

**Westville Athletic Club**  
**WEST-link (21/2011)**  
**Thursday 19 May 2011**  
[www.westvilleac.co.za](http://www.westvilleac.co.za)

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

Mmmmmn! On Saturday’s run I had Wendy Morgan (Chiltern) literally falling at my feet, on Sunday’s run Lauren Calenborne (*looking at me quizzically*) tells Wendy to watch out as you can go from vertical to horizontal very quickly and then when I saw Rentia Denissen on Monday she tells me to do plenty of “ups and downs”. What’s going on people?

On Sunday’s training run I had visions of Paula and Martin Dovey’s kid being born on the Comrades route. Anyone who saw Paula can attest to the fact that Martin is going to have to run Comrades extremely fast if the “little Alien” has not arrived before the big day. If he/she is anything like its mother then the birth arrival will coincide with Martin crossing the finishing line and not a moment earlier.

The training run from Umlaas Road to the Comrades finish was well attended and good training runs were had by most with a few racing snakes struggling to hold back. Photographs are on the facebook page.

Talking of facebook, how many of you are aware of our facebook page and new website? Here you will find all sorts of interesting articles. The facebook page is called **“Westville athletic Club”** and if you search for this and press “like” you will instantly become a member of this page and get all the updates. The website is continually being updated and you can access it by using the following address: [www.westvilleac.co.za](http://www.westvilleac.co.za)

**MAY BIRTHDAYS: (best wishes to all)**

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

**CHAIRMAN'S JOURNEY:**

We all mourn the loss of a fellow club runner this week, Chantelle Steyn, who once an avid runner has sadly succumbed to her long illness. Our commiserations go out to her family and may we all be reminded that life can be so frail and we must enjoy the special moments we share, be it on the road or with our families & friends.

Somebody said to me the other day that Cancer has no prejudices, isn't that so true! Let Chantelle's memories live in us and may she still travel with us up to Maritzburg next week!

With less than 2 weeks to go and for all those novices out there (and those seasoned runners) try not to stress too much and remember now's the time when those virtual colds and niggles start to appear. Then of course there is the dreams where you have lead legs or are late to the start line etc..... all normal so don't worry! Just know you will get to the start line, but of course remember to follow the basic rules with your diet and training.

Hope you have a great week and be safe on the roads.

### **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.**

### **COMRADES:**

**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, on 082 414-1783. Payment before the function, either to Sharon or at the club bar! Comrades T-shirts will be given out during the evening.

**Tent at finish:** Our site number for the finish area at comrades is **38**. Please check the notice board at the club for the diagram on the layout of the finish area.

**Supporter's tent:** The Comrades tent is located at Harrison Flats. We are looking for somebody to take charge (*put up and take down the tent in the Harrison Flats area*). Anybody who can assist please speak to Tammy 083 222-2339 or Sharon 082 414-1783.

**Pepsi debate:** By now most of you will be aware that Comrades has sold us down the river and converted to Pepsi on race day. For those of you who have been training on Coke and water you have just a few days to test this out. Hopefully, it is not going to affect us too much on race day.

**SA Trimmings:** Most of you will know SA Trimmings as one of our sponsors. They will have their products under the banner of SEE ME at both the ECR big walk and Comrades expo. These guys have everything in the reflector range and when you at either of these expo's it might be a good idea to buy a reflector of sorts so that you can be seen on the roads during these dark winter mornings/evenings. See their website [www.satrimmings.co.za](http://www.satrimmings.co.za) or [www.see-me.co.za](http://www.see-me.co.za)

**Trophies:** Please another request for anyone that won trophies for comrades and trophies at the end of the year prize giving please return their trophies urgently.

### **RESULTS:**

#### **Sunrise Series Beach Front 10km**

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#### **Please diarize and remember the following dates:**

Tuesday 24 May @ 7pm	Pasta Party (Clubhouse) – <i>see separate note</i> .
<b>Sunday 29 May @ 5.30am</b>	<b>COMRADES MARATHON</b>
Tuesday 31 May @ 7pm	Aches and Pains (Clubhouse)

**Other important dates to diarize and remember:**

Saturday 25 June	Cross Country ( <b>Yellowwood Park</b> )
Thursday 30 June @ 6pm	Brookes/Durban Runner TT League ( <b>Stella</b> )
Wednesday 10 August @ 6pm	Sportszone/New Balance Ladies TT League ( <b>Queensburgh</b> )

**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

**Up Run by Barry Holland (*courtesy of the Jeppe website*)**

After all these years on the road, the basics of running Comrades have never changed. One of those basics is to break the race up into bite-size chunks. Tackling 87,6 km's is daunting. It is a lot easier, mentally, to run sections of 10-24 km's. Our newer runners and novices should find this guide useful in planning their assault on the greatest road race in the world.

**Start to Top of Fields Hill – 0-24 km:** Without wanting to put dread into the hearts of the novices, it is this section of the Comrades Marathon, up or down, that has earned total and complete respect from the runners. Treat it accordingly and tread ever so softly over these first 24 km's. There are hills in this section that don't even have names and yet they can be put into the 'mountain' classification. The climb culminates in the mighty 3 km's of Fields Hill, and this especially should be taken nice and easy. Do not let yourself get too far behind schedule, but be assured that only the reckless and foolhardy will be ahead of schedule. Minutes gained early could lead to disaster later on, so exercise extreme caution and aim at the top of Fields Hill with your eyes wide open and your foot on the brake pedal!

**Top of Fields Hill to Hillcrest – 24-33 km:** At the top of Fields you can relax and run a little harder. Don't try and get back the minutes you would have planned to give away earlier, but run on schedule. This section of the course is, however, deceptive. By comparison with the climb to the top of Fields Hill, it is easy, but don't be fooled – it's still a steady climb all the way. I do believe though that you can consider this section as a bit of a respite. You'll look forward

to, and enjoy, the crowds at Winston Park fly-over and in Hillcrest. Use the crowds to relax – give them your tension.

**Hillcrest to Drummond – 34-43 km:** As they say in the classics: “you’re not out of the woods yet,” and as you trundle down to Botha’s Hill, you had better believe it! Botha’s is steep and very demanding. After Botha’s you drop down again only to climb (of course) the back of Alverston (you’ll see the FM tower). Another descent and then another short climb before you go down to the halfway mark. This is beautiful running country so enjoy it. Don’t forget to say good morning to Arthur (Newton) at Arthur’s seat.

**Drummond to Umlaas Road – 44-68 km:** Facing you immediately after the halfway mark is one of the most revered hills in road running – the mighty Inchange. On your way up this hill, look out for the Indian man that is painted on the rock at the side of the cliff. He is the emblem of the Natal Canoe Club and when you see him you’ll know you’re near the top! Once at the top you can breathe a great sigh of relief, and if you’re feeling reasonable you can afford to relax a little and enjoy the trip to Umlaas Road (the highest point). Make no mistake though, it’s still hard work (remember this is the up-run), but this section is certainly not as demanding as the previous sections. Harrison Flats are not actually flat but there are no vicious hills in your way. There are, however, many little hills with no names. Collectively they catch you and drain you but there’s nothing in this section to really hurt you except for the hill outside Camperdown. Cato Ridge and Camperdown are both milestones with fantastic crowd support so enjoy them.

**Umlaas Road to Top of Polly Shorts –69-80km:** This is without doubt the most important psychological section of the race. You’re at the famous 70 km mark and as they say: “this is where the race starts.” There is quite a drop down from Umlaas Road that, on very tired legs, can be as bad as an uphill. Novices, don’t be fooled by ‘Little Polly’s’ – remember that the real thing comes at the 78 km mark. Polly’s is not really such a bad hill – it’s just where it is that makes it so hard. Make up your mind now that you’re going to slog your way up it, come hell or high water. Whatever time you are running for – be it a silver, a Bill Rowan, or just to beat the gun, it will be greatly influenced by how well you run this section.

**Polly Shorts to Finish – 80-87 km:** If only we could really enjoy these kilometres ... if only!! Genuinely the easiest section of the entire race. There are, however, some bumps that hurt. The climb to the motorway at ‘5 km’s to go’ is hell but after that just put your head down and go for it. Remember time and again to ask yourself that famous question: **“how badly do I want this?”** I wish you all a great run and may all your dreams come true.