



SAVAGES ATHLETIC CLUB

THE CLEFT STICK

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3/10/2009 - 24/10/2009



Calling all Past Members

Savages has a rich history in having members who have at times been part of the success of the club. Should you have contact details of past members, specifically email addresses, please pass them onto us, so we can include them in the 50th Anniversary Celebration News.

HOT NEWS

- There is group under Emma's guidance doing track work sessions leaving from the club, these sessions have already shown huge improvements in times, everyone is welcome.
- Meat draw was won by Robin Honneysett.
- Welcome to all new members who have just joined
- Boysie van Staden has had an accident on his bicycle and had an operation, we wish him a speedy recovery .
- The new committee for the year 2009 - 2010 has been elected - See pg 2

Birthdays - Many Happy Returns

4/10	John Van Der Linde
8/10	Roger Skevington
10/10	Naome Nxumalo
	Mike Rook
14/10	Irene Hatton
18/10	Bruce Carter
	John Ward
20/10	Nicolette Pereira
23/10	Leonie van der Westhuizen
28/10	Ntsikelelo Silangwe
29/10	Nico Gey Van Pittius
	Tim Hadingham
	Jim Stanton

Race Results

We endeavor to publish all results from recent events. Due to results not being received from Race organizers this is becoming difficult to keep our record up to date. Should you wish your results to be published it is the member's duty to notify us of their results either via email or at the tent or the club.

TT League Results 7th October @ Athletics North

20 Susan May F S 00:19:05

Next Time trial League: Glenwood Harriers on Wednesday 11th November



1-ON-1 Computer Training

Wendy Schutte

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

Forth Coming Attractions

Christmas Pub Run	3 rd Dec
Illovo Christmas Challenge	13 th Dec
Christmas Dinner & Awards	15 th Dec

Feedback

The committee always values the member feedback. Good suggestions were offered at the AGM. Please keep all suggestions flowing so that we can continue to keep Savages at the front of the "race".

The 2010 Savages Committee

Chairman JP Stewart
 Vice Chairman Jim Stanton
 Treasurer Debbie Honneysett
 Club Manager Kevin Pretorius
 Member Gary Manthe
 Member Christopher Akal
 Member Filippo Faralla

Accountant Robin Henneysett

- The AGM was held on the 30th September 2009
- New committee voted in.
- 3 Members were honoured with Honorary Membership
 Wally Steele
 Lolly Thompson
 Kevin Pretorius
- Minutes of proceedings as well as the Chairman's report will be posted on the internet.



ATHLETICS NORTH - BEDS FOR AFRICA 16KM RUN - RESULTS

POS	NAME	TIME
36	JİYANE BS	01.07.55
68	ROSCOE G	01.14.29
70	WARD JOHN	01.14.39
72	POLLARD ANDY	01.15.22
87	PAPINI Daniela	01.17.59
106	BUCHAN zoe	01.19.53
123	(L)WATTS Emma	01.22.12
142	HADINGHAM Jacqui	01.23.59
150	ROOK Wendy	01.24.40
164	BALLADON MARK	01.25.32
175	BABICH Gail	01.20.09
177	MAY Susan	01.26.19
198	MZIMELA Z	01.27.59
215	SOKHELA Thando	01.29.04
237	GELDARD KAREN	01.30.02
403	COX Marilyn	01.39.28
420	BRADFIELD KEVIN	01.40.20
434	NORTON SHANE	01.41.24
455	TEARLE Tilda	01.42.32
473	WILLIAMS DAVID	01.44.00
488	MLABA Judith	01.44.51
508	TEARLE CLIVE	01.46.24
513	HONNEYSELT Debbie	01.47.13
529	VAN DER LINDE JOHN	01.48.25
564	GORDON MIKE	01.51.15
646	CLIVE-SMITH LINDSAY	02.01.59
653	KNOTT Michelle	02.03.53
659	CELE SIBONGILE	02.06.40

South Coast Marathon and Half

Above Right
Gizele Anderson

Above
Diedree Maree and
Pierre Maree

Right
Debbie Honneysett



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.

Men: 10km				Women: 10km			
Pos	Name	Time	Event	Pos	Name	Time	Event
1	Ackim Mhlanzi	35.58	Savages 05 09	1	Makhosi Mhlongo	00:36:17	Spar 10km July 2009
2	Bheka Jiyane	39.47	Woodview 05 09	2	Blanche Moila	00:43:26	Spar 10km July 2009
3	Anthony Zaborowski	45'11	Forest Hills 07 09	3	Zoe Buchan	00:45:37	Spar 10km July 2009
4	Raymond Meyer	45'12	Forest Hills 07 09	4	Wendy Rook	00:46:23	Spar 10km July 2009
5	Gary Roscoe	46'46	Forest Hills 07 09	5	Gail Babich	00:50:06	Spar 10km July 2009
6	Haydn Bradfield	47'16	Forest Hills 07 09	6	Thandekile Sokhela	00:54:43	Spar 10km July 2009
7	Zengele Msimela	54'04	Forest Hills 07 09	7	Karen Geldard	00:55.01	Stonebridge Aug 2009
8	Kevin Bradfield	57'39	Forest Hills 07 09	8	Susan May	00:55:05	Forest Hill July 2009
9	Nandus Moolman	57'56	Forest Hills 07 09	9	Naome Nxumalo	00:55:37	Spar 10km July 2009
10	Dave Flood	58.06	Stonebridge 809	10	Sarah Ward	00:57:44	Spar 10km July 2009
Men: 21,1km				Women: 21,1km			
Pos	Name	Time	Event	Pos	Name	Time	Event
1	Anthony Zaborowski	01:17:46	2 Oceans 2009	1	Emma Watts	01.40.30	Stonebridge Aug 2009
2	Filippo Faralla	01.27.08	Scottburgh 01 09	2	Julie Carrol	01.48.07	Stonebridge Aug 2009
3	Thembinitosi Buthelezi	01.39.06	Scottburgh 01 09	3	Zoe Buchan	01.49.47	Dick King April 2009
4	Raymond Meyer	01.43.24	Scottburgh 01 09	4	Jacqui Hadgingham	01.51.30	Scottburgh 01 2009
5	Brett Florens	01.44.36	Scottburgh 01 09	5	Claire Yunnie	01.58.04	Scottburgh 01 2009
6	Mbhekiseni Mchunu	01:46:06	Savages 05 09	6	Linda Scott	01:59:10	Savages May 2009
7	Elais Mechanicos	01.46.41	Scottburgh 01 09	7	Gisele Anderson	02.02.55	Scottburgh 01 2009
8	Gary Roscoe	01.47.00	Postnet 03 09	8	Bronwyn Logan	02:06:37	2 Oceans 2009
9	Rob Small	01.47.44	Postnet 03 2009	9	Yvonne Dagleish	02.08.04	Stonebridge Aug 2009
10	Lourens Grobler	01:56:55	Savages 05 09	10	Charmaine Bazley	02:13.30	Sardine July 2009
Men: 42,2km				Women: 42,2km			
Pos	Name	Time	Event	Pos	Name	Time	Event
1	M BUYISWA MANCI	02.45.33	S Coast 10 09	1	Daniela Papini	03.37.00	Nedbank Durban City Feruary 2009
2	Nico Gey Van Pittius	03.31.23	Hillcrest 02 09	2	EMMA WATTS	03.55.54	S Coast 10 09
3	Casper Kempen	03.36.10	Battlefields 01 09	3	GISELE ANDERSON	03.56.30	S Coast 10 09
4	Elais Mechanicos	03.36.19	Midlands 05 09	4	Jaqueline Hadingham	03:57:00	Nedbank Durban City Feruary 2009
5	Thembinkosi Buthelezi	03.37.15	Postnet 03 2009	5	Chippy Steel	04.00.52	Nedbank Cape Town September 2009
6	Christopher Mtshiliba	03.37.41	Postnet 03 2009	6	Karen Geldard	04:05:00	Bufs March 2009
7	Brett Florens	03.37.59	Postnet 03 2009	7	Linda Scott	04.07.38	Postnet 03 2009
8	Sishle Shangese	03.45.44	Hillcrest 02 09	8	JULIE CARROLL	04.08.57	S Coast 10 09
9	JUAN BOTSIS	03.48.25	S Coast 10 09	9	CARLA CARTER	04.09.35	S Coast 10 09
10	Wally Steel	03.49.03	Nedbank Cape Town 09 2009	10	Pearl Spencely	04.10.00	Postnet March 2009

VAC on 24/ 09/09 Unofficial

10km

Name	Time
Chris Akal	46.10
Sally Shaw	53.53
Debbie Honneysett	1.02.56
John van der Linde	1.04.07
Herman Kostens	1.08.25

21.1km

Name	Time
Mike Skevington	1.30.30
Daniela Papini	1.44.55
John Ward	1.46.32
Susan May	1.57.25
Dave Druce	1.59.00
Julie Carrol	2.00.58
Karen Geldard	2.08.59
Tilda Tearle	2.15.24
Sharon Hodgkinson	2.19.23
Jan Meyer	2.19.23
Shane Norton	2.19.44

South Coast on 04/10/09 Official

42.2km

Position	Time	Name	Licence No	Sex
21	02:45:33	M BUYISWA MANCI	79	M
214	03:39:25	DANIELA PAPINI	292	F
257	03:48:25	JUAN BOTSIS	39	M
305	03:55:54	EMMA WATTS	269	F
308	03:56:30	GISELE ANDERSON	5	F
367	04:08:57	JULIE CARROLL	260	F
368	04:09:35	CARLA CARTER	49	F
485	04:26:44	DAVE DRUCE	157	M
584	04:42:53	DEIDRE MAREE	294	F
585	04:43:36	PIERRE MAREE	293	M
679	04:56:52	ZENZELE MZIMELA	226	M
680	04:56:56	THANDO SOKHELA	231	F

Winning Vets Ladies Team- Daniela Papini, Gisele Anderson & Deidre Maree, well done ladies.

21.1km
Still no results

Ithala 35 km

21	165	FARALLA FILIPPO	M	42	40-49	4:08:01
27	166	HADINGHAM JACQUI	F	41	40-49	4:33:12

Blue IQ City to City 21 Km Walk Results

POS	RACE NO	NAME	SURNAME	GENDER	AGE	TIME
19	688	DAVID	FLOOD	MALE	61	02:12:41

Blue IQ City to City 21 Km Run Results

POS	NAME	SURNAME	GENDER	AGE	RACE NO	TIME
1351	SIBONGILE	CELE	MALE	65	830	03:02:48

Blue IQ City to City 50 Km Results

POS	NAME	SURNAME	GENDER	AGE	RACE NO	TIME
1310	THEMBINKOSI	BUTHELEZI	MALE	39	974	05:36:04
1473	THANDEKILE	SOKHELA	FEMALE	38	3378	05:50:53
2001	ZENZELE	MZIMELA	MALE	42	3377	06:44:08

Results for the Nedbank Cape Town City (WP) 42Km race - 2009-09-27

Position	Initials	Surname	Sex	Age	Club	Finish Time	
342	W	Steel	M	64	Savages	03:49:03	3rd 60 - 69 years Male
445	C	Steel	F	63	Savages	04:00:52	3rd 60 - 69 years Female

The Calendar: At a glance

More details can be obtained from

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



Michelle Knott finishing South Coast 21.1 km First 21 km

October 2009						
Public Access						
Category: All						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				01	02	03
04 06+ South Coast marathon & half 07+ Saints Thorn tree Challenge	05	06	07 18+ Sports Zone Brooks TT League	08	09	10
11 06+ Sugar Coast 21 - Cancelled	12	13	14	15	16	17
18 09+ Chatsworth 21km	19	20	21	22	23	24 Tonevale Game Farm
25 05.30+ Township to Township - Cancelled	26	27	28	29	30	31



George Lucey finishing South Coast 21.1 km

November 2009						
Public Access						
Category: All						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
01 06+ Venk Pac Challenge	02	03	04	05	06	07
08 06+ Bluff 40+	09	10	11 18+ Sports Zone Brooks TT League	12	13	14
15 06+ Stella Tribute	16	17	18	19	20	21
22 06+ Thompson Beats CANCELLED	23	24	25	26 18+ Sports Zone Brooks TT League	27	28 06+ Sani Slagger
29 09+ Heatonville 10km	30					

SAVAGES
ATHLETIC CLUB
50th GOLDEN JUBILEE
CHALLENGE

21.1km Run 10km Run/Walk
Sunday 16th May 2010



Calling all past members
Come celebrate our
50th ANNIVERSARY
Saturday 6th March 2010

Phone 078 281 6981
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SAVAGES ATHLETICS CLUB



Iron Man/Woman

Comrades 2010 + Dusi or Midmar 2010 + AmaShovaShova Cycle 2010

Biathlon Man/ Woman

Comrades 2010 + Dusi 2010

Comrades 2010 + Midmar 2010

Comrades 2010 + AmaShovaShova 2010

Comrades 2010 + Ironman 2010

Scoring System

Competitors receive a percentage score per event based on the following formula. Cut off time- your time/ Cut off time – Winners time

Iron =

Comrades% + Dusi% or Midmar% + Amashovashova% / 300

Biathlon =

Comrades% + Dusi% / 200

Comrades% + Midmar% / 200

Comrades% + Amashovashova% / 200

Comrades% + Ironman % / 200

The Road to 2010

221 days to go



Sunday, 30 May 2010
Entries currently received 11627

The Comrades Marathon Association aims to be the biggest and best ultra-marathon in the World and the most inclusive sporting event in South Africa.

“We aim to achieve this through world-class race organization, administration, customer service and innovation, while acknowledging the rich heritage of the Comrades Marathon. The CMA shall at all times strive for service excellence and embrace the values of transparency, equality, integrity, diversity and mutual respect.”

Novice Entry Requirements

1st November 2009 at 09h00 entries will open to all Novices ONLY and will be capped at 5,000. Entries will close on 30 November 2009 at 18h00, or whichever comes first (eg. if we received 5,000 novice entries by 15th November 2009 then no further entries will be accepted).

How it all Began

Arguably the greatest ultra marathon in the world where athletes come from all over the world to combine muscle and sinew and mental strength to conquer the approx 90 kilometres between the cities of Pietermaritzburg and Durban, the event owes its beginnings to the vision of one man, World War I veteran Vic Clapham.

Vic Clapham was born in London on 16 November 1886 and emigrated as a youth to the Cape Colony in South Africa, with his parents. At the outbreak of the South African War (Anglo-Boer War 1899-1902) he enrolled as an ambulance man into the Cradock Town Guard at the age of 13. He later moved to Natal and worked as an engine driver with the South African Railways.

With the outbreak of the Great War 1914-1918, Vic Clapham signed up with the 8th South African Infantry, and fought and marched 1700 miles of the eastern savannahs of Africa in pursuit of Glen Paul Von Lettow-Vorbeck's askari battalions.

The pain, agonies, death and hardships of his comrades which he witnessed during those awful days left a lasting impression on the battle-hardened soldier, especially the camaraderie engendered among the men in overcoming these privations. Thus when peace was declared in 1918, Clapham felt that all those who had fallen in this catastrophic war should be remembered and honoured in a unique way, where an individual's physical frailties could be put to the test and overcome. Remembering the searing heat and thirst of the parched veld through which he had campaigned, he settled on the idea of a marathon and he approached the athletic authorities of the day to sound their views. His enquiry led him to the doors of the League of Comrades of the Great War a corps of ex-soldiers who had formed an association to foster the interests of their living companions who had survived the War.

Clapham asked for permission to stage a 56 mile race between Pietermaritzburg and Durban under the name of the Comrades Marathon and for it to become a living memorial to the spirit of the soldiers of the Great War. This was strenuously resisted by the League, but Clapham persisted maintaining that if a sedentary living person could be taken off the street given a rifle and 60lb pack and marched all over Africa then surely a fit and able athlete could complete the distance. Applications in 1919 and 1920 were refused but in 1921 the League relented and gave permission and 1 for expenses, which was refundable.

The first Comrades Marathon took place on 24th May 1921, Empire Day, starting outside the City Hall in Pietermaritzburg with 34 runners. It has continued since then every year with the exception of the war years 1941-1945, with the direction alternating each year between Pietermaritzburg and Durban, the so called up & down runs.

The Comrades Marathon is a cherished national treasure and attracts thousands of runners, spectators and television viewers every year. We invite you to participate in this great event and experience the world's greatest race.