

SAVAGES ATHLETIC CLUB

THE WEEKLY *CLEFT STICK*



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04/01/2009 - 10/01/2009



WEBSITE UPDATE

The Home Page has been altered to now have the latest postings and event links on our landing page. The look and feel of the whole site is also changing. Keep checking back to see what we have done. The Photo Gallery now contains 283 pictures of current and history photos.

HOT NEWS

- The club premises will be open from tonight (6th January 2008) as per our normal hours.
- It is with regret that we have learned the Mondi will not be sponsoring our race next year. Anyone one who has ideas or contacts to approach as a new sponsor is to please forward their suggestions and contact details to us.
- ASA has advised 2009 Licenses numbers for juniors were not printed with a "J". Juniors are required to wear a "J" age category tag on back and front of top. Age Category Tags cost R10.00 a pair.
- Temporary licenses for 2009: Up to 10km cost - R18.00, 10km to 32km cost - R21.00
- For those seeking some experienced tuition, in achieving their goals in the Two Oceans Marathon , Wally and Chippy Steel have a program to help. Look at the program on page 6.
- Buffs Marathon—See the offer extended by Queensburgh on page 2.
- KZNA have asked for assistance from our club to marshal at SA champs on 8th Feb, however, we would prefer our club to man a table, thus allowing us more exposure for Savages. If we can get the numbers we will provide breakfast. Please give your name to a committee member stating which you prefer to do, by 15th Jan.

A Happy New Year to all our members.

We look forward to seeing you on the road and achieving your personal goals. We have new members looking for running coaching and mentoring so if you are able to assist, come to the club and adopt a newbie. There is always a "coldie" available at the pub afterwards.

RESULTS—Our members out there

Bluff Vets

24th	1.48.14	RAYMOND MEYER	177
79th	2.01.10	MICHELLE COSKEY	67
168th	2.22.48	SUJAN RYAN	252
183rd	2.26.04	THEKU SIMELANE	72

T Shirts For Sale

Short Sleeve - R10.00
 Long sleeve - R15.00
 Cycling shirts for R100.00

Various years to choose from - these are excess that were supplied to Savages for the various races hosted by the club.

Available at the club

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

9th Hutsaka Ndlovu
 10th Stuart Dixon
 Boosie van Staaden

Many Happy Returns for your special day

Savages 21.1/10km Challenge 10 May 2009.

The first Race meeting for this years event will take place on Wednesday 14th January @ Club Premises @ 18h00.

As we always endeavor to make this a special event all help from the club members is welcomed. Please join us for this open meeting

The Club in History—referring to previous Cleft Stick's (Runner June 1980)

Comrades Marathon: "**Togetherness:** Ten husband-and-wife teams completed this year's Comrades Marathon, six of which came from the Savages Athletic Club in Durban."

SportZone Time Trial League 2009

- 17 February – Westville
- 17 March – Savages
- 22 April – Sydenham
- 25 June – Stella
- 15 July – DHSOB
- 17 September – PDAC
- 7 October – Athletics North
- 11 November – Glenwood Harriers
- 26 November – Stella – Final – non scoring event



Bufs Marathon

Queensburgh AC extends an invite to all clubs to join us for the Bufs marathon:

The race starts from the Stutterheim Road to Buffalo Club House at 5.30. There is an early start for walkers and slow runners at 4.30. But there is no cut off time according to the website - Entry fee: R74.80

We are arranging a bus down to the Bufs marathon.

Leaving on the Friday 27.02.08 and returning on the Sunday 29.02.08

The accommodation is Kat Leisure – Reef Apartments – if you would like to view the apartments please log onto: www.katleisure.co.za. Cost is approximately R 700.00 per person. (Bus and accommodation for 2 nights)

We need to have a minimum of 50 people for the package to happen, so far we have about 20 runners going from QBH.

Please will you find out from the club members if anyone would like to join us? We need to know by the 25.01.09 so that we can do all the relevant bookings.

Cheers

Dean Wight (h) 031 4647505 (f) 0866484322 083 630 2423 222 Bankhead Road Hillary 4094



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 Mondi 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

The Calendar: At a glance

We have a new facility on our website where all events will be updated on an ongoing basis.
More details can be obtained from

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

January 2009 Public Access

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				01	02	03
04 (Week 01)	05	06 5pm» Club Opens	07	08 7pm» Committee Meeting	09	10
11 (Week 02) 7am» Ronnie Davel 16km	12	13	14 6pm» Race Meeting	15 Hansa Powerade Dusi - canoe	16	17
18 (Week 03) 6am» Halfway Scottburgh	19	20 6pm» New Members Evening	21	22	23	24
25 (Week 04) 5am» Hulets PDAC	26	27	28	29	30	31 aQuelle Mudman - m/sport

February 2009 Public Access

Sun	Mon	Tue	Wed	Thu	Fri	Sat
01 (Week 05) 5am» Sparksport Challenge	02	03	04	05 7pm» Committee Meeting	06 Stihl Non Stop Dusi-canoe	07 Midmar Mile -Swim
08 (Week 06) Midmar Mile- Swim	09	10	11	12	13	14 Valentines Party
15 (Week 07) Bonita's Sunday Tribune- Triathlon	16	17 6pm» Sports Zone Brooks TT League	18	19	20	21
22 (Week 08)	23	24	25 Subaru Sani2C- MTB	26	27	28 5:30am» Buffs Marathon

Year End Events - Report Back

The Christmas Dinner at Europa 5 December 2008

After some reshuffling of the tables, all 40 settled down to some amazing grub served by Ian (Owner of Europa) and his staff. After some celebrating of coming together, there was a hush of silence that filled the room as we filled our mouths, in between courses the room came abuzz as different celebrations and toasts were announced. Gary (vice chairman) made a speech thanking all for attending and wishing everyone a festive season. Dessert was served and everyone thought they had the best, after some trade offs, we could not come to a winner, except all those who attended won. DJ Jp got the crowd going with some amazing music, after celebrating (Life is Life)



with some champers. Pushing the tables aside the dance floor filled up very quickly and all danced the night away to the wee hours of the morning.

[WebLink](#)



The Illovo Christmas Challenge at Westville 14 December 2008

Savages takes the best bus trophy for the 10th time.



The excitement in the air was apparent at the start. Kevin P arrived with local rickshaw driver Patrick to take on the challenge. Savages members, rose to the challenge and at the sound of the starters pistol set off dragging, pushing, stopping on the down hills, a traditional rickshaw, with full decorations.

Other clubs had also risen to the challenge to take the much sought after bus trophy, but were no match for the Savages Spirit. The heat on the day



took it's toll, but with perseverance, a few drinks and some awesome support from the bystanders and fellow athletes on the road, the "bus" rolled into the arena just before the 2 hr 30 min cut off. After the event a breakfast was enjoyed by all participants and friends. More photos of this event are available on the website in the photo gallery.



The question now being asked, is winning this trophy 10 times, enough. We will have to watch this space next year.

Another question: How do we better this performance. Well done to all the members who offered support, spirit and good old muscle power in making the event memorable.

[WebLink](#)



COMRADES DECEMBER NEWSLETTER

Dear Comrades Runner

As 2008 draws to a close having held yet another successful race, the Comrades Marathon Association and our Sponsors wishes you and your families a safe, happy and healthy Festive Season. The CMA encourages you to keep the unique passion of Comrades going.

We are excited about 2009 and the many opportunities it offers us as race organizers to lift our game and challenge the boundaries of excellence and outstanding achievement.

MAKE THE COMMITMENT

Online entries are now open! We encourage you to use this hassle free and safe option. Last year more than 50% of our runners entered online successfully.

Entry Forms for the 2009 Comrades Marathon will be circulated to all entrants of the 2008 Comrades Marathon by post and will also be available at all leading clubs and sports stores from January 2009.

Completed entry forms can be posted to the CMA or dropped off at any Mr Price or Mr Price Sport store countrywide.

DON'T MISS THE BUS!

CLOSING DATE FOR ENTRIES IS STRICTLY 31 MARCH 2009.

The CMA has set the 31st March 2009 as the official closing date for entries but will allow athletes to submit qualifying times until the 28th April 2009.

What this means... Is that if you have not qualified by the 31st March and plan to run the 2009 race, you will still have to submit your entry by the 31 March. You will have until the 28 April to run your qualifier, after qualifying you simply have to email or phone the CMA to update us with your details. If you fail to qualify or submit your time your entry will be rejected.

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.

INVOLVE THE FAMILY

It is not all about you, get the kids training for the National Youth Run that will take place Saturday, 23 May 2009, on the Durban's beachfront.

The event will have a 5km and 10km race.

VOTE COMRADES

Make your vote count! Support the Runner's World Rate your Race and complete the scorecard about Comrades Marathon. You will be asked to judge the race on criteria such as refreshment stations, route markings, marshalling, atmosphere, organisation, parking and entry procedure, for a total score out of 100. Click here to read more www.runnersworld.co.za/static/races_places/rate_your_race.php

COMRADES PROMO DVD

The Comrades promo DVD that were on show at the 2008 Comrades Expo will be on sale for R50.00, including postage. This DVD contains two video clips which were used in the 2007 and 2008 Comrades Marathon Campaigns. To get your hands on one of these DVDs or for more information contact the Comrades Marathon office. Hurry now, there are limited copies available!!!

COMRADES CLUB AMBASSADORS

In its quest to improve the standard of dissemination of information between the clubs and Comrades Marathon Association, the CMA asked the Running Clubs to select and appoint two of its members to be the Comrades Club Ambassadors.

These appointed people will be in constant communication with the CMA and will receive information from the CMA on a regular basis. They will then be expected to share that information with the rest of the club members.

2010 COMRADES MARATHON

The 85th running of the Comrades Marathon will be held on Sunday, 30 May 2010. It will be another 'down run' starting at the Pietermaritzburg City Hall and finished at the Sahara Kingsmead Cricket Stadium in Durban.

Entries will be capped at 20,000. The first 15 000 entries will be reserved for all previous Comrades runners and the balance will be open for novices.

A special 85th/2010 commemorative race medal will be given to successful finishers.

2009 Comrades Marathon novices have the opportunity to come back in 2010 and collect a once-off "Back-to-Back Double-Down" medal.

TWO OCEANS 2009 - LONG RUN PROGRAMME

	<u>DISTANCE</u>	<u>ROUTE</u>
<u>JANUARY</u>		
03	25	Montcalm Rd – Umhlanga Rocks Drive – Armstrong Ave – La Lucia Mall - Home
10	16	Midmar Dam – Morgenzon Camp site
11	16	<i>Ronnie Davel</i>
17	25	Montcalm Rd – “Umbilo Drive In” via Mayville
24	25	Montcalm Rd to Westville pedestrian bridge and back OR
25	25	<i>PDAC 25</i>
31	33	Kloof station – Hillcrest 21 route – Kloof station OR
<u>FEBRUARY</u>		
01	32	OR <i>Sparksport 32</i>
07	25	Montcalm Rd. Umhlanga Rocks Drive – Armstrong Ave. - Home OR
08	21,1	<i>Nedbank Series half marathon?</i>
15	42,2	<i>Nimas Marathon, Hillcrest Qualifier</i>
21	30/32	Montcalm Rd to Cowies Hill and back (Top of Cowies – optional)
28	30	Montcalm Rd – Manning Rd – “Umbilo Drive-in” – beachfront – Florida Rd
<u>MARCH</u>		
07		
08	42/32	<i>Midmar Umgeni Water</i>
14	20	Montcalm Rd. Blue Lagoon – wall – Moore Rd – Musgrave Rd
21	50	Kloof Station to Amazondi store (Inchanga) and back <u>(BRING WATER BOTTLE)</u> *
28	30	Montcalm Rd – to Cowies Hill and back
<u>APRIL</u>		
04	21	DYOT
11	56	<i>TWO OCEANS</i>

Wally and Chippy Steel
(031) 312 0154
083 272 0312

Runs start promptly at 5.00 a.m.

Parking available at 24 Montcalm Rd

* If you know somebody who could second us for the section beyond Botha's Hill, it would be a big bonus!