

# SAVAGES ATHLETIC CLUB

## THE WEEKLY *CLEFT STICK*



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19/01/2009 - 25/01/2009



### HOT NEWS

- The renewal of annual licences is being conducted at a steady stream. A reminder to all, we are required to return unclaimed numbers to KZNA by 28th February 2009
- Savages Race, we request anybody to come forward with regards to having contacts who would be interested in sponsoring our Annual Race, or who would like to co sponsor with other sponsors. .

#### 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.

Reminder

#### 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

#### Advertising

Want to get your message, service or product out to the Savages Community and beyond

This spot is available for you to advertise.

Reply to [info@savagesac.co.za](mailto:info@savagesac.co.za) to book your space

#### **BIRTHDAYS THIS WEEK**

25th George Corris

Many Happy Returns for your special day

#### Training Schools

More new runners are joining the club and are looking for running partners with similar running ability. Please make contact with us if you have a "school" of runners and are looking for some more talent to join you. All information and abilities would be welcome.

As an example, George Lucy has one again acquired himself a harem of ladies on a Tuesday and Thursday - They set out from the club at approximately 17:30.

Another definite is the Burman Bush run on a Thursday evening at 17:30.

Happy and successful training to all !!

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

The first Race meeting for this year has take place and various portfolios have been accepted by members.

Should you be able to share your talents and skills with us in organizing this event, please "step up to the plate".

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

#### **The History of Savages hosting Events**



Savages club member's Dick Elliot, Ken Fox, Des Martin and Bill Couzens with promotions helper Moria Davidson collating the entry forms, former marathon runners themselves have clocked up 44 Comrades between them.

## 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) 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	21	22	23	24
25 (Week 04) 5am» Hulett's 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) 5» Sparksport Challenge 6» Kearsney Striders	02	03	04	05 19» (Private)	06 Stihl Non Stop Dusi-canoe	07 Midmar Mile -Swim
08 (Week 06) Midmar Mile- Swim 5» Nedbank City Marathon	09	10 18» New Members Evening	11	12	13	14 Valentines Party
15 (Week 07) Bonita's Sunday Tribune- Triathlon	16	17 18» Sports Zone Brooks TT League	18	19	20	21
22 (Week 08)	23	24	25 Subaru Sani2C- MTB	26	27	28 Breakfast 5:30» Buffs Marathon

For those that have not visited the Web Site for a while, we are constantly the pages with the latest the latest content available. Below is a sample of the page as it appears today



<a href="#">Home</a>	<a href="#">Directions</a>	<a href="#">Contact Us</a>	<a href="#">Update your Details</a>	<a href="#">Photo Gallery</a>
<a href="#">About Us</a>	<a href="#">Newsletters</a>	<a href="#">History</a>	<a href="#">Savages Events Calendar</a>	<a href="#">Sign our Guest Book</a>
<a href="#">2009 Cross Country Calendar</a>	<a href="#">2009 Track Field Calendar</a>	<a href="#">2009 Road Race Calendar</a>	<a href="#">Savages 21.1km Challenge Race</a>	<a href="#">2008 Mondri Race Results</a>

### Welcome to our "What's New" Page

Follow Hyperlink below to open related article

- [Kearsney Striders Race Flyer](#)      Attached please find details for the Kearsney Striders Race which is on the 01 February 2009
- [Week 02-2009 Cleft Stick](#)      The Weekly Cleft Stick Publication has been loaded to the site. Follow the link to view
- [Week 01-2009 Cleft Stick](#)      The Weekly Cleft Stick Publication has been loaded to the site. Follow the link to view. Should you have problem viewing the file, Right Click on the link to download to your local machine.
- [Buffs Marathon - EC](#)      Queensburgh extends an offer to travel with them to The Buffs Marathon - Check the link for more details
- [Two Oceans Training Schedule for 2009](#)      Wally and Chippy Steel have put together a suggested training program - Long Runs for the Two Oceans. Those wishing to join then read the article on the link
- [Sportszone Brooks Time Trial League 2009](#)      Sportszone Brooks TimeTrial League rules and venues for 2009 has been announced.

Directions to the Club Premises  
 Cnr NMR and Goble Roads  
 Latitude 29°49'7.35"S      Longitude 31° 1'48.79"E

