



SAVAGES ATHLETIC CLUB

THE CLEFT STICK

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01/01/2011 - 17/04/2011



Visit our photo gallery and have a look at our History in the making. We add to the gallery after every event.

HOT NEWS

- Be aware on the road—see Wendy story on page 2.
- Congratulations to Dave Williams on his retirement. Serving the City for 40 years. His comrades record of 40 also nears soon
- The next Cross Country Meet will be hosted by Savages on the 30th April 2011. Come down and join us.
- To all those who are competing in the Two Oceans over the forthcoming weekend—may it all go well for you.
- We appeal for help from members for the ECR Big Walk as well as our Savages Challenge to be hosted on 24th July.

Chairman's Chatter—Kevin Bradfield

Three month's have passed by in a flash. Comrades is all that much closer which certainly is of some concern to me, under trained. Be that as it may, the past three months have seen many events taking place in our region—a big thanks to all the club and officials who hosted these events. From extreme heat to excessive rain the runners have been out there, pushing for their 'PB'. Some awesome performances by many—keep it up. From a personal observation, the number of participants are up, the Two Oceans 21 maxed out quickly and comrades reached their target. All good signs that at least many are keeping fit and healthy.

Movements at ASA seem to have moved in the right direction, so hopefully the administration in general also get fit and healthy all round. Can't necessarily say all is well with our local athletics authority. Commentary in the press as well as the corridors would say all is not well. We are following the action and hope all will be resolved. We need the support of the greater athletics fraternity and their elected representatives to take a stand.

Savages continues to attract new members which helps to fill the vacancies left by those, hanging up their shoes or moving on. To those new members a big welcome, and we hope to see you at our club premises from time to time as well as at events. Drop by and share your "war" stories with us.

Some big events are on the club calendar in the near future, namely Savages assisting with the Discovery ECR Big Walk as well as us hosting our Savages Challenge on the 24th July 2011. Without our members assistance, the events just would not happen.



Wow! Another R2,210.01 from Savages Athletics Club, through Back a Buddy. We feel truly blessed by the ongoing support that Savages Athletics Club has shown Durban Children's Home.

Thank you for believing in our cause and making a difference in the lives of the orphaned and vulnerable children in our care.

The children had a wonderful time meeting the team from Savages and we look forward to seeing you again in the future.

Yours Faithfully
Claire Binneman
Durban Childrens Homes Resource Developer



Be Aware out there—by Wendy Rook

Last Tuesday (15/2/2011) 4 of us parked at the gym (Kings Park) at about 4.45 a.m. The plan was to run south down to Moya and back. We had just come through the tunnel (or under the bridge) up towards to casino. We were all four running abreast chatting. Anyway we saw this guy staring and staring and then he started coming towards us, not too concerned because there were four of us we carried on running, but were aware of him and we all carry our maces. He then came right up to us, you know how they sometimes run next to you. But then he sort of stopped in front of us and muttered something, and then pulled out this knife. Well I just froze, but both Lisa and Zoe took their maces out. Zoe did not even give the guy a chance she just zapped him with her spray – the funny thing is that he just shouted “don’t shoot me, don’t shoot me” and started running away. I must say that it really shook me up when I saw the knife and although there were four of us that made no difference to him. Zoe also let out a loud scream, but of course there were no guards on the north side of the casino only on the south side at the hotel. I suppose if we had not had maces he would probably have taken shoes, watches and whatever else he could. We told a policeman at the station just at Rachel Finlayson pool, but he was on his cell and told Zoe to shoosh because he was on his phone.

So much for our police force and Mike Sutcliffe telling us about our safe beaches. It just makes you so aware that you are not safe anywhere and it is imperative that all the ladies carry their maces on them, they are definitely a deterrent, and you just have to be on your guard all the time, and don’t run alone in the dark.

Discovery ECR Big Walk

We were introduced to this event last year, where we assisted the organisers at a fee, in the registration of participants at the exhibition center for 3 days, and on the actual day, with lead bicycles, marshall supervision and the event timing of the 20km.

The organisers of the event were extremely happy with Savages efforts last year, so we have been contracted for the next 3 years to perform the same tasks.

The revenue from the event assists us with our continued sponsorship of development athletes as well as keeping a healthy balance sheet.

But for us to make our participation in this event a success, we need YOUR help.

We are required to staff the registration booth at the Durban Exhibition Centre for the 3 days prior to the event:

Thursday, 19th May 2011 10:00 – 07:00

Friday, 20th May 2011 10:00 – 19:00

Saturday, 21st May 2011 10:00 – 14:00.

We will be required to hand out goodie bags and entry confirmations to participants. All entries are pre-entries so no money will be changing hands.

We realise that the 19th and 20th are working days, resulting in people having to take time off work to assist.

We have already received commitment from a number of members who will be taking time off work, but this is not nearly enough to fill our need for at least 50 people.

Without your volunteer support, we will be required to hire in students at some cost, thus diminishing our revenue potential.

Are you or any of your friends and/or family available to assist with registration on any or all of the above days (in particular Thursday and Friday)?

The main thrust of entries 60% (according to history) is on the Thursday.

Please email race@savagesac.co.za if you are able to assist on any of the above days, even if its just for a few hours.

Thank you

Savages Challenge - 24 July 2011

Savages Athletic Club proudly announces the 51st running of the Savages Challenge.

This year, the event, which starts at 07:00, and still offers a 21km run and a 10km Run/Walk.

In line with our pledge for the 2011 year, we will be including the Durban Children's Home as a charity that we can support and hopefully make a difference to them is our small way. We have engaged with them, to possibly do our catering on the day and keeping the proceeds for their gain. In addition we will be donating part of our race revenue to their cause.

In order to achieve our goal of hosting another successful event and keeping the costs to the athlete at a minimum, and to allow for open participation by as many people as possible, we need financial assistance.

We are offering potential sponsors, the opportunity to showcase their brand at our event. Potential sponsors can assistance in the following areas:

- Cash donations towards costs on the day
- Manning of tables
- Donation of lucky draw prizes
- Donation of items to be given to athletes who complete the event ie t-shirts, gym towels, water bottles, medals, etc.
- Anything else you would like to donate that could be used on the day

A sponsor will be entitled to put their logo on our race flyer, brand any items donated and branding and presence along the route and at the finish.

Our previous event branding, which can be found on http://www.savageac.co.za/Race2010_1.php will give some indication as to the brand exposure we offer. In addition, we have a comprehensive Sponsorship Proposal Document, available on our site for viewing, at the link below. http://www.savageac.co.za/flyers/Savages_Challenge_Sponsorship_Proposal_2011.pdf

As a member, we ask you, where you have influence to approach those that can assist and offer them the opportunity to support us.

A title sponsor would be first prize, be we are aware that this may prove costly. We have a proposal that allows smaller donations to be offered, but still getting exposure.

Should we get 10 offers of R 2500 each, we would be able to brand the back of a T-Shirt with sponsor's detail. This would enable us to distribute T-shirts to finishers on the day as an incentive to run our race. Not since the days of Mon-di, have we been able to hand out T-Shirts at our finish.

In addition to the cash required, we as usual will need assistance on the day with various portfolios and duties.

Please could you advise as to your availability to assist. WE NEED YOU

Durban Runner/ Brooks Time Trial League—12 April 2011

Savages hosted a successful time trial league on 12th April 2011, with 138 members of the running fraternity taking place. The winner of the 8km Veterans event was Mandla Dlamuka from Boxer AC in a time of 28:40. First in the 8km Seniors was Simphiwe Zulu of Mr Price in a time of 26:04.

First lady home in the 4.5km run was Margaret Scharein from Chiltern AC in a time of 19:42 and the first walker home was Nick Barrie-Smith from DHS Old Boys in 29:50.

Once again, a big thank you to all the members of the club who came down to assist us on Tuesday evening.



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Race Results

Ronnie Davel 16km Run/ Walk						Kearsney 21.1km Run					
Pos	Time	Surname	First Name	Gender	Lic No	Pos	Time	Surname	First Name	Gender	Lic No
28	01:16:39	Van Staden	Booysie	Male		41	01:38:09	Botsis	Juan	Male	39
40	01:19:49	Stewart	Jp	Male	4	76	01:45:43	Rietveld	Shaun	Male	85
51	01:22:28	Van Staden	B	Male	84	83	01:46:54	Would	Matthew	Male	390
157	01:40:55	Lawson	Anthony	Male	268	151	01:55:02	Mechanicos	Elias	Male	279
260	01:53:05	Andrews	Susan	Female	205	171	01:57:23	Rockey	Mike	Male	886 TL
261	01:53:07	Bradfield	K	Male	7	223	02:01:39	Thompson	Seth	Male	132
403	02:15:12	Bradfield	Michelle	Female	11	245	02:03:04	Quevauvilliers	Luc	Male	94
Scottburgh 21.1km Run						248	02:03:17	Roos	Clinton	Male	76
Pos	Time	Surname	First Name	Gender		287	02:06:56	Cilliers	Elize	Female	35
83	01:35:32	Would	Matthew	Male		352	02:11:01	Bradfield	Kevin	Male	7
114	01:40:07	Moolman	Nandus	Male		356	02:11:23	Richey	Robert	Male	79
129	01:42:10	Ward	John	Male		366	02:11:45	Andrews	Susan	Female	205
156	01:46:32	Kopp	David	Male		431	02:17:28	Williams	Jonathan	Male	81
158	01:46:43	Watts	Emma	Female		433	02:17:32	Dyne	Andrew	Male	271
196	01:51:41	Mechanicos	Elias	Male		483	02:21:57	Anderson	Gisele	Female	5
229	01:55:34	Nicol	Tj	Male		500	02:23:31	Valjee	Inez	Male	156
247	01:56:34	Lawson	Anthony	Male		511	02:24:18	Giani	Stan	Male	206
286	01:58:29	Ngcobo	Thembinkosi	Male		512	02:24:25	Luyt	Yolandi	Female	208
291	01:58:53	Florens	Brett	Male		535	02:26:06	Tearle	Tilda	Female	95
329	02:01:32	Cilliers	Elize	Female		536	02:26:06	Meyer	Jan	Male	18
334	02:02:01	Meyer	Raymond	Male		605	02:34:12	Bradfield	Michelle	Female	11
338	02:02:33	Quevauvilliers	Luc	Male		Kearsney 10km					
366	02:04:17	Florens	Andrea	Female		Pos	Time	Surname	First Name	Gender	Lic No
373	02:04:36	Giani	Stan	Male		51	01:02:28	Glossop	Greg	Male	255
407	02:07:51	Sokhela	Thanda	Female		183	01:20:23	Tearle	Clive	Male	133
409	02:07:52	Richey	Robert	Male		229	01:30:22	Valjee	Kano	Female	210
436	02:09:44	Andrews	Susan	Female		PDAC 25km					
449	02:10:19	Parry	Roger	Male		Pos	Time	Surname	First Name	Gender	Lic No
453	02:10:30	Mlaba	Judith	Female		135	01:47:21	Van Staden	Boysie	Male	84
455	02:10:43	Roos	Clinton	Male		144	01:47:46	Stewart	Jp	Male	4
483	02:12:58	Van Tonder	J	Male		172	01:51:36	Botsis	Juan	Male	39
504	02:14:19	Anderson	Gisele	Female		188	01:53:55	Would	Matthew	Male	390
510	02:15:21	Bradfield	Kevin	Male		334	02:04:50	Gey Van Pittius	Nico	Male	195
528	02:16:58	Luyt	Yolandi	Female		342	02:05:36	Florens	Brett	Male	44
537	02:17:52	Stanton	Jim	Male		369	02:08:05	Rietveld	Shaun	Male	85
543	02:18:12	Williams	Dave	Male		484	02:13:39	Carroll	Julie	Female	13
553	02:18:50	Kirton	Doug	Male		546	02:17:18	Lawson	Anthony	Male	268
583	02:22:25	Bazley	Charmaine	Female		561	02:18:37	Florens	Andrea	Female	149
674	02:33:01	Bradfield	Michelle	Female		588	02:20:10	Bradfield	Kevin	Male	7
756	02:54:45	Mthiyane	Thuli	Female		589	02:20:19	Moolman	Nandus	Male	15
764	02:57:07	Lucey	George	Male		593	02:20:32	Quevauvilliers	Luc	Male	94
Scottburgh 21 km Walk						629	02:22:24	Andrews	Susan	Female	205
Pos	Time	Surname	First Name	Gender		690	02:24:55	Mlaba	Judith	Female	270
54	03:20:26	Watts	Gwenda	Female		691	02:25:00	Cilliers	Elize	Female	35
Mondi Richardsbay 21.1km						713	02:26:34	Stranton	Jim	Male	26
Pos	Time	Surname	First Name	Gender		739	02:27:14	Lees	David	Male	123
35	01:31:56	Would	M	Male		747	02:27:31	Akal	Christopher	Male	51
118	02:01:41	Mlaba	J	Female		759	02:27:56	Richey	Robert	Male	79
Arthur Cresswell 52km						820	02:30:24	Anderson	Gisele	Female	5
Pos	Time	Surname	First Name	Lic No		878	02:33:13	Buchan	Zoe	Female	59
72	04:16:30	Stewart	P			894	02:33:55	Williams	David	Male	126
297	05:26:58	Andrews	Susan	5487		961	02:38:05	Luyt	Yolandi	Female	208
298	05:26:59	Glossop	Greg	4942		962	02:38:06	Van Tonder	J	Male	138
367	05:46:24	Dale	Dave	3498		995	02:39:17	Bazley	Charmaine	Female	232
457	06:05:34	Edgcumbe	M	7496		1028	02:41:10	Vaijee	Inez	Male	156
						1192	02:55:08	Dale	Cathy	Female	146
						1193	02:55:09	Dale	Dave	Male	146
						1194	02:55:10	Craig	Kenny	Male	145
						1241	03:02:26	Bradfield	Michelle	Female	11
						1283	03:12:43	Lucey	George	Male	54
						1293	03:17:02	Cele	Sibongile	Female	287
						1317	03:26:13	Mthiyane	Thuli	Female	86

Sparkport 32Km					Weekend Witness 21.1km Run						
Pos	Time	Surname	First Name		Pos	Time	Surname	First Name	Gender	Lic No	
96	02:50:42	Chrislett	Brad		39	01:29:43	Botsis	Juan	Male	39	
103	02:52:59	Thomson	Rob		82	01:40:39	Papini	Natasha	Female	162	
133	03:00:04	Mchunu	M		93	01:43:07	Zaborowski	Anthony	Male	299	
142	03:02:09	Ngcobo	T		197	01:58:10	Druce	Dave	Male	157	
239	03:18:54	Ward	Sarah		201	01:58:24	Meyer	Raymond	Male	177	
255	03:21:27	Cilliers	Elize		487	02:23:26	Dale	Cathy	Female	146	
283	03:25:02	Nico	T J		523	02:25:11	Bazley	Charmaine	Female	232	
289	03:25:31	Quevavillers	Loc		549	02:27:14	Tearle	Clive	Male	133	
308	03:27:27	Tearle	Tilda		573	02:28:32	Craig	Kenny	Male	145	
326	03:30:36	Fuller	Mandy		604	02:31:55	Honeysett	Debbie	Female	121	
359	03:35:04	Matthew	Craig		618	02:33:36	Bradfield	Michelle	Female	11	
374	03:37:41	Knoesen	Donna		719	02:41:11	Gordon	Mike	Male	56	
378	03:37:56	Buchan	Zoe		752	02:44:13	Cele	Sibongile	Female	287	
403	03:42:46	Giani	Stan		939	03:15:56	Ngubane	Mvuseni	Male	27	
404	03:43:07	Luyt	Yolandi								
449	03:51:23	Maree	Pierre								
449	03:51:23	Maree	Deidre								
487	03:57:42	Valjee	Inez								
488	03:57:44	Williams	Jonathan								
573	04:25:39	Majola	Trevor								
Sparkport 16km					Weekend Witness 21.1km Walk						
Pos	Time	Surname	First Name		Pos	Time	Surname	First Name	Gender	Lic No	
42	01:18:00	Moolman	Nandus		62	03:13:52	Watts	Graham	Male	370	
60	01:23:07	Mechanicos	E								
99	01:30:50	Lees	Dave								
104	01:31:24	Patel	Billy								
119	01:32:44	Mlaba	Judith								
137	01:34:58	Kidgell	Sam								
148	01:36:15	Maharaj	U								
200	01:42:08	Tennissen	Bjorn								
239	01:44:29	Williams	D								
265	01:47:15	Van Der Linde	John								
316	01:52:13	Tearle	Clive								
412	02:04:44	Honeysett	Debbie								
Gaterite Challenge 42.2km					Weekend Witness 42km						
Pos	Time	Surname	First Name	Gender	Lic No	Pos	Time	Surname	First Name	Gender	Lic No
69	03:22:23	Stewart	J.p	Male	4	248	03:22:31	Kempen	Casper	Male	34
154	03:54:52	Zuma	M.m.	Male	187	277	03:25:04	Carroll	Steve	Male	53
294	04:34:00	Mlaba	Judith	Female	2616	397	03:35:52	Chislett	Brad	Male	112
388	04:52:05	Mcconnell	Jesse	Unknown	2619	442	03:38:50	Florens	Brett	Male	44
564	05:29:22	Simelane	T	Male	72	478	03:42:45	Gey Van Pittius	Nico	Male	195
594	05:40:12	Mthiyane	Thuli	Female	2026	512	03:45:47	Rietveld	Shaun	Male	85
						582	03:51:30	Ngcobo	Thembinkosi	Male	139
						637	03:54:01	Buthelezi	Thembinkosi	Male	275
						745	03:58:27	Akal	Christopher	Male	51
						817	04:02:27	Patel	Billy	Male	24
						836	04:04:22	Kidgell	Samantha	Female	100
						837	04:04:29	Papini	Daniela	Female	292
						916	04:10:04	Buchan	Zoe	Female	59
						979	04:13:32	Anderson	Gisele	Female	5
						1006	04:15:09	Glanville	Greg	Male	65
						1022	04:16:02	Brimacombe	Sean	Male	97
						1059	04:17:51	Quevauvillers	Luc	Male	94
						1082	04:18:44	Andrews	Susan	Female	205
						1083	04:18:45	Glossop	Greg	Male	255
						1145	04:22:45	Richey	Robert John	Male	79
						1152	04:23:02	Mlaba	Judith	Female	270
						1172	04:24:21	Fuller	Mandy	Female	151
						1244	04:28:25	Van Den Bergh	Garth	Male	256
						1270	04:29:23	Sokhela	Thandekile	Female	231
						1290	04:30:24	Cilliers	Elize	Female	35
						1306	04:31:27	Mzobe	Jabulani	Male	29
						1391	04:36:37	Tearle	Tilda	Female	95
						1505	04:42:54	Giani	Stan	Male	206
						1506	04:42:55	Luyt	Yolandi	Female	208
						1586	04:47:15	Maree	Deidre	Female	294
						1587	04:47:22	Maree	Pierre	Male	293
						1632	04:49:15	Bradfield	Kevin	Male	7
						1644	04:49:59	Williams	Jonathan	Male	81
						1684	04:52:15	Van Tonder	Joubert	Male	138
						1790	04:56:06	Stanton	Jim	Male	26
						1815	04:56:30	Seiler	Antoinette	Female	128
						1863	04:57:41	Knoesen	Donna - Leigh	Female	188
						1864	04:57:42	Matthew	Craig	Male	136
						1909	04:59:26	Dale	Dave	Male	144
						1918	05:01:08	Moffat	Ailsa	Female	143
						2035	05:16:48	Simelane	Theku	Male	72
						2041	05:17:49	Majola	Nkosiyezwe	Male	48
Gaterite Challenge 21.1km					Battle Fields 42km						
Pos	Time	Surname	First Name	Gender	Lic No	Pos	Time	Surname	First Name	Gender	Lic No
58	01:46:39	Papini	Natasha	Female	1143	17	03:36:23	Kempen	Casper	Male	34
112	02:00:36	Giani	Stan	Male	206						
123	02:02:29	Kidgell	Sam	Female	100						
148	02:05:48	Glanville	Greg	Male	1024						
153	02:06:38	Dyne	Andrew	Male	125						
206	02:13:29	Fuller	Mandy	Female	1081						
210	02:13:56	Boulle	Alan	Male	1124						
216	02:15:24	Bradfield	Kevin	Male	908						
235	02:17:27	Luyt	Yolandi	Female	208						
265	02:22:42	Meyer	S	Female	1076						
266	02:22:53	Larcombe	Peter	Male							
270	02:23:06	Mcconnell	Christy	Female	867						
349	02:33:08	Van Der Linde	John	Male	14						
419	02:53:27	Cele	Sibongile	Female	287						
443	03:02:27	Lucey	George	Unknown	54						
470	03:11:23	Mngomezulu	Shomu	Male	272						
Gaterite Challenge 10km											
Pos	Time	Surname	First Name	Gender	Lic No						
120	01:10:35	Bradfield	Michelle	Female	203						
130	01:12:08	Mol	Christie	Female	618						
175	01:20:19	Short	Neil	Male	262						

Race Results

Race Results

Nimas 42km Run

Pos	Time	Surname	First Name	Gender	Lic No
166	03:40:00	Moolman	Nandus	Male	15
181	03:42:52	Mechanicos	Elias	Male	279
187	03:44:15	Watts	Emma	Female	269
212	03:48:00	Gey Van Pittius	Nico	Male	195
239	03:53:12	Ngcobo	Thembinkosi	Male	139
408	04:18:47	Nicol	Trevor	Male	22
484	04:30:39	Mlaba	Judith	Female	270
555	04:40:40	Tearle	Tilda	Female	95
584	04:45:32	Ward	Sarah	Female	319
635	04:52:35	De Gouveia	Jason	Male	33
667	04:54:51	Kirton	Doug	Male	372
692	04:57:41	Williams	David	Male	126
737	05:14:38	Valjee	Inez	Male	156

Nimas 21km

Pos	Time	Surname	First Name	Gender	Lic No
38	01:30:04	Botsis	Juan	Male	39
101	01:40:50	Ward	John	Male	320
106	01:41:36	Papini	Natasha	Female	162
162	01:48:17	Papini	Daniela	Female	292
166	01:48:29	Chislett	Brad	Male	112
180	01:49:32	Buchan	Zoe	Female	59
183	01:49:42	Akal	Chris	Male	51
238	01:54:34	Glanville	Greg	Male	65
265	01:56:27	Kidgell	Sam	Female	100
272	01:56:44	Druce	Dave	Male	157
278	01:56:57	Mechanicos	Geena	Female	140
281	01:57:05	Cilliers	Elize	Female	35
287	01:57:26	Cooper	Sian	Female	170
295	01:57:52	Rook	Wendy	Female	32
298	01:58:03	Lees	Dave	Male	123
302	01:58:15	Richey	Robert	Male	79
404	02:03:41	Bradfield	Kevin	Male	7
456	02:06:48	Mcconnel	Christy	Female	173
469	02:07:22	Sokhela	Thando	Female	
505	02:08:47	Andrews	Susan	Female	205
506	02:08:47	Glossop	Greg	Male	255
549	02:10:55	Quevauvilliers	Luc	Male	94
600	02:14:32	Williams	Jonathan	Male	81
735	02:22:41	Bazley	Charmaine	Female	232
736	02:22:45	Stanton	Jim	Male	26
803	02:27:08	Bradfield	Michelle	Female	11
813	02:27:52	Mcconnell	Jesse	Male	107
834	02:29:44	Majola	Nkosiyezwe T	Male	48
843	02:30:14	Tearle	Clive	Male	133
989	02:55:22	Lucey	George	Male	54

Umgeni Water 42.2km

Pos	Time	Surname	First Name	Gender	Lic No
61	03:19:22	Stewart	Paul	Male	4
93	03:30:13	Hurt	Quentin	Male	103
259	04:07:02	Parry	Roger	Male	265
290	04:12:24	Cilliers	Elize	Female	35
331	04:22:09	Balladon	Mark	Male	117
343	04:24:40	Kidgell	Sam	Female	100
361	04:28:10	Quevauvilliers	Luc	Male	94
381	04:31:38	Nicol	Trevor	Male	22
384	04:32:39	Tearle	Tilda	Female	95
388	04:32:49	Lees	David	Male	123
389	04:32:50	Anderson	Gisele	Female	5
408	04:35:48	Glossop	Greg	Male	?
411	04:37:23	Akal	Christopher	Male	51
441	04:45:11	Maree	Pierre	Male	293
442	04:45:44	Maree	Deidre	Female	294
445	04:45:57	Stanton	Jim	Male	26
447	04:46:31	Giani	Stan	Male	206
448	04:46:42	Luyt	Yolandi	Female	208
461	04:48:41	Richey	Robert	Male	79
470	04:50:31	Rietveld	Shaun	Male	85

Umgeni Water 32km

Pos	Time	Surname	First Name	Gender	Lic No
29	02:35:12	Moolman	Nandus	Male	15
169	03:28:40	Andrews	Susan	Female	205
198	03:39:10	Williams	Jonathon	Male	81
279	04:22:06	Mthiyane	Thuli	Female	86

Umgeni Water 15km

Pos	Time	Surname	First Name	Gender	Lic No
213	01:37:55	Bazley	Charmaine	Female	234
248	01:43:15	Honneysett	Debbie	Female	9
264	01:44:45	Tearle	Clive	Male	133
267	01:45:24	Bradfield	Michelle	Female	11
382	01:59:03	Honneysett	Robin	Male	10
485	02:14:48	Lucey	George	Male	54

Durban Runner/ Brooks Time Trial League

The Durban Runner/Brooks TT League:

League	Date	Host Club	Venue
1	16 Feb	DHSOB	Dbn North
2	16 Mar	Sydenham	Sparkport Athletics Grounds
3	12 April	Savages	Cycling Stadium
4	5 May	Chiltern	Chiltern Running Club
5	30 Jun	Stella	Stella Athletics Club
6	30 Jul	Queensburgh	Queensburgh Sports Club
7	23 Aug	Westville	Westville Athletic Club
8	20 Oct	PDAC	Lahee Park
9	23 Nov	DHSOB	DHSOB

The Road to 2011

40 days to go

Sunday, 29 May 2011



QUEENSBURGH—COMRADES ROUTE TESTER 2011

DATE MONDAY 2nd MAY
COST R 50
START VENUE POT & KETTLE (BOTHAS HILL) TOP of INCHANGA
START TIME 5am 6am
FINISH VENUE COLLEGIANS CLUB PMB COLLEGIANS CLUB PMB
APPROX DISTANCE 50km 40km
GENERAL INFO Please arrange your own transport to start and back from finish .No secure parking at top of inchanga, six seconding vehicles will be on route with water (sachets have been sponsored) coke, sweets, potatoes, chips etc (if there is something you need in particular please supply and make it known as yours.)

Remember not to get isolated stick together if you are getting left behind tell a seconding person and they can pick you up or tell the others to wait for you, you do have the option of running your own distance as I am sure there will be lots of cars to climb in .

Club kit is not necessary

There will be lunch at finish if you require also showers

CHEERS
 DEAN WIGHT
 BELOVED CHAIRMAN
 QUEENSBURGH HARRIERS
 CELL 083 630 2423

54139	Gisele	Anderson	Female	C	4881	Rowan	Kirton	Male	E	21095	Roger	Parry	Male	G
30500	Susan	Andrews	Female	F	12032	Anthony	Lawson	Male	G	2751	Billy	Patel	Male	E
148	Grant	Arbuthnot	Male	E	1781	Dave	Lees	Male	G	38458	Luc	Quevauvilliers	Male	F
24418	Mark	Balladon	Male	D	59068	Bhekabantu	Luthuli	Male	DNO	50651	Bongani	Qwabe	Male	H
57922	Charmaine	Bazley	Male	DNO	47053	Sithembiso	Luthuli	Male	DNO	4859	Barry	Reed	Male	DNO
49850	Alan	Bouille	Male	H	23122	Yolandi	Luyt	Female	H	59327	Shaun	Rietveld	Male	D
45812	Kevin	Bradfield	Male	H	16818	Gavin	Mackay	Male	G	59332	Clinton	Roos	Male	DNO
43110	Thembinkosi	Buthelezi	Male	DNO	1946	Elias	Mahlaba	Male	D	40007	Antoinette	Seiler	Female	H
59667	Gary	Camps	Male	DNO	19118	Nkosiyezwe	Majola	Male	DNO	56303	Thandekile	Sokhela	Female	F
42003	Julie	Carroll	Female	C	42852	Deidre	Maree	Female	H	28113	Thabani	Sosibo	Male	C
44743	Brad	Chislett	Male	C	42839	Pierre	Maree	Male	H	16198	Paul	Stewart	Male	B
3901	Elize	Cilliers	Female	E	21642	Alfred	Masombuka	Male	DNO	5701	Tilda	Tearle	Female	E
2935	Dave	Dale	Male	E	13973	Mbekeseni	Mchunu	Male	E	26937	Seth	Thompson	Male	DNO
31296	Neville	De Klerk	Male	DNO	29087	David j	Mills	Male	E	46000	Rob	Thomson	Male	DNO
32673	Gordon	Diener	Male	H	10067	Emmanuel	Mkhwanazi	Male	DNO	12710	Philip	Tozer	Male	E
10797	Stuart	Dixon	Male	E	43613	Blanche	Moila	Female	C	59149	Inez	Valjee	Male	H
18491	Andrew	Dyne	Male	H	36276	Nandus	Moolman	Male	DNO	14247	Garth	Van Den Bergh	Male	G
19110	Brett	Florens	Male	C	32208	Thuli	Mthiyane	Female	DNO	2516	Boysie	Van Staden	Male	B
29293	Mandy	Fuller	Female	G	36017	Christopher	Mtshiliba	Male	DNO	46938	Jamie	Wardell	Male	DNO
23103	Stan	Giani	Male	H	42956	Zenzele	Mzimela	Male	DNO	3309	Emma	Watts	Female	C
20019	Greg	Glanville	Male	F	4292	Jabulani	Mzobe	Male	E	1550	David	Williams	Male	E
29797	Quentin	Hurt	Male	C	26047	Thembinkosi	Ngcobo	Male	DNO	20857	Darryl	Wilson	Male	DNO
55027	Dennis	Jackson	Male	C	669	Trevor	Nicol	Male	DNO	29751	Matthew	Would	Male	C
20877	Casper	Kempen	Male	C	423	Shane	Norton	Male	DNO	32772	Vusi	Yika	Male	DNO
21326	Sam	Kidgell	Female	F	10175	Naome	Nxumalo	Female	F	45457	Mandla	Zuma	Male	DNO
372	Doug	Kirton	Male	E	24028	Daniela	Papini	Female	DNO					

Comrades Marathon Media Release

The numbers are in for the 86th Comrades Marathon

The 2011 Comrades Marathon to be run on Sunday, 29 May, from Durban to Pietermaritzburg, is set to exceed all expectations. With runners of all calibers and even more international competitors, the race will be an exciting day of endurance and drama and it will showcase the human body and spirit like no other sporting event.

Entries poured in continuously from all corners of the globe resulting in the total of 19,617 runners who will take to the tarmac for the 2011 Comrades Marathon. Made up of 78 percent male and 22 percent female runners, the 86th Ultimate Human Race is set to be one of the best 'up-runs' ever.

There has been an increase of foreign runners to this year race. The largest participating countries include; United Kingdom with 253 runners, the United States of America with 179 runners, Australia with 152 runners and Brazil with 115 runners.

The 'up-run' has also attracted 4882 novices who will experience the Comrades Marathon for the first time. To prepare these newcomers for The Ultimate Human Race, the Comrades Marathon in conjunction with Bonitas Medical Fund joined forces and held novice seminars throughout the country to enlighten them about the dos and don'ts of the event.

For the first time in the history of the Comrades Marathon an elite team of Ethiopian runners have entered and will pose a formidable threat to both local runners and defending champion, Stephen Muzhingi. The top ten finishers in both the men's and women's competitions in the 2010 Comrades Marathon will line up again this year.

The women's race will once again see the dominant Nurgalieva twins Elena and Olesya battle it out for top position. They will be joined by Marina Myshlyanova, Kami Semick, Farwa Mentoor, Lizzy Hawker, Tatyana Zhirkova; Lindsay van Aswegen and Adinda Kurger to name a few of the top female competitors. In the 2006 'up-run', Elena Nurgalieva broke the record with a brilliant 6:09:24 finish. We might see that record being smashed yet again - only time will tell.

In the men's race Stephen Muzhingi may have to give up his coveted title. This year runners such as Jaroslaw Janicki, Ludwick Mamabolo, Lucas Nonyana, Oleg Kharitonov; Bongmusa Mthembu, Peter Molapo, Fusi Nhlapo and Peter Muthubi are all hungry for first place.

Peter Proctor, the Chairman of the CMA said the race had a very successful year in 2010. "After the excitement of the FIFA World Soccer Cup last year, the Comrades Marathon also celebrated a great year. However, coming off the back of that, it is exciting to see that the 2011 race attracted 19617 entrants. This and the Comrades Marathon ability to attract runners from all walks of life firmly attests to its domination of the SA road running calendar," he added.

Although numbers are finalized, we urge all entrants to confirm their club and qualifying details by no later than 6 May 2011. These details can be submitted either via email to [in-fo@comrades.com](mailto:info@comrades.com) or by contacting the Comrades office. Failure to submit these details will result in the rejection of the incomplete entry.

TOP TEN MARATHON RUNNING TIPS

Jonathan Roche is one of America's foremost authorities on heart rate-based interval training. Jonathan promotes the use of heart-rate based interval workouts to achieve maximum fitness and weight loss results in the shortest period of time. Jonathan believes, it's not how hard you train. It's how smart you train. He has run the last nine Boston Marathons as a member of the Dana-Farber Cancer Institute team and came up with these top ten tips for running your first ultra-marathon and these have been adopted by the Comrades Coach - Lindsey Parry:

1. Taper for three weeks before the marathon. Most first timers do not let their body recover before the marathon. You need to gradually pull back on your training in order for your body to fully recover and be 100% ready to go on the marathon day. You should maintain your normal training intensity throughout the final three weeks, but you should gradually decrease your workout time. So three weeks out you should do 75% of your normal workload, two weeks out you should do 50% and the last week you should do 25%. This will leave you well-rested, but still sharp, when you toe the line.
2. Start slowly! Do not let the fact that you are well-rested fool you into running too fast out of the gate. Most runners think they are having an amazing day when they are cruising through the first 12 to 15 miles. But if you start too fast this false sense of being "on" is soon replaced with the scary realization that those last few miles are going to feel like a hundred. Pace yourself so that you have gas left in the tank for the final miles.
3. Drink fluids to thirst and not for the sake of hydrating. Dehydration has never killed anyone and research shows that the winners lose the most relative body mass (up to 8%) with no performance. Runners should drink to thirst, rather drinking smaller amounts often than large amounts and maybe a bit more when you are thirsty or you experience extreme heat on race day.
4. Be sure to take in nutrients and practice eating. Many marathon runners make a big mistake in thinking that water or energy drinks alone will maintain their energy and fuel levels. Even taking in energy gels with your fluids is probably not enough. Depending upon the weather and your pace you could be burning between 500 and 1,000 calories per hour, more than these can provide. Even if you had a big breakfast, eat some type of bar during the race. Find your favorite energy bar and use it to fuel you on marathon day. Other good examples of running fuel could be bananas, small potatoes, bars, gun shots, jelly babies etc...
5. Bring warm cloths and a throw-away blanket to the start. Sitting on the ground in the cold for two to five hours is not a pleasant way to prepare to run a marathon. If you are cold or stiff before the race you are probably going to be in trouble. Although most marathons have race staff that will bring your clothes to the finish line, the bag provided usually isn't big enough for the blanket, so bring something you don't mind leaving behind.
6. Stay Positive! No matter what happens, always stay positive. For every runner, there are points in the marathon where your body is saying no and the self-doubt starts creeping in. This is when you need to think positive thoughts and keep putting one foot in front of the other. If you stay positive and make sure to be taking in your food and fluids, you will come out of it and start feeling good again. The key is not to give in and to always stay positive.
7. 'High-five' at least one kid every mile. This will help keep things in perspective whether you are having the race of your life or you are crawling to the finish.
8. Don't let people who look like serious runners intimidate you. Many people look like they are about to race for a gold medal at the Olympics. But don't get caught in that place of thinking that everyone looks so strong and fit. Looks mean nothing. Only your own inner determination to do your best gets you to the finish line. This is your race.
9. Write your name on your shirt or wear something unique. When I ran my first Boston Marathon in 1996, I wore a plain white running shirt and one fan actually yelled right to me, "Go white T-shirt guy!" In 1997, when I had my name plastered across my chest for the first time, the personalized "Go Jonathan!" cheers made a huge difference.
10. Run from your heart! Do not get so caught up in trying to beat a certain time that you lose out on the truly amazing experience of running a marathon. It is a gift to run a marathon so drink it in and enjoy every minute of it. Also, consider running for your favorite charity! It will make you stronger. No matter what your time, this will surely be one of the best days of your life. Have an amazing run!

Rock 'n Roll Mardi Gras Marathon – 13 February 2011 Claire Yunnie

From the time I realised that I could actually run further than 10kms without collapsing, I wanted to run at least one race outside of SA, and that opportunity presented itself whilst I was in the US for business. I was based down south in Louisiana, working part-way between New Orleans and Baton Rouge and on the weekend that I flew into New Orleans, the Rock 'n Roll Mardi Gras Marathon and ½ marathon was held.

The Rock 'n Roll series is a series of marathons and half marathons run around the US during the year. The Mardi Gras marathon and half marathon was timed to coincide with Mardi Gras. As I'm sure you know, Mardi Gras is a series of celebrations or festivals, beginning on or after Epiphany and culminating on the day before Ash Wednesday and refers to the practice of the last night of eating richer, fatty foods before the ritual fasting of the Lent season, which begins on Ash Wednesday. In New Orleans the Mardi Gras season is characterised by processions and floats whereby coloured beads and similar paraphernalia are thrown to the crowd.

The morning of the race was warm(er) than it had been for a few days – about 4°C – quite different to any temperatures that I have ever run in – except maybe for the start of Sani. Both the marathon and ½ marathon started together so there was a pretty large field – I would guess about 15 000.

The race meandered through the Garden District of New Orleans, then through the French Quarter, finishing at the Tad Gormley stadium.



Both the marathon and ½ followed the same route until the marathon split off to cover another loop around the city to give the required distance. The atmosphere on the route was truly festive with a large number of supporters as well as several bands along the route. There must have been at least 4 bands – of varying genres – on the ½ marathon route alone. What was also amazing to see was the police presence on the route – every single side road that fed onto the race route was cordoned off and a police officer was in place to ensure that no traffic even attempted to get onto the route.



There were a number of water tables, as one would expect, along the route. Not only that though, GU also sponsored 2 tables along the route – so free GU sachets of whatever flavour you wish for, handed out on the way.

The final mile to the finish was most welcome – by that time my feet had thawed out and I was in fact almost warm. Again, such a festive crowd and warm welcome. Lots more goodies handed out and a real family day out encouraged with more bands playing and other entertainment at the finish.

The ladies ½ marathon was won by New Zealander Kim Smith, who completed the fastest half marathon ever run by a woman on U.S. soil, finishing in 1:07:36. The men's ½ was won by Josphat Boit of Kenya who took the top spot in 1:03:57. The men's marathon was won by C. Fred Joslyn, in a time of 2:18:48 and Joasia Zakrzewski of Scotland took the top spot in the women's division of the full marathon in 2:47:24.

