and service give Justin a call.

Until next time, enjoy.....

Results

KZNA Cross Country Champs:

Grant Cummings	40-44	Gold
Ken Culverwell	50-54	Bronze
Aubrey Roberts	55-59	Gold
Andy Daly	55-59	Silver
Les Smith	60-64	Silver
Tamryn Worsnip	35-39	Silver
Sheree Kirsten	55-59	Silver
Gill Tregenna	70-74	Gold

3 Falls Trail Run:

Men:		
Richard Long	4th	2:00:57
Ladies:		
Lauren Calenborne	2nd	2:22:18

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Dates to remember:

- 18 August: Capital Climb
- 22 August: Mixed TT League—Chiltern
- 23 August: 100 Capital Classic
- 25 August: Mandela Marathon
- 1 September: eThekweni Township marathon

TIPS to run a great marathon



“Progress patiently i.e. increase quality and quantity gradually.....”

Adopt a holistic approach - it's essential to look at all aspects of your lifestyle when you are about to commence on a marathon training programme

Involve your family and friends. Make them feel part of your new found obsession.

Ensure there is a structure and shape to your training - your runs need to have a purpose

Do not become over-dependent on a training schedule. If you miss a day, you miss a day. There is no need to panic

Progress patiently i.e. increase quality and quantity gradually

Be realistic about the amount of training you can and want to do

Incorporate the basic principles in your running i.e. a long run,

long reps and tempo running need to be part of the package

Run economically and efficiently

Ensure you allow **rest and recovery** as part of your training

Avoid guilt fixations about any disappointing or missed sessions

Reward yourself as new ambitions are achieved

Plan your races carefully by working backwards from the marathon date

Develop a training group or at least 1-2 partners to run with - agree on pace parameters before you begin

Devise a variety of training runs/routes, which are preferably well lit and definitely safe

Develop a variety of surfaces to run over; too much running on

road can bash the joints about

Minimise problems by ensuring you **wear good shoes** and an appropriate kit

Ensure your **diet is suitable** for the demands you are placing on your body

Stay hydrated all the time by drinking lots of water

Find time to **do some mobility/stretching** each day

Respond to injuries immediately - it's better to miss 1-2 days than 1-2 weeks

Consider having a **weekly massage**

Give attention to admin planning early i.e. hotel booking, travel etc.

Feel excited about your challenge and enjoy your running!

HOODIES:



New

Place your orders **NOW.**

Only **R225.**

Ideal for after your training run or at a race.

Westville Kit:

Ladies crop/tank tops	R160.00
Ladies casual tops	R90.00
Vests S, M, L, XL	R150.00
Vests 2 x XL	R160.00
Shorts, second skins	R100.00
PS Shorts	R100.00
Westville baggies	R130.00
Tog bags	R130.00
Tracksuits	R450.00

King & Queen of the mountains

This coming Saturday 17th will see the second leg of the King & Queen of the mountain being held at the Capital Climb in PMB. The first leg was held in January at the Ronnie Davel. To qualify you need to complete 3 out of the 5 events that make up the league. The events this year are.

Qualifying Events:

Ronnie Davel – complete
Capital Climb – 17-Aug-13
Saints Thorntree – 10-Nov-13
Wings Challenge – 24-Nov-13
BMG Stainbank – 01-Dec-13

Men's standing after 1st event:

- 1) Grant Cummings
- 2) Cliff Robbertze
- 3) Lyndon Nash

Ladies standing after 1st event:

- 1) Jenny Tyers
- 2) Sheree Kirsten
- 3) Brenda Cox

The club tent will be up so come and join us and relax after a tough pull up to worlds view and back.

**See attached
entry form
Race starts at
08h00.**

KZNA Athlete Commission—Newsletter No. 1 July 2013

MEMBERS OF COMMISSION

Chairperson:	Thubalethu Phaku	(0786129211)
Vice Chair:	Gill Tregenna	(0317015309)
Secretary:	Sheila Knudsen	(0824176704)
Members:	Blanche Moila	(0791231228)
	Willie Majombozi	(0829584047)

The role of the Athletes Commission is to involve the Athletes. Most decisions made by the Executive Board are made without the input of the Athletes themselves. Athletes must be able to discuss issues with the Commission. These issues are often sent to KZNA for discussion and action. KZNA must then give us feedback which can be passed on to the Athletes.

LINES OF COMMUNICATION

We are available at various races and you may approach us with your concerns. Please give us specific written information to back up your concerns. Letters may be faxed to (031 303 2728) or e-mail (kzn@athletics.org.za)



Running to the limits - from Justin Hands!

Please join us this Friday, 16th August for a special marathon running documentary brought to you by the [Compass Box Whisky Co.](#) "Running To The Limits" is a 2009 documentary film about filmmaker Alex Vero's journey to qualify for the 2008 Beijing Olympic Marathon. Narrated by Vero and set against the backdrop of a massive decline in British professional marathon running, the film spans over three years and several continents as he works to overcome physical and personal demons and complete his marathon training. It features Vero's story, as well as those of famous runners and coaches who he meets while training.

The film is viewed as one of the most successful running documentaries of all time. Collecting numerous awards at film festivals around the world, the documentary aired on Channel 4 and 4oD, recording viewing figures of 1.2 million. The project website was a runner up in the Yahoo 'Finds of the Year Awards' and had more than 800,000 followers and activated bloggers whilst social media was still in its infancy. Capturing the imagination of people around the world, the DVD has sold over 10,000 copies to enthusiasts in an astonishing 87 different countries. Broadcast on Italian TV, Runners World TV and now YouTube the total outreach of the project is estimated at over 3.2 million people.

There will be a special welcoming tasting of [Orangerie](#) by Compass Box Whisky, paired with mini creme brûlée tartlets - only for the first 50 people. Entrance is free, and popcorn will be served compliments of Compass Box. Invite friends to the event [page here](#). Doors open at 18h00 and movie will be screened at 20h00, please note that there are no pre-bookings, seats are on a first come first serve basis. For more info please email info@theupstairs.co.za

Message from your Chair - Tammy Dennill

Dear Club Members

KZNA want to do the KZNA awards from 2006 until 2012. They have requested that we try and identify who the members from the club are who should be awarded these badges. Unfortunately we do not keep KZNA records on their behalf, so if you reached the criteria listed below in this period could you please send your name, the achievement and year of the achievement and age group category so I can forward it onto KZNA.

Athlete's badge: (Athletes badges may be awarded to an athlete/s who has)

1. Achieved gold at any **ASA Championship (Senior)**
2. Represented KZNA at 2 consecutive **ASA Championships (Youth, Junior, Senior, Sub-Veteran/Master)** and obtained a medal.
3. Obtained a medal in a team event (track, cross country or road) at any **ASA Championship (Youth, Junior or Senior)**

If you have achieved the criteria above please let me have your details before 20 August 2013. If you do not submit your results you will not be awarded your KZN Athletes badge. Your results must be forwarded to me personally at tammydennill@hotmail.com.

**AUGUST
2013**

Membership
fees half price.

Get your friends
to sign up **NOW.**

Happy birthday

- | | | | |
|----|-------------------|----|----------------------|
| 2 | Lauren Lavarack | 3 | Stewart Clarke |
| 9 | Glen Combe | 10 | Tracey Allison |
| 13 | Renee Heine | 13 | Thandekile Madonsela |
| 13 | James Geldart | 15 | Dudley Le Roux |
| 15 | Tiffany Callaghan | 15 | Dave Leppan |
| 16 | Heather Wenke | 18 | Ronnie Verster |
| 20 | Paul Eichert | 21 | Graham Gibson |
| 22 | Lynn Conway | 30 | Duncan Wicht |
| 30 | Vernon Bell | 31 | Michael Lusignea |

**“There’s a fine
line between
locating a
satellite and
staring at your
wrist like an
idiot.”**

Our sponsors:



**Run
safely, Run wisely and Run to be seen**

Committee contact details:

Tammy Dennill (Chair)	083 222-2339	tammydennill@hotmail.com
Fred Mc Kenzie (Vice-chair)	082 880-4894	fred@ramses.co.za
Sharon Schubach (Secretary)	082 414-1783	itonridge@gmail.com
Daryl Hefer (Treasurer)	082 788-7114	darylhefer@gmail.com
Stefan Wilmans (Men's Captain)	082 532-3766	stefchell@absamail.co.za
Janine Mazery (Ladies captain)	084 444-1976	jmazery@gmail.com
Stuart Cox (XC captain)	082 905-4298	Stuart.cox@za.nampak.com
Paul Pearce (Facilities manager)	083 447-7028	Paul.pearce@esorfranki.co.za
Chris & Elize Herbst (Retail)	079 720-8773	elizeherbst@absamail.co.za
Sharon Schubach (Registrations)		

On the light side:

A little boy went up to his father and asked: 'Dad, where did my intelligence come from?' The father replied. **'Well, son, you must have got it from your mother, cause I still have mine.'**

'Mr. Clark, I have reviewed this case very carefully,' the Divorce Court Judge said, 'And I've decided to give your wife \$775 a week,' **'That's very fair, your honour,' the husband said. 'And every now and then I'll try to send her a few bucks myself.'**

A doctor examining a woman who had been rushed to the Emergency Room, took the husband aside, and said, 'I don't like the looks of your wife at all.' **'Me neither doc,' said the husband. 'But she's a great cook and really good with the kids.'**

An old man goes to the Wizard to ask him if he can remove a curse he has been living with for the last 40 years. The Wizard says, 'Maybe, but you will have to tell me the exact words that were used to put the curse on you.' **The old man says without hesitation, 'I now pronounce you man and wife.'**

**We on the Web
www.
westvilleac.co.za**

AUGUST 2013

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Training run 5am	WESTVILLE TIME TRIAL @ 17H45	Training run 5am	1	2 Training run 5am	3 X-CLEAGUE No. 8 Q/burgh	4 MEREWENT 10KM @ 07H00
5 Training run 5am	6 WESTVILLE TIME TRIAL @ 17H45	7 Training run 5am	8	9 WOMAN IN ACTION 10KM @08H00	10 X-CLEAGUE KZN Champs Geloft	11 MTUNZIN CHALLENGE 16KM @07H00
12 Training run 5am	13 WESTVILLE TIME TRIAL @ 17H45	14 LADIES TT FOREST HILLS @ 18H00	15	16 Training run 5am	17 CAPITAL CLIMB 15KM @ 08H00	18 KWAMASHU 21,1KM @ 07H00
19 Training run 5am COMMITTEE MEETING @18h00	20 WESTVILLE TIME TRIAL @ 17H45	21 Training run 5am	22 MIXED TT CHILTERN @ 18H00	23 Training run 5am	24	25 MANDELA MARATHON @06H00
26 Training run 5am	27 WESTVILLE TIME TRIAL @ 17H45	28 Training run 5am	29	30 Training run 5am	31	
NOTES: Details of all events can be found at www.eventtiming.co.za						