



10 September 2014
Issue 36 # 2014

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

COOL RUNNINGS

Like us on Facebook



This weekend is the ASA Cross Country champs taking place in George. We wish all our athletes the best of luck and know they will do the club proud. For those of you who do not know who made the KZNA team, here they are:

**Jonathan Edwards, Grant Cummings, Ken Cullverwell, Aubrey Roberts, Andy Daly, Les Smith
Kylie Griffin, Janine Engels, Gill Tregenna**

Saturday the 27 September we will be holding the Club-Club run. For those of you who are unfamiliar with this event, we hold an annual event where we compete with Chiltern AC on a handicap basis. This year the run is from Westville AC to Chiltern AC and back via a predetermined check point that will only be announced at the start. This is a lovely fun event and we would love to have ALL of you competing. We have also decided to make it a fun day and therefore our annual potjie competition will be held after the run. The rugby championship match between the Springboks and Australia taking place in Cape Town at 5pm on the same day will be televised on the big screen at the club. **Come make a family day of it.**

With Spring in the air I have been asked about the various running groups out and about. In Kloof starting at 4:50am there is the Tuesday/Thursday group. In Westville, there is the 4:50am group and the 5am group on a Monday/Wednesday/Friday. In the evenings, there is the "backpackers group at the clubhouse on a Monday/Wednesday starting at 5:15pm. Also at the Clubhouse on a Monday/Thursday starting at 5:20pm is the various track groups. Please if I can ask that when joining one of these groups to make sure you can keep up with the group. It doesn't help you or the group, if you left behind or the others have to wait for you.

We are aware that a number of our members do a lot of trail running. Unfortunately I do not get the results of these. Therefore, if you achieve a placing, please forward the details to me. Also if any of you have photographs, news etc for the newsletter, please feel free to forward these.

Results:

Ballito Dolphin Coast:

50km:	
3rd Master	Fred Mc Kenzie
21,1km:	
1st Lady overall	Jani Grundling
1st Vet Male	Cliff Robbertze

Forthcoming attractions:

Saturday 13 September:

The Mpati Mountain Race:

15km run/walk
Biggarsberg AC, Dundee

Saturday 13 September:

XC- ASA South African Champs:

@ 09h00

Sunday 14 September:

Umgobho Race:

25km run/walk
Bridge City, Inanda, Inanda Quadi

Wednesday 17 September:

Durban Runner/GU Time Trial League:

8km men # 4km ladies & walkers @ 18h00
Sydenham AC

Friday/Saturday 19/20 September:

100 Capital classic:

161km, 80km 32km run/walk
PMB

Sunday 21 September:

SAPS Striders Challenge:

21,1km & 10km run/walk
SAPS Striders, Kings Park

Sunday 28 September:

Ethekwini Township—Township:

42,2km & 21,1km run/walk
Umlazi AC , King Zwelithini Stadium

Sunday 5 October:

Saints Thorntree Challenge:

15km & 10km run/walk
Saints AC, PMB

Wednesday 07 October:

LADIES Time Trial League:

4km ladies & walkers @ 18h00
WESTVILLE AC

3 Must-Do Drills for Trail Runners



Do you remember your first trail run? I do. I came home exhausted, with dirty shoes, sore ankles, and a stubbed big toe. Immediately I knew I wanted more, but unfortunately I had no idea what I was doing. So what I decided to do was to keep going back, pushing a little too hard, getting a little too dirty, and continuing to annoy my ankles, toes, and knees. Instead, what I should have done, is realize that trail running is a different sport than road running, and needs to be treated as such.

It requires the use of different muscles and challenges your balance and stability in new ways.

If I was smart, I would have started training for the new sport instead of jumping in head first with serious risk of injury. Now don't take this the wrong way. I'm not saying you shouldn't get excited about trails like I did. Nor am I saying you should avoid them (in fact, I'm constantly pushing for the opposite!). But what I am saying is that when you start running trails, begin by learning the differences between roads and trails, and prep yourself for those differences.

As I mentioned earlier, one of the biggest differences between roads and trails on the body is the use of new muscles in the feet, ankles, knees, and legs. To prep for that, I suggest to all new trail runners that they practice certain drills to build strength and technique. But this advice doesn't apply just to runners new to trails. We should all keep up with drills, even after years of experience.

Why Keeping Up With Drills Is Important

After a while, once you're comfortable running trails and dealing with uneven ground, it's easy to fall into the routine of lacing up your shoes and hitting the trail without doing any sort of continued strength work. I know because it happens to me. I don't particularly enjoy doing drills. They aren't nearly as fun as running quickly through the woods or soaking in an overlook, so why spend my workout time hopping around?

Let me answer with a story. Last week, while running down a steep hill towards the end of a 9 mile loop, I landed awkwardly on a loose rock. My ankle twisted, plunging me forward while I let out a yelp. Finding myself on the ground confused by what happened, I jumped up to keep going, but was immediately halted due to a sharp pain in my left ankle. Expletive. I wobbled around the near vertical trail trying to walk it off. Many more expletives. After a few minutes I tried running, but just a few steps later was reduced to walking. I hobbled another half mile before I could start jogging the last few hundred meters to my car.

Upon arriving home I immediately employed the R-I-C-E treatment (Rest, Ice, Compression, Elevation) for a few hours, and by the end of the day the pain had subsided and I was able to walk without much discomfort. Thankfully I dodged that bullet, but it was an immediate reminder that I need to take care of myself. I need to continue to work the muscles tested on the trail, and not just by testing them *on* the trail but with targeted drills.

3 Drills for Trail Runners

Here are my 3 favourite drills that work the appropriate muscles for trail runners. Practice them often.

1) **Hops: Benefits:** Builds leg strength and agility.

Instructions: Find a picnic table, bench, or set of stairs. Place feet hip distance apart and drive from your lower legs to hop up onto the platform. Land on the balls of your feet. Complete 2-4 sets of 5 jumps once or twice a week. This is an easy drill to perform when you just have a few minutes, plus you look wicked cool hopping up on a picnic table.

2) **Four Square Drill: Benefits:** Builds ankle and knee strength and durability, and trains agility and quick foot placements.

Directions: Draw a 2ft x 2ft square on the ground. Jump with both feet together from the center to outside the square and back to center. Rotate between all four sides. Repeat in opposite direction. After completing the drill with two feet, repeat using only one foot at a time.

3) **Bounding: Benefits:** Builds explosiveness in the legs, corrects running form, and improves your uphill running technique.

Directions: Take long strides while running, concentrating on getting the knees up high and really exploding off the back leg. Run for roughly 100 meters. Repeat two or three times. This is a classic running drill, used by sprinters and distance runners alike. It also is a great drill for trail runners.

BONUS: Hill Running

This one isn't really a drill, but I just can't leave it out. Hill workouts are important for all runners, but even more so for trail runners, mostly because trails are often littered with hills. The best way to feel strong and comfortable running both up and down hills on the trail is to practice. Once a week, add a few repeats on a tough trail hill after your run. The uphill will help build explosive strength as you climb, and proper downhill technique will add to strength in the knees and legs. And the mental and physical comfort you gain from practicing on the hills will have a lasting impact on your daily runs.

Now it's your turn. Do you practice drills regularly? Which are your favourite?

Happy birthday

Date	Name	Surname
2	Andile	Mbatha
2	Michael	Rogers
6	Paul	Haselau
8	Tenley	Cummings
8	Garth	Skinner
8	Zethu	Sonjica
9	Cliff	Robbertze
10	Zama	Shwayimba
10	Andrew	Camp
10	Rick	Szabo
11	Tim	Desmond
11	Ryan	Dercksen
12	Grant	Lloyd
12	Wendy	Fitzmaurice
12	Dallas	Danielsen
16	Nicole	Petzer
17	Kai	Heher
17	Gina	Chiesman
17	Nhlanhla	Mbatha
20	Sthembiso	Ngcamu
20	Brett	Arendse
20	Grant	Larsen
23	Sandy	Aiken-Rose
25	Craig	Dennill
25	Five	Mthembu
27	Jonathan	Hotz
27	Anne	Chadwick
28	Elanie	Weich
30	Bert	Barratt
30	Wendy	Morgan

Dolphin Coast run results

00:45:29	Maureen	Slack	10km
00:49:14	Barry	Spencer	
00:58:47	Iain	Robertson	
01:17:00	Samantha	Spencer	
01:28:23	Cliff	Robbertze	21.1km
01:29:21	Janie	Grundling	
01:38:37	Stuart	Gannon	
01:49:06	Trevor	Hart-jones	
01:49:07	Steve	Mccarley	
01:51:12	David	Roux	
01:54:19	Thierry	Lagesse	
01:56:09	Tim	Desmond	
01:56:57	Sean	Roux	
01:57:58	Lauren	Beviss-challinor	
02:07:47	Sanet	Beukes	
02:32:03	Debbie	Lundin	
04:58:36	Fred	Mc Kenzie	50km

WESTVILLE ATHLETES SELECTED FOR KZN CROSS COUNTRY TEAM TO THE SA's

Men:

35+ Jonathan Edwards
40+ Grant Cummings
50+ Ken Cullverwell
55+ Aubrey Roberts
55+ Andy Daly
65+ Les Smith

Ladies:

45+ Kylie Griffin
50+ Janine Engels
70+ Gill Tregenna

Congrats to all and we wish you every success

Thur 18th September:

Time Trial - 5km
Start Time - 17h30
Venue – Riverside Harriers Sports Club
Riverside Sports Club
Radar Drive, Durban North

Zola Budd will give a small talk after the Time Trial. If you interested, please pop along and attend.

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:

Clean sex quotes:

- You know that look woman get when they want sex? Me neither— *Steve Martin*
- Bisexuality immediately doubles your chances for a date on a Saturday night—*Rodney Dangerfield*
- My girlfriend always laughs during sex - no matter what she's reading—*Steve jobs*
- My mother never saw the irony of calling me a-son-of-a-bitch— *Jack Nicholson*
- Woman need a reason to have sex, men just need a place—*Billy Crystal*
- According to a new survey, woman say they feel more comfortable undressing in front of men than they do undressing in front of woman. They say woman are too judgemental, where of course, men are just grateful— *Robert de Niro*
- Sex at age 90 is like trying to shoot pool with a rope—*George Burns*
- Instead of getting married again, I'm going to find a woman I don't like and just give her a house—*Rod Stewart*

Committee 2014:

Tammy Dennill (Chairperson)

083 222-2339 # tammydenill@hotmail.com

Fred Mc Kenzie (Vice Chairperson)

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

Hilton JV Rensburg (Men's Captain)

082 777-5762 # hiltonv@hpj.co.za

Karyn Jackson (Ladies Captain)

079 897-3661 # karynj@rohlig.co.za

Janine Engels (XC Captain)

084 729-3871 # jengels.48@gmail.com

Justin JV Rensburg (Facilities)

082 807-5164 # justinv@vprint.co.za

VACANT (Retail)

VACANT

Sharon Schubach (Registrations)

Our sponsors:



KAZMAC Photography