

SAVAGES ATHLETIC CLUB

THE WEEKLY *CLEFT STICK*



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22/03/2009 - 23/05/2009



Due to time constraints and other factors this publication has had to take a back seat. We hope going forward to have more time and content to keep letting you know what is happening with your club and friends

HOT NEWS

- Our race has happened. Report back contained later in this publication.
- Comrades - the ultimate challenge - more on this event in the publication. Some of this information has already been dispatched by e-mail to all members
- Pasta party this week for the participants and supporters
- Well done to both Gail Babich & Raymond Meyer for flying Savages flag at Cross Country. Fixture changes and confirmation of events later in this publication
- No too much is happening on the running calendar over the next few months due to the soccer taking place in South Africa. - See the events schedule

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)

Club Hire: R300.00 book @ Bar with Kevin Pretorius

Message from JP -

I will be trying to run from the club, every Monday @ 5.15pm and Wednesday from the Varsity KZN (Glenwood) through the Cross Country route @ 5.15pm.

I can't be sure I will be there everyday, people must just check with me on chairman@savagesac.co.za

Share your training runs -

If you are a regular runner and have a school that joins you, maybe you want to publish the fact, thus enabling others to join you. Send us a mail and we will inform all members

Quite a period has elapsed since we wished our members a Happy Birthday

13/4	Magaloni Mangeli	2/5	John Fulton
14/4	Allan Tribe	3/5	Vicky Nolan
	Theresa Samuelson	6/5	Graham Watts
15/4	Billy Patel	8/5	Thulani Mqadi
	Gary Manthe	9/5	Craig Leach
16/4	Billy Patel	10/5	Mike Skevington
21/4	Jabu Mzobe	11/5	Bryan Leppan
22/4	Claire Yunnie	12/5	Cecilia Mazengera
	Grant Arbuthnot	18/5	Clive Tearle
24/4	Vusi Yika	19/5	Sarah Ward
26/4	Mbuyiswa Manci		
28/4	Dave Williams		
30/4	Clive Crawley		

There is little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative." - W. Clement Stone

Soon to Farewell

Wally and Chippy Steel are soon to emigrate to the "Empire of the Fair Cape"

We will be arranging a Savages farewell soon to honour these great servants and supporters of the club. We hope to see you all there.

Sportszone Brooks Time Trail League

We did not fair to well with numbers at Sydenham league, however we were still able to score good points. So please let's see you at the next league at Stella Thursday 25th June plenty of time to recover from Comrades



1-ON-1 Computer Training

Wendy Schutte

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

Let's focus on Comrades:

"Less than 1 WEEK TO GO"

With less than a week to go to the big day.....

Did you know?

- 60 of our members entered this year, although it appears that 2 have not put through qualifying times, therefore 58 Savages Club Members will start on Sunday 24 May in Pmb.
- Dave Williams (1550) is completing in his 36th running of Comrades
- Allan Tribe (2033) is completing in his 35th running of Comrades
- Boysie van Staden (2516) is completing his 32nd running of Comrades
- Billy Patel (2751) is completing in his 31st running of Comrades
- Grant Arbuthnot (148) is completing in his 27th running of Comrades
- Tilda Tearle (5701) is completing in her 24th running of Comrades
- We have 2 "A" seeded runners: Filippo Faralla (21079), Nsikelelo Silangwe (23064)
- We have 11 novices
- We have 2 going for "Permanent Number": Sithembiso Luthuli (47053), Vusi Yika (32772)
- We have 2 running 1st time in green numbers: Denis Khomo (9560), David Mills (29087)

A Schedule of events around Comrades:

Pasta Party:

Don't forget the Pasta Party on **Friday 22nd**. All those running Comrades get to eat free!!! The rest of us are invited, at a nominal fee of R40.00

Please let us know if you are going to attend. It is very important for catering purposes.

Tent en route:

For those who wish to support the runners, the club tent will be up at Cowies Hill. The map follows on.

A table will be put up for those runners who would like food/drinks/drugs. Should you wish to take advantage of this, come along with your supply pack/stash on Friday 22nd (Pasta Evening) and let us have it, NB. **Please mark your stash.**

Aches and Pains:

Then we have the Aches and Pains evening on **Tuesday 26**. The usual club evening and braai evening. Be there to share the successes and war-stories and become inspired for the 2010 Comrades.

Bonitas Comrades Expo

An urgent **REMINDER** to all runners that when registering at the Bonitas Comrades Expo or at Comrades House in Pietermaritzburg, Please do not forget your ChampionChip. **NO CHAMPIONCHIP, NO REGISTRATION, NO RUN!**

The Bonitas Comrades Expo and registration in Pietermaritzburg will take place from Thursday 21 May 2009 – Saturday 23 May 2009.

Please note that if you did not request to register at Comrades House then you will have to register at Expo in Durban.

THERE WILL BE NO REGISTRATION ALLOWED ON RACE DAY!

Comrades for Dummies – Part 3

Transport

○ **Q: Will there be transport provided between the start and finish before and after the race?**

○ A: Yes; busses are available from Durban to Pietermaritzburg before the start. You will have to purchase your bus ticket at the Expo prior to race day.

○ **Q: If I don't make the cut-off points along the route, will I be transported to the start area or finish area?**

○ A: Bonitas rescue busses will be on hand to transport you to the finish area at Sahara Stadium Kingsmead in Durban.

○ **Q: How long will it take me to get there?**

A: As soon as the transport vehicle is full, it will make its way to the finish area to drop you off.

Finish

○ **Q: What is the official end time of the race?**

○ A: 17h30

○ **Q: If I don't finish, do I get a refund?**

○ A: Unfortunately not.

○ **Q: Are there shower facilities at the finish?**

○ A: Yes

○ **Q: Where do I get my medal from when I finish?**

○ A: Directly after you finish as you go through the exit chutes, and you will also collect your official time card.

○ **Q: What happens at the stadium while I am running?**

○ A: There will be various forms of entertainment and many more fun things for your family and supporters to enjoy, while they await your arrival.

○ **Q: Will I be able to get something to eat when I finish?**

○ A: Yes, there will be Powerade, Soup, and Maggie Mash available for all runners free of charge. There will be other forms of food available, but this will be for purchase at your own expense.

○ **Q: If I am carried across the finish line by a medical team, does this count as me actually finishing the race, as I ran all of but not the last 100 meters?**

○ A: In terms of the rules you are required to complete the race on your feet, you would not be classified as officially finishing.

○ **Q: Can I assist a struggling runner across the finish line?**

○ A: Yes, you may, but you are not allowed to carry a fellow runner anywhere on the route and or finish areas. You may assist fellow runners but the assisted runner must still be able to move forward on his own.

○ **Q: If I carry someone, will there be any negative consequences?**

○ A: Yes, should you carry a fellow runner, the carried runner will be disqualified. It would be better to let the medical professionals on hand sort out the distressed runner.

○ **Q: If I run in Reebok shoes and finish the race, will I get a free Reebok Jacket?**

A: Yes, look out for the Reebok exit once you have crossed the finish.

Security

○ **Q: What are the security arrangements for the race?**

A: There will be SAPS, Metro and provincial traffic police services on hand on the route, start and finish areas. A private security company, namely Bhejane Special Events will also be providing security personnel.

Child Care

○ **Q: Will there be a child care facility at the finish**

A: Yes, in a safe and supervised area, an access controlled facility will be provided.

Lost & Found

○ **Q: Will there be a lost and found facility should I lose anything or find something that is not mine?**

A: Yes, at the information tent at the finish area.

The Calendar: At a glance

More details can be obtained from

<http://www.savagesac.co.za/webcalendar/>

May 2009

Public Access

Category: All

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					01 5am» Public Holiday	02
03 (Week 18) 6am» Checkout Marathon & Half	04 7pm» Race meeting	05	06	07	08	09 6am» Savages Helpers Run 12pm» CROSS COUNTRY CKS AC
10 (Week 19) 6am» Savages 21.1km & 10km	11 5pm» Race Meeting Wrap Up	12	13	14	15	16 12pm» CROSS COUNTRY Hilton Harriers
17 (Week 20) 6am» Starting Plumbers 2 in 1	18	19	20	21	22 7pm» Savages Pasta Carbo Load Party	23
24 (Week 21) 5am» Comrades	25	26 5pm» Savages Aches & Pains Party	27	28	29	30
31 (Week 22)						

June 2009

Public Access

Category: All

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	01 5am» Watch this space	02	03	04 7pm» Committee Meeting	05	06 12pm» CROSS COUNTRY Hillcrest Villagers
07 (Week 23)	08	09	10	11	12	13
14 (Week 24)	15	16	17	18	19	20
21 (Week 25)	22	23	24	25 6pm» Sports Zone Brooks TT League	26	27 12pm» CROSS COUNTRY Yellowwood Park AC
28 (Week 26)	29	30				

**CROSS COUNTRY 2009 LEAGUE FIXTURE
KWAZULU NATAL ATHLETICS**

06 June	Hillcrest Villagers	Summerveld (Hillcrest)	Julie Shadwell 083 632 6039
13 June	Verulam AC	Verulam (mt-Edgecombe)	Anand Naicker 0837836363 anaicker@yahoo.com
27 June	Yellowwood Park AC	Yellowwood Park (Montclair- Durban)	Mike Sutton 0829611615 mike.sutton@transet.net
11 July	ASA Invitation Inter-provincial		
18 July	Savages AC	Cycle Stadium (Durban)	Paul Stewart 083 414 5643 info@savagesac.co.za
26 Jul	Eskom Gijima's	Gelofte School (Pinetown)	Liseette Mundell 0832331156 liseette@coporateconstellations.com
08 Aug	Newlands Striders	TBA	Sanjay Judges 0837925592
12 Sep	ASA Nationals	Tshwane / Pretoria	Athletics South Africa 011 8805800

Nimas Hillcrest 42.2km Results 2009

Position	Name	Surname	Time	Licence
101	Nico	Gey Van Pittius	03:31:23	195 m
148	Sihle	Shangese	03:45:44	99 m
187	Boysie	Van Staden	03:53:14	84 m
199	Denis	Khomo	03:55:11	271 m
214		Tozer	03:57:34	230 m
222	Wally	Steel	03:57:52	33 m
246	Christopher	Akal	04:00:57	276 m
311	Rob	Pilditch	04:12:59	6817 m
341	Chippy	Steel	04:18:09	87 f
474	Nikki	Perreira	04:36:34	167 f
473	Lourens	Grobler	04:36:34	163 m
544	Dave	Williams	04:46:19	126 m
585	Theku	Simelane	04:53:12	72 m

**KZNA LEAGUE 1 (CH) at COLLEGIAN HARRIERS
on 2009/04/18 MastersMen**

00:39:42 MEYER, RAYMOND (177) 1947/08/14

**KZNA LEAGUE2 (CKS AC) at UKZN on 2009/05/09
MastersMen**

00:37:04 MEYER, RAYMOND (177) 1947/08/14

MastersWomen

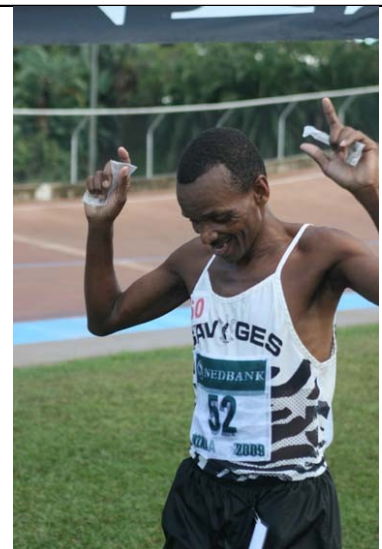
00:22:36 BABICH, GAIL (17) 1964/11/28

Savages AC 21.1km Run Results 2009

Position	Time	First Name	Surname	Gender	Licence No
163	01:46:06	Mbhekiseni	Mchunu	Male	52
269	01:56:55	Lourens	Grobler	Male	163
296	01:59:10	Linda	Scott	Female	297
499	02:37:54	Thuli	Mthiyane	Female	86

Savages AC 10km Run Results 2009

18	00:35:58	Ackmin	Mhlanzi	Male	150
241	01:25:11	Neville	de Klerk	Male	171



The 2009 Savages Challenge 10 May 2009

The night preceding the event saw a huge storm and downpour of rain. It looked like we would be hosting a gala instead of a road race. Fortunately the weather lightened and we were able to host the event as planned. Conditions were ideal for running, cool and calm. We hosted just over 800 participants on the day.

Thank you to all who helped making the day a success. All the hard work is appreciated by fellow athletes from other clubs and numerous compliments were received about the event.

As with any organization, there are always improvements that can be made and we have noted these for the next event. Without you, our members this event would not have been possible.

We will be loading race photos onto the website soon. Browse to our Gallery to see these. Race results were available on the day.

As part of the day we chose to donate part of the takings to the SPCA. We will be donating in the excess of R 4000 to this cause shortly

Below is a small collection of some of the "faces of the day".

We trust you enjoyed the day with us



Savages Supporters point for the Comrades on the route

We will be toward the bottom of Cowies Hill in the Pinetown side. As there will be road closures in force, you may have to find alternative routes to this spot. As below is a suggested route from Blair Athol Road.

There will be member in place from 08:00.

Cooking and braai facilities will also be available

