

# SAVAGES ATHLETIC CLUB

## THE WEEKLY *CLEFT STICK*



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### HOT NEWS

- Membership subscriptions and licence fees are due. The club premises are open as below.
- The race meeting as below is important to all members. We need all input that can be offered.
- Keep checking on the website gallery, you may just be there. If you have some interesting photos to share with the members, please let us have them to add to the gallery
- To those participating in the Duzi : May the water flow for you

**Reminder:** Tent/cooler boxes will be at Scottburgh so join us there after the event. Enjoy the run

### NEDBANK DURBAN CITY MARATHON incorp SA Champs

KZNA have asked for assistance from our club to marshal at SA champs on 8th February 2009. We have chosen to "man" a table and seek the Savages Members support. We will provide breakfast for the Savages Team on duty. Please give in your name to us via our email address or in person. We look forward to having you there.

### 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

**The Mutter** is a two day trail event from Bushmans Neck Border Post to St Bernards Peak Hotel (45 Km) and return via different route (40Km). Held on **4<sup>th</sup> & 5<sup>th</sup> October 2008**. One is given 6 GPS points and for the rest it is DIY course.

| Ref | Name         | Day 1 Time | Day 2 Time | Final Time | Position |
|-----|--------------|------------|------------|------------|----------|
| 10  | Chippy Steel | 9:12:54    | 8:21:41    | 17:34:35   | 19       |

### BIRTHDAYS THIS WEEK

|      |                  |
|------|------------------|
| 11th | Zenzele Mzimela  |
| 18th | Gordon Diener    |
|      | Graham Wittstock |

Many Happy Returns for your special day

### Soweto Marathon Results

| Race # | Name               | Age | Cat    | Pos  | Time     |
|--------|--------------------|-----|--------|------|----------|
| 5392   | Emmanuel Mkhwanazi | 33  | OpenM  | 1138 | 03:30:41 |
| 3827   | Blanche Moila      | 51  | 50-59F | 3245 | 04:48:05 |
| 4517   | Thandekile Sokhela | 37  | OpenF  | 3392 | 04:51:23 |

### Soweto 20km Walk Results

| Race # | Name           | Age | Cat | Pos | Time     |
|--------|----------------|-----|-----|-----|----------|
| 1911   | SIBONGILE CELE | 63  | 60+ | 714 | 03:15:40 |

### Soweto 10km Results

| Race # | Name          | Age | Cat  | Pos  | Time     |
|--------|---------------|-----|------|------|----------|
| 4733   | KAREN GELDARD | 36  | OPEN | 1113 | 00:58:17 |

### Savages 21.1/10km Challenge 10 May 2009.

The first Race meeting for this years event will take place on Wednesday 14<sup>th</sup> 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.

We also need some Lucky Dip prizes. Please see what you can do

### 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

Clean sweep for The Daily News marathon runners



**The Daily News Marathon 7th March 1993**  
 Blanche Moila, Grace de Oliveira, Eloi de Oliveira and Colleen De Reuck hoping to clean up

## 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  | 07                      | 08                                   | 09  | 10                                |
| 11 (Week 02)<br>7am» Ronnie Davel<br>16km  | 12  | 13  | 14<br>6pm» Race Meeting | 15<br>Hansa Powerade Dusi<br>- canoe | 16  | 17                                |
| 18 (Week 03)<br>6am» Halfway<br>Scottburgh | 19  | 20  | 21                      | 22                                   | 23  | 24                                |
| 25 (Week 04)<br>5am» Huletts PDAC          | 26  | 27  | 28                      | 29                                   | 30  | 31<br>aQuelle Mudman -<br>m/sport |

### February 2009

#### Info @ Savages

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

## Pacing Like a Pro (article courtesy of The Spirit of the Runner, Issue 104)

Running a steady pace is a good general race strategy, but if you want to PR, you may want to mix things up.

By Matt Fitzgerald

Exercise scientist Ross Tucker, PhD, has studied world-record performances at various distances and has found that certain pacing patterns lead to faster times. Follow these guidelines to break your own times.

### **5-K and 10-K: Fast-"Slow"-Fast**

In world-record performances at these distances, the first and last miles are almost always faster than the middle miles. To emulate this pattern, aim to run your first mile five seconds faster than your goal pace for the full race, then find a steady groove for the next few miles, and finally put everything you have left into the last mile.

### **Half-Marathon: Steady As You Go**

World-record performances in the half-marathon usually result from very even pacing from start to finish. Some runners start out too fast so that they are just hanging on in the last mile, making a final surge impossible. In your next half-marathon, try to run the first mile at precisely your goal pace and then continue like a metronome.

### **Marathon: Positively Negative**

The most common pacing pattern for marathon world records is a slight negative split, where the second half is run roughly 30 seconds faster than the first. To run your optimal marathon, run the first half at two to four seconds per mile slower than your goal pace, then run the second half by feel—which, if all goes well, will be a little faster.

### **Pace Training**

By testing your limits, you will develop a better feel for them so your brain can better guide you to a truly maximal performance. Workouts that simulate the challenges of a race do the best job of calibrating your internal pacing guide. Start with a speed and distance that is challenging but not overtaxing. Repeat the workout every seven to 10 days, each time increasing your pace or distance or both slightly. Ten days before your race, complete your toughest workout. Below are suggested workouts.

#### 5-K

- 1-mile easy warm-up
- 5 x 1-K at 5-K race pace with 400-meter recoveries
- 1-mile easy cool down

#### 10-K

- 1-mile easy warm-up
- 5 x 2-K at 10-K race pace with 400-meter recoveries
- 1-mile easy cool down

#### Half-Marathon

- 1-mile easy warm-up
- 4 x 2 miles at half-marathon race pace with half-mile recoveries
- 1-mile easy cool down

#### Marathon

- 1-mile easy warm-up
- 13.1 miles at marathon race pace
- 1-mile easy cool down

The debate regarding the need to have a club structure in place as well as the larger events being able to accept non-club licenced athletes, continues.... And will probably never end. Some media commentators who are fellow road running athletes have also expressed their views in their publications. The letter as below has been extracted from the December 19, 2008 edition of the spirit of the runner publication for you information.

[ALTERNATIVE VIEWPOINT \(courtesy of the Spirit of the Runner \(Issue 106\)\)](#)

I am a regular reader of your weekly mail and would really like to provide an alternative viewpoint to that provided by Mike Finch in respect of the Licensing debate for Two Oceans and Comrades: (Issue 105)

The way I see it, in order for races like Two Oceans or Comrades to grow, what you essentially need is a larger pool of runners. The more people out there running, the greater the pool of potential Two Oceans or Comrades runners – a pretty simple equation.

So the question is, how do you grow the pool of runners?

The way I see it, you grow the pool of runners by taking running events (in any form) to as many different geographical areas and people as possible. The more people are exposed to running events, the more incentive there will be to get people involved in the sport. Local folk will see an event and will want to get involved in running as they see the joy it brings to those taking part. But in order for events to “happen”, you need a structure to organize these events, and in South Africa this organizational structure has, until recently, almost exclusively been running clubs. Still today I would guesstimate 85-90 percent of all running events across the country are organized by a running club.

So it follows that the running club structure is crucial to bringing running to communities across the country. Take away the running club structure, and you effectively take away many running events which no longer have a structure to organize them. Take away running events, and fewer people get exposed to running. Fewer people exposed to running, means fewer people get incentivized to start running in the first place. This means your pool of runners drop and hence the final catalyst in the process which means numbers in ALL running events will decrease.

South Africa is completely unique when compared to the rest of the world – I would guess that it probably has more events per capita than any other country across the globe. There are events happening in virtually every single province every single week throughout the year! We are also the one country that (and I speak under correction here) probably has more running clubs than any other country around the world. Is this coincidence? I don't think so. There seems to be a clear and direct correlation between number of clubs and number of events (and hence number of active runners). We have a phenomenal club structure which allows for more events to be organised, and hence a greater pool of runners, as running is taken out to all parts of the country. Any action which dis-incentivises people to join clubs will weaken those structures and the end result will be fewer clubs, fewer events and a smaller pool of runners.

My own feeling is that the club structure is fundamental to the success of growing the pool of available runners. I think that this move will start a very slow gradual process of weakening clubs, as a large portion of people only join clubs because they know they need to in order to run Two Oceans and/or Comrades. I therefore ultimately see the move to allow temporary licenses at Two Oceans (and perhaps Comrades in future) as actually having the opposite effect to what is intended. Initially there will be little change in numbers, but very slowly I predict you will see numbers of registered runners and events drop off, along with a drop off in Two Oceans 56 and Comrades numbers. Certain of the bigger events over shorter distances (like the half marathon) should still attract large numbers, but the smaller events organized by smaller clubs may start to disappear from the calendar over the next few years as these smaller clubs become unsustainable due to lack of membership.

Finally, I agree with Mike that running could certainly move towards “breaking clear from the shackles of conservative lethargy and taking its place as a modern sport complete with every technology and accessory to make the experience even better.” But this is a separate issue from the licensing debate. We want both strong clubs as well as “modernization”. There is no reason why this cannot occur simultaneously.

Kind regards  
Patrick Cox