



# SAVAGES ATHLETIC CLUB

## THE QUARTERLY *CLEFT STICK*



[info@savagesac.co.za](mailto:info@savagesac.co.za)

Fax Number 086 562 5695

[www.savagesac.co.za](http://www.savagesac.co.za)

Phone 078 281 6981

### Last Quarter 2008

Chairman:	Paul Stewart ( Jp )
Vice-Chairman:	Gary Manthe
Treasurer:	Debbie Honneysett
Communications Webmaster:	Kevin Bradfield
Club Manager:	Kevin Pretorius
Members:	Rob Simmers Richard Potgieter
Non-Committee:	Robin Honneysett (Accountant)

- This is the last Cleft Stick for the year and contains information for the next 3 months.
- The clubs closing date will be the 11th December and reopens on the 6 January.
- We can always be contacted via mail or on the numbers provided above.
- Information regarding licences etc was contained in the previous weekly Cleft Sticks.

Birthdays - Best wishes to all those Members and Friends who are having their birthdays over December and January

1st	Brian Saunders	11th	Leon de Witt	January	
	Kurt Adendorf	12th	Sally Shaw	1st	Trevor Stevens
	Shorty Moola	14th	Alex Jeffrey	3rd	Makhosazan Mhlongo
2nd	Kevin Bradfield	17th	Delani Sithole	4th	Lindsay Clive-Smith
5th	Raphael Ngubane	27th	Trevor Majola		
	Wayne Knoeson	29th	Martine Garrioch		
9th	Dave Lees				



We would like to wish you all safe travelling over the festive season,  
**MERRY CHRISTMAS & HAPPY NEW YEAR .**  
 Happy Running  
 Savages Committee.



### Current Events

Tuesday 2 <sup>nd</sup>	Pub to pub run @5.30pm. Wear something red or black, bring money for run. Braai afterwards at club.
Thursday 4 <sup>th</sup>	Club closed due to concert. Time Trial meeting at DHSOB @ 6pm, run from there before hand.
Friday 5 <sup>th</sup>	X-mas party @ Europa 7pm for 7.30pm. <b>(PLEASE PAY @ THE CLUB ON TUESDAY 2<sup>ND</sup>)</b>
Sunday 7 <sup>th</sup>	Yellowwood Park Stainbank . Tent & Cooler box will be there.
Sunday 14 <sup>th</sup>	Illovo Christmas Run at Westville. Breakfast and Tent will be there. We always make a big effort on this one. This year will be no different.

## Chairman's Chatter

My thanks to everyone for their support on my election as well as the election of the new committee.

A big "Thank You" is extended to Dave Lees and his committee for all the hard work they put in last year, in keeping Savages alive and well.

**Secretary:** Office hours are Tuesday & Thursday (club nights) from 5pm to 7pm. This role has not been allocated to any one individual (any volunteers are welcome), but all queries can be forwarded to the general club email [info@savagesac.co.za](mailto:info@savagesac.co.za). There will always be someone on duty at the club on Tuesdays and Thursdays to attend to secretarial duties.

The club is hugely grateful for the time and sacrifices made by our Volunteer Accountant, Robin Honneysett. Robin is assisting the committee and club with the financial matters as well as assisting in the secretarial roles.

In addition, a big thanks is extended to the current committee for the efforts already realised over the first few months.

Thus far the following changes have been made :-

Kevin Bradfield has been hard at work sorting out the Website and the Weekly Cleft Stick. The website is being upgraded all the time.

Please note:

our website has changed from [www.savageac.co.za](http://www.savageac.co.za) to [www.savagesac.co.za](http://www.savagesac.co.za)

the Email Address has been changed from [mwsav@mweb.co.za](mailto:mwsav@mweb.co.za) to [info@savagesac.co.za](mailto:info@savagesac.co.za) ,

Please pass on any information and results to Kevin on [webmaster@savagesac.co.za](mailto:webmaster@savagesac.co.za) for our Weekly Cleft Stick .

Debbie & Robin Honneysett for getting all the Trophies cleaned.

The Trophy cabinets have been mounted on to the wall with all the trophies.

The Chairman's photos have all been mounted on the wall.

The Honours Board is been updated.

**Life Membership:** Each year consideration is given to those members who we believe should be given life membership.

Nominations from all club members are welcome.

The committee will vet nominations and table them at the AGM for voting.

We ask that all nominations for life membership be forwarded to [info@savagesas.co.za](mailto:info@savagesas.co.za) or give your nomination to Rob Simmers directly.

The container has been secured for another year

New chairs and a fan have been bought

A general clean up of the office and club have taken place.

All of the above has already seen an increase in patronage at the club on a Tuesday and Thursday nights  
Yours on the road.

JP  
Chairman

## **Bits and Pieces.**

1. Savages Athletics Club will be celebrating its **50th Anniversary** year in March 2010. We have plans for various activities and events during the year however in order to host these we will need funds. Fund raising has started and we hope that you will be able to assist us along the way, with the different events that are hosted from time to time. We welcome all ideas from members, so please let us know how you can assist.
2. Many thanks to Wally Steel for measuring the Time Trial Course.
3. We are appealing to anyone with information regarding the club and its members since its inception in 1960. Please forward to Jp, Kevin Bradfield or Dave Lees and we will return it to you when we are finished. Thank you
4. The club house is available to non members for functions at R250.00 Please book with Kevin Pretorius at the bar.
5. Results are becoming more difficult to obtain from the events in a reasonable time. We ask all members competing at events to assist in gathering this data and forwarding it to us on a weekly basis so that the results can be published.
5. We have taken our new (easy to erect) tent, courtesy of Tyson Properties Westville (Dave Kopp), to a number of races. We would like to see it at more events. If you can volunteer to take it just once it would be greatly appreciated (please let Jp know).
6. We looking for 2 volunteers to be Men & Ladies Captains. (Please let Jp know if you can assist)

## **Today**

"Yesterday is history, tomorrow is a mystery, today is God's gift, that's why we call it the present."  
- Joan Rivers -

## **Races and Events**

We have seen some great results in this last part of the year, and congratulations go out to all of you on your achievements..

### **Past Events**

#### **October**

**31st** Halloween Party – we had 20 people at the function.

#### **November**

**4th** Time Trial along with Adidas - we had 20 people, most from Sydenham. Jim Stanton won a free pair of Adidas running shoes.

We are trying to get this event back to the big numbers that we used to have and it is open to everyone.

**8th, 15th & 22nd** Springbok Tour braai at club - raised funds for the club and fun was had by all at each of the games.

**16th** Stella No to Violence 15km - nice to see 30 members at the club tent afterwards.

## Upcoming Events

### January 2009

Nice gradual increase in mileage for Two Oceans & Comrades qualifiers.

- 11th** Ronnie Davel 16km start 7am. Off road, an awesome start for New Year. Some of us camp at Midmar Dam. See week 48 newsletter.
- 18th** Scottburgh 21.1km start 6am.
- 20th** New Members evening 7pm (open to everyone. Come and introduce yourself to other members)
- 25th** PDAC 25km start 5am. The tent & cooler box will be at the finish – come and join us.

### February 2009

- 1st** Sparkport 32km start 5am. The tent & cooler box will be at the finish – come and join us.
- 3rd** Savages Time Trial 6pm. Starting from this month, the 1st Tuesday of every month is Time Trial, we are hoping to secure a good lucky dip prize, open to everyone who runs. There will be braai's lit afterwards.
- 14<sup>th</sup>** Valentines party at the Savages Club house starting at 7pm.
- 15th** Nimas Challenge Hillcrest 21.1km & 42.2km start 5am. If you are wanting some extra mileage then run 12km before start to give you a 32km run. The tent & cooler box will be at the finish – come and join us.

### March 2009

- 1st** Newlands 21.1km & 42.2km start 5am. Other option here is run 12km before start to give you another 32km run. The tent & cooler box will be at the finish – come and join us.
- 3rd** Savages Time Trial 6pm. We will bring and braai afterwards.
- 4th** **ENTRIES CLOSE FOR TWO OCEANS**
- 8th** Umgeni Water 15km & 32km & 42.2km start 6am. The tent & cooler box will be at the finish – come and join us.
- 15th** Postnet Witness 21.1km & 42.2km start 5am. The tent & cooler box will be at the finish – come and join us.
- 22nd** Stella Royal 10km & 25km start 5.30am & 5am respectively. The tent & cooler box will be at the finish – come and join us.
- 29th** Arthur Cresswell 21km & 52km
- 31st** **COMRADES : YOU MUST SUBMIT YOUR ENTRY FORM BY 31 MARCH 2009, BUT YOU HAVE UNTIL 28 APRIL 2009 TO SUBMIT YOUR QUALIFYING DETAILS. UNDER NO CIRCUMSTANCES WILL REFUNDS BE MADE EVEN IF YOU FAIL TO QUALIFY AFTER THE CLOSING DATE. FAILURE TO SUBMIT YOUR QUALIFYING DETAILS WILL RESULT IN A REJECTED ENTRY.**

### April 2009

Note that you will need to travel away to April's Comrades qualifiers.

11th/12th Club Long Run Will be looking for volunteers to give lifts and seconding. Keep a look out on the club notice board and the weekly email Cleft Stick.

## **2009 COMRADES MARATHON CAMPAIGN LAUNCH**

For the first time since 1996, the Comrades Marathon will revert to a date in May, specifically, Sunday the 24th. This is because the FIFA Confederations Cup soccer tournament will take place in South Africa from the second week of June onwards. This new date has prompted the Comrades Marathon Association to institute a number of changes to next year's race.

The race will be a "down run" from Pietermaritzburg to Durban, starting at the Pietermaritzburg City Hall and finishing at Sahara Kingsmead Cricket Stadium. Because the race will take place about three weeks earlier than normal, the closing date for entries has been set at March 31, and no entries received after this date will be accepted. However, taking into consideration that several key and traditional Comrades qualifying races will take place after March 31, the CMA has decided to allow participants who have not qualified by March 31 to run races up to April 28, and then inform the CMA office of their qualify time, at which stage their entry will be confirmed. The CMA insists, however, that runners must understand that the closing date for entries remains 31st March, and the final qualification date will be April 28.

This arrangement will allow races such as the Ironman SA, Old Mutual Two Oceans Marathon, Forever Resorts Loskop Marathon and Chatsworth Marathon to remain as qualifying events, although they take place after entries have closed.

In addition, the CMA has decided that all official finishers in the popular local and international Ironman endurance events will automatically qualify to run the Comrades Marathon, providing that the qualifier falls within the CMA's official qualifying window of 15 June 2008 to 28 April 2009. The standard Ironman event comprise of a 3.8km swim, 180km cycle and 42.2km marathon. Given that next year's Ironman event in South Africa takes place on 5 April, athletes will, according to the new rules, have to submit their entries before participating in the event. This qualifying option excludes the 70.3 Half Ironman.

All local entrants in the 2009 Comrades Marathon will have to be licenced members of an athletic club affiliated to Athletics South Africa. Online entries ([www.comrades.com](http://www.comrades.com)) open on 1 December, while printed entry forms will be available in January. These can be mailed to the CMA or dropped off at any Mr Price or Mr Price Sport store in the country.

The CMA will once again be offering runners across the country the opportunity to attend training and motivational workshops, starting in January.

During the week leading up to the 2009 Comrades Marathon, the Bonitas Comrades Expo will once again double up as race registration and the country's biggest running expo, while on Saturday, 23 May, the National Youth Run will be staged on Durban's beachfront. In 2008, this new event attracted 3 500 participants, and organisers expect this number to rise significantly next year.

On race day, the CMA has arranged for extra spectator spots for the public on route, while the Gold Fields Prize-Giving Breakfast will again take place the morning after the race.

## **2010 COMRADES MARATHON ANNOUNCEMENT**

The Comrades Marathon Association, like all other South African sports organization, are looking forward with much anticipation to the 2010 FIFA World Cup, which promises to be the biggest sporting extravaganza ever staged in this country. Given that the Comrades Marathon will be presented just a matter of days before the start of the World Cup, the CMA has positioned its 2010 race as an ideal opportunity for runners and others involved in the race to become part of the wave of excitement that will be sweeping the country at that time.

Much like the 2000 race, which saw over 24 000 people joining in the millennium celebrations and taking to the road between Durban and Pietermaritzburg, organisers expect the 2010 Comrades to have a similar impact.

For this reason, plus the fact that it will be the 85th running of the race, the CMA is gearing up for the biggest, most spectacular and most exciting Comrades since 2000.

Looking back at 2000, the CMA has decided to cap the overall entry level at 20 000 runners. This has been done in order to avoid logistical problems and congestion of the route.

Also learning from the 2000 experience, when numerous previous Comrades runners returned to the race, it has been decided to encourage previous finishers, including 2009 runners, to come back to the race as part of the 2010 celebration. To underline this objective, the first 15 000 entry slots have been reserved for these specific runners.

Furthermore, entries for the 2010 race will open far earlier than normal to accommodate this large field, and it has also been decided that the period September to November 2009, will be set aside for previous runners only, with novice entries only opening up after that. Thus the CMA encourages anyone who plans to run in 2010 – novices and previous finishers alike – to run in 2009 in order to secure their qualification and entry the following year.

2010 novices without a previous Comrades finish will be able to qualify during the period immediately after the 2009 race, up to the closing date for the 2010 race, but will have to enter early to secure one of the remaining 5 000 places on offer.

Given the significance of 2010, everyone finishing that year will be presented with a special 85th Comrades/World Cup 2010 commemorative race medal.

In another break with tradition, it has been decided that 2010 will be another "down run", meaning that there will be two such runs in succession. As a result, the CMA is offering 2009 novices the opportunity to come back in 2010 and collect a once-off "Back-to-Back Double-Down" medal, never before offered in the race.

In years to come, South Africans will look back on 2010 as a major landmark in the history of South Africa. The Comrades Marathon offers runners - both past finishers and novices alike - the opportunity to take an active part in this historical occasion.