

Westville Athletic Club
WEST-link (10/2011)
Friday 4 March 2011
www.westvilleac.co.za

Chairman's Journey:

Another great weekend on the road (and off) for Westville Athletic Club!. Well done to all those that ran and completed Postnet, Buffs & 3 Cranes. It's great to see our club so well represented at all these races. A special well done to all those taking part for the first time at any of the distances.

On a disappointing note we have nearly 300 members and yet no one has put their hand up to assist with the newsletter. We are all busy and lead busy lives, the newsletter would take 1-2 hours (max) per week and is a vital part of our communication to our members. We are simplifying the newsletter and will place most information onto the website however we still need someone to facilitate a more simpler and streamlined weekly letter. I have been assured it is being read by many of our members and hope it's not something that we will lose through lack of support. If you can use a computer and can assist please help us.

Okay back on the positive, I have heard many a story about how training on a treadmill is inferior to the road. As many of you are aware since Comrades I have battled with a groin injury, which has caused serious muscle balance issues and forced me onto the treadmill. It has furthermore meant I have had to cycle (at the gym) to avoid the constant impact of the road. I was also one to believe if I am not running on the road then my training is going backwards. I have to admit that my long runs are still on the road and quality is still at the track but the other training runs are in the gym. Anyway to cut a long story short and to make my point, I ran one of my fastest marathons on Sunday at Postnet (2:51) and felt strong. I really surprised myself. So it really does say something about cross-training and using the treadmill and if you have niggles don't stress about having to take the impact of the road out for a while. You are probably not losing anything. The only problem is that 20 minute cut off rule on the treadmills and then there are the treadmill walkers (argh) ha ha. If you are battling with injury speak to your doctor/physio about cross training as it will keep you on track. Good luck.

Okay with Comrades and the ultra season looming please remember not to miss our Comrades 'Clinic' Tuesday March 22nd. It was moved to be earlier in the year to be of benefit to all our members. We have some great speakers, which are there for you!. I hope we don't need to open it up to other clubs and really hope you our members support this evening.

Finally our new website is live so please have a look. Remember it is a work in progress and it will be constantly improved. We need your input though so please send through your comments.

Okay, have a great week recovering and lets all work hard at our training over the next few weeks/months to ultimately achieve our goals whatever they are!. Only 12 weeks to Comrades!!!!.

Until next week (well hopefully!!!!!!).....

Results from the Weekend:

Postnet 21km

Johan Cronje 3rd Grand Master Male 1:49:35

Jenny Bartlett did her first 21.1km ever. Well done! 2:34:00

Postnet 42.2km

Duane Dicks	2 nd Sub Vet Male	2:40:24
Sandy Aiken	1st Sub Vet Lady	3:23:11
Megan Finestone	2 nd Vet Lady	3:38:28
Karen Fisher	3 rd Vet Lady	3:45:27
Lindsay Watkeys	2 nd Master Lady	3:50:21

We had a few Personal Bests at the Postnet 42.2km:

Duane Dicks	- 12 minutes
Simon Collins	- 16 minutes
Paul Rose	- 13 minutes
Maritza Venter	- 5 minutes

Bufs Marathon

We had some runners go down to the Bufs Marathon. Mike Martin and Gavin Heron had good solid run at 3:10:00.

Well done to Jonathan Hotz who ran his first marathon in Westville colours - 3:38:00

Shelly Frankish got a PB by 4 minutes - 4:33:00

3 Cranes Trail Race

A few Westville runners took part in the gruelling 3 Cranes race this weekend. They completed about 100 kms, in a 3 day stage race through the beautiful Karkloof Valley.

Paul Worsnip must be congratulated on his 10th position overall. What was notable about his run was finishing in fourth position on the 3rd day.

Congratulations to all our runners.

Upcoming Races:

Checkout 27km Challenge on 6 March 2011 at 5am at Verulam Sports Grounds. 27km Run and 15km Run/Walk

NB: MIDLANDS MEANDER MARATHON HAS BEEN CANCELLED ON 27 MARCH 2011

Cross Country/Off-Road:

The 1st Cross Country League event of the season is on **Saturday 12 March at Northdene, not Amanzimtoti** as previously advertised.

Hosts - Queensburgh Harriers

Venue - BMX track @ North Park, Northdene

Directions - M7 west bound - take North Park turn off, turn left onto main road, go under railway bridge and through robots, up hill past BP garage, take 2nd left after garage into Brentwood road, then 1st right into Marlton road and down the hill onto BMX track.

M7 east bound same as west except turn right onto main road.

General info - Food and drinks on sale, no showers only men's and ladies toilets

Contact - Dean Wight - Tel No: 083 630 2423

Ladies:

Details of the next league:

League	Date	Host Club	Venue
2	Thurs 24 March at 6.00pm	Chiltern AC	Chiltern AC

Men:

Details of the next league:

League	Date	Host Club	Venue
2	Wed 16 March at 6.00pm	Sydenham AC	Sydenham Sports Club

New Member's Evening and Comrades Evening:

Please diarise Tuesday 22 March for the New Member's Evening and Comrades evening, starting at 19h00.

Speakers include Shaun Meiklejohn, Rentia Denissen and Brandon Jackson (via satellite).

Newsletter:

PLEASE PLEASE members, we still need someone to take over the newsletter. Please contact a committee member, or reply to this email if you are able to assist.

Web Site:

Our new and improved web site is up and running. Go and have a look and give us some feedback. Please bear with us though - there is quite a bit of info that still has to be copied across and added. Constructive criticism however, is welcome.

Club Breakfast Run:

Please diarise Saturday 12 March at 6.00pm for the Club Breakfast run.

Please let Tammy (083222 2339), Lauren (082604 3788) or Duane (080899 8767) know if you will be attending by Wednesday 9 March.

Congratulations:

Belated congratulations to Iain and Kerry Robertson on the birth of their son Joshua on 17 February.