

# SAVAGES ATHLETIC CLUB

## THE WEEKLY *CLEFT STICK*



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15/02/2009 - 21/02/2009



### HOT NEWS

- **Savages Calendar** - This has been updated with Savages events only. Races that are on this calendar will be where we will be taking the tent & cooler boxes.
- **New Members Evening** - Was good to see so many new members coming down to the club, hope to see you coming down more often and at races & tent afterwards.
- **Valentines Dinner** - Nice crowd of 35 members, special thanks to the ladies for organizing the decoration and dinner, really awesome. Lookout for photo's on the website soon.
- **Carbo/Pasta Dinner** before Comrades. remember this forthcoming attraction. Based on the food quality at the Valentines dinner, this is going to be good.
- **Nimas/Hillcrest** - Well done to those who participated and ran so well.
- **Results** - We place official results as soon as they are available, otherwise they will read as unofficial. Some event organizers delay in publishing these. Please forward any results or achievements, so we can place on to the newsletter and can keep records of this club's great achievements of all members. Let us know of your PB's (personnel bests) and first races.
- **Breakfast/Run** - Chippy & Wally Steel training program for 2 Oceans will start @ 5am from the club. For those wanting to cycle about 35km a group will leave @ 6am. Breakfast cost R40.00 will be served at the start of the rugby match between Sharks & Chiefs @ 08h35am. Please pay @ the bar with Kevin Pretorius so we can account for the catering.
- **Midmar Mile** - Well done to all those Savages members who took part.

### 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

Congratulations to the follow who have qualified for the following events, as of Friday 13<sup>th</sup>.

#### Two Oceans

##### 21.1km

Robert Carey  
George Lucey  
Gavin Simpkins  
Claire Yunnie  
Anthony Zaborawski

##### 56km

Filippo Faralla  
Jacqui Hadingham  
Bongani Qwabe

#### Comrades 2009

Filippo Faralla  
Jacqui Hadingham  
Daniela Papini

#### Seeding

A  
D  
C

### NEDBANK DURBAN CITY MARATHON.

Many Savages members participated in this event. Savages results are on page 3 of this publication.

Special mention

2ND in the 10km 50-59 Category

999 ACKIM MHLANZI 55 50 - 59 MALE 120 00:35:50

### BIRTHDAYS THIS WEEK

20th Susan Ryan  
21th Klaus Preusse

Many Happy Returns for your special day

### Sparksport - Unofficial Results

#### 16km

Blanche Moila	1h 18min
Allan Green	1h 33min
Bronwyn Logan	1h 33min
Linda Scott	1h 34min
Naome Nxumalo	1h 35min
Zenzelle Mzimela	1h 45min
Charlene vd Burgh	1h 58min PB by 1 hour
Garth vd Burgh	1h 58min
Neil Short	2h 08min

#### 32km

Marc Desplace	2h 41min
Emma Watts	2h 30min
Tyronne Potts	2h 30min 1 <sup>st</sup> 32km run well done
Jabulani Mzobe	3h 35min
Tilda Tearle	3h 40min
Dave Williams	3h 44min
Bongani Qwabe	3h 50min
Theki Simelane	3h 52min
Trevor Majola	3h 53min

**1-ON-1  
Computer Training**

**Wendy Schutte**

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Cell: 084 517 0677 / Tel: 031-467 5293  
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# The Calendar: At a glance

More details can be obtained from

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

## February 2009

Public Access

Category: All

Sun	Mon	Tue	Wed	Thu	Fri	Sat
01 (Week 05) 5am» Sparksport Challenge 6am» Kearsney Striders	02 Race Committee Meeting	03 6pm» Adidas Time Trial League	04	05 7pm» Committee Meeting	06	07
08 (Week 06) 5am» Nedbank City Marathon	09	10 6pm» New Members Evening	11	12	13	14 Valentines Party
15 (Week 07) 5am» Nimas Challenge	16	17 Sports Zone Brooks	18	19	20	21
22 (Week 08)	23	24	25	26	27	28 5am» Breakfast

## March 2009

Public Access

Category: All

Sun	Mon	Tue	Wed	Thu	Fri	Sat
01 (Week 09) 5:30am» VAC Challenge	02 See 15th March closing date	03 6pm» Adidas Time Trial League	04	05 7pm» Committee Meeting	06	07
08 (Week 10) 6am» Umgeni Water Marathon	09	10	11	12 7pm» Talk	13	14
15 (Week 11) 5am» PostNet Maritzburg Marathon	16	17 5pm» Sports Zone Brooks TT League	18	19	20	21 Public Holiday
22 (Week 12) 5am» Boxer Stella Royal	23	24	25	26	27	28
29 (Week 13) Arthur Cresswell Memorial Marathon 6am» Willie Mtolo Half Marathon	30	31				

We have an awesome RAFFLE prize on offer. This will be drawn at Time Trial on the 3<sup>rd</sup> March 2009.

We need ticket sellers. Please collect sheets from the club.

The question:  
What month & year does Savages celebrate its 50<sup>th</sup> Anniversary?

Tickets R10.00



### Two Oceans Update



Great news - we're going over Chappies! After ongoing negotiations with the Western Cape Provincial Government regarding Chapman's Peak, we have received confirmation that the road will be open on race day. So, its all systems go at the race office as entries continue to stream in, especially for the half marathon. If you're planning to be a part of the world's most beautiful marathon on April 11, then be sure to go to our website to enter online as soon as possible.

Can you believe it's February already? We hope your training is going well and is on track. February is a busy month for qualifying marathons and for getting in the most training. The weather's always good (in the Southern Hemisphere at least), the New Year celebrations are over, kids are back at school and you can settle into a good routine.

#### NEDBANK DURBAN CITY MARATHON

Race #	First Name	Last Name	Age	Cat	Gen	Pos	Time
1272	MBUYISWA	MANCI	29	OPEN	MALE	98	02:38:49
1589	FILIPPO	FARALLA	40	40 - 49	MALE	405	03:14:36
453	JABULANI	BUTHELEZI	36	OPEN	MALE	593	03:32:21
1058	SITHEMBISO	LUTHULI	40	40 - 49	MALE	601	03:33:19
1057	PETROS	CHILIZA	34	OPEN	MALE	639	03:36:39
694	DANIELA	PAPINI	38	OPEN	FEMALE	654	03:37:57
1045	THABANI	SOSIBO	32	OPEN	MALE	750	03:49:19
2005	CASPER	KEMPEN	33	OPEN	MALE	820	03:56:27
1628	JACQUI	HADINGHAM	41	40 - 49	FEMALE	831	03:57:06
2172	EUNICE	MDANDA	45	40 - 49	FEMALE	881	04:01:04
606	VUSI	YIKA	55	50 - 59	MALE	973	04:10:13
959	ALLAN	TRIBE	60	60 +	MALE	1118	04:25:42
2090	THANDEKILE	SOKHELA	37	OPEN	FEMALE	1131	04:27:05
1168	DENIS	KOMO	50	50 - 59	MALE	1145	04:28:07
1904	GARY	ROSCOE	48	40 - 49	MALE	1154	04:28:32
686	MARSHALL	GALLAGHER	55	50 - 59	MALE	1188	04:34:00
1022	BONGANI	QWABE	36	OPEN	MALE	1348	04:50:21
1160	THEKU	SIMELANE	49	40 - 49	MALE	1452	05:01:16
2085	ZENZELE	MZIMELA	42	40 - 49	MALE	1495	05:16:47
1706	TREVOR	MAJOLA	50	50 - 59	MALE	1534	05:26:21

#### NEDBANK DURBAN CITY MARATHON 10km

Race #	First Name	Last Name	Age	Cat	Gen	Pos	Time
999	ACKIM	MHLANZI	55	50 - 59	MALE	120	00:35:50
995	MAKHOSI	MHLONGO	27	OPEN	FEMALE	200	00:39:14
778	KENNETH	DUVEEN	63	60 +	MALE	508	00:53:58
243	KAREN	GELDARD	37	OPEN	FEMALE	517	00:54:31
1307	ZWELIBANZI	NKOSI	45	40 - 49	MALE	540	00:55:54
808	DON	ROBERTSON	67	60 +	MALE	566	00:57:09
676	JUDITH	MLABA	40	40 - 49	FEMALE	717	01:07:07
728	MARTIN	BOM	67	60 +	MALE	721	01:07:30
798	MIKE	GORDON	49	40 - 49	MALE	750	01:09:20
770	NEIL	SHORT	63	60 +	MALE	774	01:11:38
644	JOHN	VAN DER LINDE	59	50 - 59	MALE	791	01:12:21
700	SHOMY	MNGOMEZULU	62	60 +	MALE	814	01:14:28
972	SIBONGILE	CELE	65	60 +	FEMALE	837	01:17:57
117	CECILIA	MAZENGERA	28	OPEN	FEMALE	865	01:20:37

**Just Pure**  
Coded HR monitor with 3 exercise program

Digital coding system reduces electrical interference

Smart training program Show current, average and maximum heart rate

Vibration/sound alert for heart rate thresholds during training

SE238 R998

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**Sports**