

SAVAGES ATHLETIC CLUB

THE QUARTERLY *CLEFT STICK*



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1st Quarter 2009

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

- This is the first quarterly Cleft Stick for this year and contains information for the next 3 months.
- There has been a bit of a time challenge in getting this publication out to you. We trust your will find the articles of interest

Birthdays - Best wishes to all those Members and Friends who have had their birthdays over past few weeks as week as the next few weeks

22nd Don Colborne	30th Antoinette Seiler	9th Debbie Honneysett
26th Thulani Zungu	1st Samantha Perritt	10th Jacqueline Hadingham
27th Bheka Jiyane	1st Gisele Anderson	11th Alan Green
28th Julie Carroll	3rd Andrew Pollard	
29th Sihle Peterson	7th Neil Short	

Best wishes to all those undertaking the 2 Oceans.

Current Events

The Savages 21.1/10 km Challenge takes place in less than 40 days - and counting
See page 5 for more detail, commentary and facts about this event.

We never have enough helpers, so please come forward and volunteers your services and experience with us.

This is our time of the year to add value to the other clubs that have so ably hosted events that we have participated in over the previous twelve months.

**1-ON-1
Computer Training**

Wendy Schutte

wendyschutte@telkomsa.net
Cell: 084 517 0677 / Tel: 031-467 5293
53 Winchelsea Ave, Bluff, Durban, 4052



Senior Members of the Club

Chairman's Chatter

Special thank you too Robin (accountant) & Sharon (secretary) & Fillipo & Jacqui (tent & cooler box) for there contributions of there time and efforts in helping the committee.

Already 3 months down the line in 2009 and we have seen a number of races fly by with a nice huge proud presence of Savages members at races and new members attempting there first half marathons & marathons, well done to all.

Trophies cleaned and displayed, Pictures and Displays hung. The club premises is starting to look like a running club, so come down and feel at home.

SAVAGES Race takes place on Sunday 10th May. We do not have a SPONSOR so please volunteer your services as we need 50 marshals and 50 other helpers. We want to put on an unbelievable event, so we can attract potential sponsors for future or if a member has sufficient influence to arrange a sponsorship.

I am very proud of the COMMITTEE for all their work, which has increased the patronage at the club on Tuesdays & Thursdays nights and at races.

Together we all can do more.

*See you on the road
Cheers JP*

Member Communication

With the rapid advent of technology - over the last 15 years we have seen the traditional communication of information move from the post to email communication which is rapid and almost instant. Most of our members are on email, thus we trust the majority see the communications that we prepare. For those who are still in the old world - we will be sending communication via the post.

We make every effort to keep all relevant happenings and events constant on the Web Pages of the club. There is a large photo gallery of past and present events, past and present news and a web calendar listing relevant dates.

We hope this portal has been useful to members - we will continue to add new content as and when we are able.

Currently the site receives about 4000 page impressions per month and is growing steadily. Keep checking back with the site for the club happenings.

The bi-weekly and quarterly communications will continue to be published, keeping you informed of the club and athletic events that are happening.

Should you wish to see any other articles in our publication, please send them through to us for publication.

Advertise for almost nothing

Place an advert in our Cleft Stick Newsletters for an incredible price of R10.00 per week. Yes that's right **R10.00** for the size of 10cm by 10cm. Copies are mailed out to over 200 members. This is also placed onto our website. www.savagesac.co.za

Races and Events

Keep an eye on the Calendar on the website. It is being constantly updated with the latest information.

This issue contains some information from the last 3 months and the next 3 months ahead.

Passed events Jan- Mar

Ronnie Davel 26km

14 members completing

Scottburgh 21km

17 members completing

PDAC 25km

28 members completing.

Kearsney 21km

8 members completing .

Sparksport

32km - 8 members completing

16km – 9 members completing

Adidas Time Trial

Savages AC has been hosting there very own Adidas Time Trial league once a month. We had about 15 people running the February TT with Marie winning the lucky draw of a pair of shoes.

We had a very poor turn out for March, having to cancel this event. We are busy rescheduling the dates & times. Please support this event, bring your friends, otherwise the sponsor will not return next year. Actually, Adidas has cancelled the event for the rest of the year. They may look into hosting 2 or 3 TT towards the end of the year after Comrades.

Nedbank Marathon Helpers

20 members competing.

Mbuyiswa Mancu a Savages AC sponsored athlete, ran into 98th place in a time of 2:38:49sec, well done.

Well done to all those who helped man a table at Virginia Circle, we sure had fun and entertainment. This is far better than marshalling. Hope we get some more volunteers for next year.

New Member's Evening.

We had a new members evening to make them feel at home and to help pass on our experiences about road running. Thanks to those who helped make it an enjoyable and hope the new members are running strong.

Valentines Party

Well attended, pasta dinner and deserts and a well themed club house made for a great evening laughter, dancing and romance.

Feb Breakfast

Chippy & Wally Steel training program had a 30km run from the club in which about 15 braved the extremely hot conditions and watched rugby, the Sharks winning. Not to mention the awesome breakfast.

Talk

A talk was to be given by Stephanie a Biokineticist. This event was also cancelled because of poor turnout. I rescheduled it to coincide with the SportsZone Brooks TT League.

Cross Country League

Please note that the program schedule printed in the log book issued by KZNA is not correct. The program will be the same as last year. This is as per a discussion today, (2 April with the KZNA office). Please watch this space as we will confirm again next week ahead of the 1st XC League at Collegians – Pmb.

Category	Start Time	Distance
Girls & Boys 10 & under	12:00	2km <i>1 lap of 2km</i>
Girls & Boys 12 & under	12:20	2km <i>1 lap of 3km</i>
Boys 13 & 15	12:50	4km <i>2 laps of 2km</i>
Girls 14, 15, 17 & Women 35+	13:20	4km <i>2 laps of 2km</i>
Boys 17, 19 & Men 35+	13:50	8km <i>1 lap of 2km plus 2 laps of 3km</i>
Girls 19, Senior Women	14:50	6km <i>2 laps of 3km</i>
Senior Men	15:40	12km <i>4 laps of 3km</i>

Upcoming Events

Future events Apr- Jun

Sport Zone Brooks Time Trial League

All events start at 6pm.

29 April @ Sydenham AC

25 June @ Stella AC

Cross Country League

18th April host Collegians Harriers AC

9th May host CKS AC

16th May host Hilton Harriers AC

6th June host Hillcrest Villagers AC

27th June host Yellowwood Park AC

Savages Time Trial

I still want to host a time trial on the 1st Tuesday of each month @ 5.30pm. So come down for some speed work. The larger the group the better chance of having someone there that runs around your pace, and you can thus challenge yourself to perform better.

Club Long Run

We want to put on a run on the Friday 10th April, for those who don't do 2 Oceans. Please let JP know if you interested. Due to lack of interest, this has been cancelled.

Savages Helpers Run

Helpers run on Saturday 9th May @ 5am, please let Kevin "Gun Smoke" Pretorius (barman) know by Thursday 7th May so we can cater for Breakfast. Set-Up will start after run & breakfast.

Registration @ 9am – 12 noon. Due to Rugby is at Kings Park @ 5pm.

Savages Race

We need all your help to put on this unbelievable event that we know SAVAGES ATHLETES can only do. Please get hold of the Race Committee to offer your assistance.

Comrades Pasta Carbo Load Dinner

Friday 22nd May @ Savages AC @ 7pm, please book with Gun Smoke by Tuesday 19th so we can cater for dinner.

Come and predict your time and win the competition. Cost R10.00

Comrades Day

Should you want anything along the route, Savages tent will be at Cowies Hill only, bring it along on Thursday night. Have all your stuff mixed and ready and clearly marked. Savages tent and cooler boxes will be up at Cowies Hill as usual. Those going along, please let Gun Smoke know so we can cater for you.

Aches & Pains

Tuesday 26th May @ Savages AC come share your war stories and chat around a braai. Predict your time winner will be announced.

The making of an event, which is the annual flagship of the club.

What it takes

An enormous amount of effort and organization goes into hosting a successful road event. The efforts commence a year before the start, securing dates. On going a committee is formed to co-ordinate, raise money, prizes, advertise and have sufficient personnel around on the day. Many hours of volunteer time is donated to the club by members. Below is a look into what gets done to host this event.

Start Finish

New banners have been ordered for this event, giving us a clean look and feel for the day.

Results and Timing system

We are trying a new system. In short all athletes will be recorded in a database prior and during the event. At registration they will be issued with a barcode. At finish the barcode will be matched to a finishing time. The finishing time, race position and entrant, will all be published live on the internet, even before the runners has left the finishing area. Initial trials have ironed out problems, hopefully the "www", will not let us down. (We do have a backup plan) If you have laptop and a 3G connection, and would be able to assist for 2 hours in the morning capturing the entries, you would be welcome! Kevin Bradfield is co-coordinating this portfolio Refer to www.eventtiming.co.za

Marshall Report

We are gathering marshals for the event. Approximately 32 have already responded and our target is 50. If you have not volunteered as yet for other duties and wish to assist, Please contact Robin Honeysett @ marshals@savagesac.co.za Or Cell# 083 5535647

Table Report

We have secured the services of the following institutions to man the tables on the day.

1. Still to be finalised
2. Sportsmans Warehouse - Umgeni
3. Regent Harriers
4. Northwood Boys
5. Tyre Tube & Exhaust
6. Northwood Boys

Finish Quattro Finance.

The tables are prepared on the Saturday for rollout early on the morning of the event. Some of the members have volunteered their "bakkies" for the delivery. In order to make sure the event goes off smoothly, they leave the stadium at 05:30. Gary Manthe is co-originating these efforts

SAVAGES
21.1KM CHALLENGE RUN
10KM RUN/WALK
 This 10km race is a SA 10km Champs selection qualifier

MEDALS TO ALL FINISHERS
GENEROUS LUCKY DIP PRIZES

Supported by:
SPORTS DIRECT
 WESTWOOD SHOPPING MALL

Concorde PRINT

BLUE SECURITY

CLUTCH WAREHOUSE

eventtiming

Special thanks to:
 Liberty Liquors Mr K Craig
 CHS Housing Mr & Mrs G Watts
 Mr N Abbott Mrs Y Arburthnot

SAVAGES AC supports the SPCA

Sunday 10th May 2009

Start:
06:00 (21.1km Run only)
06:30 (10km Run/Walk)
Cyril Geoghegan Cycle Stadium
Goble Road
Durban
Cut Off: 09:00 (3 hrs)
Prize Giving: 10:00

Interesting Facts

- What is required to host a successful event?
- 13000 water sachets are purchased
 - 800 litres of Cokes are supplied free to the event
 - 50 Marshals are required on the road
 - 50 field personnel are required to
 - Serve Tea
 - Make food
 - Take entries
 - Co-ordinate @ finish line
 - Capture Entries
 - Publish Results
 - Park cars
 - Security for Tog Bags
 - Clean up the road and stadium.
 - Announcers
 - Prize Giving
 - 1 x Line Judges
 - 6 x Referees

Race Flyer and Entries

The race flyer that has been produced for this event was designed by Michelle Knott, a new member to the club. Michelle's business associate Concord printing offered to print these for us. As you will see they are of high quality and contain a lot of information about the event. Even the design and printing takes many hours as proof after proof needs to be adjusted with new supporters coming on board as well as the requirements on approval from KZNA. The flyer is currently being distributed to events and shops over the next month. See www.savagesac.co.za/Race.php for more details

Online entries

We have introduced our own online entry form at <http://www.savagesac.co.za/RaceEntry.php>. Having the detail of the participants prior to the event helps with catering as well as the production of results. We are hoping that many of the entrants will avail themselves of this facility, firstly for their convenience as well as ours.

Savages hosted the second event in the time trial league series on the 17 March 2009. The event was attended by 156 athletes from various clubs across the province. The league points system caters only for a select number of non-commercial clubs, but all are welcome to attend. Some of the provinces finest athletes attend these function. Times posted were fast.

Position	Club	17/2	17/3	Total	Race Statistics (Excluding non-commercial entrants)						
					Seniors		Veterans		Walkers		
					Club	M	W	M	W	Tot	
Seniors					Westville 17 Feb						
1	Stella A	20	20	40	Stella	8	3	8	2	1	22
2	Westville A	19	18	37	Westville	11	6	24	6	5	52
3	DHSOB A	18	19	37	PDAC	3	1	16	2	0	22
4	Stella B	15	17	32	DHSOB	4	2	0	0	0	6
5	Westville B	17	13	30	Glenwood Harriers	1	0	4	1	4	10
6	PDAC A	13	16	29	Savages	2	2	3	2	0	9
7	Savages	12	14	26	Sydenham	2	0	4	2	5	13
8	Queensburgh Harriers A	16	9	25	Queensburgh Harriers	10	6	0	0	5	21
9	Glenwood Harriers	8	10	18	Athletics North	0	0	0	0	5	5
10	Hillcrest Villagers	0	18	18	Totals	41	20	59	15	25	160
11	Kearsney Striders	0	15	15	Savages 17 March						
12	Queensburgh Harriers B	14	0	14	Stella	10	6	7	4	0	27
13	DHSOB B	0	12	12	Westville	7	2	12	1	0	22
14	Westville C	11	0	11	PDAC	3	3	9	4	0	19
15	Stella C	0	11	11	Glenwood Harriers	0	1	4	2	4	11
16	Queensburgh Harriers C	10	0	10	Hillcrest Villagers	4	1	4	2	0	11
17	Sydenham	9	0	9	DHSOB	6	3	1	0	0	10
18	PDAC B	0	8	8	Savages	2	1	3	4	0	10
Veterans					Queensburgh Harriers	3	0	4	1	2	10
1	PDAC A	20	20	40	Sydenham	0	0	2	1	3	6
2	Stella A	18	19	37	Kearsney Striders	2	1	2	0	0	5
3	Westville A	19	17	36	Athletics North	0	0	0	0	4	4
4	Glenwood Harriers	15	18	33	Dbn University of Tech	0	0	1	0	0	1
5	PDAC B	16	16	32	Totals	37	18	49	19	13	136
6	Westville B	17	12	29							
7	Stella B	12	14	26							
8	Savages A	6	15	21							
9	Westville C	14	6	20							
10	PDAC C	13	5	18							
11	Queensburgh Harriers	0	13	13							
12	Westville D	11	0	11							
13	Sydenham	8	3	11							
14	Hillcrest Villagers	0	11	11							
15	PDAC D	10	0	10							
16	Kearsney Striders	0	10	10							
17	Westville E	9	0	9							
18	DHSOB	0	9	9							
19	Savages B	0	8	8							
20	Westville F	7	0	7							
21	Dbn Univ Tech	0	7	7							
Walkers											
1	Athletics North	20	20	40							
2	Glenwood Harriers	17	19	36							
3	Sydenham	18	17	35							
4	Queensburgh Harriers	16	18	34							
5	Westville	19	0	19							

We focus on Blanche Moila - an honorary member of Savages having joined the club in 1981

The following article was first published by gsports in April of 2008. and is still available from their website on http://www.gsport.co.za/index.php?option=com_content&task=view&id=1869

Blanche Moila is to road running what Penny Heyns is to swimming - a sporting icon with a heart of gold and a desire to reach out to young girls who have the potential to be great athletes. Blanche made South African sporting history in 1984 when she became the first black female athlete to win Springbok colours.

These days, Blanche, who is Chief Professional Nurse in the Psychiatric Unit at King George Hospital, still finds time to run, while devoting time to train young female athletes, and spreading the message to poor communities that is it important to run. Still, she admits there are many myths surrounding sportswomen in black communities.

Blanche's successes came during a competitive era in road running in South Africa with the likes of Sonja Laxton, Zola Budd, Colleen de Reuck, and Grace de Oliveira, dominating the running scene. Over the years, she has won countless road running, cross country, and track titles, both provincially and nationally.

Blanche has been rewarded many times for her achievements as an athlete. In 2001, she received the State President's Award for lifetime achievements, won the Shoprite Checkers Woman of the Year Award for Sport in 2002, being the



Blanche Moila en route to finishing second in a 21-km half-marathon behind Colleen de Reuck in her first year of running, during 1981, one year before winning the title.



Moila has been sponsored by Nike since the 80's, and is currently their longest sponsored athlete.

Face of Comrades 2004, and she won a silver medal at the 2005 Comrades Marathon.

Back in 2004 when Blanche's profile was used to market the Comrades Marathon, chairperson of the Comrades Marathon Association, Dave Dizon said Blanche was the perfect role model to portray the spirit of the Ultimate Human Race. He said: "She is a woman of great character and courage, with a competitive spirit and a love of humanity. She has served as an inspiration to thousands and in a 20-year running career has gained the admiration and respect of her peers. We had already decided upon a dominant female element to acknowledge the significant contribution of women to the race and the 35 person increase in the number of female competitors last year. Blanche fit the bill."

If all goes well, Blanche plans to run her 8th Comrades Marathon this year. Once again, she will be running on behalf of the *Star Fish Foundation*, which looks after children who have been orphaned or made vulnerable by AIDS.

Blanche's favourite discipline is cross country, but on the road the 10km and the 42km are her favourites, depending on my level of fitness. To relax, she enjoys theatre, reading, and jogging alongside the ocean.

Blanche's greatest ambition is to motivate for a sports academy for women, especially for the young girls from rural areas. She believes there is a need to develop programmes and avail resources that will assist these young women, bearing in mind their customs.

Introducing gsport's April 2008 Woman, legendary road running star and role model, **Blanche Moila!**

Blanche, tell us about your passion for running...

I enjoy challenges and running has an infinite number of challenges at hand all the times - challenges in terms of speed, and in terms of distance. The greatest benefits I derived from running are the good feelings about myself. I am more relaxed, confident and have a healthy concept of who I am and what I can achieve. I also enjoy the authentic camaraderie amongst runners.

When did you first realise you have a future in competitive road running?

My competitive running came about per chance. It all started when a friend (Dr. Shorty Moolla) who was a Registrar at a Psych Hospital, invited me to join him on his training runs while he was preparing for Comrades. He actually saw me run socially at a Hospital Sports Day, and realised I had an economical running style.

After a few months of running with him, he persuaded me to enter the ladies 10km race in Durban. I finished 3rd in 39min. Surprised myself and, needless to say, a lot of people in the running fraternity.

But more impressive was the ladies 10km in Cape Town where once again I was 3rd in a better time of 35min, and ahead of my very good friend and Provincial mate Colleen de Reuck (who was one of the top female athletes). Zola Budd and Dianne Massyn were 1st and 2nd respectively. That's when I realised I could have a future in athletics, the media took note, and I suddenly acquired a huge fan club.



Receiving the State Presidents Award for lifetime achievements from Thabo Mbeki in 2001.

It's nearly 25 years since you became the first black female athlete to be awarded original Springbok colours. What did that achievement mean for you?

Achieving Springbok colours was very special and very satisfying. I knew I had broken a barrier and accepted the colours with great responsibility. Image of Black women succeeding against all odds, in a field dominated by melanin-deficient athletes, could only motivate others to strive towards attaining the ultimate goal.

Colours, and to represent our country South Africa, an extremely conservative and traditional Society! We are a nation obsessed with sport, yet there seem to be so little glory in it for women. I hoped that achieving the Springbok colours would open doors for others to follow.

How did people respond then to your success as a black woman?

I have been fortunate in that I have always enjoyed tremendous support from folk in my community and the greater sporting fraternity with a lot of positive feedback. I can only remember one negative incident during an inter-provincial cross-country race, I heard one spectator shout at me to give way for "mesus-madam" referring to a melanin-deficient athlete behind me.

Tell us about your role in promoting road running among young people?

For years SA had produced outstanding male athletes, but neglected to support their female counterparts. Black female athletes pre 1994 were virtually ignored. The mines to a large extent helped develop Black male athletes, but ignored the female athlete.

While the powers that be, at that time seemed to be au-fait with the cultural differences and the manner in which these manifest themselves in the sporting world, no-one seemed to address the problems effectively, to enhance the development of the female athlete. That's one of the reasons I have been working with schools, motivating the youth to choose sport and try to exorcise the myths that plague some communities.



Moila (second from left, front) with colleagues from the King George V Hospital, celebrating one of her wins.

The emancipation of black women in athletics still has a long way to go. Granted there has been a steady loosening of social norms that inhibited most women, but they still face a lot of challenge. Some traditions, customs and outright ignorance retard the progress of most Black female athletes. These are some of the myths.

- The female athlete will become muscle bound,
- Women are fragile,
- Will be unable to conceive and have children,
- The uterus will be displaced,
- Makes women less feminine,
- Retards the development of female reproductive organs, and

Ligaments in the breast will snap and cause it to droop.

I have a few girls under my wing and what a mission I have to try and motivate them and allay their fears about these myths. I provide mentorship and try and create an environment where their performances would be enhanced. My vision is to ensure active participation of more black female athletes from foundation to excellence, and to ensure they enjoy an enriched life through sport.

Remove social handicaps such as inferiority complex, shyness, lack of sound nutritional knowledge and teach them basic life skills, and assist financially when the need arises. My general optimism towards life and others has been enriched through sport, and I want the same for the young girls under my wings. I have a dream South African females athletes will outrun the Kenyans and the Ethiopians and Zimbabweans.



The Springbok colours awarded to Moila



Moila getting used to the top spot.

How many races have you won to date?

To date I have won 50+ KZN road-running, cross-country and track titles overall, i.e.: over 10km, 15km, 21km, 42km, 1500m, 3000m, and 5000m. I've also won national titles at 10km, 16km and 21km distances, and was consistent top-3 finisher over 15km and 42km nationally till the mid '90's. I've held records over 16km and 21km at some stage in the 80's, obviously these records have been broken over the years.

What have been some of your highlights?

I have several- every national title I have won was a significant moment. Some that come to mind are:-

1. Awarded Springbok Colours;
2. Presented with the Sonja Lexton Sportsmanship Award;
3. Voted the Sportman Women of the year in 1985 ahead of Zola Budd;
4. Representing South Africa at the World Marathon Champs in Spain '93;
5. Representing South Africa at International Womens road relays in South Korea and Japan;
6. Receiving the State President's Award for lifetime achievements in 2001;
7. Being the face of Comrades 2004 - My profile was used in marketing the Comrades Marathon in that year; and
8. Silver medal at Comrades Marathon 2005.

How did you feel when you won the Shoprite Checkers Woman of the Year Award back in 2002?

Shoprite Checkers Women of the Year Award was certainly a "Red Letter Day" for me. Just being nominated was an honour. The award was a surprise and very humbling. This is an accolade that acknowledges the altruistic efforts of women in South Africa.

Please tell us what your current role is in nursing at the King George Hospital, and how you maintain balance in your life, and still find time for running?

I am a Chief Professional Nurse in the Psychiatric Unit currently. I am a unit manager and the Night staff supervisor. It is all about time management; balance in life is essential, it teaches us how to give and how to receive, it teaches us how to listen and how to speak, and to work on all aspect of the being, i.e.: emotional, physical and intellectual. This will ensure an enriched life.

You need time to play, time to work and time to rest also. Too many people are driven to produce, always running out of time. And yet if they did set aside time for leisure or relaxation, they would have a healthier lifestyles with minimum stress.

How often do you train these days, and how many races do you still compete in?

I still enjoy training daily. But the pressure to excel is less. I'm just enjoying the sport and still run okay times to represent my province- obviously competing in the veteran category. I run about two National road races per year, and the cross-country champs.

You have started seven Comrades Marathons so far, do you plan to run this year?

If all goes well I will run my 8th Comrades this year. My preparation has not been very sound; my motivation right now is the *Star Fish Foundation* charity which I have been supporting for a past few years. The *Star Fish Foundation* looks after children who have been orphaned or made vulnerable by AIDS.

In Comrades world there is a hype about completing ten Comrades, so perhaps that would be my goal eventually, and with 2010 Soccer World Cup what a celebration it will be to complete my 10th then.

What do you love most about Comrades Marathon?

The Comrades Marathon is an Institution in South Africa, and especially important in the KwaZulu Natal region. The lure of the world's greatest ultra-marathon is seductive. The huge spectator support and atmosphere shared effort inspires thousands of runners to persist through all sort of discomfort, to cross that finish line before the final gun is fired.

Just to witness all those runners displaying remarkable courage, determination and camaraderie is special. Running Comrades is an unforgettable experience - its fundraising drive is also very appealing. Several charities benefits economically.

What race distance do you enjoy most?

Cross-country racing is still my first choice, but on the road the 10km and the 42km are my favourites depending on my level of fitness.

What is your advice to women who plan to run their first Comrades Marathon this year?

The Comrades Marathon is a great challenge and the distance needs to be respected, but it is very do-able. Splitting the run into smaller chunks of 6 -10 km is an efficient way to cover the 89km. This year is the up-run - the first 35km are uphill with Fields Hill and Bothas Hill the two major features after Cowies Hill. But the remainder is gradual uphill with some down and flats that offer respite.

So the message is simply take this easy, run conservatively first half, don't tax yourself. Worry more about how you feel, your effort, your heart rate, then your time. On steep hills, just visualize yourself constantly climbing stairs with short regular steps, each one taking you closer to the top.

From Bothas Hill you have the easiest part of the up-run through to Drummond. Since most of the 1st half is uphill, you should arrive at halfway slower than your halfway target time. Pace yourself wisely. If you do the 1st half too fast, it is almost guaranteed that you will run a slower second half, and with much more discomfort.

Enjoy the spectators, it's a powerful organ, stay positive and you will achieve you goal. I endorse the notion that every South African should do the Comrades at least once in their lifetime - it is liberating.

Contrary to commonly health views running, Comrades is fun. The large number of runners who are not highly competitive support this view. It is a relief from everyday cares, our worries and responsibility seem less pressing when we run.

How can the State of Women sport be further improved?

We have come a long way since our current government has been in power, and women have an equal opportunity to progress in the corporate world, yet socially our society is not women-friendly. We live in a society that is still very hostile towards women and children, and this does impact negatively on sports women.

We need to nurture our young in a manner that will prevent them developing gender prejudices and myths about sports women. We need to avail more resources. Establish sport academy for women. When talent is identified, the provincial body should see to it that the athletes receive the necessary support and create an environment whereby the performance will be enhanced.

Regular training camps, not just before Olympics or World Champs, but throughout the year. Use the media effectively; give factual information to replace myths that retard participation. Images of women being successful in sport are important for motivating young sport women to continue striving to reach their true potential.

Appeal to enlightened black male athletes to help educate traditionally conservative communities regarding the emancipation of black female athlete. Sporadic intervention is not satisfactory; we need continual training over a sustained period of time. This is the pre-condition for ultimate success. Only a handful of female athletes have specialized coaches.



Moila looking strong in the hills at the 80th Comrades Marathon's half-way mark.

What are your favourite spectator sports?

Athletics, Rugby, Tennis, Cricket and Surfing.

Who are your favourite sports stars?

Tegla Loroupe - Kenya 3 times world half marathon champion, former world marathon record holder and does a lot of Anti- drugs in sport campaigning.

Colleen de Reuck- Currently based in the USA has represented South Africa and the USA at the Olympics (her blood is still green). She is proudly South African.

Joan Benoit Samuelson- She won the first women Olympics marathon in 1984. Prior to '84 women were not allowed to run the marathon in the Olympics.

Thabitha Tsatsa- Zimbabwe currently the fastest female marathoner in the Southern Region has a sub 2:30min best time.

On the South African scene current exciting athletes are, Rene' Kalmer (track 1500m, 5000m and 10km), the Palula twins Lebo and Lebogang 800m specialist, Tebogo Masetla- steeplechase, Charne Bosson, Tanith Maxwell, Poppy Molambo, Rianna V Niekerk in a marathon. Mellissa Corfe - swimming and Heather Clarke - surfing

Nomvula Dlamini, Zinhle Mtshali, Hlengiwe Buthelezi and Nandipha - cross-country.

How do you relax?

I enjoy theatre, reading and jogging along the ocean side. I find water helps de-stress.

gsport strives to celebrate femininity. What role does femininity play in your life?

Celebrating our femininity is imperative. Women can take part in all types of sports even those previously seen a male domain and still exude femininity. I believe in embracing my femininity through my general demeanour, speech and dress.

What inspires you?

Nature inspires me and being surrounded by positive people and my family.

How do you deal with challenges that come your way?

Things happen for a reason, I learn something from every encounter. I know there are things that I may not be able to change but will not shy away from trying to change things for the better. I do thrive on challenges.

Who are your role models?

My mother, for the sound moral value system and positive self image she bestowed on my siblings and I from our youth and her altruistic nature- always helping those less fortunate than us in various ways - UBUNTU.



With the South African team attending the 100km World Champs in Paris.



Moila with Dianne Massyn (let), Zola Budd and Makhozi, a girl Moila mentors, at the 2004/05 cross-country champs in Bloemfontein.

What makes you proud to be South African?

I've travelled a bit and I would not exchange the SA lifestyle for any other. The inherent hospitality, friendliness and warmth is second to none and of course sunny skies, majestic mountains and the beautiful oceans. The crime rate is a concern though.

What is your greatest ambition?

Motivate effectively for a sports academy for women, especially for the young girls from rural areas - the majority of the marginalized black female athletes who live in the rural areas. There is a need to develop programmes and avail resources that will assist them bearing in mind their customs.

There is a tenacity of spirit that lives within all women with the proper support structure every girl child will be able to realise their true potential. Encourage mentorship programmes through schools. Remove social handicaps.



Moila in her favourite territory, running in Springbok colours at the 1985 cross-country championships.