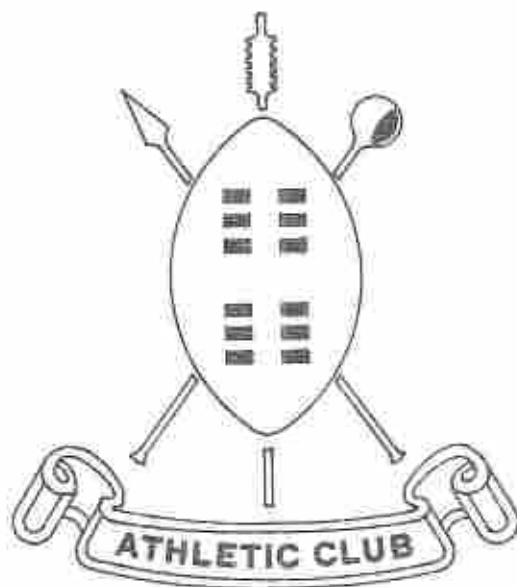


SAVAGES



NEWSLETTER

MACS TYRE AND RETREADING SERVICES

515 North Coast Rd.

Tel. 834398

Durban

**"WE CAN'T ATTEND TO YOUR TACKIES,
BUT WE CAN
RE-TREAD YOUR
TYRES FOR YOU"**



**25% Cash Discount
On Retreads**

**To All
ATHLETES**

- **Guaranteed Retreads**
- **New Tyres**
- **Tyre Repairs**
- **Wheel Balancing**
- **Batteries**

October, 1971

Savages Athletic Club,
P.O. Box 3550,
DURBAN.

THE CRIPPLE AND THE SAMARITAN

Once again, one of those juicy "fairy tales" has been brought to our notice. This one concerns one of our own members and justifies Front Page space.

Rumour has it that the Chairman of the Holden Harriers, who had a very good run in the Greytown to Muden race, found himself unable to walk the next day. Unfortunately, his good wife had decided to give him a treat and had bought tickets for one of the local cinemas showing shortly after this race.

With her husband still very nearly a cripple, this very brave woman set out for the cinema. With a bit of assistance from his able bodied wife, the Chairman eventually managed to get into his seat and enjoy the show.

When the show ended the trouble began. The good lady was assisting the Chairman out of his seat and helping him into the aisle when low and behold! A very unmannered male bumped our good friend who found himself sprawled face-down in the aisle. The stranger was very perturbed that he was the cause of this mishap and assisted the "chairman" to his feet.

With the assistance of his wife, and on the arm of the stranger, that gallant gent, "Chairman" of the Holden Harriers, managed to shuffle outside to where their motor car was parked. His wife opened the passenger side door and gently lowered him onto the seat, closing the door for him.

The stranger, opening Mrs. Chairman's door for her, said: "I'm so sorry, ma'am, I didn't realise your husband is a cripple.

With that, he stepped back onto the pavement and sympathetically waved goodbye to the "cripple".

BEATING MAN'S BEST FRIEND

by Tom Osler

(With acknowledgements to 'Runner's World'.)

Recently, I overheard two runners talking about their difficulties with dogs during training. Both had been bitten. The problem seems to be widespread. When I changed jobs to teach mathematics at Rennselaer Polytechnic Institute last fall, I was surprised to find that the athletic department had issued a spray dog repellent to cross-country runners after two had been bitten. It seems to me that this is unfortunate, since knowledge of the proper technique for encountering dogs is all but certain to result in nothing worse than loud bark-



ing. In some 17 years of consistent racing and training, I have approached dogs in the manner described below, and never once have had real difficulty.

Before describing a particular approach to the handling of animals, let's look at a few facts concerning dog psychology and physiology.

- * 1. You can't outrun a dog.
- * 2. Many dogs, who are otherwise calm, are alarmed by the sight of a man running.
- * 3. The closer you are to the dog's home, the more aggressive he becomes.
- * 4. Dogs seem to enjoy chasing (and sometimes biting) persons who they sense fear them.
- * 5. Dogs are natural cowards. They simply will not engage a man who does not appear to fear them, and who gestures in a manner which seems aggressive to them.
- * 6. Dogs are more readily held at bay by fear than by pain. (If I were attacked by a dog pack, I imagine it would be better to have a garbage can lid than a knife. Beating on

the lid with a stick should create sound which frightens off almost any animal.

- * 7. Stopping usually placates the dog.
- * 8. When a dog bites a man, it is almost always by attacking him from the rear.

Now that we understand Fido's thoughts and methods, let's discuss a practical way of applying this information to our all-too-frequent encounters.

You're running down the road, and there he is, some 50 - 100 yards away, alert and snarling. He begins to run at you. Just continue so as not to appear alarmed until he is about 8 - 10 yards away. He has probably maneuvered so as to be at your side or rear. Now turn quickly towards him, shouting loudly "stop" or "halt", and gesture threateningly with your arms. At this point, many dogs retreat, some stop about 3 - 5 yards away and bark, and very, very few continue to come (say 1 in 1000). In the first case, the battle is all but over. You have frightened the dog and he feels you are his superior. You can now continue on your way, but keep an eye on him to make sure he does not run at you from the rear (in which case you repeat the above procedure).

Sometimes the dog stops and menaces you from a short distance, thereby making it difficult to continue running without the threat of being bitten. In this case, reach down for a stick, stone or can and threaten him with it. The simple act of reaching for an instrument usually causes the dog to loose heart. After all, he knows that when his master reaches for a strap, he has reason for fear. The dog has learned before that man is far more dangerous with something in his hand.

In the rare case that the dog continues to run at you (this happens to me about twice a year), run at him and give him a good kick. Simultaneously shout at him. He should now back off. I have never had the encounter continue beyond this. Should the dog continue to attack, you realize that you are confronting an animal which is a public menace. Time for restraint has passed. Strike hard and fast at his nose, gouge out an

eye, or grab a leg and break it.

Some important don'ts: Never run away from an attacking animal. He's a cinch to catch any bi-ped, and just might get away with a few ounces of tender road runner. And never let the animal run at you, at close range, from the rear. Remember, he is a natural coward and avoids face-to face confrontation.

Spray repellents are not the answer to our problem; good technique is. Remember, the dog doesn't know any better and almost always is restrained by the simple act of shouting aggressively at him.

Also, if you have a problem right now with a dog on your favourite course, he probably is convinced that you are afraid of him. This is bad. The next time you encounter him, carry a few small stones or a stick and throw them at him as he approaches. This initial artillery should convince him that you've changed ways.

Finally, it doesn't seem to be easy for those who have experienced difficulty with dogs to overcome their fear. Repeating the above techniques, and discovering first-hand that they are effective, should in time develop the runner's self-confidence. He should thereby find that he grows more and more effective in controlling animals as they will instinctively sense his lack of fear.

"Tiger Balm" says that the Savages Athletic Club's Soccer Captain, Rob Latham, has asked him to report that soccer practise will now start 45 minutes before the 5 Miler on Tuesday nights and any member that is late will not be considered for selection.

While Billy de Swardt was pushing a measuring wheel around the D.A.C. Snell Parade Course in broad daylight with a sheepish grin on his face, a Zulu boy was heard to say to his friend, "Ow! He must be from the Circus."

D.A.C. SKINNER MARATHON

Savages filled twelve of the first twenty places in this year's Skinner Marathon. This looks very impressive in the well-printed "Result Sheet" compiled by D.A.C.

Barry Gerber led from start to finish and what little opposition there was for him came from Roland Muller, now running for U.N. At the 5 mile mark it was Barry half a minute ahead of a group consisting of Roland Muller, Clive Crawley and Ron Mair. At 10 miles only 1 second separated Barry and Roland and everybody expected a good tussle for the lead. However, at the half-way mark Barry had gained a few seconds and was now 10 seconds in front. Clive Crawley was running very strongly at this stage and was $2\frac{1}{2}$ minutes behind Roland at the turn.

On the return trip Barry decided he would put in a bit more effort and at the 20 mile mark had gained considerably, lying $1\frac{1}{2}$ minutes ahead of Roland, with Clive another $1\frac{1}{2}$ minutes further back and running strongly. Roland looked very tired and it was not long after this that Clive took second place, but could not prevent the gap between himself and Barry from opening up for Barry to win by more than $3\frac{1}{2}$ minutes in a time of 2.34.14.

Ron Mair, who had held onto "Cockerell" Crawley for the first 10 miles of the race, was finding the pace a bit hot and lost ground to be 4th at the turn and 47 seconds behind Clive. At the 20 mile mark he was 3 minutes behind Clive, but still in 4th position, which place he maintained, finishing the course in a personal best for a marathon of 2.43.17.

Savages won the Team Trophy with Barry, Clive, Ron and Bart.

So much for the front runners. A little further back Rob Latham was stealing their thunder. Graham Raubenheimer, who was to run for Natal in the S.A. Marathon Champs the following week-end, was out for

a quiet run and decided to help a few chaps to try and complete the course in under 3 hours. Until this race Rob's best had been about 3.14 for a marathon and there he was at the turn, with Graham, in 1.28.21, but looking a little worse for the wear, with Dick Morton, his second, chasing him along. Robbie stuck it out and took the handicap prize, having finished 14th over-all with a time of 2.55.59.

Harold Swanson continues to improve and recorded his best time of 2.53.08, finishing 9th. Bart De Jager, who won the veterans' prize, also ran his best time of 2.49.27, finishing 7th, with Des Verdon 8th in a best time of 2.50.02. Derek Kay ran a good race finishing 12th in 2.55.36 and Dick Yeoman recorded his best, finishing 15th in 2.56.19. Unfortunately, we have not heard of any others who have improved their times during this race and apologise if we have omitted them from this report.

RESULTS IN BRIEF

		Club	5M	10M	$\frac{1}{2}$ -Way	20M	Finish
1	B. Gerber	SAV	30.46	59.52	1.16.35	1.54.14	2.34.14
2	C. Crowley	SAV	31.20	1.01.24	1.19.00	1.57.20	2.37.55
3	R. Muller	UN	31.20	59.53	1.16.45	1.55.52	2.39.09
4	R. Moir	SAV	31.20	1.01.46	1.19.47	2.00.13	2.43.17
5	S. Cloete	BAC	-	1.04.30	1.23.05	2.03.05	2.43.54
6	B. Taylor	LAC	32.45	1.04.16	1.22.26	2.03.27	2.48.57
7	B. De Jager	SAV	32.14	1.03.58	1.22.35	2.04.22	2.49.27
8	D. Verdon	SAV	34.34	1.07.04	1.25.39	2.06.53	2.50.02
9	H. Swanson	SAV	33.22	1.05.44	1.25.21	2.07.08	2.53.08
10	R. Els	LAC	34.23	1.07.40	1.26.55	2.08.48	2.53.44
12	D. Kay	SAV	34.00	1.07.04	1.26.14	2.09.42	2.55.36
14	R. Latham	"	36.35	1.09.46	1.28.21	2.10.56	2.55.59
15	R. Yeoman	"	36.35	1.10.48	1.30.06	2.12.03	2.56.19
16	N. Gatonby	"	34.34	1.08.53	1.28.46	2.12.09	2.56.58
18	R. Gibb	"	36.35	1.09.46	1.28.21	2.10.51	3.00.57
19	P. Roussouw	"	33.18	1.07.42	1.28.08	2.12.21	3.01.03

Skinner Marathon Results (contd)

		Club	5M	10M	$\frac{1}{2}$ -Way	20M	Finish
23	J. Wisby	SAV	36.35	1.09.46	1.29.12	2.14.22	3.05.18
24	R. Beythien	"	36.06	1.11.31	1.32.09	2.18.13	3.06.45
31	D. Elliot	"	36.16	1.11.08	1.31.52	2.19.26	3.13.49
35	M. Peters	"	39.10	1.16.00	1.37.54	2.25.06	3.18.03
43	G. Taylor	"	37.50	1.15.09	1.37.46	2.27.04	3.22.51
45	D. Stone	"	-	1.15.09	1.36.58	2.26.30	3.24.30
48	K. Oglesby	"	41.22	1.21.08	1.43.50	2.35.25	3.28.26
51	S. Lee	"	37.50	1.15.02	1.36.58	2.29.10	3.32.29
52	G. Patterson	"	41.22	1.21.10	1.44.27	2.36.34	3.33.04
53	P. Swinney	"	40.38	1.20.43	1.44.36	2.34.14	3.35.48
56	G. Lindsay	"	41.22	1.21.16	1.44.30	2.36.34	3.41.49
58	R. Brenner	"	35.43	1.12.16	1.36.40	2.38.13	3.43.25
61	C. Bevan	"	46.45	1.33.42	1.58.30	2.53.16	3.54.22
62	D. Hazel	"	36.41	1.10.52	1.31.04		
63	B. Willis	"	46.45	1.33.42	2.01.00		
65	F. Edwards	"	39.03	1.16.00			
67	E. Hoare	"	41.34				
68	D. Malone	"	-				

Little Boy to his father: "Daddy, why is Wilton Brown stopping for the train?"

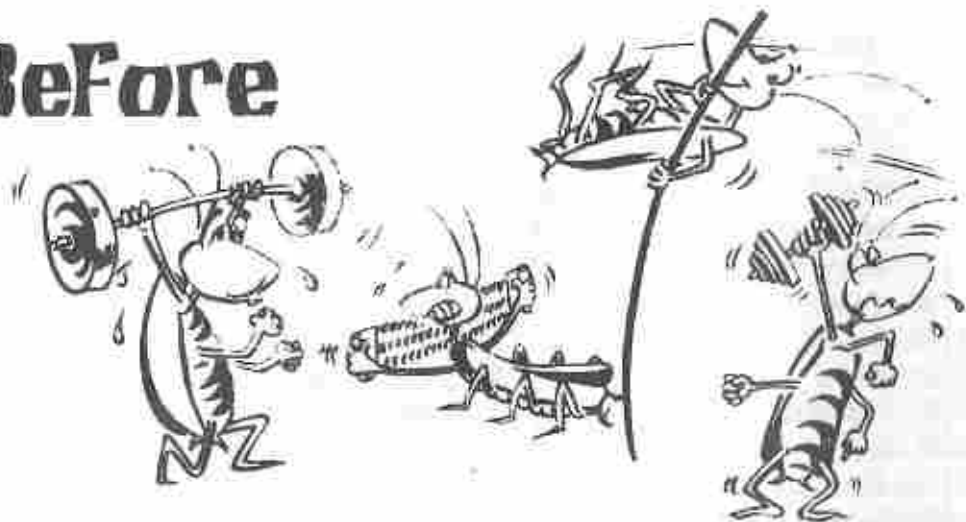
Father: "Because he's on a Training Walk, my boy."

(Sorry!!!!!!)

Tiger Balm

"Tiger Balm" is working on a new High Octane Corpse Reviver. Add 2 spoons of Epsom Salts and 2 spoons of Wintergreen. The Epsom Salts to get it to the right place and the Wintergreen to give it that extra drive.

Before



**DON'T LET YOUR HOME BECOME AN
INSECT GYMNASIUM !!**

Contact **MURCHIE'S Services**
· PEST CONTROL ·

12 MONTH'S WRITTEN GUARANTEE

FLATS R6.00

HOUSES R12.00

Phone 331439

After



GOLDEN REEF WALK (50 Kilometre - 6th September, 1971)

At 6 a.m. on a rather warm morning a small field set off on this 50 kilometre walk from Johannesburg City Hall to Springs Town Hall. Mattheus Lewis of Pretoria Athletic Club took the lead immediately and, setting a very fast pace, was being chased by Wally Carey, also of Pretoria Athletic Club and Roy Lambert of Savages.

The first five miles took the walkers to the end of Jules Street and having passed through 22 robots they were pleased to be on the open road. Mattheus Lewis was still leading with Roy Lambert some 3 minutes behind. Approaching Germiston, Wilton Brown and Wally Carey were held up for a minute by a shunting train and the leaders gained more ground up to the 10 mile mark. Positions up to the 20 mile mark were unchanged, with Mattheus Lewis leading from Roy Lambert, Wilton Brown and Wally Carey, with the rest of the field well back at this stage. At the 21 mile mark Roy Lambert went into the lead. Mattheus Lewis was fading and was soon passed by Wilton Brown.

By the 25 mile post Wilton Brown had caught and passed Roy Lambert and went on to win the event in 5 hours 37 minutes 37.2 seconds - a new record. Roy Lambert finished second 2 minutes 21.8 seconds behind. Third we saw Mattheus Lewis finish in 5:9.37. Fourth was Wally Carey in 5:23.19 followed by Denis Valentine and Fred Whitter.

The Juvenile section was walked over a distance of 30 kilometres and was won by Fred Soer of Pretoria Athletic Club, second place going to Richard Bertwhistle of Savages, who was beaten by only 2½ minutes. Considering that he did not have a second, it seems certain that Richard could have been a lot closer to the winner - if he had not won the event! Their times for the race were: Fred Soer 2:56.29. Richard Bertwhistle 2:58.3.

H. Rijk, Chairman of the Walkers' Club was extremely pleased that

the Natal walkers had made the trip to Johannesburg for this event. He had not realised that walking was popular in Natal, and he then expressed their wish to walk in some event in Natal.

At present the date of the match between Road Walkers' Club and Savages is set for November 6th over a distance of 20 kilometres. On that evening a cine show on Paul Nihill, as well as a few slides, will be shown at Wilton Brown's home and anybody interested in seeing these films will be welcome.

BLUFF MARATHON

On the 19th September, in rather warm weather, 43 runners lined up for the start of the Bluff Marathon.

By the 5 mile mark Bagshaw and Box had gained a 14-second lead over de Swardt and Verdon, with Crawley and Coleman not far behind. Shortly after passing the 5 mile post, whilst climbing up towards Wentworth Hospital, Dave Bagshaw opened up a small lead, which he steadily increased throughout the race.

At the $\frac{1}{2}$ -way mark Bagshaw led the field in 76.55, followed by Box (77.50), de Swardt (78.10), Crawley (80.25) and Coleman (80.30).

A new duel began between Dave Box and Billy de Swardt, with yet another between Clive Crawley and Richard Coleman. The Box/de Swardt duel ended shortly after the $\frac{1}{2}$ -way post when Box pulled away and by the 20 mile mark the position was: Bagshaw - 1:56.57, Box - 1:59.38, de Swardt - 2:2.36, Crawley - 2:4.26 and Coleman - 2:4.48.

This position remained unchanged to the finish, with only 8 official runners breaking the 3-hour barrier. (Unofficial entrant, John Tarrant, ran the course in 2:54.07)

Of the first 10 runners home, 7 were Savages and the remaining 3 from Bluff. The race took a heavy toll as many of the starters did not finish.

The official results and times were as follows:-

Pos.	Name	Club	1-way	20M	Finish
1.	D. Bagshaw	SAV	1:16.55	1:56.57	2:33.35
2.	D. Box	SAV	1:17.50	1:59.38	2:36.58
3.	W. de Swardt	SAV	1:18.10	2:02.36	2:44.15
4.	C. Crowley	SAV	1:20.25	2:04.26	2:44.46
5.	R. Coleman	BAC	1:20.30	2:04.48	2:49.22
6.	J. Joyce	SAV	1:22.05	2:07.53	2:50.24
7.	Cloete	BAC	1:26.16	2:13.20	2:54.14
8.	D. Verdon	SAV	1:22.07	2:10.22	2:58.30
9.	D. le Roux	BAC	1:26.55	2:16.26	3:07.52
10.	H. Swanson	SAV	1:29.25	2:21.03	3:09.03

D. A. C. MARATHON

What is usually a popular event, proved to be poorly supported this year. Conditions were ideal and the "speed merchants" set off at a cracking pace.

Dennis Manning decided to get out in front and make the rest chase him. By the five mile mark he had opened a considerable lead from Barry Gerber, with Dave Box following on Barry's heels. At the seven mile mark the position was unchanged, but Dennis had increased that lead even more and this looked good for Savages. Shortly after this Trevor Parry of Wits. University began to work his way through the field and at the half-way mark Dennis Manning led with a time of 69.44, followed by Trevor Parry 71.33, Barry Gerber 73.04 and Dave Box 73.09.

As the race progressed Dennis appeared to battle more and more to keep up the terrific pace he started with. Trevor Parry, looking equally tired, managed to increase his speed a little and slowly closed the gap with

Dennis. With five miles to go Trevor took the lead from Dennis to go on and win in 2.25.53, a new course record. Dennis was second in 2.26.41, Barry third in 2.29.39 and Dave Box 4th in 2.29.43.

It may be thought that Dennis was unwise to go so fast at the start and should have stayed with the "bunch" to let somebody else do the pace-making. On the contrary, for it was most rewarding to have somebody with enough courage to set such a fast pace early in a race with several well-known top class marathon runners in the field. Had it paid off and had he been able to maintain that pace, we would have seen a very good time recorded.

Another aspect of this race was the ding-dong battle between Barry Gerber and Dave Box. Both these strong runners seemed set on running each other "into the ground". From the times at the checkpoints it would appear that Barry was in front of Dave all the way, but this is not so. The one would overtake the other, open a slight lead only to have the other make up the gap and take the lead again. Barry seemed to make sure he was in front at the checkpoints. With about four miles to go Dave made a very determined effort and opened a lead of about 50 yards, but Barry fought back and recaptured the lead with a little over a mile to go and stayed just ahead of Dave to the finish. In typical Boxerian sportsmanship, Dave finished the race and said, "Where's that b..... Gerber? I must congratulate him! Never thought he would beat me!"

Unfortunately, we have not received the result sheet and are unable to mention other Savages taking part or to give their results.

JUST PICTURE IT

One of Savage's women athletes was using the rainy weather as a good excuse not to go running when her 8 year old niece came up with the perfect solution - "Well, why don't you take your umbrella?"

TRAINING AT HIGH ALTITUDES

by Harry Oldfield

How often have you heard a runner from the coast blame the altitude for a poor performance? "The altitude got me", they say and yet one seldom hears an up-country runner make excuses about running at sea level.

When Abebe Bikila scored those successive marathon victories at the Rome (1960) and Tokyo (1964) Olympic Games athletic coaches began wondering if his great performances were not in some way connected with the fact that he did all his training in the highlands of Ethiopia.

The one most interested in Bikila's feats was Dr. Yoshio Kuroda, the assistant professor of Medicine at the University of Tokyo. Dr. Kuroda is also the Director of the Institute of Sport Medicine in Japan and was the Japanese team doctor at the Games in Melbourne in 1956 and again at Rome in 1960. In the 1964 Olympic Games in Tokyo, Dr. Kuroda was chief of all medical services and so it was not surprising that he became involved in the study of the effects of training at high altitudes.

Dr. Kuroda conducted his first experiment with six male athletes. They spent two hours a day, every day, for two weeks in a low-pressure chamber at a simulated altitude of 13,000 ft. For one of the two hours they pedalled furiously on a bicycle ergometer. They also spent five minutes running on a treadmill. The respiratory and circulatory responses were studied and blood tests and heart rate measurements were also taken. At the end of two weeks the same tests were taken at sea-level conditions and although all the athletes at first showed marked improvements, it was only maintained for two weeks.

Dr. Kuroda then carried a second experiment and took 18 distance runners to Mt. Norikura (8,000 ft) for two weeks special training. At the end of the period it was found that 12 of the athletes bettered their previous best times and when they returned to the coast every endeavour was made to maintain this fitness. The idea behind these experiments was to

see if training at high altitudes would improve athletes performances at sea-level. However, when it was announced that the 1968 Olympic Games were to be held at Mexico City at an altitude of 7,460 ft., Dr. Kuroda turned his mind to the adaption of athletes to the climatic conditions at high altitudes.

A group of six medical researchers and 22 athletes went to Mexico City for four weeks in September, 1965 to study the conditions and the athletes' reactions.

During the first week most of the athletes reported that they were sleeping badly and also complained of slight headaches. By the third week only a fifth of the party still had these complaints. For the first two weeks all of them had very dry throats after training and it was also found that during strenuous endurance training all reported that they experienced a severe fatigue in their limbs before suffering respiratory distress. These symptoms gradually wore off after two weeks. Other complaints during their stay were the common cold and mild diarrhoea, but both cleared up in a couple of days and the athletes did not have to rest or have any treatment.

The pulse rates at rest in Mexico City were at first 2 to 3 beats per minute faster than at sea-level and after 3 weeks increased to 10 beats faster. Another interesting finding was that after 60 "knees bends" done in a minute it was noted that the heart rate was considerably greater than at sea-level and yet the recovery after the exercise was the same as that at sea-level.

Of course there were individual variations in all the medical tests taken which only proves that we are all different not only in looks and personality, but also physically.

Among the conclusions that Dr. Kuroda and his team arrived at was that 2 weeks was probably sufficient for the blood to become adapted to the altitude of Mexico City, but even 3 weeks would not be long enough to become fully acclimatised for endurance events. It was also found that

Bata International

South Africa's high performance tennis shoe

Twin exhausts for smooth, cool running

Bold rally stripe puts you in the power game class

Low profile, long lasting and washable

Block tread suction cup sole for faster getaway, stopping power and non-skid cornering

Luxury upholstery, Full cushion insole, padded tongue, light toe cap for comfort

All-moulded construction. Won't mark indoor courts

Track-tested arch support suspension

Trade enquiries to: S.A. Bata Shoe Company Limited P.O. Box 128 Pinetown Natal Telephone 75661

the younger athletes acclimatized quicker than the older ones and it goes without saying that they learned that the effects of altitude varies with the nature of the event.

They returned to Japan and predicted that the athletes taking part at the 1968 Olympic Games in Mexico City would be able to improve on many records. They were quite right as events turned out to be and, moreover, it was an athlete from Ethiopia who once again won the marathon!!

DIARY

- SEPT. 19th Bluff Marathon - BAC - 6.00 a.m.
26th Graham MacDonald Road Race - Avoca - DAC 23K. 7.00
- OCT. 3rd Duke of York - Collegian Harriers - 16 Km.
10th Veterans Half-Marathon - BAC - 21 Km.
23rd Cedarville - Matatiele Road Race - 24 Km.
- NOV 6th Collegian Harriers Track Meeting and Bill Butler 8 Km.
7th Calder Cup - 20 Km. - 7.00 a.m.
21st MacNab Trophy - Savages - 16 Km.
28th
- DEC 4th Collegian Harriers Track Meeting and Taylor Thomas 16 Km.

Late News: Dave Box is suing "Govan Morrar" for stealing his registered patent. (Don't worry, Dave, he uses a different beach slop.)

(Tiger Balm)

FOOD FOR THOUGHT

Marty Liquori (after defeating Jim Ryun in the mile where Marty ran 3:54.6)
"There is no satisfaction without a struggle first and deprivation. When I won today after all the work I've done - that's happiness."

YOU TOO
CAN ACQUIRE SOUND
NUTRITION

ATTWELLS
HEALTH
FOODS



OUR **TWO** ADDRESSES ARE:

6 AFRICAN LIFE ARCADE
360 SMITH STREET

WRITE FOR FREE LITERATURE TO P.O. BOX 2621, DURBAN.