

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

17 more sleeps to the “Ultimate Human Race” day. If you have not submitted your entry qualifying time – *it is too late*. The Comrades website is currently being updated but from what I can see we will have approximately 140 runners on the day and on behalf of the club, its members, sponsors and supporters we salute every one of you who have made it this far. The months of sacrifice, hard work, frustrations and tears are about to pay off.

On the subject of Comrades, those that use Cowie’s Hill will have noticed the road works that have commenced. Our chairman has notified the Comrades association (*who expressed surprise and concern*) and they will be investigating and hopefully this will be sorted by the 29 May.

MAY BIRTHDAYS: (*best wishes to all*)

2 nd	Maritza Venter, Sarah Eksteen & Grant Visser
6 th	Ross McKechnie
7 th	Rudi van Niekerk & Adrienne Botha
8 th	John Mordaunt
12 th	Don Masinga
13 th	Paul Rose & Brad van der Westhuizen
15 th	Sarah-Ann Hall
17 th	Jason Kershaw & Allen Ndlovu
19 th	Robyn Long
20 th	Shelley Frankish
21 st	Gordon Stephen
22 nd	Clayton Scott
23 rd	Rod Jarvis
24 th	Sandile Lembetha
25 th	Trevor Cowie
26 th	Andy Watson
27 th	Gary Moor
28 th	Manoli Hajipetrou
30 th	Michelle Wilmans
31 st	Brandon Jackson

CHAIRMANS JOURNEY:

What an exciting time of the year running wise, so much is happening and the hot topic is again Comrades. Once the signs go up you know it’s near. For those not running Comrades there are still the TT Leagues, Cross Country and shorter races on the calendar to enjoy. It really is a great time of the year to be running.

The comrade’s shirts are due this week and will be handed out as soon as we are able to do so.

The ladies TT league hosted by Westville was incredible, so many runners and so many prizes and then there’s the great result! Thank you to all those who organized and a special thanks to the runners that turned out in their droves. A really great festive atmosphere was experienced by all.

Otherwise just a last reminder to all those running our time trial each week, we are making the wearing of reflective belts compulsory (during winter months). There will be a final warning on Tuesday then the following week it will be enforced. No belt - No time. It’s for your own safety.

Have a great week and be safe on the roads, until next week.....

Cross Country:

We had a small but enthusiastic group at XC this week. Achim and Bongzi Braig got themselves closer to earning their SA Trimmings T-shirts and Andy Daly made another improvement on his come-back. All enjoyed the camaraderie, soup and hotdogs. As the weather closed in we warmed ourselves with Genuine Croc Blood supplied by Greg Kirsten of Bug Busters.

Unfortunately the league scheduled for Verulam this weekend has been cancelled. The next league run is in June at Stainbank Nature Reserve.

I do encourage all to try their hand at XC. It definitely makes you stronger and with the support of our sponsors SA Trimmers and Bug Busters, we are able to make it a rewarding time for the whole family. The kid's races start at 12:00 and there are events for everyone in the family. If you'd like any more information, please contact Kylie: 082 563 0574.

Comrades Run:

JP Chelin is organising a 21km training run for this Sunday morning (15 May). It will start 21km from the finish and end at the Comrades finish in PMB. This is your last chance to run up Poly Shorts before the big day!

Any of you who are interested in running please let Sharon (on 082 414-1783) or JP know (083 627-7651) by tomorrow (Thursday) the latest so that we can organise enough transport to get you to the start and to bring you back to Stokers. We will leave Stokers at 5.30am so you need to be there by 5.20am.

Sportszone/New Balance Ladies TT League:

Westville Ladies did themselves proud this week. We had a great turnout, and the atmosphere was excellent. Westville won - by just a few seconds.

Overall with all 4 of the League events combined we are close to a tie with PDAC. (The final results will only come out in a few days).

Thank you to all the Ladies that made the effort to be there and to all the men that gave up their evening to help out. The marshalling and support was great. There were some really lovely prizes in the lucky draw - thank you very much.

There is now a break until the 10 August when the next league will be held at Queensburgh. (*If everyone makes an effort to run we can definitely win this league*). It is not important how fast you run but to have as many runners in the field. So put the date in your diaries - and we will see you there.

Brookes/Durban Runner TT League (Chiltern):

Well done to all the Westville athletes who pitched up for this leg of the league. The evening threatened to be washed out but the rain held off and a good turnout was had.

The Westville Veteran men continue to dominate with the A, B and C teams finishing 1st, 3rd and 4th respectively, with the ladies and senior men finishing 4th in their respective leagues.

Year to date (after the Chiltern result) the Veteran men lead the league, the ladies are in 5th and the senior men 3rd. Sadly we still have no representation in the walker's category.

The next league outing is at Stella on the 30 June 2011. See you all there.

Westville Time Trial:

A reminder -it is very dark on the roads at the moment and very difficult for cars to see you running. Please can we ask that you keep to the pavements where possible and run single file if there are cars on the road. Also **“Run Safely, Run wisely and Run to be seen” Reflector belts please!!!!!!!!**

The Chairman's monthly draw (currently sitting at R600) will be carried over this month and will be a must win draw in June. We will advise you closer to the time.

The **Comrades Pasta Evening** is being held on Tuesday 24 May at 7pm. All are welcome and Brandon Jackson will be the guest speaker. The cost for the runners is R20 and non-runners R40. For catering purposes, please let Sharon know if you will be attending **before Monday 16 May**, on 082 414-1783. Payment before the function, either to Sharon or at the club bar!

RESULTS:

Woodlands 21,1km KZN Champs

21,1km

3 rd Senior Men	Sandile Lembatha	1:10:28 (Bronze in the KZN Champs)
2 nd Grandmaster	Les Smith	1:38:22 (Silver in the KZN Champs)
3 rd Grandmaster Lady	Gill Tregenna	2:01:18 (Bronze in the KZN Champs)

Well done to all who ran on Sunday.

Also a big congrats to Garry Barnes who finished the Ironman recently in a time of 14:38:00. He was 19th in the age category 55-60 and 1031 overall (1800 starters).

Please diarize and remember the following dates:

Sunday 15 May @ 6.45am	10km Sunrise run Series Race 1 (North Beach)
Tuesday 24 May @ 7pm	Pasta Party (Clubhouse) – <i>see separate note.</i>
Sunday 29 May @ 5.30am	COMRADES MARATHON
Tuesday 31 May @ 7pm	Aches and Pains (Clubhouse)

Ladies Captain request:

Dear Friends

When I run the Comrades Marathon on the 29 May 2011, I will be raising money for the Sunflower Fund. This is a non profit organisation whose purpose is to raise money to pay for the tissue typing of potential bone marrow stem cell donors, to give children suffering from Leukemia and other blood disorders hope of finding their 1:100 000 donor match.

I am blessed to have a healthy family, and I cannot begin to imagine what it would be like to wait for a donor to help my child, should we ever need one. So I appeal to you to sponsor me on my run. Some of you can afford to give a big sponsorship, and some a little one, but every cent will be greatly appreciated and gratefully received.

The donations can be made to the following bank account:

Bank Account Name: The Sunflower Fund
Bank: ABSA Bank
Account No.: 4051834719
Branch: Tokai
Branch Code: 632005
Reference: KZNM4M21(sponsor's name)
(The reference refers to me)

Kind Regards
Lauren

Comrades Diary – Dave Lowe # 37 medals (Westville member for approx 25yrs):

When Moses played scrumhalf for Jerusalem.....

When I ran my first Comrades in 1974, things were simple. You had a choice of 2 Shoe manufacturers – maybe 3 if you included plain tennis “takkies”. You could buy Tigers (now Asics) or Adidas...and that was it. Shoes were flat and we used to build up the heels using crepe rubber to give a bit of a lift and relieve the stress on the Achilles. They were cheap too! The blue, very flat Tigers were R10.95 and the larney red ones were R12.95. And they lasted forever. My mate Max Botha did 10 Comrades and 10 ‘Duzi’s in 1 pair of Tigers – but then again, Max *is* different!

Training was also simple. We didn’t know much about track work or the benefits of regular stretching. A few clubs organised weekly time trials but that was about it. Marathons were “the tougher, better” variety. My 1st Marathon was the Savages, which started at Bayat’s Store (bottom of Inchanga PMB side) and went up Inchanga, through Drummond up to Botha’s Hill village Centre. You then turned and went back through Drummond, over Inchanga to Cato and then back to the Start/Finish at Bayat’s! PDAC had a marathon from Lahee Park, up Wyebank, past Kloof Station, to Hillcrest, then down Inanda Rd to Waterfall, through the Kloof Gorge, back up to the Church by the Kloof Station and then back down Wyebank to Lahee Park. Only “real men” need apply!

In fact, speaking of men, in 1974, ladies were not even allowed to run Comrades. I still remember the 1st time I was beaten by a lady (and what a lady!!!) - Isavel Roche-Kelly. I was on time for Silver and she floated past me at Westville Hotel like I was standing still. I kept up with her for about 50 yards and then I blew and what a blow! She finished in just over 7 hrs. Then there was Frith van der Merwe who finished in 15th overall and still holds the ladies record. She would have given the Ruskies a Carrot!

Training was also simple and was based around LSD – Long, Slow, Distance. Every week, the training schedule was to meet at Kloof Station and run progressively further out-and-back towards PMB, with the longest run being Kloof to Cato and back. We weren’t really strong on “Variety”.

Everyone had their own seconds and we used to make our own super-mixtures of things like Crème Soda laced with lots of Salt. Salt was all the rage and no self-respecting Comrades runner was ever without a packet of Heamapep Salt tablets. That was until we realised that the more salt tablets you took, the more likely you were to visit the bushes...quickly! That was the end of the Salt tablet story.

Booking in was done on the morning at the start of the race. There were big boards with all the numbers of those who had entered written on them. As you checked in, they crossed out your number. It was simple and it worked because the number of runners was low compared to today. In my 1st race, only 1302 people entered. I finished in position 502 in just more than 9 hours...that would be worth a very good Silver today! In my 2nd race, the local Constabulary decided that the roads simply couldn’t handle more than 1500 runners and the field was restricted accordingly. Fortunately, sanity prevailed and the restrictions were removed the following year.

The organisational changes over the years have generally been for the good. Can you imagine 20,000 seconds trying to get to their runners! Guys, can you imagine doing the race without having the sight and sounds of many lovely lady runners to take your mind off the pain? No thank you! The modern Refreshment tables are outstanding, as are so many other aspects of the organisation put on by the Comrades Marathon Association.

The main thing that hasn’t changed, is the excitement of entering the world’s greatest human race, the build-up to the start and the moment the gun goes. It’s a wonderful day for all involved – no matter how many or how few Comrades you’ve done. The friendship of your fellow-runners and the crowds is amazing. The feeling of excitement grows as you get past halfway and on towards Cato, Camperdown and Umlaas Road. The trip around the Chicken Farms and down towards Little Polly’s is a battle but by then you start realising that you’re going to make it.

Polly’s is a mean, son-of-a-@#\$%^ - but once you’ve walked to the top, you’re almost home and dry. Entering Pietermaritzburg and feeling the energy of the crowds is unbelievable. The noise from the Finish floats out to meet you and the final thrust of energy that you get as you enter the Ground cannot be described. ***You’ve made it ... What a Feeling...What a Race!!!***