

SAVAGES ATHLETIC CLUB

THE WEEKLY *CLEFT STICK*



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24/11/2008 - 30/11/2008

HOT NEWS

- The Club will be closed tonight - Lionel Ritchie is performing at ABSA Stadium.
- The club will be closed on Thursday 27th as members will be at the final Stella Time trial league event.
- Additional closure will be Thursday 4th Dec due to concert and an afternoon function.
- The Christmas Close down for the club will be from the 11th December 2008 and will reopen on the 6th January 2009



Important Note

Renewal of Membership and Collection of licences.

As per the dates that the club will be closed, there is not much opportunity left in this year to collect your licence numbers and pay the subscriptions.

Open days till year end

2nd December—Christmas pub to Pub Run

9th December—Normal open night

11th December—Normal Open Night.

Reopen on the 6th January 2009.

Notices

Club Hours

The Club Premises are opened weekly on a Tuesday and Thursday Evening from 17:00. (Provided the surroundings do not have another function on the same day. I.e. soccer or concert)

Birthdays This Week

25th	Sean Brimcombe Rob Small Christopher Mtshiliba
27th	Kenny Craig
28th	Gail Babich

Many Happy Returns for your special day

Just Pure

Coded HR monitor with 3 exercise program

Vibration/sound alert for heart rate thresholds during training



SE233 R998

Digital coding system reduces electrical interference
Smart training program
Show current, average and maximum heart rate

Contact: Jp
083 414 5643

Sports

The Club in History—referring to previous Cleft Stick's 1992

Congratulations to Tilda Tearle on being the 2nd lady home in a time of 7.07.44 and earning herself a gold medal.

Multi Sport

Mountain Splendor Mania;

Sat-Sun 29-30th **November**; Central Burg ; Tel 0315635645; www.wardevents.co.za

Savages normally camps.

MTB

Muddy Buddy Series;

Sunday 30th **November**; Albert Falls

Sunday 7th **December**; Giba

Gorge

www.muddybuddy.co.za



Mountain Splendour Mania MTB: Saturday 29th -Sunday 30th November; Mount Splendour Resort; 082 577 6841

Track Cycling

Friday nights

5,12 **December**



Club maybe open from 6-9pm, will inform you as time goes along , come down and do a Friday evening run & shower before you go out for the evening.



HILTON HARRIERS

31TH RONNIE DAVEL MEMORIAL

16KM RUN, 16KM WALK & 5KM FUN RUN

Sunday 11th January 2009, 07h00

**Entry Fee: R35 for 16km Run & Walk
R15 for 5km Fun Run**



Takes place in the Mondri Mountain Home Estate in Hilton. For those wishing to stay in the area there are various options, including Midmar Dam. The rates are attached for your reference. Some members have already made bookings at the campsites and Chalets. Booking can be made on 033 8451000

	P.P day	Under 12	Minimum
MUNRO BAY			
14x2-bed chalets	R240	R120	R360
13x4-bed chalets	R240	R120	R720
3x5-bed chalets	R240	R120	R720
2x6-bed chalet	R240	R120	R1200
16x4-bed rustic cabins	R166	R83	R332
DUKUDUKU CAMPSITE			
43 campsites	R60	R30	R120
MORGENZON CAMPSITE			
50 campsites (plug points)	R66	R33	R132
126 campsites	R60	R30	R120
MUNRO BAY CAMPSITE			
31 campsites (plug points)	R66	R33	R132



Annual Pub to Pub Run

Tuesday 2nd December 2008 17:30

- 1st - Flagons & Dragons
- 2nd - Jack Rabbits
- 3rd - Taco
- 4th - Bikers place (where the old Keg used to be)
- 5th - Flagons & Dragons



Braai Fires will be lit at the club afterward

The Calendar: At a glance



November 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	25	25	26	27	28	29
30 06:00						

Sports Zone Time Trial League Final : Thursday 27th November, starts 18:00
Stella Athletic Club, bring and braai after prizegiving

Heatonville Race: Addison Park ; 18.5km R/W; Tel 0832701976

Sani Stagger:
42/21km; starts 06h00/09h00;
limited entries;
Tel: Trish Crawley 033-7011577



Bearing Man Stainbank:
Yellowwood Park Sports Club;
Tel; 083 384 4053

Westville Christmas Run
Westville Club

December 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 06:00	8	9	10	11	12	13
14 06:00	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Savages Christmas Party @ Europa Durban North

Calder Cup: 10km R/W; Kings Park Athletics Stadium; Tel: 0827690738

HO HO HO!

CHRISTMAS

When : Friday 5th December
Time : 7pm for 7.30pm
Venue : Europa , Broadway, Dbn North
Cost : R100.00 per person
Includes: Choice of Starter
Choice of Main
Dessert
Bottle of Wine.

Please pay at the club bar by Tuesday 2nd

EUROPA CHRISTMAS MENU

For the function there is a choice of menu available. For assistance with the catering on the night, it would be appreciated if you could advise as to your preference before the function. Contact details for Europa are: Ian Bowes-Taylor 031 563 0732 or 082 560 4995

MENU ONE

STARTERS

SMALL CHEESE FOCACCIA

Or

DEEP FRIED HALLOUMI

Or

CHICKEN STRIPS

MAINS

ROAST LEG OF LAMB (+- 220g) WITH GRAVY, ROAST VEG AND POTATO WEDGES

Or

FILLET STEAK (+- 220g) WITH PEPPER OR MUSHROOM SAUCE, ROAST VEG AND POTATO WEDGES

OR

WHOLE BABY CHICKEN (+- 650g) WITH ROAST VEG

DESSERT

ICE CREAM AND CHOCOLATE SAUCE

OR

SLICE OF LEMON MERINGUE PIE

OR

SLICE OF STRAWBERRY CHEESE CAKE

A COMBINATION OF ANY STARTER WITH ONE MAIN AND A DESSERT OF YOUR CHOICE FROM THE MENU ABOVE WILL BE R100 PER HEAD (No Wine Included)

MENU TWO

STARTERS

GISELLE SALAD – STRIPS OF CAJUN GRILLED CHICKEN BREAST

MAINS

MUSHROOM BURGER

OR

ALFREDO PASTA

OR

MAFIOSA PIZZA

DESSERT

ICE CREAM AND CHOCOLATE SAUCE

MENU @ R100 PER HEAD INCLUDES BOTTLES OF SIMONSVLEI WINE – STEIN OR ROSE, PLUS A SNACK BASKET PER 4 PEOPLE INCLUDING CRUMBED CHICKEN STRIPS, DEEP FRIED HALLUMI CHEESE, POTATO WEDGES AND A DIP.

2009 COMRADES MARATHON CAMPAIGN LAUNCH

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

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

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

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

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

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

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

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

2010 COMRADES MARATHON ANNOUNCEMENT

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

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

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

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

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

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

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

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

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

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