

Westville Athletic Club
WEST-link (25/2011)
Thursday 23 June 2011
www.westvilleac.co.za

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

“There are days when it’s hard to put one foot in front of the other but those are the days that champions are created” - unknown

Wow, bargain to be had. If you haven’t renewed your membership yet then from the 1st July 2011 you can do so at half price (half year – half price). Thanks to the committee for making this concession. If my memory serves me correct it is the first time this has happened so early in the year – October being the normal month for a reduction in fees.

It looks like there is life after Comrades after all and for the first time this month we have a result. Well done to Anne Chadwick who was the 3rd Master Lady home in the 10km Sunrise series (*apologies Anne but I do not have the time*).

More results are shown under the Trail and Cross Country section later on in the newsletter. Well done and I take my hat off to you all for taking up this 75km trail running challenge so soon after Comrades.

We are also still looking for the floating trophies that have not been returned to the club. People this is urgent and you know who you are. Please make a big effort to return these ASAP so that they will be available to the next deserving candidates.

JUNE BIRTHDAYS: (best wishes to all)

1 st	Veronica Labuschagne & David Wessels
2 nd	Brett Chettleburgh & Stefan Wilmans
3 rd	Niel Ridley
4 th	Paul Pearce
5 th	Adrie Booth & Matthew Callaghan
6 th	Kim Lowe & Iain Robertson
7 th	Nicky Blewett & Petra Blewett
9 th	Clive Stewart
13 th	Rod Dorrofield
14 th	Paul Worsnip, Carol Brooks & Emile Fitzmaurice
19 th	Lauren Roberts
22 nd	Brad Ellis & Alen Hattingh
23 rd	Cliff Westermeyer & Samantha Spencer
24 th	Liz Chelin
25 th	Rogan Bartlett
26 th	Sanet Beukes
27 th	Craig Blewett, Mark Bennett & Mark Hardman
30 th	Gary Goldsworthy

CHAIRMANS JOURNEY:

Well done to all of the ladies (and guys) that took part in the Spar Ladies race on Sunday. Trust you all had a great time and achieved your goals.

There are still far too many people coming along to TT that are not wearing reflector belts. Please it is for your own safety to do so.

Plans for our next big club event, which is very exciting and we'll give you all the details as soon as possible but keep Saturday 13th August free!

Our children's room has unfortunately been delayed due to our contractor's availability but we should have the room finished within the next month or so and be able to make this nice facility available to our family members.

Otherwise a quiet week so far, the KZNA showdown meeting is this Saturday and I'll update you on all the goings on in next week's newsletter.

Have a great week and see you on the road

Westville Time Trial: Reflector belts please!!!!!!!!!!

Please diarize and remember the following dates:

Sunday 26 June @ 07h00	Umlazi Dev 10km challenge (Umlazi Sports Centre) CANCELLED
Sunday 03 July @ 06h30	Sardine half marathon (Uvongo) 21,1km
Saturday 9 July @ 08h00	Woman's day 10km (Chatsworth)
Sunday 10 July @ 09h00	Spar Chesterville ladies run (Durban)
Sunday 17 July @ 07h00	Forest Hills 10km (Forest Hills sports club)
Sunday 24 July @ 07h00	Savages 21,1km (Savages AC)

Other important dates to diarize and remember:

Saturday 25 June	Cross Country (Yellowwood Park)
Thursday 30 June @ 6pm	Brookes/Durban Runner TT League (Stella) Now that Comrades is over it's time to work on your speed. Westville are strongly placed in the league and we need every one of you to turn out so that we can consolidate our position and win this league.
Wednesday 10 August @ 6pm	Sportszone/New Balance Ladies TT League (Queensburgh)

Ladies News:

The Ladies-Get-Together takes place on **Saturday the 30th of July at 3pm**. Nicolette Visser is going to show us how to do some core work and stretching and afterwards there will be a few challenges to do. Families and relevant others are then welcome to join us for Drinks and Cheese and Biscuits.

Cross Country / Trail Running

Congratulations to the following people for completing the gruelling Umgeni River Run on Saturday covering 75km of some of the toughest trails and hills. We had some great results:

Rentia Denissen	(2 nd Lady)
Ali Black	(7 th overall, 5 th man, 1 st Master)
Wendy Fitzmaurice	(4 th Lady)

Don't forget the next **Cross Country League** run on **Saturday 25 June** at **Stainbank Nature Reserve**. It's hosted by YWP and is as close to nature as you'll get.

Remember that we have some stunning XC T-shirts sponsored by Roger Hattingh of SA Trimmings. Roger also promotes the See-Me range of reflectors. The Croc blood is authentic, sponsored by Greg Kirsten of Bug Busters. Then we have the soup and hot dogs and the cooler box will be there for those who want to celebrate and socialize.

XC is one of the few running disciplines which cater for the whole family. Hope to see you there on Saturday. If you have any queries, please contact Kylie on 082 563 0574.

The programme of events for Saturday:

1	12:00	Boys & Girls 10yrs and younger	2km – 1 lap of 2km
2	12:20	Boys & Girls 11 & 12yrs # Girls 13yrs	3km – 1 lap of 3km
3	12:45	Boys 13, 14 & 15yrs	4km – 2 laps of 2km
4	13:45	Girls 14 & 15yrs # Master Women +35	4km – 2 laps of 2km
5	13:50	Youth Men # Women 16, 17, 18 & 19yrs	6km – 2 laps of 3km
6	14:35	Junior Men 18 & 19yrs # Senior Women Master Men +35	8km – 1 lap of 2km Plus 2 laps of 3km
7	15:40	Senior Men	12km – 4 laps of 3km

Also, this news from the KZN Trail Running Web-site:

25 June	<u>Talbot Trail Run Series</u> Table Mountain 7km and 12km www.roag.co.za	Pietermaritzburg
02 July	<u>Riverside Trail Walk</u> 10km Buzzhilde@vodamail.co.za	Durban North
03 July	<u>Umhlanga Winter Sunshine Festival Trail Run</u> 16km run and 10km run/walk buzzhilde@vodamail.co.za	Umhlanga Rocks

09 July	<u>Talbot Trail Run Series</u> 7km and 14km www.roag.co.za	Faulkland Farm near PMB
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	<u>Mntunzini Bush Run</u> 16km walk/run paul@ritchieauto.co.za	Mntunzini

Last week I inserted a copy of the most medal counts and thought that I should follow it up with the following story on Kenny Craig, who has the most consecutive Comrades runs (all under 11 hours) in history. Please remember this article was written in 2001 so a few of these facts are a little outdated.

A Timeless comrade -first published in The Ultra (2001)

If the Comrades had a patron saint only for the amount of finishes it would be Kenny Craig. Kenny Craig has achieved the unique record of running 40 consecutive Comrades Marathon since his first run in 1959 and it doesn't look likely he will ever be eclipsed in races completed. During that time he has run the equivalent of more than four times around the world. He has also completed a JOGLE (John O'Groats to Lands End). This Hibernian run earned him an entry in the Guinness Books of Records.

This is the story of one of the truly outstanding characters of the Comrades. Cut from similar cloth as the Brit Ron Hill who in 1988 had run over 1-million miles in total 100 marathons, three quarters in under two-and-a-half-hours, completed his aim of running in 50 different countries by his 50th birthday.

A reflection in his own words: When I finished my first Comrades Marathon, 1959, it was the realisation of a burning ambition. Years before, as a youngster living on the Berea, close to the Comrades route, I used to watch the race with my friends. A few of us would go to the top of Berea Road and run with the leader to the finish at the Old Fort Track Ground which is now the site of the City Engineers Building. It was a distance of four kilometres and with our youthful energy we had no

trouble keeping up with him. Thus the scene was sown and I knew that one day I would be part of that race.

And so on that momentous 31st day of May at a time when you did not have to belong to a club to run in the Comrades I lined up as a novice with 102 other runners outside the City Hall, Pietermaritzburg. It is worth recording that my entire outfit cost me thirteen shillings and sixpence and the race entry fee was seven and six. The finish that year was at the Kings Park Athletic Stadium. I remember running down Polly Shorts and thinking I might be lost because I could not see a single runner in front or behind me. In fact the last time I saw a runner was on the climb out of Drummond. I believed the 1959 Comrades was the longest ever, a distance of 95 kilometres, but I completed it in 36th position, in a time of eight hours and 46 minutes. Trevor Allen won and Gerard Walsh was second. Although there were only a few spectators in the ground to welcome us home, my elation at the finish will live with me forever. This is nothing to equal the excitement that you experience crossing the line for your first medal.

Although I have run another 38 Comrades in succession, since 1959 the first race is still vivid in my mind. You were only allowed to run one Comrades as a novice after which, you had to become a member of a running club. At the time I was playing soccer for Durban Savages so some of us decided to form Savages Athletic Club and although we were told by a well-meaning official that Durban was not big enough for a second running club we still went ahead with our plan, and the rest is history. Savages grew to become the biggest athletic club in South Africa at the time and I think it is still the biggest in Natal.

Running within limits: I have always tried to run within my limits. A common-sense approach has given me 39 years of a relatively trouble-free running and a tremendous feeling of wellbeing. I enjoy setting myself achievable goals in addition to 39 comrades, of which my best time was six hours and 54 minutes (in 1975). My worst time was 10 hours and 45 minutes (in 1995); I have had other ultra distance successes. In 1982, three weeks after Comrades, Fritz Madel and I raced some micro-lights from Pretoria to Durban to raise funds for an Old Age Home. The distance was 730 kilometres. It took us seven days. Then in 1983 I ran 1000 kilometres in 10 days. In 1984 I was fortunate to receive sponsorship that enabled me to travel to the United Kingdom to run from John O'Groats to Lands End a distance of 1350 kilometres which if split up is equivalent to fifteen Comrades. My time of 12 days one hour and 59 minutes earned me a citation in the Guinness Book of Records. I have completed well over a hundred standard marathons. Ten Two Oceans, Five City to City and umpteen shorter races. My log books reveal that I have run in excess of 150000 kilometres since 1959.

64 medals: My brother Ted has earned 25 Comrades medals, including Gold in the 1967 down run. Between the two of us our 64 medals is the most by brothers. I have trained many miles with my brother Ted and also with Clive Crawley (39 medals) and the late Henry Greyling (35 medals) and although there has been competition, the rivalry has been superseded only by the fantastic sportsmanship that existed between us.

I am very grateful to everyone who trained with me over the years whose names are too numerous to mention but I can assure you there are no finer people than runners, and I extend my sincerest thanks for their company. I have really enjoyed their camaraderie and fellowship.

ON THE LIGHT SIDE

Sitting discussing re-incarnation with my wife the other day she says "she would like to come back as a cow". My reply "you not listening"