



SAVAGES ATHLETIC CLUB

THE CLEFT STICK

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23/08/2009 - 12/09/2009



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

- Reminder - Savages AGM - 30 September. Please note the date, there is a lot to discuss about our future at the club premises and constitution.
- Notices of the AGM have been distributed.
- Savages had 3 members representing KZN at the recent 10km SA Championships in Stellenbosch
- **SportsZone/Brooks TT @ PDAC on the Thursday 17th Sept. @ 18:00. Club Will be Closed.**
- 24th September 2009. Thursday Public Holiday Club will be closed

Birthdays - Many Happy Returns

26th JP Stewart
 27th Musa Sishi
 31st Thandekile Sokhela
 Valerie Truluck

Sept

3rd Denis Khomo
 6th Brett Florens
 8th Gavin Simpkins
 9th Samkelo Merryman Mendwana
 11 th Charlene van den Bergh
 12 th Lionel Meneely

Member Feed Back

Just to let you know, I ran the Duke of York in Sunday 6 September 2009 on the new route from Boulder Hill Ashburton to Collegians Club. The race was well organized and most enjoyable. My time was 83:12.

Kind regards Alex Jeffrey.

Midlands 100 Miler Results.

Well done Shangase for completing your 1st attempt.

Pos	Time	Name
15	23:40:11	Shangase Siqiniseko Sihle

**1-ON-1
Computer Training**

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

Savages 50th Year Tog Bags
New in Stock *Limited Edition*
R 195



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	36.17	Spar 08/2009
2	Blanche Moila	43'26	Spar 08/2009
3	Zoe Buchan	45'37	Spar 08/2009
4	Wendy Rook	46'23	Spar 08/2009
5	Gail Babich	50:06	Spar 08/2009
6	Thandekile Sokhela	54'43	Spar 08/2009
7	Susan May	55.05	Forest Hill 07/2009
8	Naome Nxumalo	55'37	Spar 09/2009
9	Karen Geldard	55'55	Forest Hill 07/2009
10	Sarah Ward	57'44	Spar 08/2009

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 5/9
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 5/9



Savages Continued Commitment toward Sports Development

Meet Sibusiso Madikizela He is one of the new sponsored athlete, who has joined this year , mentored by Blanche Moila.

He has impressive credentials

800m	1:57.55
1500m	04:06
3000m	08:35
5000m	15:25
10km	30:52
2000m steeplechase	06.09.00

We hope to see more of him on the road in Savages Colours

The Calendar: At a glance

More details can be obtained from

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

September 2009

Public Access

Category: All

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
W K 3 8			01	02	03 Wild Run	04 Wild Run 19> Midlands 100 Miler	05 00> Midlands 100 Miler (cont.)
W K 3 7	06 06> Life Style Dolphin Coast Ultra 07> The Duke of York	07	08	09	10	11	12 14> Mpati 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 Heritage Day 06> VAC Marathon Chalnge	25	26 07> ITHALA ESCARPMENT CHALLENGE
W K 4 0	27	28	29	30 19> AGM			

October 2009

Public Access

Category: All

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
W K 4 0					01	02	03
W K 4 1	04 06> South Coast marathon & half 07> Saints Thomtree Challenge	05	06	07 18> Sports Zone Brooks TT League	08	09	10
W K 4 2	11 06> Sugar Coast 21	12	13	14	15	16	17
W K 4 3	18 06> Chatsworth 21km	19	20	21	22	23	24
W K 4 4	25 05:30> Township to Township	26	27	28	29	30	31

Out and About



Savages Members at Lifestyle Ballito 7th September



SA 10km Champs held at Stellenbosch. Selected from Savages

- Makhozi Mhlongo
- Ackim Mhlanzi
- Sibusiso Madikezela
- Blanche Moila - Team Manager.

SA Cross Country Champs to be held in PTA. Selected from Savages.

- Makhozi Mhlongo (Sponsored)
- Sibusiso Madikezela (Sponsored Junior)
- Blanche Moila
- Delani Sithole (Sponsored)
- Raymond Meyer
- Monwabisi Cele (Sponsored Youth)
- Jp Stewart Team Manager

RESULTS

Meditrax Academy 21.1 km Run / Walk & 10 km Run / Walk

POS	NAME	SURNAME	CLUB	LIC	TIME	CAT	M/F
21	Gwenda	Watts	Savages AC	214	3.15.30	55-59	F
22	Graham	Watts	Savages AC	370	3.15.32	55-59	M

Well Done to Graham & Gwenda Watts for flying Savages Athletics Club colours so far away from home

MEREWENT 10km

POSITION	TIME	NAME	AGE	SEX	CLUB
295	01-04-51	JUDITH MLABA	40	FEMALE	SAVAGES
308	01-06-39	MIKE GOODWIL	50	MALE	SAVAGES
319	01-08-11	BIILY PATEL	56	MALE	SAVAGES
322	01-09-20	NILK BROWN	64	MALE	SAVAGES
357	01-16-21	NEIL SHORT	64	MALE	SAVAGES

The SportsZone/Brooks TT @ PDAC on the 17th Sept. @ 18:00.

We have a good opportunity to leapfrog PDAC in the SNR A team and SNR B team can jump 5 positions up the log. Vet A team can move up a position and Vets B team can close the gap towards 7th position. The B teams are very important as you can take points away from teams in front of the A teams.

So see you all there.

The Road to 2010

263 days to go

Sunday, 30 May 2010



According to the counter on the Comrades Web Site there are currently Entries 2724

How to Enter

Phase 1:

1 September 2009 entries open to all previous Comrades Runners ONLY. Phase 1 will be capped at 15,000 entrants and will close on 31 October 2009, or whichever comes first (eg. if we receive 15,000 entries by the 10th October 2009 then no further entries will be accepted). To qualify as a "previous runner" you must have started in a previous Comrades Marathon, even if you didn't actually finish within the 12 hour time limit.

Phase 2:

1 November 2009 entries will open to all Novices ONLY and will be capped at 5,000. Entries will close on 30 November 2009, or whichever comes first (eg. if we received 5,000 novice entries by 15th November 2009 then no further entries will be accepted).

Qualifying period for 2010 will be from 24 May 2009 to 26 April 2010. Runners who finish the 2009 Comrades Marathon can use their finishing time as a 2010 qualifier.

As in 2009, runners will be able to enter before they qualify. This means while all entries will have to meet the entry criteria above, runners will still be allowed to qualify in official qualifying races up until the month of April, with the 26th April as the final cut-off date. Upon qualification, runners simply need to give the time and details of the qualifying race through to the CMA office. Upon receiving the qualifying information the runner's entry will be confirmed.

Comrades Marathon Road Show

Look forward to an informative, educative and inspiring session with expert advice, lucky draw prizes and interacting with your local running heroes.

These shows are not to be missed! All welcome & entrance is free.

Sat 19-Sep-09 09h00	Nedbank Head Office	Nedbank Head Office 90 Ordnance Road Durban
Tues 22-Sep-09 19h00	Collegians Athletic Club	Collegians Club House 381 Boshoff Street
Weds 23-Sep-09 19h00	Verulam Falcons	Verulam Day Care Centre 100 Todd Street, Verulam
Thurs 24-Sep-09 19h00	uMhlathuze Athletic Club	Mtubatuba Road, Addison Park, Empangeni

Savages History in the Comrades



Savages Members have achieved many mile stones over the years

One or past members Ronnie Ronaldson, ran a 07:05:03 Comrades in 1965.

The member has now passed on.

His son remains proud of his dad and carries his medal in his wallet

Have you entered Comrades 2010

Confirmed entries thus far

1. **Gizelle Anderson**
2. **Kevin Bradfield**

Let us know if you will be there?

CAPESTORM / MONTRAIL WINTER TRAIL SERIES

Submitted by the Steele's of Hout Bay

This is a series of four trail runs held around the peninsula. It is scored similarly to cross-country with each participant scoring by position, and the best three results being aggregated to give a final result. There are two "events", the long with routes of 10 – 13 km and the short being about 5km.

The first event (13,1km) was on the Bloemendal wine farm in Durbanville Hills on a stunningly clear day. Climbing the hill away from the start we found we were more or less below the flight path into the airport as there just above the level of hills (or so it seemed) was a plane approaching the runway a few kays to our left. Once up and going along the still climbing ridgeline we could see across to Table Bay and Robben Island, the Table Mountain trio and then the peninsula disappearing towards Cape Point. From the top the sweep of False Bay to Cape Hangklip came into view with the barricade of the Hottentots Holland Mountains. But not too much time can be spent looking at the views as you have to watch your footing along the tracks and paths! Having set myself the goal of not walking up any hills I managed to pass a few people who had succumbed to the gradient of the climb, only to have an avalanche of people whiz past me on the downhill as I did not have the knees or the nerves they do!! But what a lovely run around the vineyards and through a small forest and section of fynbos.

A week later the venue was in the Bottelary Hills (10,9km) a bit closer to Stellenbosch on the farm Kaapzicht. Driving there we were treated to the most amazing sunrise with shades of orange and red sky, black and grey mountains that if seen in a picture would probably look artificial! Another enjoyable run but it seemed harder than the first one as although we didn't climb as high it was a longer climb in kays. The downhill wasn't as steep either but quite a lot of it was along a path thru waist-high fynbos which kind of covered over where you are going - I'm not so sharp on running where I can't see, so was a bit cautious and had to step aside a couple of times to let the more confident faster people pass. Again there were 360° views but this time the Simonsberg (backdrop to Stellenbosch) and the Helderberg (alongside Somerset West) were more prominent than Table Mountain etc.

After a two week break we went to Kogelberg nature reserve (near Kleinmond) through rain and drizzle and with low cloud hiding the tops of the mountains. But how lucky we were as the rain stopped and left us perfect running conditions. This time there was the option of a longer (21km) route which I opted for in preparation for another event in the Northern Cape at the end of month. Generally it followed the course of the Palmiet River going out mainly along jeep track and then back along a hiking path closer to the river, with several log bridges crossing the streams feeding into the river, and many rocky obstacles. A few short sections of sandy path gave a welcome break to the fairly technical (for those new to trail running) path. The longer route was quite tiring with all the concentration required, but the path section especially was dotted with lovely fynbos and other flowers to give additional pleasure to the run.

The final event was a night race held at Groot Constantia. This time Wally ran as well as he had managed to get an entry (the Palmiet river run was fully subscribed when he tried so he ran the Paarl 21,1km instead) which was great. The run started at 6.15 when it was still light but after a few kays we needed our head torches on. The serious downpours of the previous day had dug out ruts and furrows in the tracks and paths and created a few muddy corners, so we had to choose the best option where possible. The route took us more or less in a large figure of 8 with the second "loop" taking us up to the top of the vineyards via a very steep path – no chance of running there with the dark and very uneven footing making it probably stupid to overtake anyone who was keeping to the best line on the narrow and steep-sided middel-mannetjie and keeping off the hazardous rutted and stony bits. Not much in the line of views as the farm is mainly in a valley but we did get the sunset pink across the Cape flats to the Hottentots Holland, and then later on the city lights; also the bobbing procession of headlights making their way through the darkness. And at the finish we were offered wonderful Groot Constantia wines to taste - sauvignon blanc and shiraz which went down really well. Happily they were generous with the amount they gave you to taste too!

Runners Trots By Dave Spence

published April 2000. (Courtesy of www.iol.co.za archives)

Affectionately - or maybe not so affectionately - called "runners trots", runners diarrhoea is fairly common.

For various reasons, diarrhoea plagues runners more than athletes. About a quarter to a third of all marathoners have had the "trots" during or after the race. So you are not alone - most people who run enough will experience the trots eventually.

I have heard more hard luck stories about runners missing time goals at Two Oceans because of the trots than any other reason.

So what actually goes wrong? I'd like to call it a "heart attack" of the gut. Gastrointestinal (GI) functioning requires the body to be relatively still and to have an ample blood supply.

As you run, you constantly shake and jar your intestines (those long tubes that help to digest your food).

Blood also flows to your heart and muscles as it leaves your GI tract.

Dehydration and low blood sugar further aggravate the problem. Blood brings oxygen to your intestines and takes away nutrients and excess water.

Without blood, your cells starve of oxygen, and water pools in your large intestine. As your circulation falls below critical levels, you first experience abdominal pain and cramping - then diarrhoea.

How do we make this easier? Here are some strategies to help unwanted trips to the bush.

1. Avoid bowel-stimulating substances. High doses of vitamin C, alcohol and the most common - caffeine - should be avoided. Some people can't handle sugar substitutes (sorbitol found in sugar-free chewing gum, and mannitol).
2. Avoid or cut back on all dairy products three days before the big race - milk, (all forms), cheese, ice-cream and yogurt. This is because runner's trots sometimes stems from lactose intolerance, the inability to digest dairy products.
3. Large quantities of high-fructose drinks, such as apple or grape juice, are particularly likely to trigger the trots as well.
4. If you eat on race day, low fibre carbohydrates like bananas, cooked oats and white toast make the best food.
5. Two days before the race cut back on fibre, especially wholewheat bread. Fewer high-bulk foods, such as whole grains, dried fruits, nuts and seeds may keep you rolling unhindered.
6. Avoid highly concentrated beverages. Use sports drinks with five to eight percent carbohydrate. If you must use corn syrup, wash it down with plenty of water.
7. Stay hydrated. Before the race start drinking water - drink at least 500ml in the two hours before the race. Drink water at every feeding station. The trots, as stated, is often the result of inadequate hydration.
8. Stay calm - anxiety can cause diarrhoea. Use the relaxation techniques that I have talked about in previous articles.
9. Consider medication. You can take Loperamide (Imodium) in low doses to curb diarrhoea. Follow package directions.

Finally, consult a physician. Intestinal distress that is not rectified by any of the above measures could be the result of something more serious, in which case you shouldn't be shy about seeing your doctor.