

SAVAGES ATHLETIC CLUB

THE *CLEFT STICK*



info@savagesac.co.za

Fax Number 086 562 5695

www.savagesac.co.za

Phone 078 281 6981

05/07/2009 - 18/07/2009



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

HOT NEWS

- Sportszone Time trial League— Next Fixture This Week on 15th at DHS Old Boys Club.
- Tuesday 21st July— The club premises will be CLOSED— Soccer at ABSA. We are meeting for the usual Tuesday Evening at Morningside Sports Club. - See 2nd page for details
- The next Cross Country Event is to be held at Savages this weekend the 18th. Please come and support your club either by running or helping.
- Savages 50th Anniversary - Time is fast approaching our founding celebrations - See details in this report
- Attached is training program for potential Marathon Runners targeting at South Coast Marathon 4th October 2009.

Birthdays - Many Happy Returns

6th Yvonne Dalgleish
 9th Mbehkiseni Mchunu
 14th Mike Gordon
 16th Kevin Pretorius
 17th Danela Papini

UPCOMING EVENTS

There are only a few races remaining for the athletes to qualify for the opportunity to represent KZN Province at the S.A. 10km Championships to be held in Stellenbosch on the 26th August 2009. The remaining races are:
 10km Selection races:-
 Forest 10km – Forest Hills – 19 July 2009
 Spar Ladies 10km- Durban – 26 July 2009.

Special Mention

Our confirmed bachelor, club supporter, committee member and friend, Kevin Pretorius gets Married this Saturday, the 18th.

We extend our best wishes to the happy couple and welcome his new bride Magda into the club family.

CHANGE / POSTPONEMENT OF EVENT

The KZNA 50 km Race Walk Championship will now be incorporated with the GATERITE ULTRA CHALLENGE 50km on the 09 August 2009 at the Verulam Recreation Grounds.

Beds for Africa 32km R hosted by Athletics North on the 20th September will no longer be a 32km but has changed to be a 16km R & W.

**1-ON-1
Computer Training**

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

All Cross Country Athletes are advised to note the date change for league 08 hosted by Eskom Gijima's. The league was originally scheduled for the 01st August 2009 and has now been changed to the 25th July 2009. For more information athletes can contact Lisette Mundell on 0832331156 or email lisette@hauksrest.co.za.

QUEENSBURGH HARRIERS 10KM RUN RESULTS

POS	NAME	TIME
134	Zenzele Mzimela	00:57.40
172	Trevor Majola	01:02:20
258	George Lucey	01:16:16

ALTERNATIVE VENUE FOR 21ST, TUESDAY

There is an international soccer match being held at ABSA stadium on this evening. Morningside Sports Club has offered us the use of their premises for the evening. The usual Tuesday run will happen, with a new route to be decided on the evening. The usual Braai fires will be lit so come along to the suburbs and join us in a run. Onsite secure parking is available
Directions: Top of Venice Road or off Trematon Drive.



The Road to 2010

319 days to go

Sunday, 30 May 2010



ALTERNATIVE TRAINING PROGRAM

2010 Comrades Marathon Finishers Training Program from July to December 2009

Welcome to the beginning of training for the 2010 DOWN Comrades Marathon. The focus for the rest of this year will be on building you up to running consistently and regularly. For those of you who completed the 2009 down run you have experienced first hand how brutal fields hill is so supplement your training with gym training if possible. For the newbie's, take this as your first warning: The down run is very painful. Gym will help to overcome this pain.

If this is your first attempt at Comrades but are a regular runner and can do a Half Marathon in 2:20 then this is the place for you to start. If you are not a regular runner and have not run a half marathon before or are slower than 2:20 then rather visit the Runners World Bonitas Novice project. The Bonitas novice project will start you off a little easier and give you a better chance of building up injury free.

This programme is time based so people of more experience and greater running ability will get relatively more out of the programme and progress faster. Time based programs also prevent you from settling on a route that you need to run faster every time you do it. It is easier to maintain discipline and run easy on easy days. The aim is to be able to run a sub 5:00 marathon before Comrades. As was the case in 2009, December will not be a rest month as it forms the first month of Comrades training.

Because you will employ a run walk strategy for your Qualifier, Long run and Comrades we will use this strategy in training. Very important to note about run walk strategy is that the walk is not a Sunday stroll but fast walking with purpose. It is a change in focus on the muscles not a "rest".

Note that training days are interchangeable, if your club does hill training on a different day or club long runs on a different day then you can change days around.

Lastly, even though it is a down run there are plenty of hills to run up and since this is most people weakness we will be preparing you with some hill sessions. Repeats are to be done at 5km race pace (not a full blown sprint) with a gentle recovery down the hill.

Enjoy the training!

More on the Training Program can be found <http://www.comrades.com/>

The Calendar: At a glance

More details can be obtained from
<http://www.savagesac.co.za/webcalendar/>

July 2009								
Public Access								
Category: All								
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
W K 2 7				01		02 19» Committee Meeting	03	04
W K 2 8	05 07» Queensburgh 10	06	07	08	09 19» Sub Committee Meeting	10	11 MTN Game Park 15km run/walk	
W K 2 9	12 07» Sardine Half Marathon	13	14	15 18» Sports Zone Brooks TT League	16	17	18 09» X/C Helpers 12» CROSS COUNTRY Savages AC	
W K 3 0	19 07» Forest 10 Km	20	21 17» Club Closed	22	23	24	25 12» Cross Country	
W K 3 1	26 Mtontwane Eco Walk RBCT Charity Relay Run 09» LADIES SPAR DURBAN	27	28	29	30	31		

August 2009

Public Access

Category: All

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
W K 3 1							01
W K 3 2	02 07» Value Prop Orion Challenge	03	04	05	06 19» Committee Meeting	07	08 12» CROSS COUNTRY Newlands Striders
W K 3 3	09 06» Gaterite Ultra Challenge	10	11	12	13	14	15
W K 3 4	16	17	18	19	20 19» Hat Party	21	22
W K 3 5	23 07» Merewent 10km	24	25	26	27	28	29
W K 3 6	30	31					

KZNA LEAGUE 4 (HV) at SUMMERVELD on 2009/06/06

Masters Women

Time	Team	Place	Athlete
00:19:32	SAVAGES AC	5	MOILA, BLANCHE (20)

Masters Men

Time	Team	Place	Athlete
00:33:54	SAVAGES AC	11	COLBORNE, DON (281)
00:35:57	SAVAGES AC	21	FLATLEY, DAVE (58)
00:39:10	SAVAGES AC	32	MEYER, RAYMOND (177)

KZNA LEAGUE 5 (VAC) at VERULAM on 2009/06/13

Masters Men

Time	Team	Place	Athlete
00:37:10	SAVAGES AC	16	STEWART, JP (4)
00:39:38	SAVAGES AC	20	MEYER, RAYMOND (177)

NEXT EVENT SAVAGES 18th JULY 2009

RACE REPORTS

SPOOK HILL 15KM

Somerset West lived up to its reputation of being somewhat more extreme where temperatures are concerned, as when we arrived at the venue for the race it was noticeably chillier than Cape Town and Hout Bay. But it was a clear day with no wind and a great setting with the Hottentots Holland forming a barrier between us and the early morning sun, and the Helderberg overlooking the town.

From the start we were climbing gradually around the skirts of the Helderberg, but by the 3 kay mark the gradient had become serious! Up and up we went seemingly to the top of the mountain, with the only bit of respite being "Spook Hill" where the slope eased off (for a short stretch) to the extent that it feels as though you are running downhill, while a car going in the opposite direction can actually freewheel! We "summitted" at 6 kays where some spooks jumped out from behind a car, and the King of the Mountain had been judged. (I awarded myself Queen of the Mountain as nobody else around me had run all the way up!)

But the climb brought its rewards, firstly in the awesome view across Somerset West to Strand and Gordons Bay and the sweep of a very calm False Bay towards Hangklip on the left and Cape Point on the right. And secondly there was a glorious downhill to improve the average speed and get your breath back . . . But it came to an end round about the 10kay mark where we were sent uphill again - "this is a killer" someone told me, so it was head down again and grit the teeth. That lasted for a kay, and then it was pretty well downhill to the finish thru very pretty suburbs, with some beautiful homes along the way. A really enjoyable run on a beautiful day - who said the Cape winter was bad? We have only had about two and a half rainy cold days in the 3 weeks we have been here.

While the runners gathered at the finish to exchange war stories there was not the usual (KZN) club tent scene but we were with Rog and Kylie and a friend of theirs, and also met some Strand runners with Rod le Roux.

The Hustlers from KZN, as we were called by Harold Berman (the Mike Bennett of the W Cape), took the honours in the GM category - Wally 81 and Chippy 88 minutes.

Cheers
Chippy

SAVAGES 50th ANNIVERSARY

It's with a great deal of pride and pleasure I write to you today to outline the celebration of Savages Athletics Club's 50th Anniversary.

It is important that all runners, former runners, members, former members and supporters of the Club over those 50 years join with us in this milestone of the Club.

We seek everybody's assistance in going through your old photographs, film, and videos to lend them to us to put together a DVD montage. We will return your treasured items as soon as we have taken a copy.

The plan for the evening is for you all to enjoy and catch up with people you may not have seen for a while.

The celebrations start at the official launch on March 2010 and continue for all of 2010, which will be outlined in the calendar of events next year.

At this point of time, we need to find out how many people would like to attend. Please pass on to other former members.

Please reply back to me and let me know if you and your partner would attend. More information will be sent out at later stage.

Regards
Paul Stewart/ Jp
Chairman

MARATHON TRAINING PROGRAM

Below is a group training sessions for those wishing to train collectively for a marathon. Collective training serves as a safety option and also provides the necessary motivation to keep going through winter.

Based on number, this training could be from any venue, you let us know. The current suggestion is "Starting at the Club @ 5.30pm".

If we are targeting 4th October then we are presently in the 3rd week of training.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30 min	20 min steady	40 min	30 min steady	Rest	5 x Hills	20 km
2	40 min	5 x Hills	30 min	40 min steady	Rest	6 x Hills	25 km
3	Rest	6 x Hills	30 min	Fartlek - 40 mins 2 min Hard 2 min Easy	Rest	8 km	30 km
4	40 min	30 min steady	8 km	Rest	8 km steady	8 x Hills	32 km
5	Swim / Cycle	8 km	Swim / Cycle	15 km	Rest	Swim / Cycle	25 km
6	Rest	40 min steady	8 km	3 x 10 min (10 km pace) 5 min jog in between	Rest	8 km steady	32 km
7	Rest	8 km steady	Swim / Cycle	75 min with 15 min @ Half marathon pace	Rest	5 x 5 min @ 10 km pace 3 min jog in between	35 km
8	Rest	6 km	90 min with 20 min half marathon pace	Swim / Cycle	Rest	3 x 10 min @ 10 km pace. 5 min in between	35 km
9	Rest	6 km	4 x 5 min @ 10 km pace. 2 min	8 km	Rest	6 km	Race 21.1 km
10	Rest	Rest	6 km	2 x 10 min @ 10 km pace. 5 min	Rest	6 km	25 km @ marathon pace
11	Rest	8 km	8 km steady	6 km	Rest	8 km	35 km last 8 km at marathon pace
12	Rest	8 km	8 km steady	15 km	Rest	3 x 10 min @ 10 km pace with 5 min rest in between sets	90 min with last 30 min @ mara- thon pace
13	Rest	6 km	8 km easy	2 x 10 min @ 10 km pace 3 min rest	Rest	3 x 5 min @ 10 km pace with 2 min rest	60 min
14	Rest	6 km	Rest	20 min	Rest	Rest	Race 42.2 km

Progress on the recovery of Frankie

CHILTERN NEWS FLASH 14 JULY 2009: Frankie Update

Hi everyone

I can't believe it has been more than a week since the last update!

Frankie is really keen to go home now! She has settled in well at Wembley House and has made good progress, but she is, I think, lonely for company of her age. She has mentioned a few times that the patients at Wembley House are generally 30 years her senior. This is true at present, although, in her first week there, there were 2 ladies that were around her age. She is now in her 4th week there. She has no recollection of her 4 weeks at St Augustines or of her first week at Wembley House. So, if you did visit her at the hospital, she may not remember it, even if she recognised you there - or even spoke to you there. Thankfully some people wrote in her book that was made up for her, while she was in ICU and she has now been able to read those messages - thank you. Unfortunately the Neuro Ward would not allow for that book to be kept with her and during the time there, so she has no record of those that saw her, or left messages.

Today the Physio made Frankie walk with a walker - stick, on one side of her, rather than a 'Zimmer-frame' type walker that she has been using. She did really well, although the Physio did hold onto her jacket, just in case. Frankie is getting stronger each day. She is getting more independent and it is really great to see the progress. There is still a lot of loosening up of specific muscles to be done. She can stand up from sitting without pulling or pushing herself up. She is such a determined lady. I know that she is exercising muscles the whole time, even while she is lying in bed, pointing and flexing her feet, etc.

Julie-Anne (Frankie's daughter) arrived on Friday from the UK. She is staying in Hilton with us at present, while Frankie is in Pietermaritzburg. Frankie will be leaving Wembley House on Wednesday 15/7 to go home (Westville). She will have a live-in care giver and Julie-Anne will also be there to look after her until 24/7. I am sure that a lot of you are looking forward to seeing her again, and I realise that it has been very difficult for many of you to see her while in Pietermaritzburg. Frankie has made a request that I said I would pass on via email. (Deon, please let the people on your email list know, too.) She is very aware that she will be needing her rest at home and that she enjoyed an after-lunch nap while at Wembley House. Yesterday she did not have it and was quite tired today. **She requests the following: Please do not 'just pop in', but please phone before visiting her at home. She has also asked that people stick to the following times to visit (at least for the time being): 10-12am and 3-5pm.** Thank you for your understanding.

Once Frankie is home, it is essential that she receives Occupational Therapy and Physio for quite some time - perhaps even psychological therapy. She is to be booked into a place in Westville, called Headway, that provides the above-mentioned on an outpatient basis, specifically for head injured people. Thank you for the many of you that referred us to them. To start with they assess her in each of those 3 areas and then provide the therapy needed. I am not sure how often per week she will be needing to go there. That they will tell us after the assessment, which will only happen next week, as early as possible.

Thank you, to Wendy and Elaine, who are putting together a roster of people to help care for Frankie, whether by driving or by making suppers, etc. If you have not received their emails and would like to help, please contact me and I can get you their details. Thanks, too for all the other help we have received and the offers of lifts, plumbing, massages, etc. I know that Frankie really appreciates it, too. I know I have not mentioned everyone - sorry if I have left you out. It is not intentional. And most importantly, I know there have been many who have been praying for her recovery and thank you to all of you. I ask you to continue with that.

Till soon.

Barbara Raubenheimer

033 - 343 3168 (home phone and fax)

084 516 7210 (cell)

barbaram2@telkomsa.net