

Westville Athletic Club
WEST-link (19/2011)
Thursday 05 May 2011
www.westvilleac.co.za

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

It is obvious by the turnout at Verulam this past weekend that most Westville athletes are taking full advantage of all the holidays as the numbers from Westville were small. That said the normal group still seem to be out. The race started quite early for this time of the year and we all set off in the middle of the night (*well it seemed like it, it was so dark*) and the only sound you could hear was Kerry Ward's voice booming out into the darkness.

To all those other runners who may have run races around the country well done and remember any special achievements please send through.

With only 25 days left to Comrades (*yes, you read right*) most of you should have about a week left of big mileage before the tapering starts. Yes, Megan Finestone and Karen Fisher that includes you. Now is the time of self preservation, staying healthy, focused and injury free. Be disciplined, you do **NOT** want to waste 6 months training.

Remember if you have not submitted your qualifying time to do so **NOW** even if you qualified by virtue of running Comrades 2010 you still need to submit this. Last submissions are due by the **6 May 2011**.

MAY BIRTHDAYS: (*best wishes to all*)

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

CHAIRMANS JOURNEY:

After my whirlwind trip to Two Oceans and NZ I am still trying to get back to normality - Jet lag is a crazy thing and not conducive to effective training. Training in NZ made me realize that we are so spoilt with our weather. One thing that quickly reminded me that I wasn't in SA was that there were so many people, especially woman, who were running after dark, with most of them training for the Wellington Marathon, which is next month.

Well done to all those that finished Oceans last week, we were so lucky with the conditions. I cannot remember having to run a tougher last 14km in any race ever and congratulate both Paul & Cliffie, who again proved their metal with another Silver medal each. When runners tend to do it year after year you take it for granted that is easy for them but now I have had the fortune of running one for myself I know now how hard they both have to work year in and year out to achieve this feat - well done to both of them.

I hope all our members are fit and well and those running comrades are getting the final training in. I know it's mentioned a few times in this newsletter but please ensure you allow your body the time to recover before the run. Don't be scared to miss a day or two days from now on in and I wouldn't suggest any runs over 20km.

Enjoy the newsletter and be safe on the roads - until next week happy running.

Westville Time Trial:

Well done to Karen Mc Kenzie on finishing her first Time Trial. It also seems as if one or two of our members have been doing some secret training – Cliffie Cartmell flew around the course like he was a teenager all over again.

On a more serious note, people please remember it is very dark on the course at the moment and very difficult for cars to see you. 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!!!!!!!

RESULTS:

Verulam 42,2km and 21,1km

42,2km

| | | |
|---------------------------|--------------|---------|
| 2 nd Men 40-49 | Allen Ndlovu | 2:54:43 |
|---------------------------|--------------|---------|

21,1km

| | | |
|---------------------------|----------------|---------|
| 1 st Men 50-59 | Fred Mc Kenzie | 1:44:45 |
|---------------------------|----------------|---------|

| | | |
|----------------------|----------|---------|
| 2 nd Lady | Kim Lowe | 1:43:28 |
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| 1 st Lady 35-39 | Kim Lowe | |
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| 1 st Lady 40-49 | Tammy Dennill | 1:52:30 |
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Ladies team prize - Kim Lowe, Tammy Dennill and Kerry Ward

Well done to all who ran on Sunday and congratulations to Kerry Ward for wearing her Westville kit for only the second time this year.

SA Masters

| | | |
|---------------|----------|-----------------------------------|
| Gill Tregenna | Gold 60+ | Cross Country & 10,000m |
| Andy Watson | Gold 60+ | Cross Country, Discus and Javelin |
| Les Smith | Gold 60+ | 5000m and 21,1km |

Cross Country:

Congratulations to Bryn and Khea Emms on their stunning runs this weekend. **Bryn was 2nd in his age group and Khea took top honours in her age group.** They also both earned their Designer **SA Trimmings** XC T-shirts.

Di Wearne also earned her Croc stripes this weekend – good to see you back doing the tough stuff Di.

Gill Tregenna and Andy Watson flew our club colours high as both earned gold in the SA Masters Champs which formed part of the league.

The next Cross Country league will be hosted by CKS AC at UKZN Sport grounds this Saturday 07 May 2011. The schedule will be the same as usual:

Remember that we go BIG for XC. The gazebo is erected. Soup and hot dogs are provided for our members. The cooler box is full of drinks and the Big Busters Croc Blood flows. So, come join us at Varsity on Saturday and experience how we were born to run.....!

If you need more detail, contact me on 082563 0574.

Please diarize and remember the following dates:

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|-------------------------------|---|
| Saturday 7 May | Cross Country (KZN University) |
| Sunday 8 May @ 6am | Starling 2 in 1 (Mount Edgecombe) <i>This race incorporates the KZN half marathon champs.</i> |
| Tuesday 24 May @ 7pm | Pasta Party (Clubhouse) |
| Sunday 29 May @ 5.30am | COMRADES MARATHON |
| Tuesday 31 May @ 7pm | Aches and Pains (Clubhouse) |

Other important dates to diarize and remember:

| | |
|----------------|---|
| Thursday 5 May | Brookes/Durban Runner TT League (Chiltern) |
| Tuesday 10 May | Sportszone/New Balance Ladies TT League (WESTVILLE) <i>(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)</i> |

Ladies Captain report:

Next Tuesday (10th of May) is the Ladies League Time Trial hosted by Westville. We need **EVERY** Lady to take part, whether you are a walker, slow/fast jogger or a speedster. Westville has had such a good year so far, let's host this event properly, and show the other clubs how it should be and is done. This is also the last League event until August, so there are no excuses. You **MUST** be there.

We also need every lady to bring a small item for the Lucky Draw prizes afterwards, and as many men as possible to help marshall the route.

See you there.

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 Diary of a Novice – Alison Parle (Westville member for 2yrs):

I remember the thrill of watching the Comrades Marathon from a very young age – waking up when it was still dark and cuddling up on the sofa at home to watch the start, then quickly driving to Tollgate Bridge to cheer on the runners, and back home again to watch the drama unfolding on TV, excitedly encouraging the stragglers *(as if they could hear us)* who looked like they weren't going to make the finish in time.

I have always loved running, but only competed in sprints at school and university, and thereafter I jogged to keep fit, managing one half-marathon in England 7 years ago. Since those early days it has been a dream of mine to run Comrades *(as I think every person living in South Africa)*, and having hit the big 4-0, and with 2010 *(soccer world cup)* being an even more special year than most, I decided to bite the bullet and enter as a novice. Sitting at the computer at 9am when online entries opened was such a thrill, I could feel the fear, excitement, anticipation, (call it what you want) pumping through my veins as I filled in my application, not knowing what I was letting myself in for ... Tim, my husband

was with me and he got so caught up in my excitement that he too jumped on the bandwagon and entered!

Being a novice, I soaked up every titbit of information from anyone and everyone, but mainly tried to stick to Norrie Williamson's training programme printed in *The Natal Mercury*. Having to build up stamina was a slow process and I suffered from various injuries like ITB and pulled calf muscles (*and let's not to forget black toenails*), but physio helped and after resting I could commence training again. During these times I would always think that was I trying my luck? Would I make it? Am I cut out for this? I tried to keep these negative thoughts to a minimum but they would always surface and give me doubts.

Fitting training runs into our already busy schedule was no mean feat. Our children had many sleepovers as we shipped them off to their grandparents or friends to enable the long back-to-back weekend runs. Tim set his mind to qualify at the Nimas 42km, but I, unfortunately had shin splints so I had to pull out of the race after only 2km. To say I was disappointed is putting it mildly but I knew I could do this and so I rested up until the Postnet 42km in PMB two weeks later.

I thoroughly enjoyed my first marathon and apparently didn't stop smiling, finishing in a time of 4hrs 10mins. I cannot describe my feelings on finishing but anyone who runs and completes a PB will be able to tell you that feeling of exhilaration. Thereafter, was the 'long run' from PMB to Stokers, which gave me a good idea of the route to expect on the day and greatly increased my confidence. Now I knew that my "dream" was achievable.

I admit to becoming a bit paranoid in the weeks leading up to D-day ... keeping away from people with 'flu, being careful with my gluten free diet, not participating in church fun sports days, and changing our girls weekend away from the week before Comrades to the week after, but I gather this is all very normal!

The night before, we had our carbo-loading pasta supper and headed for an early bed. Weather forecasts predicted a perfect day for the 30th May, and they were absolutely correct. We arrived early and huddled together in F batch, we sang our hearts out to 'N'kosi Sikele', shed a few tears as 'Chariots of Fire' was played before the cock crowed and then we were off! (*Or rather, we waited and waited ... a full 8 minutes until we moved!*) The start was one of the best experiences I have had and I knew then that whatever happened that day did not matter, just to get to the start line and experience the vibe and energy was a moment to remember and be proud of.

The crowd going out of PMB was great and many of them were shouting 2010 – it is here, I think the supporters were talking about the soccer and the runners were thinking – Comrades – it is here.....finally!

As our muscles slowly warmed up we shed our old jerseys and tossed them to the eagerly waiting kids lining the road. Everyone tells you about the amazing atmosphere while running Comrades, but it's only when you participate that you can fully appreciate it. The first half went like clockwork, and I reached the chaotic Drummond at my planned 5hrs 20mins. It was soon after halfway that an old knee injury reared its ugly head and I had to be strapped up by physios at Botha's Hill, followed by another medical tent stop for my other calf at Kloof. All those negative feelings came flooding back and the fear began to set in. I had to walk the rest of the race (SO FRUSTRATING!).

I had been told about the crowds on the second half of the down run and as I ran/walked through Pinetown and down into Westville these crowds became my saviour – they were phenomenal and no more so, than through Westville, encouraging and coaxing me to the finish line.

I had set out to finish in 10hrs 30mins, but came through an hour later, a little disappointed, but overcome with emotion at receiving my medal.

Comrades, is the ultimate human race but be careful ... she gets her hooks into you and you can't let her go!!

Congratulations to all who participated in the "Ultimate Human Race", you are all heroes. I will be there again, looking on at all those novices and smiling quietly to myself as they look on nervously at the start line.

As for me, I have a time to beat – beware Comrades I have been challenged.

Naked marathoner shocks, gets shocked 2011-05-04

Washington - A US marathon runner who stripped during a race stunned US authorities who returned the favour, giving him a jolt with a Taser, local media reported on Tuesday. Brett Henderson, aged 35, was arrested for "public indecency" during the Flying Pig Marathon on Sunday, the [Cincinnati Inquirer](#) reported. When police saw that Henderson was missing his shorts, they ordered him into their car but he kept running, leading them to break out the Taser and subdue him, the report said.

Apparently they thought he was packing a big "pistol", so they felt threatened.

Needless to say with our police force, that "pistol" was probably confiscated, and will be back out on the streets in no time!! So if somebody points a big willy at you and demands your car - you know corruption is involved!!