

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

Wow, I made the first month as Ed and haven't been fired yet! So I must be doing something right (*or is it because they cannot find anyone else?*) A big thank you to all who have responded and it is a nice feeling when there is so much positive feedback, although I did take a bit of flak last week for the length of the newsletter (*get used to it – its good training for Comrades and makes sure you focus for long periods*).

Standing at the start line of the Chatsworth 25km on Sunday, I had a few Westville ladies come up to me and tell me that they are enjoying the newsletter and the quips – Tina Liesegang also telling me that when she runs she likes to smack her buttocks as she runs (*not sure why? something to do with overtaking – yeah right!*).

On Comrades, the most popular training route this year seems to be from Winston Park down into Westville and back up again. A tough route by anyone's standards! If you not doing this yet hook up with some friends and try it out.

APRIL BIRTHDAYS: (*best wishes to all*)

2 nd	Mark Mowat & Tony Saunderson
4 th	Angela Scruby & Robin Goddard
5 th	Stuart Reeves, Dave Lowe & Tim Kilpin
9 th	Pieter Grace
16 th	Barry Spencer & Richard Long (Big 30)
17 th	Ken Tonkin
18 th	Diane Wearne (Big 50)
22 nd	Rentia Denissen
23 rd	David Roux
24 th	Lauren Calenborne
26 th	Caryn Lee Chelin
29 th	Deon Crouse

CHAIRMANS JOURNEY

For many of you going to Oceans next week this maybe your last newsletter before your run and I wish all taking part all the best. I look forward to seeing all those Westville vests out in force on the Saturday and hopefully it's going to be another great day for Westville athletics. A special mention to the guys going for silver, we have quite a few this year and it would be great for the club to bring back a record haul.....good luck!

Well done to all those that took part at Chatsworth, not as scenic as Oceans but probably a tougher route all around. Also to those members that braved the Ironman in PE on Sunday, a huge well done. I am not sure if we had any members entered. Please let us know if you did it or know someone in the club that did.

The 2011 Comrades club shirts are almost a reality and should be with us very soon. We will advise you as soon as they are ready and when they can be collected.

Finally please remember the club long run is this weekend, if you are taking part remember it's just a training run. It's all about time on your feet and there's no prizes for the winners! (I know as I've 'won' it a few times, ignorantly & stupidly ☺ mind you, and it didn't help my comrades!!!). Enjoy it and take full advantage of the seconding tables.

Just in case we can't get a newsletter out next week. On behalf of the committee I would just like to wish you all a very happy and safe Easter. Please try and make it to the special Easter TT on Tuesday we will be handing out Easter Eggs to all the runners and kids!

Be safe on the roads and enjoy your running.....

"Get to know your committee"

Name:	Tammy Dennill (VC Athletics)
Age:	These ladies are so coy when it comes to age, although her runners tag suggests somewhere in her forties
Married To:	Craig Dennill (<i>the faster one – this year. Watch me take flak from Tammy for this</i>).
Children:	A daughter – Tarryn (23 yrs) and a son Juan (21yrs)
Favorite Athletic Discipline:	Ultras
Least favorite Athletic Discipline:	10km races
Favourite Race/s:	Bufs marathon
Personal Bests:	Winning ladies section of the 100 miler (3 x) and achieving a top 5 overall placing in every one.

Athletic History:

Tammy started running at the age of 28 and completed her first Comrades at the age of 30 being the eighth novice home overall. Since then she has completed 14 Comrades with a personal best of 8hrs 21min and also picked up 4 Comrades ladies team prizes for Westville.

Tammy seems to enjoy the ultras and has completed 3 Midlands 100 milers, and 6 x 12 hour track events finishing 1st on three occasions and runner up in the other 3 events.

Comment from Tammy: I started running when I looked at all these oversized ladies on the road and thought "if they can do it then so can I" and I have been at it ever since.

Over the past 10 years I have served the Westville Athletic Club with various portfolios on the committee. I enjoy the interaction as well as all the friends I make with it and on the road running. I think this is what keeps me going all the time.

RESULTS:

Congratulations and well done to all members who raced this past weekend. It's nice to see Ross McKechnie getting back into shape. He finished the Chatsworth 25km in 1:57 and was the first Westville athlete home.

Also from as far afield as Rotterdam one of our members Martin Erasmus ran the Rotterdam marathon this past Sunday in a very credible time of 3hrs 15 min.

Comment from Martin: A very well organised city marathon with over 25000 runners (run on the same day as the Paris marathon that had 40000 runners). The route was flat, very, with no real inclines except when crossing bridges (very slightly) It was hard work from the gun as you had to dodge the masses but once in stride all that remained was to keep going, working all the way. The winning time was just over 2:05. It was warm considering it being early spring and it started at 11am, so the "heat" was on! Credit needs to go to JP Chelin, I have been doing some track with him (Only four week's) but it helped me in my overall pacing. The first few Km's were slow due to the start congestion.

Savages TT League:

Another fantastic turnout by Westville boys and girls – **it was just a sea of red and whites – what a great sight.** Unfortunately the results take a few days to be processed but I have no doubt that we dominated in just about every department. Thank you very much to all who supported us last night.

Please note: This is **NOT** a men's league, it seems to be sold within our club as a men's League, where it is in fact a **Club league** that has separate scoring for: Senior Men / Veteran Men / Ladies / Walkers / Combined (Sum of points for all Categories). Last month we won the combined league which was promising and we seem to have a good chance there, providing that we have support from our ladies. We would have an even better chance if we had walkers helping out too. The senior men and veteran men run 8km with the ladies and walkers doing 4/5km depending on venue.

Ladies TT League:

Our ladies captain, Lauren Calenborne says thank you for listening - we had a great race tonight at Forrest Hills and a superb turnout. Our ladies did us proud and ran so well, Westville won on points, which was fantastic. I don't think we have won on the handicapped league, but will only know later in the month. Thank you to everyone that came and took part, it was very much appreciated.

For Comrades runners we are now into the **PEAK** training month, the month of **BIG MILEAGE**. With Comrades and Two Oceans in mind please diarize and remember the following dates:

- Saturday 16 April @5am - Club long run (starting at Stokers)
Start 5am from Stokers # R30 members and R50 non-members # Remember, no personal seconding allowed as there will be static water tables every 3kms # organize own lift back from PMB.
- Sunday 17 April @6am - Dick King Half Marathon (Atoti main beach)
- Saturday 23 April @6.25am - Two Oceans marathon
- Tuesday 24 May @ 7pm - Pasta party (Clubhouse)
- Sunday 29 May @5am - COMRADES MARATHON
- Tuesday 31 May @7pm - Aches and pains (Clubhouse)

Other important dates to diarize and remember:

- Saturday 30 April - Savages XC League (Savages AC)
- Thursday 5 May - Chiltern TT League
- ***There is NO ladies league in the month of May.***

CHAIRMANS DRAW:

The chairman's draw will take place next Tuesday because the majority of men's runners were at the Savages TT league.

COMRADES TRAINING – Staying motivated by Bruce Fordyce

So we have reached that time of the year when motivation has become a key factor. Increasingly many of us are finding our running tough.

The enthusiasm of the New Year has waned and the daily grind is exactly that, a grind. The early mornings and stiff legs are a burden and some of us are depressed at the long journey to the Two Oceans, or the Comrades, or both, which lies ahead.

Many of us are frankly "gatvol".

What happened to that enthusiasm – and how do we rekindle it?

First of all we have to understand why we have hit a bit of a trough. Most of us started our hard training too soon, too hard and too enthusiastically. Physically and mentally we are in the doldrums and to train even harder will have devastating consequences for our dwindling reserves of inspiration. To say nothing of the injury demons lurking just over the next hill.

These next few weeks are the most important training phase and there are a few tricks we can employ to get through them successfully.

First of all we should try not to focus on the end goal and the hundreds of training kilometres that lie ahead. The task is simple. **Focus only on what next has to be done.** I am aware of a certain boredom factor in some of my training at the moment so I will plan my training run for tomorrow and tomorrow I will plan for the next day. I will try not to worry about the entire week's or month's work.

In an effort to freshen things up a little I might **change some of my regular training routes** and **run with different training partners.** It's always interesting to listen to new gossip!

I will also try changing the **speed and length** of my training runs. The occasional time trial run at race pace will help to blow away a few mental and physical cobwebs.

Finally **I will not be afraid to take a rest day.** If I feel unduly tired or heavy-legged or short of breath I will take this as a signal that the next day's training, ought to be a day off.

All runners are knowledgeable about the benefits of long runs, hill work and speed work but many of them neglect that underrated addition to the training programme; rest. Nothing restores motivation more speedily than a short break.