

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

On arriving for the Club long run at Stokers on Saturday morning in the dark you could have forgiven me in thinking I had got the address wrong, there were so many “Red Lights” on display. Also judging by the number of huge grins on faces I think a few of the boys thought the plans had changed too.

As normal on a run of this nature there was a lot of banter which, included being introduced to Sandy (*sorry don't know her surname*) and getting the raised eyebrow treatment (*but I know secretly that she is enjoying the newsletter*). Then there was Megan Finestone who kept on hinting to me she is going to the bushes (*far too many horrors in the bushes for my liking Megan – you not going to convince me to go in there with you*).

The event was superbly organized and for this a big thanks must go to the committee.

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

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

**CHAIRMANS JOURNEY**

Well done to all our runners and helpers over the weekend, whether you did the long run or Dick King 21.1km, I trust you all were happy with your achievements.

While many of you were pounding the road to Pietermaritzburg I was enjoying my kids ‘Big Walk’ at the Westville club. Whilst glad I wasn’t running that far, was also very weary of things to come at 2 Oceans!

I like many runners get very anxious before a big race and generally manage to secure a virtual cold or stomach bug. Well like comrades last year my body doesn’t disappoint and I have had a virtual ‘stomach bug’. It really doesn’t feel virtual but am assured its stress related! So for those members out there like me there is a place called Dischem which loves us all dearly!

For all those running 2 Oceans and Cavanaugh, have a great run and whatever your finishing times are you are a winner!

I am now away for a few weeks in CT and then NZ however the committee will deal with any problems or issues you may have in my absence.

I would like to wish on behalf of our committee all our members a very safe and happy Easter, run well and enjoy yourself.....

## "Get to know your committee"

<b>Name:</b>	Kylie Griffin (Cross Country Captain)
<b>Age:</b>	Wears a 45+ age tag
<b>Married To:</b>	<b>Not!!</b>
<b>Children:</b>	A daughter – Tao (24 yrs) hectically proud of her <b>(oh, and Ali.....!)</b>
<b>Favorite Athletic Discipline:</b>	Off road stuff!!!!
<b>Least favorite Athletic Discipline:</b>	They all have a place so can't "diss" any of them
<b>Favourite Race/s:</b>	Mutter and 3 Cranes
<b>Personal Bests:</b>	<b>Way back in the day held the Natal 800m record for U16</b> <b>Numerous medals at SA XC Champs.</b> <b>2<sup>nd</sup> to Rentia in 3 Cranes last year and hold the Ladies record for Mutter</b> <b>Member of the Ladies Vet's Team when they took Gold in Comrades 2008</b> <b>Fastest 10km time: 37min</b> <b>Fastest 21km time: 84min</b> <b>Quickest Comrade: 8hrs 52min</b>

### Athletic History:

Kylie started running as a kid when her Dad was trying to keep fit for Comrades with Kylie acting as a personal second. Kylie was highly competitive on Track and Cross Country, representing KZN at SA Champs at School and Club level. She did not race over 21km until she turned 40. She is still VERY competitive off road and she is currently training for Comrades to earn Green in honour of her father.

**Club History:** Kylie joined Westville in 1996 and has been on the Club Committee and Race Committee almost every year since joining. *(Although people have come and gone over the years, Westville is still a brilliant Club with some of the best facilities and committed people).*

**Comment by Kylie:** I love the fact that my social life is so intertwined with my sport. I get to have friends who are similar nut-cases to me. People who have masochistic tendencies to challenge themselves and go out to achieve all those personal goals even if it kills us – and - if we hurt ourselves in the process, we pay big money to others (physio, chiro etc) to hurt us more to make us better so we can start the cycle again.....fun!

### RESULTS:

#### Dick King Half Marathon

Les Smith	2 <sup>nd</sup> Grand Master Man	1:43.40
Gill Tregenna	3 <sup>rd</sup> Grand Master Lady	2:03:31

It seems Shelley Frankish is on a roll. Last week she improved her TT at the ladies league by exactly a minute. Well done Shelley, I'm sure you are enjoying your running now that you are constantly improving.

#### Savages TT League

We had a great turnout and thanks to all who flew the flag for us. Our Veteran men are totally dominating the league thus far, let's keep it that way. The senior men are still very competitive and if more senior men showed up, we can only improve our chances.

**As mentioned last week this league is a league for all....not just men.** We have had some great performances by the ladies too, but could be a lot more competitive if we had more ladies boosting our numbers. There is also a league for walkers and they do the same distance as the ladies (4 or 5km), Please, if there are any walkers interested, come to the next leagues and help us out.

Below are the team results for each category at our last league held at Savages! To date, we are leading the combined league and can definitely win it this year. Well done guys.

### TT results

#### Veterans

1	2:01:24	Westville A	20
2	2:14:22	DHSOB A	19
3	2:18:43	Westville B	18
4	2:26:05	Savages	17
5	2:30:41	Chiltern A	16
6	2:46:41	Westville C	15
7	2:49:40	PDAC	14
8	3:26:09	DHSOB B	13
9	3:31:16	Stella	12
10	3:46:16	Queensburgh	11
11	3:55:50	Chiltern B	10

#### Seniors

1	1:57:41	Stella A	20
2	2:05:34	Westville A	19
3	2:19:15	Chiltern	18
4	2:22:05	Stella B	17
5	2:26:10	Queensburgh A	16
6	2:43:16	Midlands	15
7	2:47:04	DHSOB	14
8	2:50:06	PDAC	13
9	2:59:53	Queensburgh	12
10	3:03:42	Westville B	11
11	3:05:09	Sydenham	10
12	3:07:58	Riverside	9

#### Ladies

1	1:26:23	DHSOB A	20
2	1:31:58	Chiltern A	19
3	1:39:35	Stella	18
4	1:41:24	Queensburgh A	17
5	1:47:15	Westville	16
6	1:56:33	Savages	15
7	2:09:35	Queensburgh B	14
8	2:16:09	Riverside	13
9	2:26:32	DHSOB B	12
10	2:26:49	Chiltern B	11
11	2:38:41	PDAC	10
12	2:38:44	Sydenham	9

#### Walkers

1	2:24:44	Sydenham	8
2	2:39:12	DHSOB	7
3	2:45:34	RWFL	6

4	3:02:18	Sydenham	5
5	3:03:26	Chiltern	4

### Cross Country:

Unfortunately there is no finality on the next league run, except to say that there will be a run on Saturday 30 April. The venue is still to be confirmed and the format may change as it may be incorporated into the SA Masters Championships. We will get word out as soon as we have finalised arrangements. Should you have any queries, please contact Kylie on 082 563 0574

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

- Saturday 23 April @6.25am - Two Oceans ultra & 21.1km
- Sunday 24 April @ 6am - Cavanaugh Marathon (Wagon Drift Dam) it's a 52km and 21.1km run/walk.
- Sunday 1 May@ 5am - Checkout Marathon, half marathon and 10km
- 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
- Tuesday 10 May - Westville Ladies TT League (*men you are expected to assist with marshalling and time keeping*)

Please note the Eskom Gijmas race from Camperdown to PMB as been cancelled for 1 May 11.

**Please will the members who won trophies last year, including Comrades at the end of the year prize giving, return their trophies before 9 May 2011**

### COMRADES TRAINING – Seven Comrades training tips

A few simple rules to keep in mind in the months leading up to the Comrades. They may seem like no-brainers... but you'd be surprised at how tempted you'll be to cheat!

1. If you miss a session, don't try and play catch-up. Forget it and move on.
2. Where is says REST, then rest. Seriously, it's a vital part of training!
3. During your long runs remind yourself of your Comrades goal and hold back. Don't race during training.
4. If you're a sub-12-hour finished don't try and train like a Bill Rowan contender? You'll just end up breaking. Stick to your plan!
5. During every session remind yourself that Comrades is the end goal. Don't sacrifice your time by racing when you don't need to.
6. Get enough sleep. The extra mileage will require it of you.
7. Supplement your training with weekly gym sessions, concentrating on squats, leg-raises and core stability work.