



SAVAGES ATHLETIC CLUB

THE CLEFT STICK

info@savagesac.co.za

www.savagesac.co.za

Phone: 078 281 6981

Fax: 086 562 5695

08/10/2009 - 21/11/2009



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

- Time Trial League Final 26/11/2009 Wednesday @ Stella. There will be a prize giving and braai's will be available.
- Licence and Subscriptions for 2009 –2010 will be emailed as soon as the availability dates from KZN are made available
- Race Calendar for 2010 has been posted on our website
- X - Country Calendar for 2010 has been posted on our website
- Time trial League 2010 has been posted on our website
- Welcome to all the new members joining the club, It has been great to see the numbers on the road and at the club increasing. May your stay with Savages be a long and happy one
- Christmas PUB RUN 3rd December. Be there in the Christmas spirit

Birthdays - Many Happy Returns

18 Nov Linda Scott
 19 Nov Johan Meyer
 Christopher Theunissen
 20 Nov Graham Linley
 21 Nov Thuli Mthiyane
 22 Nov Jane Brewer
 23 Nov Shane Norton
 25 Nov Sean Brimacombe
 Christopher Mtshileba
 Rob Small
 Chippy Steel
 27 Nov Kenny Craig
 Gail Babich

Appeal

Has any member place for our container or some storage space for Savages AC to store some race equipment. We will only require it twice a year. It would gladly be appreciated. To please contact Jp on 078 281 6981 or chairman@savagesac.co.za

Xmas Awards Dinner

Evening will be held at Europa in Broadway @ 7pm on Tuesday 15th December 2009.
 Please book and pay at the club bar with Kevin.
 Cost is R150.00 per head. Menu available for viewing.

Remembrance

Trevor Smith (soya bean) who was a long time member of Savages passed away recently.
 Trevor was very involved in Track + Cross Country Coaching giving lifts to anyone who needed etc.
 Trevor was instrumental in the start of Blanche's running carrier.

**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



<p>COURSES / WORKSHOPS</p> <p>KZN Athletics will be hosting a technical official's workshop on the 05th December 2009. Invitation goes to all school teachers, sport management students and all those with interest in becoming officials. The workshop will be at Kingspark Athletics Stadium boardroom from 8am to 5pm. All interested individuals must please contact KZN Athletics offices on 0313129374 during office hours.</p>	<p>Unofficial Results</p> <p>Bluff Vets 8th November 2009 21.1km Run</p> <table border="0"> <tr> <td>Name</td> <td>Time</td> </tr> <tr> <td>Mbehkiseni Mchunu</td> <td>01.41.43</td> </tr> <tr> <td>Raymond Meyer</td> <td>01.50.36</td> </tr> <tr> <td>Gisele Anderson</td> <td>01.54.50</td> </tr> <tr> <td>Tilda Tearle</td> <td>02.15.04</td> </tr> <tr> <td>Zenele Mzimela</td> <td>02.21.09</td> </tr> <tr> <td>Kevin Bradfield</td> <td>02.21.21</td> </tr> <tr> <td>Neil Short</td> <td>02.29.04</td> </tr> <tr> <td>Susan Ryan</td> <td>02.31.36</td> </tr> <tr> <td>Clive Tearle</td> <td>02.32.24</td> </tr> <tr> <td>Thuli Mthiyane</td> <td>02.43.54</td> </tr> <tr> <td>George Lucey</td> <td>02.52.08</td> </tr> <tr> <td>Maria Ehlers</td> <td>03.07.09</td> </tr> </table> <p>Bluff Vets 8th November 2009 15km Walk</p> <table border="0"> <tr> <td>Name</td> <td>Time</td> </tr> <tr> <td>Lionel Meneely</td> <td>02.07.39</td> </tr> </table> <p>2nd Master Mbehkiseni Mchunu 3rd Master Raymond Meyer</p>	Name	Time	Mbehkiseni Mchunu	01.41.43	Raymond Meyer	01.50.36	Gisele Anderson	01.54.50	Tilda Tearle	02.15.04	Zenele Mzimela	02.21.09	Kevin Bradfield	02.21.21	Neil Short	02.29.04	Susan Ryan	02.31.36	Clive Tearle	02.32.24	Thuli Mthiyane	02.43.54	George Lucey	02.52.08	Maria Ehlers	03.07.09	Name	Time	Lionel Meneely	02.07.39																																																												
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<p><u>Appeal</u></p> <p>Asking all members to please bring your old running shoes and drop off at the club. There are needy who are out there and any assistance to them will be great.</p>	<p>Official Results Sponsored Athletes</p> <p>KZNA Youth/Junior/Senior League III @ Kings Park on 30/10/2009</p> <table border="0"> <tr> <td>800m</td> <td>Youth</td> <td>Under 17</td> </tr> <tr> <td>2nd</td> <td>Monwabisi Cele</td> <td>2.00.80</td> </tr> <tr> <td>3000m</td> <td>Youth</td> <td>Under 17</td> </tr> <tr> <td>1st</td> <td>Monwabisi Cele</td> <td>8.39.90</td> </tr> <tr> <td>3000m</td> <td>Youth</td> <td>Under 19</td> </tr> <tr> <td>2nd</td> <td>Sbusiso Madikizela</td> <td>8.44.11</td> </tr> </table>	800m	Youth	Under 17	2 nd	Monwabisi Cele	2.00.80	3000m	Youth	Under 17	1 st	Monwabisi Cele	8.39.90	3000m	Youth	Under 19	2 nd	Sbusiso Madikizela	8.44.11																																																																								
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<p>Results for the Kaapsehoop (MPU) Marathon 2009</p> <table border="0"> <tr> <td>Position</td> <td>Initials</td> <td>Surname</td> <td>Sex</td> <td>Age</td> <td>Club</td> <td>Time</td> </tr> <tr> <td>679</td> <td>M</td> <td>Gordon</td> <td>M</td> <td>50</td> <td>Savages</td> <td>05:13:06</td> </tr> </table>	Position	Initials	Surname	Sex	Age	Club	Time	679	M	Gordon	M	50	Savages	05:13:06																																																																													
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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 08 09	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	J P Stewart	01.29.08	Hillcrest 02 09	3	Zoe Buchan	01.49.47	Dick King April 2009
4	Thembinitosi Buthelezi	01.39.06	Scottburgh 01 09	4	Jacqui Hadgingham	01.51.30	Scottburgh 01 2009
5	Elias Mechanicos	01.41.38	Hillcrest 02 09	5	Claire Yunnie	01.58.04	Scottburgh 01 2009
6	Mbhekiseni Mchunu	01.41.43	Bluff Vets 11 09	6	Linda Scott	01:59:10	Savages May 2009
7	Raymond Meyer	01.43.24	Scottburgh 01 09	7	Gisele Anderson	02.02.55	Scottburgh 01 2009
8	Brett Florens	01:44:36	Scottburgh 01 09	8	Bronwyn Logan	02:06:37	2 Oceans 2009
9	Gary Roscoe	01.47.00	Postnet 03 09	9	Yvonne Dagleish	02.08.04	Stonebridge Aug 2009
10	Rob Small	01.47.44	Postnet 03 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

The Calendar: At a glance

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

November 2009

Public Access

Category: All

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
W K 4 5	01 06» Venk Pac Challenge	02	03	04	05 19» Committee Meeting	06	07
W K 4 6	08 06» Bluff 40+	09	10	11 18» Sports Zone Brooks TT League	12	13	14
W K 4 7	15 06» Stella Tribute	16	17	18	19	20	21
W K 4 8	22 06» Thompson Meats CANCELLED	23	24	25	26 18» Sports Zone Brooks TT League	27	28 06» Sani Stagger
W K 4 9	29 09» Heatonville 18km	30					

December 2009

Public Access

Category: All

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
W K 4 9			01	02	03 17:30» Savages Xmas Pub to Pub Run	04	05
W K 5 0	06 06» Stainbank Cup	07	08	09	10 19» Committee Meeting	11	12
W K 5 1	13 06» Ilkovo Christmas Challenge	14	15 19» Xmas Dinner & Awards	16 Day of Reconciliation	17	18	19
W K 5 2	20 06» Calder Sulin	21	22	23	24	25 Christmas Day	26 Day of Goodwill
W K 5 3	27	28	29	30	31		



Sunday, 30 May 2010

Comrades Training by Filippo Faralla

For me November and December are my favourite running months. The long warm days are the perfect setting for distance running, and Comrades is still too far away to worry about mileage targets and quality sessions. Without the pressure of Comrades, one is able to enjoy one's running and the improvement that comes from running regularly. The other wonderful activity I look forward to is planning my race program for the following year. We are extremely blessed in South Africa to have such a rich tradition of road races to choose from, that the biggest challenge for me at least is choosing which races not to run.

I won't go into all the races on the calendar, however I would like to highlight some of the longer runs at the end of this article. Training for Comrades is all about mileage. The reason for this is because Comrades is both long (89km) and unforgiving. The route profile is by any standards one of the toughest road profiles in world running. This feature, more than the distance makes Comrades such a punishing and demanding race. Do not be fooled by the fact that 2010 is a down-run. For the first 50km you will run an undulating course that actually climbs from the start in Maritzburg to the top of Botha's hill. Then instead of losing your altitude in a measured fashion, the route plunges down 5 massive hills, starting with Botha's followed by Fields and Cowies and finishing with 45th cutting and Tollgate. Comrades is brutally unforgiving and to withstand the demands of the course one needs to prepare one's muscles. Muscle conditioning is more important than fitness and the only way to condition your leg muscles is to run miles upon miles of hilly training similar to what you will experience on the day. For this reason I am a strong advocate of Comrades route training. This not only ensures training on the hills and undulations of the route, but also familiarises one with the course and what to expect from it.

There are no short cuts with Comrades. People ask me what time they should expect on Comrades based on their qualifying marathon time. I answer the question by asking them how many kilometres they have run in the 5 months leading up to Comrades.

If you can run a sub 90 minute half marathon and have put in at least 1800-2000km in training you have a chance of a silver medal. If you can run a sub 1:45 half marathon and have put in at least 1200-1500km in training you have a chance of a Bill Rowen medal. If you can run a sub 2hr half marathon and have put in at least 800-1000km in training you have a chance of a Bronze medal. If you can run a sub 2:20 half marathon and have put in at least 800km in training you have a chance of a Vic Clapham medal.

These are indicative measures and will vary from person to person, however they are a good general guide and more importantly they demonstrate the importance of mileage as well as speed. I have seen 2:40 marathoners walking the last 20km of Comrades and being overtaken by 3:30 marathoner's for no other reason than lack of muscle conditioning. Few of us are genetically lucky to withstand the battering on our legs that comes from running Comrades. For the most of us, we have to train our legs as much as our heart and lungs to run Comrades. Cardiovascular fitness is simply not enough. You need strong legs, especially for the down-run.

How does one achieve this. Gym work and leg strength training is recommended, as is hill training. Both disciplines build muscle strength and conditioning. However there is not substitute for mileage.

The big debate is not over mileage but rather how to run this total mileage; whether one should build up this mileage by running multiple marathons and longer or rather running many more shorter distances more often. I'm of the school that one should be running multiple marathons and ultra-marathons in preparation for Comrades. The key however is to run these long runs at a pace which allows for rapid recovery while building stamina, endurance and muscle conditioning without the negative effects of injury and breakdown. Comrades training is a slow incremental process of building up one's fitness and muscle conditioning over a period of time. Each week's training is based on the foundation put in place the previous week. Consistency in training is the key to a successful Comrades. The moment your training loses its progressive advancement and momentum, due to injury or missed training, you struggle to catch up. Comrades training is like a game of snakes and ladders. The objective is to progress through the training months from Jan-May without falling prey to a "snake" that sets you back. Because of this, caution and patience are the most important attributes to a successful Comrades build-up.

Continued over

In the next Cleft Stick I will talk about hydration and whether one should drink according to thirst or as many people suggest drink ahead of or in anticipation of thirst.

KZN Races to look out for:

Nedbank Durban City Marathon: Feb
Nimas Hillcrest Villages Marathon: Feb
Umgeni Water Marathon: Mar
Postnet Marathon (Maritzburg): Mar
Bergville Marathon (52km): Mar/Apr
Midlands Meander: Apr
Chatsworth Ultra (54km) Apr

Out of Town:

Bufs Marathon (East London): Feb
Surrender Hill (Clarens): Mar
Two Oceans Marathon (Cape Town) (56km): Apr

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Diary of a Novice Comrades Runner – Month One

By Debbie Honneysett

1st November 2009 arrived and I entered Comrades 2010. I grew up going to Comrades to watch family and friends running and it has always been a dream of mine to participate! I did not ever see myself getting to the starting line, but thanks to all the members of Savages who have motivated and encouraged me, I now know that “I can do it”. It is all in the mind and the legs of course! This is my experience leading up to the **Ultimate Human Race – Comrades 2010**.

Wow, I have actually entered! I have been anxiously checking the Comrades website to see if my entry has been confirmed. I **know** it takes time to process 5000 entries but I will not be happy until I see my name on the website! I received an email a few days after I entered saying that my proof of payment is confirmation that my entry has been accepted. That email has been printed and is in a very safe place – **I still want to see my name on the website though!**

So, now the **training** begins. I am going to do the Two Oceans Ultra as well and I sat down with Emma Watts to prepare a program for it. Emma worked on the program and gave me lots of help and advice. Now I just need to build on it to take me through to Comrades.

I have some morning runs in my program, which is taking a bit of getting used to, but I am doing them and it is getting easier to get up in the mornings! Some days I drag my Dad along, much too his disgust about being woken up so early! I keep thinking of Two Ocean's and Comrades and that gets me up and out of bed!

I started running a few years ago and thanks to George, I persevered. He ran with me and encouraged me until I became fitter and then passed me on to the faster runners! He does not want to do the same races as me anymore because he is scared I will beat him!!

I have done two marathons this year, my 1st - Umgeni Water Marathon, I missed cut off by 10 mins and my 2nd - South Coast Marathon, I missed cut off by 3 minutes. I need to qualify for Two Oceans and Comrades at the Nimas Marathon next year and I am confident that I will do it.

“Coach” Emma has been making me work hard on the track and helping me with my speed. I am already seeing a huge improvement in my times, thanks Em, you're a star, I couldn't have done it without your support!” I am feeling good right now and I am very excited about what the next few months will bring.

Once again, thanks to everyone for the support that I have received. It has been amazing! It makes me want to work even harder and make you all proud of me!

Join me on my journey to Comrades 2010! Watch out for an update in future issues of the Cleft Stick.

Happy running!

Debbie

Savages Currently has 119 current and past members that have signed up for the challenge. Those past members, we hope to see you soon on the road and at the club

RaceNo	First Name	Last Name	Gender	DOB	Seeding	RaceNo	First Name	Last Name	Gender	DOB	Seeding
44055	Christopher	Akal	Male	17/09/1975	H	423	Shane	Norton	Male	23/11/1943	DNQ
54139	Gisele	Anderson	Female	01/04/1966	DNQ	10175	Naome	Nxumalo	Female	04/01/1945	DNQ
148	Grant	Arbuthnot	Male	22/04/1958	E	17159	Premananthan	Padayachee	Male	11/10/1958	DNQ
46181	Gail	Babich	Female	28/11/1964	DNQ	24028	Daniela	Papini	Female	17/07/1960	C
24418	Mark	Balladon	Male	13/03/1962	F	21095	Roger	Parry	Male	02/12/1963	DNQ
57922	Charmaine	Bazley	Female	04/06/1959	DNQ	2751	Billy	Patel	Male	16/04/1953	E
49700	Johanna	Boshoff	Female	09/05/1964	DNQ	22274	Kevin	Pretorius	Male	16/07/1954	DNQ
49842	Juan	Botsis	Male	16/05/1982	DNQ	50651	Bongani	Qwabe	Male	31/01/1972	H
49850	Alan	Boulle	Male	10/12/1979	DNQ	38583	Keith	Raynor	Male	05/07/1953	DNQ
45812	Kevin	Bradfield	Male	02/12/1962	DNQ	4859	Barry	Reed	Male	22/08/1958	DNQ
49916	Jane	Brewer	Female	22/11/1971	DNQ	43026	Michael	Rockey	Male	24/11/1970	DNQ
49918	Myles	Brewer	Male	24/02/1972	DNQ	31277	Wendy	Rook	Female	09/05/1957	DNQ
4216	Zoe	Buchan	Female	18/09/1960	DNQ	8382	Gary	Roscoe	Male	25/06/1960	DNQ
43110	Thembinkosi	Buthelezi	Male	15/09/1972	DNQ	27441	Linda	Scott	Female	18/11/1972	G
42003	Julie	Carroll	Female	28/03/1972	F	40007	Antoinette	Seiler	Female	30/03/1966	H
46344	Petros	Chiliza	Male	06/02/1974	DNQ	40016	Gordon	Seiler	Male	28/05/1972	H
11695	Donald	Colborne	Male	24/03/1959	DNQ	50340	Sihle	Shangase	Male	29/03/1977	F
4794	George	Corris	Male	25/01/1961	DNQ	23064	Nsikelelo	Silangwe	Male	28/10/1976	DNQ
1	Clive	Crawley	Male	30/04/1931	DNQ	56303	Thandekile	Sokhela	Female	31/08/1971	G
2935	Dave	Dale	Male	29/12/1946	DNQ	28113	Thabani	Sosibo	Male	24/06/1976	C
49096	Yvonne	Dalgleish	Female	06/07/1968	DNQ	51135	Pearl	Spenceley	Female	06/12/1974	F
31296	Neville	De Klerk	Male	14/08/1947	DNQ	5286	Jim	Stanton	Male	29/10/1949	DNQ
40374	Marc	Desplace	Male	14/06/1974	F	45991	David	Stevenson	Male	10/01/1965	DNQ
32673	Gordon	Diener	Male	18/01/1978	G	7067	Gary	Story	Male	07/01/1956	DNQ
10797	Stuart	Dixon	Male	10/01/1961	DNQ	5701	Tilda	Tearle	Female	23/07/1959	E
28971	Donovan	Doyle	Male	13/07/1980	DNQ	6990	Alistair	Tennant	Male	22/05/1957	DNQ
29075	Maria	Ehlers	Male	04/06/1966	DNQ	57736	Christopher	Theunissen	Male	19/11/1982	A
21079	Filippo	Faralla	Male	19/08/1968	A	2056	Lolly	Thomson	Female	03/03/1947	DNQ
10580	David	Flatley	Male	02/02/1949	DNQ	12710	Philip	Tozer	Male	24/07/1958	E
2956	David	Flood	Male	07/06/1948	DNQ	2033	Allan	Tribe	Male	14/04/1948	E
19110	Brett	Florens	Male	06/09/1971	DNQ	52260	Alison	Tucker	Female	07/06/1964	DNQ
26388	Clifford	French	Male	25/02/1974	DNQ	14247	Garth	Van den bergh	Male	16/12/1962	DNQ
29293	Mandy	Fuller	Female	08/07/1965	DNQ	6127	John	Van der linde	Male	04/10/1949	DNQ
24043	Marshall	Gallagher	Male	11/01/1954	H	48957	Leonie	Van der westhuizen	Female	23/10/1967	DNQ
51439	Karen	Geldard	Female	03/02/1972	DNQ	2516	Boysie	Van staden	Male	10/01/1955	C
46671	Nico	Gey Van Pittius	Male	29/10/1964	C	320	John	Ward	Male	18/10/1954	DNQ
48688	Mike	Gordon	Male	14/07/1959	DNQ	46935	Sarah	Ward	Female	19/05/1972	DNQ
26289	Jacqui	Hadingham	Female	10/04/1967	DNQ	46938	Jamie	Wardell	Male	09/04/1980	DNQ
12767	Sharon	Hodkinson	Female	22/02/1966	DNQ	46807	Andrew	Whysall	Male	14/04/1965	DNQ
22314	Debra	Honeysett	Female	09/04/1978	DNQ	1550	David	Williams	Male	28/04/1952	E
41253	Gavin	Jacobs	Male	03/04/1966	DNQ	5537	Bradley	Wilson	Male	30/03/1955	DNQ
21808	Alex	Jeffrey	Male	14/12/1950	DNQ	45457	Mandla	Zuma	Male	16/03/1976	DNQ
52439	Lisette	Keightley	Female	19/07/1967	DNQ						
20877	Casper	Kempen	Male	02/06/1975	DNQ						
15133	Frans	Kemper	Male	19/04/1957	DNQ						
21326	Samantha	Kidgell	Female	01/11/1983	DNQ						
372	Doug	Kirton	Male	13/09/1954	E						
4881	Rowan	Kirton	Male	13/12/1977	DNQ						
11192	Hermann	Kostens	Male	26/07/1966	DNQ						
32102	Barbara	Lack	Female	07/05/1975	DNQ						
12032	Anthony	Lawson	Male	09/12/1972	DNQ						
1781	Dave	Lees	Male	09/12/1960	G						
21044	Bronwyn	Logan	Female	10/03/1983	DNQ						
47053	Sithembiso	Luthuli	Male	10/08/1968	DNQ						
35944	John-robert	Maguire	Male	22/09/1982	DNQ						
31724	Mbuyiswa	Manci	Male	26/04/1979	A						
21670	Magaloni	Mangeli	Male	13/04/1963	DNQ						
42852	Deidre	Maree	Female	20/09/1966	G						
42839	Pierre	Maree	Male	12/08/1965	G						
26005	Caiphaz	Mavundla	Male	05/06/1951	DNQ						
30500	Susan	May	Female	20/06/1977	DNQ						
13973	Mbekeseni	Mchunu	Male	09/07/1947	E						
37069	Eunice	Mdanda	Female	26/07/1963	DNQ						
48041	Elias	Mechanicos	Male	26/09/1966	D						
380	Lionel	Meneely	Male	12/09/1943	DNQ						
5506	Jan	Meyer	Male	19/11/1949	DNQ						
29087	David	Mills	Male	15/12/1960	E						
10067	Emmanuel	Mkhwanazi	Male	06/06/1975	DNQ						
43613	Blanche	Moila	Female	31/01/1957	DNQ						
5362	Dave	Moon	Male	11/11/1948	DNQ						
10993	Garth	Moulder	Male	28/06/1952	DNQ						
32208	Thuli	Mthiyane	Female	21/11/1958	DNQ						
36017	Christopher	Mtshiliba	Male	25/11/1966	DNQ						
15174	Marilyn	Murray	Female	06/06/1953	DNQ						
42956	Zenzele	Mzimela	Male	11/01/1967	DNQ						
4292	Jabulani	Mzobe	Male	21/04/1966	E						



Comrades medals galore
 Kenny Craig 32, Clive Crawley 32 both of Savages AC and
 Henry Greyling 33 of Durban AC.