



SAVAGES ATHLETIC CLUB

THE CLEFT STICK

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02/08/2009 - 22/08/2009



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

- Savages AGM - 30 September. Please note the date, there is a lot to discuss about our future at the club premises and constitution.
- Cross Country - Well done to our medal winners at the KZNA Champs.
- We have a variety of branded clothing available for purchase at the club. A collection of these items are contained on page 2
- Results for various events have been posted.
- Interesting archive news articles regarding comrades history is contained.
- Motivation from the You magazine has been included.

Birthdays - Many Happy Returns

02/08	Mike Bennett
07/08	Peter Gohl
08/08	Nandus Moolman
10/08	Sithembiso Luthuli
11/08	Musa Dube
	Donald Robertson
12/08	Robert Carey
12/08	Pierre Maree
14/08	Neville De Klerk
14/08	Raymond Meyer
16/08	Claire Patterson
19/08	Filippo Faralla
22/08	Eric Atherstone

Savages Web Site

We attract a number of hits on our website. This is an opportunity for you to showcase your brand on the site to attract hit to your product or site.

For a reasonable advertising rate contact us.

Savages is well indexed on Google and gets a number of "foreign visitors" to the site.

A perfect place to showcase your product or service.

Month	Unique visitors
Jan-09	279
Feb-09	215
Mar-09	280
Apr-09	273
May-09	358
Jun-09	245
Jul-09	340

Tailpiece

Eighty-year-old George goes for his annual check-up. He tells the doctor he feels fine, but often has to go to the bathroom at night.

"But you know, Doc, I'm blessed. I've got poor eyesight, But an angel puts on the light for me and turns it off again when I am done"

The doctor mentions this to George's wife. What ever does he mean?

"The old fool! He's been widdling in the refrigerator again?"

Supplied by Robin Honneysett

(The moral George - don't get married)

**1-ON-1
Computer Training**

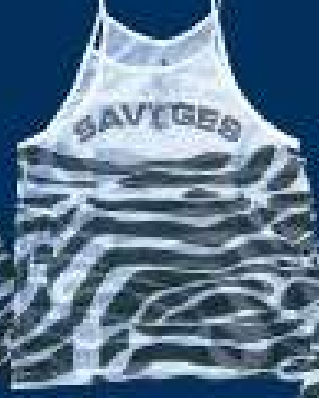
Wendy Schutte

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

R 110



R 105



R 105



R 130 - 150



R 270



R 65



R 110



R 95



R100



R 105



R 105

The Savages Top 10

The aim of the TOP 10 is to show the fastest 10 male and female athletes over a specific distance in the Club for the current year. It is the 10 fastest athletes and not the 10 fastest times, an athlete can therefore not occupy two positions on the list. Therefore, if an athlete better his or her time, he or she will move up the log and lose the old time. So watch out, this is like a music Top 10 - It is running, it is changing and somebody out there wants to be on it. Do not sleep too easy!

Men: 10km

Pos	Name	Time	Event
1	Ackim Mhlanzi	35.58	Savages 05/2009
2	Bheka Jiyane	39.47	Woodview 05/2009
3	Anthony Zaborowski	45'11	Forest Hills 07/2009
4	Raymond Meyer	45'12	Forest Hills 07/2009
5	Gary Roscoe	46'46	Forest Hills 07/2009
6	Haydn Bradfield	47'16	Forest Hills 07/2009
7	Zengele Msimela	54'04	Forest Hills 07/2009
8	Kevin Bradfield	57'39	Forest Hills 07/2009
9	Nandus Moolman	57'56	Forest Hills 07/2009
10	Mike Gordon	01.06.00	Woodview 05/2009

Men: 21,1km

Pos	Name	Time	Event
1	Anthony Zaborowski	01:17:46	2 Oceans 2009
2	Filippo Faralla	01.27.08	Scottburgh 01/2009
3	Thembinotosi Buthelezi	01.39.06	Mondi 01/2009
4	Raymond Meyer	01.43.24	Scottburgh 01/2009
5	Brett Florens	01.44.36	Scottburgh 01/2009
6	Mbhekiseni Mchunu	01:46:06	Savages 05/2009
7	Elais Mechanicos	01.46.41	Scottburgh 01/2009
8	Gary Roscoe	01.47.00	Postnet 03/2009
9	Rob Small	01.47.44	Postnet 03/2009
10	Lourens Grobler	01:56:55	Savages 05/2009

Men: 42,2km

Pos	Name	Time	Event
1	Nico Gey Van Pittius	03.31.23	Hillcrest 01/2009
2	Casper Kempen	03.36.10	Battlefields 01/2009
3	Elais Mechanicos	03.36.19	Midlands Meander 04/09
4	Thembinotosi Buthelezi	03.37.15	Postnet 03/2009
5	Christopher Mtshiliba	03.37.41	Postnet 03/2009
6	Brett Florens	03.37.59	Postnet 03/2009
7	Sishle Shangese	03.45.44	Hillcrest 01/2009
8	Boysie van Staden	03.53.14	Hillcrest 01/2009
9	Denis Khomo	03.55.11	Hillcrest 01/2009
10	Philip Tozer	03.57.34	Hillcrest 01/2009

Women: 10km

Pos	Name	Time	Event
1	Makhosi Mhlongo	37.07	Forest Hill 07/2009
2	Susan May	55.05	Forest Hill 07/2009
3	Karen Geldard	55'55	Forest Hill 07/2009
4	Claire Yunnie	57'55	Forest Hill 07/2009
5			
6			
7			
8			
9			
10			

Women: 21,1km

Pos	Name	Time	Event
1	Zoe Buchan	01.49.47	Dick King 05/09
2	Jacqui Hadingham	01.51.30	Scottburgh 01/2009
3	Emma Watts	01.54.11	Sardine 07/2009
4	Claire Yunnie	01.58.04	Scottburgh 01/2009
5	Linda Scott	01:59:10	Savages 05/2009
6	Gisele Anderson	02.02.55	Scottburgh 01/2009
7	Bronwyn Logan	02:06:37	2 Oceans 2009
8	Charmaine Bazley	02:13.30	Sardine 07/2009
9	Susan May	02:14.1	Sardine 07/2009
10	Susan Ryan	02.18.05	Eskom Gijimas 05/09

Women: 42,2km

Pos	Name	Time	Event
1	Daniela Papini	03.37.00	Nedbank 02/09
2	Jaqueline Hadingham	03:57:00	Nedbank 02/09
3	Karen Geldard	04:05:00	Bufs 03/2009
4	Linda Scott	04.07.38	Postnet 03/2009
5	Pearl Spencely	04.10.00	Postnet 03/2009
6	Chippy Steel	04.18.09	Hillcrest 01/2009
7	Gisele Anderson	04.20.40	Midlands Meander 05/09
8	Nikki Pereira	04.36.33	Postnet 03/2009
9	Antoinette Seiler	04.37.21	Postnet 03/2009
10	Thandekile Sokhela	04.53.14	Midlands Meander

The Savages Constitution - Amendments

Over the years the Savages constitution has been amended to keep up with the times. There are some changes that have been proposed, that will be tabled at the AGM this year.

In a nutshell, these relate to the following:

1. Adding in a new class of membership - to recognise past and present members who have rendered exceptional service to Savages AC.
2. Altering the way the Office Bearers are elected. Committee will be elected by AGM. The Office Bearers will be elected by the committee.
3. Changes to the Wind-up clause, to align with the provisions of SARS for tax exception status.

The Calendar: At a glance

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

August 2009

Public Access

Category: All

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
W K 3 1							01 07. F 21 Richards Bay
W K 3 2	02 07. Value Prop Orion Challenge	03	04	05	06	07	08 12. CROSS COUNTRY Newlands Striders
W K 3 3	09 06. Gatente Ultra Challenge 07. Marzini Bush Challenge	10	11	12	13	14	15 08. Capital Climb Fmb
W K 3 4	16	17	18	19	20	21	22 14.30. Dumb Mountain Race Paupierwerburg
W K 3 5	23 07. Merewent 10km	24	25	26	27	28	29
W K 3 6	30 05. The Spares Shop Half Addison Park 21.1km	31					

September 2009

Public Access

Category: All

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
W K 3 6			01	02	03 Wild Run	04 Wild Run 19. Midlands 100 Miler	05 00. Midlands 100 Miler (cont.)
W K 3 7	06 06. LifeStyle Dolphin Coast Ultra 07. The Duke of York	07	08	09	10	11	12 14. Mpoti Mountain Race
W K 3 8	13 Bonita's Trail Run- run 06. SAPS Striders 08. Spar Ladies Pietermaritzburg	14	15	16	17 18. Sports Zone Brooks TT League	18	19
W K 3 9	20 06. Beds for Africa	21	22	23	24	25	26
W K 4 0	27 06. Family Race 4 in 1	28	29	30 19. AGM			

KZN X/C Champs 2009 at Newlands AC Saturday 8th August 2009



The KZN championships rendered some newsworthy achievements, with the more senior and the new getting onto the podium, namely,



Gold Medal	Blanche Moila
Gold Medal	Makhosi Mhlongo
Bronze Medal	Raymond Meyer
Bronze Medal	Sibusiso Madikizela



In addition, our Sponsored athletes Delani Sithole, Monwabisi Cele and Sibusiso Madikizela are showing promise in their age groups, and getting Savages into the results.



A big thanks to Blanche for her continued support of development of the youth and unwavering support of Savages Athletic Club.



Spar 10 km Results

00:36:17	MAKHOSI	MHLONGO
00:57:44	SARAH	WARD
00:46:23	WENDY	ROOK
01:08:14	CLAIRE	YUNNIE
00:45:37	ZOE	BUCHAN
00:50:06	GAIL	BABICH
01:08:10	DANIELA	DE OLIVEIRA
01:55:10	MARCHELLE	GATES
01:56:40	BRONWYN	LOGAN
01:04:40	JUDITH	MLABA
00:43:26	BLANCHE	MOILA
00:55:37	NAOME	NXUMALO
00:54:43	THANDEKILE	SOKHELA

Forest 10km - Results

Pos	Time	Name	Lic. No.	Age	Sex
39	37'07	Makhosi Mhlongo	142	27	F
123	45'11	Anthony Zaborowski	299	34	M
124	45'12	Raymond Meyer	177	61	M
155	46'46	Gary Roscoe	68	49	M
163	47'16	Haydn Bradfield	264	18	M
200	48'55	David Kopp	259	40	M
315	54'04	Zengele Msimela	226	42	M
339	55'05	Susan May	205	32	F
362	55'55	Karen Geldard	69	37	F
404	57'39	Kevin Bradfield	2	47	M
410	57'55	Claire Yunnie	225	34	F
411	57'56	Nandus Moolman	15	34	M

Woodview 10km- Results

POS	NAME	SEX	LIC	AGE	TIME
39	Ackin Nhlanzi	Male	450	56	36.07
63	Bheka Jiyane	Male	184	29	39.47
165	Susan May	Female	205	31	58.17
216	Mike Gordon	Male	56	50	1.06.00

COUNTRYWIDE INFORMATION EVENINGS—IRONMAN

Want to know more about Ironman and be reminded what an adrenalin rush it is to cross the finish line? Want your friends to be in on the secret? Then join us when Triangle Events comes to your town for a series of Information Evenings.

DURBAN Tuesday, 8 September 2009
Durban Country Club
6:30 for 7:00pm

Race News - Mtunzini Bush Run

This unique bush experience through the Mtunzini Conservancy and Umlalazi Nature Reserve incorporates a mix of indigenous dune forest, beach and off-road



A few Savages decided that the North Coast might be a good place to run over the weekend of the 9th August.

Mtunzini is a small holiday village on the North Coast of KZN, approximately 140km north of Durban.

At the start line we were all briefed about caring for the environment as most of the run would be through the conservancy. They were not holding back on any of the details of terrain and toughness.

The map illustrates the course, with a varied terrain. In summary, trail runs for about 10km, Beach for 1km and 5kms on dirt or tar road.

Results

Pos	Time	Name	Gender
104	01:49:24	Kevin Bradfield	Male
140	02:11:53	Debbie Honneysett	Female
166	02:40:36	Michelle Knott	Female

For a great weekend getaway and some exercise for fun, look out next year for this event.

To Mtunzini Athletic Club, well done on a well organised event.

The Savages Club House Premises

Over the many years that Savages has been established, the actual domicile of Savages Athletic Club has been an issue. Reading back on previous Cleft Sticks for the last 25 years, this issue has been raised time and time again.

For those who are new to Savages, the current premises that we occupy, at the Cycling Stadium, was an extension of our previous lease which was in force from the old Kingspark Soccer Stadium. When they decided to renew the stadium to it's current glory, we were required to move from those premises. The Council facilitated the current move.

Our lease for these premises has now expired, and there maybe a need to seek alternative premises for a number of reasons, namely:

1. Cost of a new lease
2. Stadium being required for other sporting bodies
3. Location—Does it suit all members
4. Security - Is everyone happy with running in that area. Etc

The committee have been listening to members as well as taking into account the factors as above and has been looking for alternative solutions.

Additional suggestions, proposal and solutions would be welcomed from the members, so please do not hesitate to contact a member of the committee to discuss this important topic.

These solutions and ideas will be tabled at the AGM to be held next month. Please be there to assist the club in making the right decision

In keeping with the theme of the 2010 comrades theme we have done some web searching and found some articles of interest to all athletes. The following article was published in The Witness and can be found online at <http://www.witness.co.za/>



Special thanks to Norrie Williamson for the consent in using the article.

Striving toward camaraderie

22 May 2009

Norrie Williamson



THE Gunga Din trophy was initiated in 1931 and consists of a steel World War 1 helmet mounted on a shield which was donated by the Gunga Din Shell Hole of Moths (Memorable Order of Tin Hats). Lying down, the award is reminiscent of the burial mound of the warriors at the plain of Marathon in Greece, the historic starting point of the marathon and the words Gunga Din come from Rudyard Kipling's poem about his friendship and his tribute to the regimental water boy during battle in the 1890s.

In 1931, the whole concept of this team award was further reinforcement of the founding principle of Comrades — that of camaraderie, team work, and the need to look after and be concerned about others. Many would say these are values that have been lost in today's race environment, whereas some believe such values can still exist — albeit that they need to be designed to survive the acceptability of modern norms.

In 1931, the trophy was won by the then organising club, the Maritzburg United club, led home by race winner Phil Masterton Smith who had edged Noel Buree from Weenen into second by a mere two metres. Despite the relatively slow time of seven hours, 16 minutes and 30 seconds, 1931 produced the closest race finish in the race's 11-year history.

From then to the golden jubilee in 1975, the Gunga Din Trophy was shared among nine clubs, with Durban Athletic Club, the oldest club in the country, amassing 16 wins in the 45-year period. Savages, Collegians Harriers, and Germiston Callies were multiple winners. The point is that despite there being considerably fewer clubs, the Gunga Din was a coveted award fiercely contested by the clubs.

By 1960, the competition had become so fierce that the Arthur Newton trophy was provided for the runner-up in the team category.

The same is true of the eighties, where Hillcrest athletes trained hard to make the selected squad of six to eight athletes who by January would be identified to compete for the Gunga Din in the following year's Comrades. The process was replicated in Johannesburg among Randburg Athletic Club (RAC), Germiston Callies, and the Pretoria-based Magnolia Club. Throughout the country clubs aspired to take on the best of the best to become even the second, third or sixth best team over the infamous Comrades course.

Roll the clock forward 10 or 15 years to the nineties, and that club passion for team recognition has been lost, replaced instead by a two- to three- way duel between the so-called professional or corporate clubs.

Gone are the squads of six or eight members forming a training squad, which has now been replaced by an amalgamation of contracted athletes, "bought" from community clubs. Most corporate teams have used a simple numbers game to secure the team trophy. The trophy is then won by the provincial segment of the club who can enter the greatest number of elite athletes into the race. There are no tactics and strategies, it is every man or woman for himself or herself, and the first four past the post from the same licensing province take the prize.

Debatably, the thin end of the wedge came in the late eighties when Rockie Road Runners became Allied Rockie Road Runners and recruited the three top contenders to their ranks. With Bruce Fordyce, Alan Robb and Frith van der Merwe as their core, it was not long before Rockies became a major contender for individual and team prizes. No one can blame the individuals for their actions, or for wanting to be rewarded for their performances, but this was simply a couple of pen strokes on a cheque from the current situation.

No community or amateur club has won the Gunga Din in recent times. In the last decade, Mr Price teams have won it twice, Harmony twice and the various versions of the Liberty Club six times. However, both Harmony and Liberty clubs have folded and the athletes have simply moved to the next corporate club who will pay them a retainer. In comparison, previous winning clubs such as Durban Athletics, Savages, Hillcrest, and Germiston Callies still continue, but with all their talent skimmed off by the attraction of contracts, it is difficult to be competitive under the rulings.

Although there is no prize money for the team win, these sponsored clubs have in the past gone to extreme, and sometimes illegal lengths, to secure the media mileage associated with the team award. The falsification of athletes' details and registrations by club managers is but one of the reasons that a number of the team awards were unable to be made on race day in recent years. Instead of epitomising the very best of Comrades virtues, the award has been desecrated by unscrupulous actions.

As opposed to the past, such actions and antics have resulted in a massive loss of interest by the media, and the general and athletic public in the outcome of the team award, and Comrades has lost an extremely valuable asset to the greed of a few.

Perhaps the greatest loss is to the sport. Community clubs simply do not have an equal number of talented athletes, nor the funds to support them for six or eight months of preparation, so they no longer bother to get involved. Gone too is the squad training which any coach worth their salt will tell you is the key to improvement in distance events at any level of ability. Now the country's elite athletes train on their own, more focused on trying to beat each other than gaining from the benefits of team preparation the way the Kenyans, Ethiopians and other successful nations do both in training and racing.

Even in his leanest and fittest days, Tony Abbott of Hillcrest Villagers team considered himself to be a "fat man" hidden inside a runner's body simply because of his desire to make the club squad. His point was that not all members of that highly successful team were natural athletes, but the training, the bond and camaraderie forged them into a "fighting" machine that performed above their individual expectations. They were driven to the extra (ordinary) effort, as was witnessed in 1982 when Derrick Tivers crawled over the finish, desperate to get his gold medal and to join Abbot and Graeme Fraser. Errol Ackerman, as fourth man home in 15th position, clinched the Gunga Din ahead of Germiston Callies and the whole of Hillcrest and KwaZulu-Natal celebrated and honoured their heroes.

The loss of such training squads, and the ethos it creates among clubs for training for other shorter events and challenges, can be argued to be a component of the demise in level of performance throughout the sport. Although athletes have gained from the security of contracts, the sport has lost in performance because of the corporate insistence on exposure, and so over-racing, in preference to incentives for performance improvement. In some cases contract fees are even reduced when athletes opt to represent their country as opposed to running a wide range of meaningless races on a weekly basis.

It's time the sanctity of the Gunga Din was returned, but how can you put both the community club and the professional club on an even footing for a team prize?

"It's certainly not an easy prospect," admits Dave Dixon of the Comrades Marathon Association, "But I agree that there is a need for a review of the team award in its current status".

One proposal is to have clubs nominate a squad of runners for their team, and the first four from that squad would count as their team, the idea being to limit the squad size to something viable for less affluent clubs to provide some support, or find sponsorship, for the preparation of their team. Clubs could field as many teams as they wanted, but each would consist of six to eight or 10 runners, and the first four would count.

"Comrades is a long way and much can go wrong," says Cheryl Winn, the 1982 down run winner, "so the team size has to be big enough to allow for that, but small enough for clubs to afford".

When groups of similarly talented athletes train towards a single focused goal, great things can happen. For the first time, one such group from Nedbank, who are certainly not the most talented athletes in the field, have been training in Johannesburg with this vision, and they may well provide the required proof to stimulate the review of one of Comrades' most potent assets — the Gunga Din Trophy.

Though I've belted you and flayed you, By the livin' Gawd that made you,

You're a better man than I am, Gunga Din!



INSPIRATION

By Siyabonga Kamnqa

My journey to A NEW LIFE

FOR more than 10 years all that mattered to him was scoring drugs and getting high. He lost everything – his business, his dignity, his self-respect – and lived on the street, doing whatever it took to get his next fix.

But the man sitting on a chair inside the church is as sober as a priest. He's strong and fit and has a look of steely determination in his eyes.

It's hard to believe Jerry Mboweni is the same man who was once a slave to heroin and crack cocaine – especially as the 33-year-old Cape Town driver recently finished one of the most gruelling ultra-marathons in the world.

Jerry not only finished the Comrades Marathon, he made headlines for being the last athlete to complete the 89 km run before the 12-hour cut-off time.

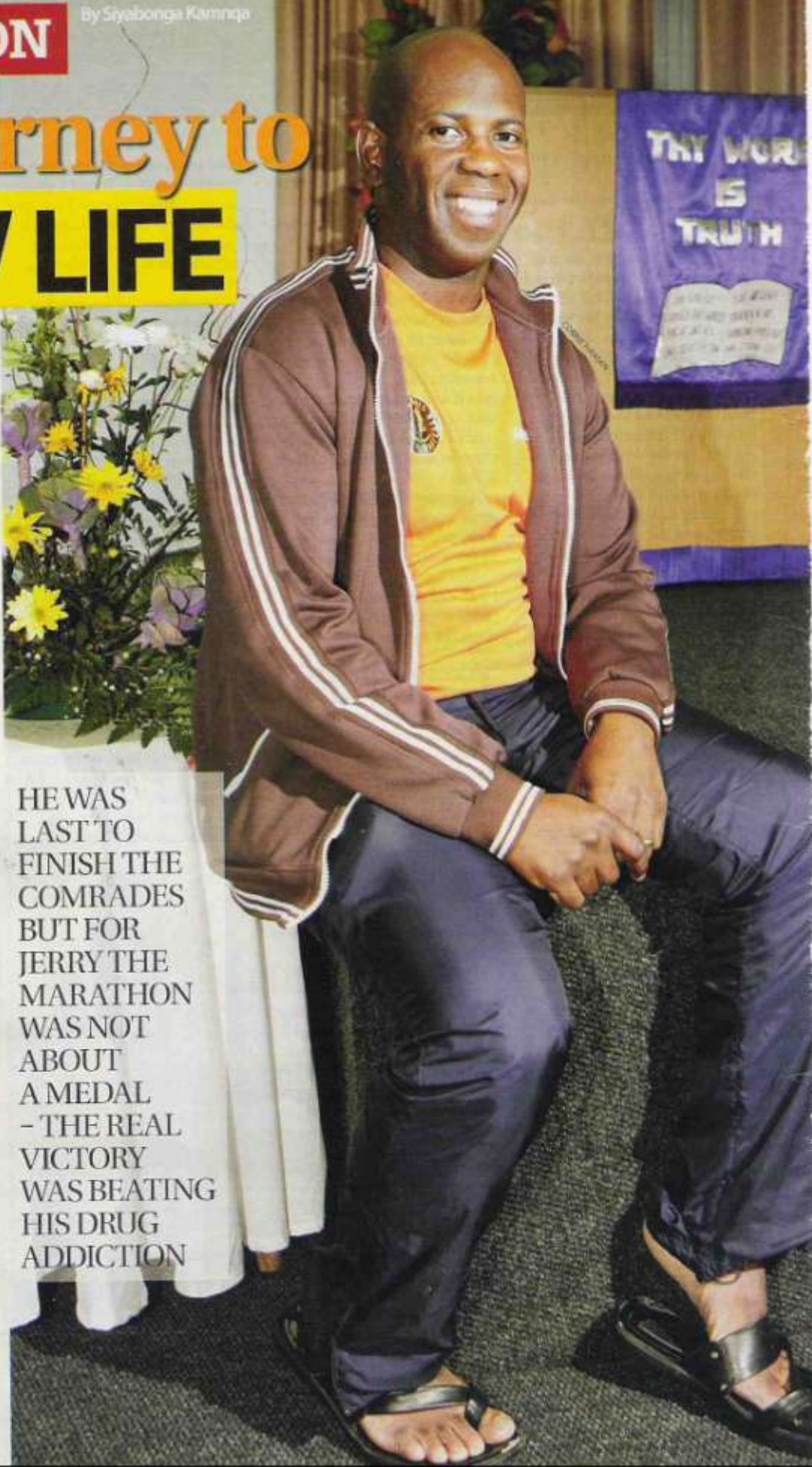
But he doesn't mind being the last runner home. In fact it worked in his favour. "God works in mysterious ways," the reborn Christian says.

"I believe it was His plan for me to finish the race last. I wanted to show people it's possible for anyone to quit drugs and make something of your life and through the publicity I received by finishing last I got my message across."

Sitting next to him is his wife, Vanessa (46), a nurse. "I knew how much it meant to him to finish the race," she says. "In the days leading up to the race he would often tell me, 'Baby, if I can bear drugs there's no reason why I can't finish the Comrades'."

The race has been in his sights since he gave up drugs five years ago. Today his life

HE WAS LAST TO FINISH THE COMRADES BUT FOR JERRY THE MARATHON WAS NOT ABOUT A MEDAL – THE REAL VICTORY WAS BEATING HIS DRUG ADDICTION





MAIN PICTURE: After quitting drugs Jerry Mboweni became a born-again Christian and set his sights on running the Comrades Marathon. **LEFT:** Soon after completing the Comrades. **RIGHT:** Jerry was the last runner across the finish line before the 12-hour cut-off time. **BELOW:** With his wife, Vanessa, at their Lavender Hill home.



'I believe it was God's plan for me to finish last'

revolves around staying fit, working and running – but his memories of being a down-and-out addict are never far away.

JERRY started doing drugs at the age of 17 while living in exile in Tanzania with his mother, Dorothy (78). She'd fled South Africa years earlier because Jerry's father – whom he never met – was involved in the struggle and she was constantly being harassed by cops to reveal his whereabouts.

Jerry started off experimenting with whatever drug he could find – heroin included – and before long he was hooked.

"I guess peer pressure played a role," he says. "I saw other boys doing it and wanted to join in." He tried to hide his habit from his mom but she soon found out.

Dorothy decided to send her son back to South Africa in December 1993 to stay with his elder brother, Mhando, in Guguletu, Cape Town. Maybe he'd have a positive influence on his little brother, she thought.

It didn't work. Jerry got a job as a cleaner at a car-wash business in Sea Point and earned about R25 a day.

"I blew it all on drugs," he recalls. "But despite my addiction I took my job seriously and worked hard every day. I knew to get heroin I needed to have money."

His hard work didn't go unnoticed and in 1995 his employers promoted him to manager of the car wash. A few months later Jerry decided to quit and open a car-wash

business of his own.

"I slowed down a bit on the heroin for a while," he says. "I needed the money to buy equipment for my car wash."

For a while business boomed. He had 11 people working for him and made enough profit to afford to buy two cars.

But after a while he started going back to his bad old ways. Heroin and crack cocaine became more important than running his business. "All I concentrated on was getting high," he says. "Soon the business started collapsing."

When the car wash closed down he sold both his cars and blew the money on heroin. When all his cash was gone he drove taxis for a while but was fired because his addiction made him unreliable.

"I had no choice but to live on the streets," he says. "Life was tough and I often went to sleep on an empty stomach. I couldn't afford heroin and ended up sniffing glue."

In 1999 he received shattering news: his brother, Mhando, had succumbed to Aids.

"I was devastated. His death made me realise I needed to change my life but I didn't know how to get off the streets. I was too ashamed to go to my family because I didn't want them to see how drugs had destroyed me."

For four more years he wandered around, desperate

and lonely, doing odd jobs to buy scraps of food and whatever drug he could afford.

Help finally came in 2004 when he and a group of street people were approached by a woman who asked if they were willing to go to a rehab centre. Jerry was the only one who raised his hand.

"I was desperate to reclaim my life and I knew if I didn't grab this chance I might never have the opportunity again."

He stayed in rehab for three months and came out a changed man. He worked as a car washer in Retreat, Cape Town, and found a room in a backpackers' lodge. One day while he was at work an attractive woman called Vanessa brought her car for a wash and they chatted as he cleaned her vehicle.

Jerry told her his life story and how he wanted to change and serve God and Vanessa, a devout Christian, suggested he come to her church the next Sunday.

He did – and moved the entire congregation when he stood up and related his story. A bond developed between Vanessa and Jerry and they married in January 2006.

JERRY has always enjoyed running and was a keen athlete at school before the pull of drugs became so strong. After getting clean he decided to start

pounding the pavements again. He joined the Guguletu Athletic Club and vowed that one day he would run the Comrades.

"I started training hard but I told myself I wouldn't push it," he says. "The Comrades is a big race and I wanted to give myself time to be fully fit and prepared."

Jerry started doing races, including the Two Oceans Marathon, and finally decided he was ready to enter the Comrades.

"I would wake at 4 am and run about 10 km then go to work," he says. "After work I'd do another 10 km. I also watched my diet and stayed away from fatty foods."

He's grateful to his employers, Steve and Jenny Cadwell, who own the Sea Point car hire company where he now works as a driver and who sponsored his Comrades dream. "I would not have achieved my goal if it hadn't been for them," he says humbly.

Jerry now wants to dedicate his life to fighting drug abuse on the Cape Flats.

"Tik is a big problem," he says. "It pains me to see the youth wasting their lives on drugs. I want them to learn drugs are not cool. If anyone knows that, it's me." □

JERRY'S TIPS

HOW TO STAY CLEAN

- Exercise. Not only will it take your mind off drugs, it will make you feel better about yourself – inside and out.
- Eat well. Load up on vegetables and fruit – they'll replace the nutrients you lost when you were on drugs.

- Read. Newspapers, books and magazines will occupy your brain and stop you thinking about drugs.
- Surround yourself with loved ones.
- Avoid friends who aren't clean yet. They might tempt you to get back on drugs.

CORRIE HANSEN

