

**Westville Athletic Club**  
**WEST-link (18/2011)**  
**Thursday 28 April 2011**  
[www.westvilleac.co.za](http://www.westvilleac.co.za)

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

The past week saw me heading down to Cape Town to run the Two Oceans marathon. What is always amazing about our club is the support we receive no matter where we run and the Two Oceans was no exception. This always makes one feel special and glad to be part of such a great club. The Two Oceans has got to be the most beautiful run in the world and to add to this the weather on the day was absolutely ideal for running, something that cannot be said about the rest of the weekend, which was bitterly cold and wet. I trust you all had a good training weekend and a blessed Easter.

We now have exactly one month left to Comrades and I wish you all well with the rest of your training.

**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

**CHAIRMANS JOURNEY**

Unfortunately our chairman is away in New Zealand this week so there is no Chairman’s report.

**“Get to know your committee”**

<b>Name:</b>	Michelle Wilmans (Secretary/Club hire)
<b>Age:</b>	Wears a 40+ age tag
<b>Married To:</b>	<b>Stefan (the flying Dutchman)</b>
<b>Children:</b>	3 beautiful daughters – Chanelle (15 yrs), Nadine (11) and Madelein (almost 6)
<b>Favorite Athletic Discipline:</b>	No favourite but enjoys Cross Country
<b>Least favorite Athletic Discipline:</b>	Marathons and longer – I don’t like having to run through pain, although I know I

can. I just don't see the point. Rather run for pleasure no pain.

**Favourite Race/s:**

Nothing in particular (she just enjoys participating)

**Personal Bests:**

**10km**            **0: 46min**  
**21.1km**        **1:47**  
**25km**           **2:13**  
**42.2km**        **3:47**  
**52km**           **5:03**

**Numerous medals at XC Champs .**

**Athletic History:**

Michelle started running from an early age and was always a sprinter continually making the school team. After school she stopped running for a while and then started doing fun runs on the beachfront and the occasional time trial at Westville basically to keep herself active.

In 1995 she fell pregnant (she claims to this day she doesn't know how it happened) and stopped running until 2000 when she joined Westville. Shortly afterwards she joined Andy Daly's group but fell victim to that Comrades curse and started training for her first Comrades completing her first run in 2009 and following it up with her second last year.

Michelle's highlight was making the KZN Cross Country team on three occasions.

**Club History:** Michelle has been a member of Westville since 2000 and has served as secretary of the club for at least 8 years as well as assisting on the race committee.

**Comment by Michelle:** I'm an injury waiting to happen and spend more time at physio than anyone else I know. I love running and the camaraderie I get from it. Joining Westville has been good for me and I have made lots of friends through my running.

**Congratulations to Andy Daly on being selected for the KZN team for the SA 10km champs. Andy was the only member from Westville to be selected. We wish you well at the champs Andy.**

**RESULTS:**

**Two Oceans 56km Marathon**

**Silver:**

Paul Worsnip            3:56:46  
Cliffie Robbertze      3:57:54  
Paul Eichert            3:58:51

**Chet Sainsbury:**

Mike Martin            4:27:32  
Gavin Heron            4:27:32  
Tony Saunderson      4:30:32  
Simon Collins          4:56:00  
Brandon Jackson      4:59:08

**Two Oceans 21.1km Half Marathon**

Andy Daly              1:23:30 (**Silver medal and 4<sup>th</sup> master overall**)

Well done to all who took part in both the half and ultra.

## Cross Country:

At last we have some information. The next Cross Country meeting is definitely on the 30 April 2011 and will take place at Savages (Cyril Geoghegan Cycling Stadium). The SA Masters will be held in conjunction with this meet and racing starts at 12noon. For more information on the event contact Kylie on 082 5630574 or the organisers on 078 2816981.

For Comrades runners we are now in the last throes of **PEAK** training. Please diarize and remember the following dates:

- Sunday 1 May @ 5am - Checkout 42.2km, 21.1km 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*) (*Ladies please can you bring a small gift to be used as lucky draw prizes*)

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

**Please will the members who won trophies for Comrades at the aches and pains party last year as well as trophies at the end of the year prize giving, return their trophies before 9 May 2011**

## COMRADES TRAINING – 6 ways to relieve sore muscles

**1) Ice Bath:** Sitting in a cold tub for 10 to 20 minutes after a hard run helps flush out waste products and reduce swelling and tissue breakdown. You can also apply an ice pack to individual sore spots.

**2) Heat Therapy:** When muscle temperature is increased, blood flow increases, bringing nutrient-rich blood to the damaged muscle. Wait 24 hours after a run to apply heat.

**3) Active Recovery:** Between 20 and 30 minutes of low-impact exercise increases blood flow to muscles to reduce trauma and re-establish the body's pH level. Cross-training the day after an intense workout can help you recover from a race, speed session or long run.

**4) Massage:** Researchers in Australia found that sports massage may help reduce muscle soreness by as much as 30%. Massage may increase blood flow to the damaged muscles and enhance recovery.

**5) Gentle Stretching:** Stretching loosens muscles while lengthening them, which allows them to relax and get back the full range of motion. Hold gentle stretches for about 30 seconds at a time, post-run.

**6) NSAIDS:** Aspirin and ibuprofen alleviate muscle soreness by preventing the body from making prostaglandins – substances that control pain and inflammation. The problem is that NSAIDs slow the repair process by disrupting the re-synthesis of proteins, so use them sparingly.