



10 July 2014  
Issue 27 # 2014

We are on the Web  
[www.westvilleac.co.za](http://www.westvilleac.co.za)

## COOL RUNNINGS

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**Raffle tickets** - in order to make this a success we need your input. If each member sold 5 tickets we would have sold enough to upgrade the clubhouse. Please contact me to get your tickets. Those who have raffle sheets, please can I get them back ASAP.

*Diarize the 24 July 2014 and respond now to our 40th Cocktail function. This promises to be a night to remember. Also get to meet some of our founding members and honorary life members. See attached invite.*

This Sunday the 13 July 2013, is the Savages 21,1km race which incorporates our club half marathon championships. We hope to see a huge turnout of club members and as an added incentive Alen Hattingh has organized two cakes for the members in recognition of our 40th anniversary. **Congratulations and a big thank you to all our members who entered this event online. I have it on good authority that we were the overall winners and that means an additional R5000 towards the club fund raising efforts.**

**Tuesday 22<sup>nd</sup> July we are hosting the Durban Runner/GU mixed league at Westville Athletic Club. Start at 6:00pm. We need as many ladies as possible to come and marshall and work. The ladies that normally run the Durban league time will be asked to run this time trial on behalf of Westville as they are winning the league. We also need some men to get to the club early to help set up the field. Can members please assist with lucky draws.**

Our retail committee member is relocating and we require a member to take over this function. If you can assist please feel free to give either Sharon Schubach or Tammy Dennill a call.

*If you ordered a cap/peak, please can you pick these up on a Tuesday evening at the retail room at the club. We need to now finalize this project. Thank you.*

In terms off the clubs constitution, if you would like to nominate a member as a honorary life member, please submit your nomination in writing to the club with your reasons for doing so before the 31 July 2014. Bear in mind that the member should have been a member off the club for at least 15 years, served on the committee for at least 3 years and/or given of his/her service in some form or other to the club. Once the nominations for this has closed, the applications will undergo a process in terms off the constitution to see if he/she qualifies.

### Results:

XC Lahee Park - PDAC

12 years females	Jenna O'Brien	3 <sup>rd</sup> overall
17 years females	Megan Cox	3 <sup>rd</sup> overall
50 years females	Janine Engels	1 <sup>st</sup> overall
70 years females	Gill Tregenna	1 <sup>st</sup> overall
40 years men	Grant Cummings	2 <sup>nd</sup> overall
45 years men	Cliff Robbertze	2 <sup>nd</sup> overall
50 years men	Ken Culverwell	3 <sup>rd</sup> overall
55 years men	Aubrey Roberts	1 <sup>st</sup> overall

### Forthcoming attractions:

#### Sunday 13 July:

**Savages Supamama 21/10km challenge:**  
21,1 & 10km run/walk @ 07h00  
Cyril Georgehagen Stadium  
**(Westville club 21,1km champs)**

#### Sunday 20 July:

**Totalsport ladies run:**  
10 & 5km run/walk @ 08h  
KZNA

#### Tuesday 22 July:

**Durban Runner/GU Time Trial League:**  
8km men # 4km ladies & walkers @ 18h00  
**WESTVILLE AC**

#### Saturday 26 July:

**Longest day:**  
12hour event @ 07h00  
Collegian Harriers, PMB

#### Saturday 05 July:

**XC- Verulam:**  
@ 10h50  
Verulam

#### Sunday 27 July:

**Ulwazi Group marathon:**  
21,1 & 10km run/walk @ 07h00  
Hammersdale AC

#### Saturday 02 August:

**XC- Utrecht:**  
@ 10h50  
Utrecht

#### Sunday 3 August:

**Merewent 10km:**  
10km run/walk @ 07h00  
Dhubri Road Grounds, Merewent  
**(Westville club 10km champs)**

# Run better every day

There are some runners who run every day, no matter what, and it just comes easily to them – but you may need a plan for today's workout. Without a plan, it's just too easy to skip a run. You've got pressures in the office, errands to do, classes to take, things to deal with at home. And more. Always more. Which makes it tough to put together a consistent training programme. Yet consistency is the most essential piece of every training programme. It's the one thing perhaps the only one that every coach, physiologist and medical expert agrees on. Without consistency, you aren't going anywhere. You're not going to get faster. You're not going to run farther. You're not going to lose weight, lower your blood pressure, finish that marathon, or achieve your other running goals. With a consistent training programme, on the other hand, the sky's the limit. You'll feel better and run better every day. So let's get with it. Here are 24 ways to add more consistency to your running.

- 1. Run with others** To make sure you do a workout, there's nothing like the social pressure of knowing someone else (or a group) is waiting for you. Bonus: It's often more fun than running alone, especially if you're doing a long run or a speed workout on the track.
- 2. Run like a tortoise** We can't lie to you. This isn't a sport of instant success and miracle shortcuts. Patience pays off, often in a very big way. At the beginning of a marathon training programme, many participants can't imagine themselves running more than 10 kays. Twelve to 16 weeks later, voila: The cheering crowd and unbelievable exhilaration of reaching a marathon finish line. Stick with the programme. Repeat: Stick with the programme. And prepare to be amazed.
- 3. Take a break** To everything, there is a season. You don't have to run every day, every week, or even every month. Many top runners visualise their training year as a mountain range. It has peaks and valleys – recovery periods when they let their running taper off, so that they can build all the higher in their next training period. For healthy, consistent training, your body needs regular – that is, weekly, seasonal, and annual – recovery periods.
- 4. Eat a healthy breakfast** We can't emphasize this one enough. Breakfast is the most important meal of the day, because it fuels you for the entire day. To skip breakfast or eat a skimpy one is like failing to rehydrate and refuel after a marathon. You wouldn't do that, would you? Well, your night's sleep is like a marathon to your body, because you don't get any fuel while you're sleeping. So carbo-load at breakfast. And add a little protein.
- 5. Get cozy with frozen vegetables** This isn't a nutrition tip. It's an injury-prevention tip. If London Marathon winner Paula Radcliffe can take ice baths after a hard race, you can stand a bag of frozen peas against your sore knees for 15 minutes. Nothing reduces inflammation and holds injuries at bay like ice. Result: You stick to your training programme. (Or get yourself one of the commercial ice wraps, often with handy Velcro straps.)
- 6. Join the "X" revolution** Despite the many proven benefits of cross-training, we still know too many runners who only run. C'mon, folks, we know all about the "specificity-of-training" rule, but we still skip the occasional running workout to get in some cross-training. Mainly strength training, bicycling, elliptical training, yoga, stairclimbing, pool running, rowing and walking. Why? Not because we think these routines will make us faster in our next half marathon, but because they make us fitter and less prone to injury.
- 7. Keep a log** Your training log is a great source of the kind of motivation that builds consistency. It beckons to be filled in, reveals the secrets of your training and racing successes, and provides lots of inspirational quotes and useful tips.
- 8. Enter races** You don't have to race to be a serious runner, but, geez, there are so many good reasons to enter races. RW columnist Jeff Galloway says that entering races, especially marathons, "scares" people into training the way they should. That's a good one. But we also like the sense of community you get from races. They help you realise that you belong to something big, and that there are more people than you imagined who share your running and fitness goals. Besides, it's good to go for the burn every now and again.
- 9. Pay attention to your shoes** Some things should be obvious, and this is one of them. But it's worth repeating, if it keeps even one of you from getting injured. Most shoes wear out after 500 to 800 kilometres. You often can't see the wear, but, your knees, hips, back and Achilles tendons know it. Give your old, worn shoes to a local Salvation Army or similar group, and get yourself to a running-specialty store for a new pair. (While you're there, buy some reflective gear. The days are getting shorter. Make sure you're visible on the road this winter.)
- 10. Run early** You want to get something done? Do it early in the day. Everything gets tougher later in the day when various tasks and responsibilities start ganging up on you. In a recent Runner's World survey, the two most popular workout times were 5am and 6am.
- 11. Practise good posture** Not just when you're running, but all the time. This is especially important if you've got an office job and sit at a computer all day (like us). Make sure your keyboard and monitor are properly positioned, and sit straight but comfortably in your chair. Most of us sit on those large Swedish exercise balls, which encourage good posture because you have to use your legs and stomach muscles to keep from falling off. Good posture can improve your running efficiency and decrease injury risk. Ergo, better consistency.
- 12. Use the fridge** In two ways. First, be sure it's always stocked with those key foods you rely on for healthy nutrition and snacking: Sports drinks, low-fat yoghurt, fruit, nuts, carrots, etc. Second, put something inspirational on the outside of the fridge: A picture of you and friends at a race, a training plan, a great quote.
- 13. Schedule it** You've got your calendar, your day planner, your napkin with the scrawled list of stuff you absolutely, positively have to get done today. Be sure to write in your workout. Carve out an hour in your day. The experts all agree: Your exercise is one of your most important daily activities. Make it happen. The President of the United States exercises almost every day. You should, too.
- 14. Get your clothes ready** And your shoes. Root through your closets and drawers the night before a morning run to select and organise the running gear you need. Another good trick: Have a complete bag of running gear (and a dry shirt and towel) always at the ready in the boot of your car. You never know when you'll be able to use them.
- 15. Run on different surfaces** See how many different surfaces you can run on in a week: Tar, gravel, trail, grass, track, treadmill, beach. Each stresses your leg muscles in a slightly different way, helping to prevent overuse injuries. (If possible, avoid concrete, the hardest and least accommodating surface for runners.)

**16. Take a trip** Reward your training and racing successes with a special running vacation to take in an exotic international marathon, if you can afford it. There really are some superb races out there to choose from, especially the Big City Marathons in the Europe and the USA.

**17. Stay flexible** We like that word – it has so many important meanings. Here we're talking about a regular stretching programme to keep your legs limber and injury-free. Or yoga and Pilates routines, both of which are enjoying a huge surge in popularity. Pick the approach that works best for you. You need to prevent injuries if you want to improve your training consistency.

**18. Run before you get home** If you can't run in the morning or at lunch, at least try to run before you get home from work. Stop at a favourite park or trail on your way home from the office, and do a workout there. Or arrange to meet some friends for a run at 5:30pm. Once you're at home, it's hard to get out the door again for a workout.

**19. Stay hydrated** Eat your fruits and vegetables, and get plenty of sleep. We know: You've heard all this stuff before. Okay, we'll stop. But just remember that the simplest, most basic advice often makes the biggest contribution to improved consistency.

**20. Adopt a runner** Sometimes, the most motivating and rewarding thing you can do is to reach out to someone else. It could be someone close, at work or even in your family. Or your club might receive occasional calls from new runners, or those who want to begin. Offer to help. Beginners don't need a mentor with a Ph.D., they need encouragement, a personal connection, and the kind of basic training, nutrition and injury-prevention experience you already possess.

**21. Start a running streak** We don't mean that you should run every day. In fact, we don't advise that for most runners. But we like the idea of running the same road race every year, or you could run one marathon a year, every year. Or you could "collect" cities and towns by racing in a different one every few months.

**22. Join an online community** Many running websites, including [ours](#), have forums or message boards where runners exchange information, opinions and greetings that develop into digital friendships. Often, these blossom into "encounters," where the online friends agree to meet at a particular race. Along the way, they encourage each other's training, and lend a sympathetic ear when that's what you need most.

**23. Establish a pre-run routine** You warm up at the start of a race and at the beginning of a workout, but it's also helpful to warm up for your warm-up, so to say. Follow a routine. Sixty minutes before your run, reach for a bottle of sports drink. At run-minus-30, get up and take a three-minute stroll to loosen the legs. At run-minus-10, listen to a favourite psych-up song. Include any other short activities that work for you. Psychologists say these routines help us develop the healthy patterns we want.

*You know when you a runner when you no longer hate [port-a-loos](#). In fact, there have been times when you've been very happy to see one.*

## Happy birthday

Date	Name	Surname
4	Shane	Ellis
	Janine	Nortje
	Les	Smith
5	Tyler	Petersen
	Brandon	Sunkel
	Madelein	Wilmans
6	Bradley	Boxall
9	Sudhir	Nathoo
12	Marco	Raffinetti
14	Keiran	Aytoun
	Glynn	Swan
	Ken	Hinton
	Andrew	Stent
17	Dylan	O'Brien
	Adrian	Lindsay
18	Gaylene	Visser
19	Matthew	Schneider
	Martin	Botha
20	Simone	Verster
	Rory	van Zyl
23	Paula	Symington
25	Derrick	Mazibuko
27	Steve	Atkins
	Thandekile	Sotubhu
28	Kerry	Hoar
	Cuan	Watkins
	Justin	Janse van Rensburg
29	Kerry	Petersen
30	Dylan	Callaghan

**Dylan O'Brein**, one of our junior runners has been selected as part of the South African Under 15 Baseball squad to go to Mexico at the end of July to play in the Baseball World Cup. There are 18 Countries competing in the world cup and it is going to be a great experience for him. For more info go to [www.ibaf.org](http://www.ibaf.org). I hope you can assist in some way or if you know of any contacts you can send this to - the cost of the trip is going to be around R25 000. And any little bit will be a great help. **There are also** raffle tickets going if you would like to take some tickets, R20 for 1 ticket and R50 for 3 Tickets – you can win a holiday worth R15 000 for 7 nights for 6 people.

Herewith some information someone from Prime Human Performance Institute:-

Dylan is a pupil at Westville Boys High School and I have got to know him through my daughters when he was at Westville Senior Primary School as he used to assist them with their cross-country training. Dylan is a fantastic individual, athlete and baseball player who has spent time chatting to me about his interest in Sport Science and how the field can be used to enhance performance. He already knows that he wants to make a career out of Sport Science and will be studying this field once he matriculates.

Following, is a description of Dylan and his achievements. I have attached the letter from the South African Baseball Union that provides the tour costing and the team list. **Please could you contact his parents, Dale and Helen O'Brien ([daleobrien@telkomsa.net](mailto:daleobrien@telkomsa.net)) should you be able to contribute.** "Dylan O'Brien is 14 years old – he will be 15 in July. Dylan has to work hard for everything he does – he had lots of Medical problems with his stomach as a child and so he was permanently in pain – but that did not stop him trying to achieve his goals. Dylan has a passion for running, baseball and softball. Even as a baby he used to sleep with a ball in his hand.

Dylan has represented KZN Softball for the past 2 years and while at Westville Senior Primary he played in the Westville Boys High Under 16A and B team. Dylan loves his running and likes to take the lead from the beginning of the race. He presently trains 3 times a week at Westville Athletics Club. He enjoys Cross Country and Trail Runs – Coming 1<sup>st</sup> in lot of the trail runs he does – i.e. he won the Spur Trail Series for his age group and overall for 5km. Also he won the Pezulu Trail Race. In some of the other races coming in the top 5 positions. In Cross country he runs for Westville Boys High School and comes in the top 5 in his age group. At athletics day last year – Dylan missed the school recorded for 1500m by 2 seconds. On the 28<sup>th</sup> June he came third in the Spirit of Adventure 6km Trial Race and 1<sup>st</sup> under 18 boy.

Dylan has represented KZN Baseball for the past 6 years and played in provincial tournaments around the country. In 2011 the KZN won the tournament and had the chance to represent South Africa at the Middle East/Africa Baseball Tournament in Poland. It was a great opportunity and a lot was learnt. At the recent interprovincial Baseball Tournament in KZN – a under 15 South African team was selected to go to the World Cup in Mexico at the end of July.– this is truly a dream for him as he would one day like to play baseball professional overseas. Dylan has a passion for helping other people and doing good deeds and often he is found assisting younger children with their sporting skills. He would also like to study sports science after school."

### Reminder: Club champs

We hold our club championships (*club champs*) for the various distance throughout the year - for 2014 the following are our club champ races still outstanding:

<b>10km</b>	Merewent AC 10km	<b>03 August 2014</b>
<b>15km</b>	Bearingman Stainbank Cup	<b>07 December 2014</b>

Dear Club Executive Members,

My name is Lenka and I represent a new South African sports clothing brand called Brave Phoenix. Our company's main focus is safety, comfort and quality. We design our clothing products to **increase visibility and offer protection from motorists while on the road during low/no light conditions**, we are consistently innovating and will be bringing out more products in due course. **WITH PEDESTRIANS ACCOUNTING FOR 40% OF ALL ROAD FATALITIES, WE BELIEVE THAT OUR PRODUCTS CAN AID IN PREVENTING ACCIDENTS OR FATALITIES AND KEEP OUR ATHLETES SAFE.**

Designed by runners for runners the Phoenix Safety Vest (attached) allows ease of movement, high visibility and is one size fits all. We launched this product at this year's Two Ocean Expo and it was positively received by all as everyone wanted an item that offered some certainty while they trained in low light conditions. We were strongly encouraged by the club members to make contact with you due to the fact that we sold out during Expo. All items are now available online and we deliver nationally.

Should you or your members wish to see any of our products please visit our website [www.bravephoenix.co.za](http://www.bravephoenix.co.za) to learn more about our company and what we represent.

Contact details:  
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## SPAR TOPS

Place all your SPAR TOPS— Westville cash slips with your name and number in the box at the bar and stand a chance to win R1000.



## On the light side:

Van der Merwe and Zuma entered a chocolate shop and as they were busy looking around, Zuma stole 3 chocolate bars. When they left the store, Zuma said to Van: "Man, I'm the best thief, I stole 3 chocolate bars and no one saw me. You can't beat that."

Van replied: "You want to see something better? Let's go back to the shop and I'll show you some real stealing." So they went up to the counter and Van der Merwe said to the shopkeeper: "Do you want to see some real magic, man?"

The shopkeeper replied: "Yes." Van said: "Give me one chocolate bar." The shopkeeper gave him one, and he ate it. Van asked for a second bar, and he ate that as well. He asked for the third, and finished that one too. The shopkeeper asked: "But where's the magic?"

Van der Merwe replied: "Check in my friend's pocket, and you'll find all three bars of chocolate."

You just CAN'T beat a Van der Merwe !!

## Committee 2014:

### Tammy Dennill (Chairperson)

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### Fred Mc Kenzie (Vice Chairperson)

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### Sharon Schubach (Secretary)

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### Daryl Hefer (Treasurer)

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### Hilton JV Rensburg (Men's Captain)

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### Karyn Jackson (Ladies Captain)

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### Janine Engels (XC Captain)

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### Sharon Schubach (Registrations)

## Our sponsors:

