

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

“Pain is the sensation that reminds you that you still alive” – R Marchenko

It seems that quite a few of our members are doing the “get fit” challenge these days. One such member Caryn Chelin’, who is also doing it, is improving so much she is literally “*running ahead of her shoes*”. Caryn, I know you get stronger/faster with the challenge but if you do not want to hurt those pretty little feet – stay in your running shoes.

Congratulations to our men’s captain Duane Dicks and his lovely wife Yolande on the birth of their little boy Henri who entered the world at 9.41am on the 30 June 2011 and weighing in at 3.21kg.

Fathers lock up your daughters. Ali Black is on the prowl – at the Time Trial on Tuesday night he was pretending to be the caring club member and harassing all the ladies, Allison Uys in particular.

Its official **Andy Daly** is a member of the **elderly**. The Highway mail reported that Andy was attacked in broad daylight and robbed of his possessions whilst walking home from the shops. I hope he has applied for his pensioner’s card.

I cannot believe that we are still looking for the floating trophies that have not been returned to the club. People this is urgent and you know who you are. Please make a big effort to return these ASAP so that they will be available to the next deserving candidates.

JULY BIRTHDAYS: (best wishes to all)

1 ST July	Saeed Mahomed
3 rd July	Virgile Bonhomme
4 th July	Les Smith & Shane Ellis
10 th July	Robyn Clark
12 th July	Marco Raffinetti
14 th July	Marius Rossouw, Ken Hinton, Glynn Swan & Andrew Stent
16 th July	Corrie van Dyk
17 th July	Adrian Lindsay`
23 rd July	Paula Symington
24 th July	Claire Mack
25 th July	Derrick Mazibuko
26 th July	Corne Krogscheepers & Steven Ash
27 th July	Steve Atkins
28 th July	Kerry Hoar (nee Ward)
30 th July	Dylan Callaghan

CHAIRMANS JOURNEY:

Again we are reminded that we must never be complacent about our safety on the roads and as runners we are even more exposed to acts of random violence and muggings. Please ensure where possible stick to well lit main roads and any ladies running on their own or in small groups should carry pepper spray. Well worth the price and are available in most reputable running and sports stores.

The committee is in the process of organising an interclub Potjie competition for our members for Saturday 20th August. It should be a lot of fun and we will be inviting a few of the local clubs to join us and make the competition very festive and enjoyable.

I know I keep teasing everybody with the intended renovation of the children’s room but it will become reality very soon. Unfortunately we are relying on the use of voluntary labour, which is not always reliable.

Please remember if you have any suggestions on how we can improve or criticisms of the club then please put these in writing to the committee so we can address these issues as soon as possible.

If you would like to serve on the committee or assist the club in any way then please make contact with me or any of the committee members as we are always in need of more people to help with the running of the club.

If you are interested in obtaining one of the Westville Comrades 2011 (African Bank) shirts then please can you email the club and we will allocate the balance of the shirts on a first come first serve basis (1 per member free of charge).

Okay until next week have a great week and remember be safe on the roads, please make sure you can be seen!

Please diarize and remember the following dates:

Saturday 9 July @ 08h00	Woman's day 10km (Chatsworth)
Sunday 17 July @07h00	Forest Hills 10km (Forest Hills Sports Club)
Sunday 24 July @ 07h00	Savages 21,1km (Savages AC) CLUB 21.1KM CHAMPS <i>There are incentives from Savages Athletics Club for pre-entries. Enter at www.savagesac.co.za</i> Also a 10km run as well.
Saturday 30 July @ 07h00	The Braai Ketts longest day (<i>entries close 02/07</i>) PMB
Sunday 31 July @ 07h00	Totalsports Ladies Race 5 & 10km (Kings Park)
Sunday 31 July @07h00	Save Cash & Carry 21,1km (Raisethorpe, PMB)

Other important dates to diarize and remember:

Saturday 16 July	Cross Country (PDAC)
Wednesday 20 July @ 6pm	Brookes/Durban Runner TT League (Queensburgh)
Saturday 30 July @ 3pm	Ladies-get-together. (Nicolette Visser will demonstrate correct core work & stretching). Families and relevant others welcome for drinks & snacks after.
Wednesday 10 August @ 6pm	Sportszone/New Balance Ladies TT League (Queensburgh)

Time Trial League:

After the Stella TT last week the league positions are as follows:

Ladies: DHSOB are only 3 points ahead of Chiltern, with Stella and Queensburgh fighting it out for 3rd place

Walkers: Sydenham continue to dominate, but are now getting some strong competition from DHSOB

Seniors: Stella are in 1st and 2nd overall, with Westville and Chiltern tie at 3rd place, followed closely by Queensburgh

Veterans: Westville are still in the lead (being able to field 3 full veteran teams does help!), followed by DHSOB and Chiltern.

The next time trial league is at Queensburgh on Wednesday **20th** July.

I am once again very disappointment at the turnouts at these league meetings. I know it is cold and dark at the moment but if the other smaller clubs can get their members to pitch then surely we must be able to do the same. The next league is on the 20th July and it would be wonderful to see a huge turnout for this meeting. Let's show some Westville spirit and turn out in force.

Cross Country / Trail Running

This news from the KZN Trail Running Web-site:

09 July	<u>Talbot Trail Run Series</u> 7km and 14km www.roag.co.za	Faulkland Farm near PMB
22 July	<u>Mountain Splendor Nite Trail Run</u> 7 km www.roag.co.za	Central Berg
23 July	<u>Mountain Splendor Trail Run</u> 15km www.roag.co.za	Central Berg
24 July	<u>Umdoni Park Challenge</u> 14km & 22km www.bothahouse.co.za	Pennington
30 July	<u>Eshowe – Ngoje Trail Run</u> 45km and 25km butch@trappersrb.co.za	Eshowe
07 August	<u>Mntunzini Bush Run</u> 16km walk/run paul@ritchieauto.co.za	Mntunzini

Trail running options in Durban

One of the great things about running is the convenience and simplicity of the sport – just lace up your shoes and off you go. While it could be suggested that some of the roads and pavements in Durban constitute trail conditions (*potholes, uneven cement slabs, roots under the tar, missing manhole covers, loose gravel*) there are actually far better options available if you want to get off the road! You may think that trail running would require a bit of travel if you live in an urban area. But there is great trail running (*and walking*) to be had right here in Durban.

Buzz Bolton from Regents operates trail running from Riverside sports club and is the real trail blazer (*hahaha*). Every Wednesday morning at 05h15 he leads an 8km off-road route from the Total Garage on Broadway. There are usually about 8-10 runners, and you have four different routes to choose from. Currently, you will need a headlamp, as uneven terrain presents its own challenges on these dark winter mornings.

Details of some of the routes offered are as follows:

10km Route Description

Left out of gate at Riverside sports club, left into Uitsig, right into Prospect Hall to Riverside Road circle, cut across to the entrance of the Beachwood Mangroves, gravel road to steps up to M4, cross bridge then down steps towards the GREEN HUB, cut back to the path along the Umgeni River to the hole in the fence under the Athlone bridge leading onto the Windsor Golf Club. Run/walk behind the tee box then turn left up a jeep track. Travel towards another track that leads to the Connaught Bridge between two fairways (DO NOT walk/run on fairways, tees and greens!) At the end of the golf course find a path that heads WEST towards the bridge. Just before the Connaught Bridge take the path up to the railway line. **LOOK OUT FOR TRAINS PLEASE** Cross the line and head towards the open gate on Umgeni Road. Left out of gate and climb the stairs over the bridge. As you cross the bridge go down the steep bank to the road. CAREFULL crossing the road as cars speed round the corner from the right. Cross the open ground between the Riverside rubbish dump and a used car dealership. Take the path to the left up a steep bank and head towards the Bird Park. On the river side of the road look for the stairs going down to the Umgeni Bird Trail. The trail has been marked with light green painted rocks. Left up Soofie Saheb to Riverside Sports. Enter the gate, head to the start of the Riverside Sports internal trail of 1.5kms.

12Km Route (Easy/Average)

Exactly as per the 10km above except the following: Instead of turning up Soofie Saheb, carry on with the last piece of the Bird Trail to the gates of the Beachwood Mangroves, then turn left along the gravel road that leads to Riverside

Road. Cross to Prospect Hall Road and head to the Japanese Gardens. Do the loop through the gardens and head back to Riverside Sports with no internal trail of 1.5kms.

14km Route (Easy/Average)

The start to the railway line crossing is the same as the 10km route. Exit the gate at Umgeni road and turn **right** and travel on the river side of the road all the way to Intersite road. As you enter the road there is a footbridge. Climb the stairs and cross bridge. At the other side turn right and follow the trail towards NCP. After passing the Muslim Cemetery you will come to an open piece of cemented ground (*you will be entering at 6 o'clock and head for a path at 1 o'clock*). Follow this path under the Connaught bridge until it joins the path in the space between the Riverside Rubbish Dump and the used car dealer. Follow the Umgeni Bird Trail to Soofie Saheb then up back to Riverside Sports. No internal Trail.

16km Route (Tough)

Right out of gate, cross Oxford then to the end of the road, down the bank to the DHSOB bush track in the valley to Prospect Hall dip. Left over Old Mill Way to the water meter opposite Crusaders Club. Down the bank, left along the spectator seats to the scoreboard then round the main field to the main gate. Left down Old Mill Way then cross the M4 bridge to Fairway. Down Fairway to Beachwood Golf Club, run through the club to the beach parking. Run south on beach for 2kms until you enter the Beachwood Mangroves at the no entry sign. **WALK** over boardwalks to the main gate. If locked go left around the leg of the bridge then back to the main gate. Cross the gravel road then up the stairs to the Ellis Brown Bridge. From here it's the same route as the 10km.

19km Route (Extreme)

Same as 16km, except you travel over the footbridge at Intersite Road as per the 14km route.

Apart from the organised runs, there are various other off-road options in the Durban area: the Kenneth Stainbank Reserve, Giba Gorge, or along the beach to name but three. Adding a weekly session of off-road running or walking will add interest to your running, build leg strength, heart function and proprioception - and perhaps prepare you for those aforementioned off-road conditions that inevitably arise when running on the roads...

Also talk to our very own off-road experts Kylie Griffin, Ali Black and Alistair Bond.

...see you off the road.

ON THE LIGHT SIDE

A guy was driving down a motorway in England with his blonde girlfriend when she piped up, "I think those people in the car next to us are from Wales". "Why do you think that?" he said.

"Well, the kids are writing on the window and it says - "stitt ruoy su wohs".