

Westville Athletic Club
WEST-link (29/2011)
Thursday 21 July 2011
www.westvilleac.co.za

“Run Safely, Run Wisely and Run to be Seen”

**“Some have natural talent others make up for it with tremendous heart.” –
Unknown**

With me still in rehab with my hamstring, the shoe was on the other foot as I made my way up to Forest Hills on Sunday, this time as a spectator and to watch my wife run her first 10km race in Westville colours – well done Karen on finishing. The guys that went down to Rhodes talk about cold – believe you me, watching the race on Sunday was cold. Having said that what a pleasant sight to see so many new faces in Westville colours (*sorry people I do not know all your names yet but it was great to see you all running, especially Kenny & Chalky*). It also seems that this cold weather doesn't mean a thing to the ladies as they outnumbered the Westville men by at least 3-1.

A big thumbs up, to the 4 who represented Westville at the Rhodes ultra. By all accounts a very cold start - 10.4degrees! As usual (*as Glenn puts it,*) the testosterone boys were flying the flag high for Westville - see article on Rhodes at the end.

Don't forget the Club half marathon champs this weekend at Savages and diarize the 21 August 2011 as this will be the Club 10km champs to be held at Merewent (*breakfast will also be served here*).

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:

Well done to all those that went up to run the Forest 10km, especially the first timers, excellent achievement as well as to those brave souls who endured the freezing temps down at Rhodes, well done!

Please remember to drop into the Westville Club tent after races and have a cool drink! It's a great opportunity to meet new people and catch up with fellow runners. We really want to utilise the tents a lot more and have found that generally they are not well patronised (apart from Queensburgh tent!). We will

have a tent at Savages and ask that you take a few moments to pop your head in and say hi and write up your time. It really is difficult to find volunteers to take it to races and if people are not using it then we may as well leave it at the club, hopefully that won't ever be necessary. Good luck to all those running, I may even make a turnout (just for those members that never see me!). It's a pretty fast course and there's also a 10km. Remember it's a 7am start not 6am.

I haven't asked for too many favours from the members this year however we are in serious need of a person who can conduct and sign off a 'basic' audit of our accounts. Our previous Auditors have decided they can no longer provide us with a 'community service' audit and even with their discounted fees these are unaffordable fees for any club. If you can help please can you contact either Sharon or myself, our year end is 30th September.

The saga with KZNA only worsens and gets uglier. I will update you all when we actually get some clarity and finality on the situation. There are far too many emails and communications going around with lots of very scary allegations, which if true make a complete mockery of KZN athletics administration.

Finally please remember our Interclub Potjie competition on Saturday 20th August, it will be a great day out and lots of fun for the family, full details to follow.

Have a great week and see you all on Sunday at Savages, in the tent ☺ or on the road. Be safe.

Results: Rhodes Ultra 52km

Cliff Robbertze	5hr51min	10 th
Paul Worsnip	5hr55min	12 th
Glenn & Karen Fisher	Finished	

Ladies report:

Ladies - please join us for a fun afternoon on the 30th of July at 3pm at the club. Nicolette Visser (Physiotherapist from Hillcrest) will show us how to properly stretch to help prevent injury, and give us some guidance on core strengthening, which is known to improve running performance. Bring a yoga mat or towel, and if you have a fit ball - bring it along too.

Afterwards, we will do a few light hearted, activities with some prizes. And we'll wrap up with opening the bar and if everyone could please bring some cheese/biscuits/crisps/dip or something suitable for snacks. All ladies (members or not) are welcome, and **husbands, boyfriends and children are welcome to watch rugby in the club house** while we do our thing. Please RSVP to Lauren (0826043788) if you can make it.

Men's report:

Last night was the men's league and only a handful of Westville runners were on hand to support this event. Nevertheless, those who were there acquitted themselves well. It is too soon for results of this event and therefore the results will follow next week.

Cross Country:

Unfortunately there was only small group of runners this weekend, but thanks to **Sarah-Ann Hall, Barbara Braig, Sue Smith, Gill Tregenna, Jenny Bartlett, Andy Watson, Andy Daly, JP Chelin** for putting in the effort. A lot of members giving excuses about running Forest 10km the next day etc – not good enough guys and girls, put the legs in gear and join us for the next league, which is at Amanzimtoti on Saturday 23

July 2011 (See the attachment they have gone to a lot of effort to promote their event – let's go out and support them on Saturday).

Please diarize and remember the following dates:

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)
Sunday 7 August @ 06h00	Tongaat Panthers CANCELLED
Saturday 20 August @ 06h00	Witness Capital Climb
Sunday 21 August @ 07h00	Merewent 10km CLUB 10KM CHAMPS

Other important dates to diarize and remember:

Saturday 23 July	Cross Country (Amanzimtoti Sports Club)
Saturday 30 July @ 3pm	Ladies-get-together. (see ladies captain report)
Wednesday 10 August @ 6pm	Sportszone/New Balance Ladies TT League (Queensburgh)
Saturday 20 August	Interclub Potjie competition (Westville)
Tuesday 23 August @6pm	Brookes/Durban Runner TT League (Westville) All hands on deck. We will need as many helpers/marshalls as possible. Please diarize this date and come and support your club.

This news from the KZN Trail Running Web-site:

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	Mntunzini Bush Run 16km walk/run paul@ritchieauto.co.za	Mntunzini
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Rhodes ultra by Glenn & Karen Fisher

The 23rd running of the Rhodes challenge over a distance of 52km took place on the 16th July with 4 Westvillian's taking part. The 4 were in the form of two testosterone boys, namely Cliff Robbertze and Paul Worsnip, and two love birds in the form of Glenn and Karen Fisher.

For those who aren't aware of this run, it starts and finishes in the hamlet of Rhodes in the Southern Drakensberg alongside the Bell river (*More about the Bell river later*). I am not sure what constitutes a Hamlet, but on enquiring about the town's population, I was informed that Rhodes has only 25 permanent residents (*I may be mistaken but I think that's about the number of runners' at PDAC!*)

In order to run this race one needs to put your name on a waiting list as only 300 runners are accepted every year. We were lucky enough to have waited only 2 years before receiving a substitution entry. As novice runners we looked towards the seasoned runners of this race, i.e. Craig and Tammy Dennill and Simon Collins, for advice on how to train for the challenge. I say challenge as there are sections you cannot run. Well we couldn't (*not sure about the testosterone boys*)! Both Karen and I were told not to worry you will be fit from Comrades. What a load of CROCK (*had you worried there for a minute didn't I*). The distance is still 52km, and after starting at 7 am with the temperature a barmy minus 10.4 dropping to minus 14, and I say barmy, as I believe there have been some starts of minus 16, we ambled along the district farm road for approximately 14kms. It was so cold at the start we saw a polar bear and we have photographs to prove this. We soon learnt that it was a fellow runner dressed up in a polar bear outfit, who was we were later told raising funds for the school. The runner, Guy Jennings is a past gold medallist who has had TWO hip replacements (*Maybe Andy Daly knows him?*)

From 14km onwards the fun started as we came across our first river crossing and the runners all looked like a bunch of Scotsmen doing the highland fling trying desperately not to get their feet and shoes wet in the freezing river. At this stage I hadn't even started sweating and Karen still had on **ALL** six layers of tops, including a beanie, buff and TWO pairs of gloves!. I was duly CRAPPED on by Karen for taking her across the river and getting her feet wet, upon which I reminded her of the POLAR BEAR challenge that was to happen later (*More about that later*). With frozen feet the fun started as we ventured into the single track climbing. Around us were all shapes and sizes and if you get stuck behind them, you are stuck behind them as the trail doesn't lend itself to over taking (*No wonder the testosterone boys took off emitting smoke at the start*). I overheard a fellow runner telling others, don't get excited, Mavis Bank is still coming.

The next water table is known as Klippies in the Kloof and is manned, or should that be "girled" by school girls who hike into the valley the night before and camp. This is next to a river that freezes over in sections. Mavis Bank then appears and I have yet to find out who was Mavis or what she had against us walkers as you can't run unless you belong to the, yip you guessed it THE TESTOSTERONE CLUB, as it goes straight up. After googling the profile it states the ascent is 1:3. There is a fence that helps you to pull yourself up if you need the help. The top is heard before seen as the water point has VERY good loud music playing and all sorts of drinks available from the usual offerings to tea coffee and schnapps. This table is at around 24km into the race and has a cut off time of I am led to believe 4 ½ hrs. Suggesting just how steep the climb is.

From here it is easier and this year the runners were lucky enough to run in and next to the snow, except in parts where those dam testosterone boys had run so fast that the snow had turned to good old mud slush, forcing the runners to decide to either running the mud slush, or take your chances on the snow which in

places was black ice. This is the highest point of around 2680, after starting at 1800m. The section from the Quarry Check Point to the Hooggenoeg Hikers Hut, along Hooggenoeg Ridge via Hooggenoeg Point was difficult as there is no footpath on this section and competitors follow the ridge line south to the next Check Point. The route along the ridge and contour are marked by means of flags. Extreme caution is required as the route covers terrain that is extremely uneven and rough underfoot with hidden rocks and holes. Snow, mud and a cold wind met us along this section.

At this particular water point Dave from Walkerbouts was cooking up a tasty meal of prairie Oysters, which smelt good and looked good, but fortunately I was feeling nauseous at this stage and decided not to eat. Lucky for me as I found out later in the evening what prairie oysters are - Let me just say fear factor comes to mind.

We once again returned to the road home and with about 13km to go we descended down the concrete section and I would hate to see the testosterone boys flying down the gradient, which is described by the race info as dropping several hundred metres per kilometre. The finish is back in Rhodes to the applause of the 25 town people and the runners and their supporters. Cliffie did a 5.51 with Paul a close 5.55. Karen and I came in some time under 8 hours as the only time we kept was on the watch which said we were in just before 3 pm. I have to mention at this stage that Karen still had 3 layers of tops on and her beanie. The importance of this is referred to below.

This led to the final Rhodes challenge of earning our Polar Bear club shirt that we had pre ordered. For those that don't know about the polar bear club, it is an exclusive club that has its members joining the club at 10 pm on the Saturday night. Entrance to the club is in the form of a skinny dip in the Bell river, in which you have to submerge yourself completely. For those of you who don't know Karen, she suffers from the cold, and all day Friday and Saturday night in the pub she was enquiring to whether she needed to be completely naked. Yes was the resounding answer, every time. She was so determined to do this, and show her fellow Westvillian's back home, she stayed in the water longer than necessary to have a picture taken as proof that she did it, and was the only female at that.

In closing, for those who want a good weekend away run, and are happy to have a long drive this run comes highly recommended. We broke up the drive stopping over on the way down otherwise it is a long drive to and from Rhodes. Race date next year 14th July 2012.

ON THE LIGHT SIDE

An Englishman, a Scotsman, an Irishman, a Latvian, a Turk, an Aussie, a Yank, an Egyptian, a Jap, a Mexican, a Spaniard, a Greek, a Russian, an Estonian, a German, an Italian, a Pole, a Lithuanian, a Swede, a Finn, an Israeli, a Romanian, a Bulgarian, a Serb, a Czech, a Brazilian, a Canadian, an Argentinian, a Korean and a Swiss man walked into a pub.

The bouncer says "Sorry. I can't let you in without a Thai".