

Southeaster Magazine



November 2010

From the Editor

One thing that really upsets me is when public figures make ludicrous statements through the media and then expect the general public to swallow their story lock, stock and barrel.

For instance, do we really believe that Shabbir Shaikh is suffering from a life-threatening disease, or that Earl Rose is deserving of a Springbok rugby jersey? Yet the Minister of Correctional Services and our Springbok Coach stood up and made these proclamations. I mean, how stupid do they think we are?

This brings me to a letter that was published in the September edition of Modern Athlete. The letter quoted a statement by the Comrades Marathon Association (CMA) lauding its own early entry process for the 2010 Comrades Marathon as "hugely successful" and stating that the CMA would be sticking with their "winning formula" for the 2011 Comrades. Therefore, runners need to enter for Comrades before 30th November if they wish to run the race at the end of May next year.

The author of the letter referred to statistics from this year's Comrades that showed that of the 23568 prospective Comrades runners who entered, only 17627 showed up at registration. He concluded that, if the motive for the early entry process was for pure profit, then it was "hugely successful" as 5941 athletes paid their entry fees (totalling just over R1.485mill) but didn't even register. However, the CMA could not claim that the early entry process had been "highly successful" in providing a service to the athletes.

A response to the letter from Gary Boshoff, General Manager of the CMA, was printed. Now Mr Boshoff obviously thinks that the running community collectively share a brain-cell, because his arguments are illogical and in some cases downright disingenuous.

Boshoff's first point was that athletes who prepare for Comrades need to start their dedicated training at least six months ahead of time, and hence the early entry period served "as a motivator . . . to start their serious preparation." ***In a perfect world preparation is good, Mr Boshoff. The reality is that a large proportion of aspirant Comrades runners are not sure if they will be able to qualify until March or April, or if they will be affected by injury or illness. Similarly, students have to pass Grade 12 if they want to attend university- nobody expects them to pay their varsity fees before they've written their matric!***

Next Boshoff bemoans the fact that the income from entry fees only covers 15% of the race costs and the balance is covered by race sponsorships. ***Mr***

Boshoff, you miss the point! If the entry process was not designed to fleece "non-registering" athletes then entries would only cover 11% of race costs and your sponsors would have to cough up another R1.485mill.

Boshoff's final defence is that the CMA planned as if precisely the same number of athletes that entered would end up running on race day, i.e. they planned for 23568 athletes. This enabled them to "provide more and better quality services to the Comrades runner". ***Stop it, Bossie. You're such a kidder. Seriously. You really thought that the number of entrants would match the number of athletes on the day? You didn't foresee a rate of attrition due to injury and non-qualification? And was the quality of service provided to the runner any better than in previous years when athletes could enter a month before the race? Not that this runner noticed.***

Suffice to say that I don't buy any of Mr Boshoff's arguments. As far as I can see the only plausible reason for the early entry process is to increase income generation. Consider this: 23568 athletes entered the 2010 Comrades at R250 a head, which equals total revenue of R5.892mill. Athletes were forced by the system to enter a good 6 months earlier than they normally would have. What's the value of 6 months interest on R5.892mill? Just asking?

Enjoy the mag.

My African X Experience

By Serena Haupt

What an event, in more ways than one!

Leaving for Kleinmond, was daunting enough, knowing that a weather warning had been put out and we would only start racing Friday lunch time. We arrived in Kleinmond and the news was out that we could register early, so it was off to registration, which was well organised but very few people around. We received all our race goodies and received a lovely African X trail sweatshirt. After that it was off to Klem, where we would be staying for the next few days. Klem was so good to Jacky and I, made us feel right at home. Race day dawns and we were really not sure how to treat all this as we still have loads of time before race briefing and start, but we knew we had to eat. So we had breakfast, and the nerves were starting and weren't sure, if we should eat more as it might be a while before we get near food again for the day. We decided not to have that extra muffin, was I sorry later! Race briefing done and sorted and it was off to Betty's Bay for the race, thanks Klem for the lift. You could feel the excitement at the start line. It was great, seeing old faces from previous runs. Klem was "Mr Photographer"



Jacky and Serena at African X.

taking lots of pics, which you can see on my FB page. Eventually the race started at about 12:30 pm.

It seemed like Jacky and I were in the middle of the pack as we hit the beach, we had just over 4 km of soft sand, covered in seaweed, on a pushing high tide ahead of us. We bumbled along, trying to stay away from the water as much as possible. Then it was back onto tar and making our way up to Harold Porters. This was where the fun would begin. The scenery in and around the botanical garden was awesome, but we weren't there for sightseeing, so on we ran as we knew the single track was straight ahead. Wow, this was an awesome piece to run, (maybe climb) we ran up a zig zag path with chains to assist. The path had been cut into the side of the mountain, taking us up to the top, where the view was magnificent, could only have a quick look as we needed to keep moving along, as there was queue of runners behind us. From there we had a beautiful descent, down into a forest, which was a bit slushy underfoot due the rain. Lots of overhanging trees, so you had to watch your head as well as your feet. At one stage I could hear some people behind us and Jacky asked them if they wanted to pass after the 5th team had gone passed, I was told that's enough people for today, so let's go and get them, which was fine, if you didn't have a sticky Gu sachet in one hand and water bottle in the other hand, after we got all that sorted, it was time to do a bit of "fishing"! Once we had made our way out of the Palmiet River Section, we started to smell the finish which was 9 km away. By this stage we were passing lots of "young" teams, who were looking rather broken and dragging their feet along to the finish, which just gave Jacky and I more reason to push on. As we came to the end of the boardwalk in Kleinmond, we realised they were going to take us along

the beach again for a bit more punishment and it was tough, ploughing through soft sand after 24.5 km, but when you can hear and see the finish, you know you have to suck it up and keep going. The Drama Queens, finished Day 1 in 3H14, and we later found out that we were lying in 5th place in the Ladies Veteran Category, no pressure for Day 2!

Day 2 was an early day, up by 5:30 am so we could get a good breakfast in before the start. Jacky and I had chatted about the "hope we can keep our placing and the what-if's etc". We lined up with the rest of the runners, some who looked a bit worse for wear than others. But once they started the countdown, everybody was keen to get going.

The start was chilly, which meant we had to work extra hard to get our legs going as we only had 6 km on the tar, before we headed off to the single track along the Palmiet River. We started our ducking and diving to work our way up the field so that we could be ahead when the single track started. The single track section was lovely, but you had to concentrate as there were lots of quick turns, crossing over beams and scrambling over rocks. We had a bit of a hold up on this section as one of the girls ahead, got stuck and dislocated her hip while climbing over a rock, but somehow she managed to put her hip right again, very brave. After the single track, we started heading towards the big climb of the day (7 km), which was on jeep track. Jacky and I had decided that we would walk/run as much of the hill as possible. We did this with not too much trouble and were passing teams, which helped boost our morale. Once the horrendous climb was over, we arrived at the water table, where we stocked up on food and water. As we were about to leave 5 – 6 new teams arrived with our friends, the 2Ollies. Jacky decided it was time to leave and were not hanging around to chat. So off we went, down a very sandy downhill path, which wasn't too bad and then back into another climb followed by a few more quick descents. By now the weather was very warm and we were getting very thirsty and in the distance we could see the next water table. We had decided that we would move quickly through the last table and try and get ahead of our friend, the 2Ollies as much as we could, as they were good on the down hills, and we only had one more up before the finish. After the quick water stop, we rushed on to the next hill which we just couldn't run, in was very steep, so we walked quickly and at the top, you could see the finish in the distance, with just over 4 km to go. The next 4 kms were going to be tough for me as I am not one for the down hills, but had to suck it up as much as I could, and of course Jacky loves the downs. So off we went, passing one or two teams. Up ahead in the distance, we saw another two teams who we and had been passing on and off the whole day and knew they had to be our next fishing victims. Passing them with ease, Jacky felt we needed to sprint to the edge, me Ms "Over Cautious" decided we should hang back as we didn't know that the next day would bring. If only we knew that this was our final day!

We ran into the finish line, supported by our friends, who had come out to support us, a very emotional moment! The Drama Queens, finished in 5H30, completing 45 km, and had finished 6th on day 2. At prize giving we heard that we were in 5th place overall.

At prize giving, we were told that they hoped that Day 3 would go ahead and the plan was that everyone must meet at the Race Village at 7 am to hear if it was on or not.

Day 3 arrives and we can hear the weather is chaotic outside, but we hadn't heard anything from the organisers, so we presumed we would hear at 7 am. We are just about to leave the house when we get a call from our friends who were trying to get into the race village. They had been told by a security guard that the race has been cancelled and we must go down to the town hall for more information. Jacky and I were gutted, but we understood that it was dangerous to take the runners into the mountains.

To cut a very long story short, the last day had been cancelled due to bad weather and to ensure safety of the runners. We had our prize giving two weeks later at Ferryman's, where we were given our finishing medals and t-shirts. The Drama Queens finished in 5th position in the Ladies Veteran Division.

All in all we had a wonderful time in beautiful surroundings and were supported by great family and friends.

My Comrades Story

By Heather Campbell

I woke up feeling really good. Our accommodation was a bit dodgy and despite worrying about catching some disease, I had a really good sleep. There were 10 of us squished into a room smaller than the toilet, all piled on top of each other on bunk beds. It was such fun. We all chatted while getting dressed and applying various creams and Vaseline to different parts of our bodies.

Then we were all ready to go, Group picture and we walked the couple hundred metres to the start. If I had to sum up Maritzburg in one word, it would be dirty. It was a mess, but even the smell of wee and deep heat couldn't knock my spirits. I said my goodbyes to everyone and burst into tears when leaving my mom and dad. My last words to them were, 'I'll see you at the finish, with my medal'.

For me the greatest memory from Comrades was standing at the start singing the national anthem and Shozaloza at the top of my lungs with grown men crying around me. The 10 months worth of training had just become worth it. I knew whatever happened; I got to be on the start line of the greatest race on earth. I couldn't possibly explain how it made me feel.

I heard the cock crow and off we went. 89km to go.

Starting Little Polly's and I caught up with my sister KT and together we tackled the hills. At some point she ran ahead and I was completely not fazed as I knew we had a long way to go. We were going to Durban and I was going to get my medal. I kept chanting that over and over in my head.

18km came and Comrades threw me a curve ball. I am still unsure of what happened but I think I may have stepped down funny on my right leg. I felt this incredible pain in my knee. I looked down and my knee didn't really look like a knee. It was sitting on the side of my leg. VERY weird to see by the way. Later I found out that my knee had displaced, but at the time I had no idea what was wrong. I limped to the side of



Heather cheering up after her van tantrum.

the road really hurting and into the helpful arms a physio. She set my knee back in its place and off I ran.

I very quickly realised that I couldn't walk or I would fall down but I could run.

I'm going to get my medal.

The more I ran, the slower I got. The km were ticking by very slowly and I was worried. I was losing so much time and I needed to get to Drummond before cut-off. Getting in a bail bus never crossed my mind.

I got to the bottom of Inchanga with very little time. I ran past the school children in wheelchairs sobbing my eyes out. Partly because I was in so much pain and partly because my pain wasn't even half of what those children were feeling. I ran up the whole of Inchanga.

I could see the Drummond banners when I heard them cut off the runners. I was 2 minutes away. I sat down on the side of the road with an orange minute maid ice cream and gathered my thoughts. It still hadn't really set in.

Drummond was chaos. It got really cold very quickly and I remember Barry Wettergreen putting his arms around me to keep me warm. The bail busses came past filled to the brim and weren't letting anybody in. Barry stood in front of one and demanded they take us with them. We sat in the boot.

I felt ok but I knew we were almost in Alverstone and that was where the rest of the Fish Hoek supporter were, including my other mom Bridget and Shannon, my sister. We had been stuck at Drummond for so long that I didn't think they would still be there, but I hoped.

We rounded the corner and I saw Bridget and Shannon. They were looking to see if they could catch me as I came through. I started crying and trying to get out the van. Both Shan and Bridget were pleading with the driver to let me out and we were all in tears. I kept shouting I want my family! I believe I was let out purely because we caused such a scene.

I went to the finish and cheered on my fellow club mates wishing I was crossing that line. I was putting on my brave face.

While my Comrades didn't end the way I wanted it to end. It was the most amazing experience of my life. The people I met and the friendships I had formed. The early morning runs and the runs ending in the dark. I didn't get my medal, but I got a whole lot more than I bargained for.

I would like to say thank you to Bridget and Shannon for breaking me out of the van and Karen my sister and roommate for being there when I needed to cry, (and that was a lot! =)). Then to all those people who had kind words and big hugs. Lastly To my mom and dad for getting me through 10 months worth of training, injuries, hospitals and late night chats about my running. You believed.

Comrades 2011 here I come. Watch out!

Beetroot juice boosts stamina

Drinking beetroot juice boosts stamina and could help people exercise for up to 16% longer, a UK study suggests.

A University of Exeter team found nitrate contained in the vegetable leads to a reduction in oxygen uptake - making exercise less tiring.

The small Journal of Applied Physiology study suggests the effect is greater than that which can be achieved by regular training.

Beetroot juice has previously been shown to reduce blood pressure.

The researchers believe their findings could help people with cardiovascular, respiratory or metabolic diseases - and endurance athletes.

They focused on eight men aged 19-38, who were given 500ml per day of organic beetroot juice for six consecutive days before completing a series of tests, involving cycling on an exercise bike.

On another occasion, they were given a placebo of blackcurrant cordial for six consecutive days before completing the same cycling tests.

After drinking beetroot juice the group was able to cycle for an average of 11.25 minutes - 92 seconds longer than when they were given the placebo.

This would translate into an approximate 2% reduction in the time taken to cover a set distance.

The group that had consumed the beetroot juice also had lower resting blood pressure.

Mechanism unclear

The researchers are not yet sure of the exact mechanism that causes the nitrate in the beetroot juice to boost stamina.

However, they suspect it could be a result of the nitrate turning into nitric oxide in the body, reducing how much oxygen is burned up by exercise.

Study researcher Professor Andy Jones - an adviser to top UK athlete Paula Radcliffe - said: "We were amazed by the effects of beetroot juice on oxygen uptake because these effects cannot be achieved by any other known means, including training.

"I am sure professional and amateur athletes will be interested in the results of this research.

"I am also keen to explore the relevance of the findings to those people who suffer from poor fitness and may be able to use dietary supplements to help them go about their daily lives."

Professor John Brewer, an expert on sports science at the University of Bedfordshire, said: "These findings are potentially exciting for many people involved in sport and exercise, but will almost certainly require further more extensive studies before the exact benefits and mechanisms are understood.

"We must also remember that exercise and training and a sensible diet will always remain as the essential ingredients for a balanced and healthy lifestyle."

Dr Simon Marshall, of the University of San Diego, has carried out work on exercise and health.

He said much more work was needed involving many more subjects to draw firm conclusions.

"Certainly, a diet high in nitrate-rich fruits and vegetables is good for your heart health and this study provides further evidence of this."



**Comrade 35810
Nicola Forgan - Novice**

Ice cream: Comrades from a DNF point of view . . .



I've been in two minds as whether to share my story because I feel that everybody's story is so unique and carries as much value as the next why should my story be of importance to anybody else, but I hope that in sharing my experience as a novice and in particular as a non finisher it will maybe help other novices in their journey to and through Comrades.

Pre Pre Comrades

Plus minus 7 hrs is what I recall my 2010 West Coast marathon time to be, the finishing blow up thingy magigy (its technical name of course) deflated by the time we'd got there. West Coast was my third attempt and what I thought last attempt to qualify for Comrades 2010 having first tried at Red Hill marathon managing 5:27 then Peninsula 5:56. There was one last hope though and it was the Outeniqua Marathon and through the support of friends and club mates (one and the same) I came in, in a time of 4:48. YES I've made it to Comrades start line.

Pre Comrades

I went to Comrades this year having done a maximum mileage of 350km between Jan- May something that experienced runners laugh at because it's so ridiculously little compared to what one should have done. It was always going to be tough I knew that and yes there were times in the 2 days before Comrades that I had truly acknowledged to myself that I was not prepared particularly the night before as I lay on the top bunk in our Pietermaritzburg backpackers eyes wide open but in absolute silence scared I might inadvertently blurt out I don't think I can do this. One thing I had learnt though from the experienced is that no matter your fears you must always talk positively about your intentions to do Comrades whether

you're giving yourself a pep talk or talking to others later during my story you will see when I let negativity take over and its affects.

Time for honesty

Up until Comrades this year I hadn't, not finished a race that I'd started through reflection however I've realised in my mind I had given up in all except for Outeniqua, as soon as I realised I was not going to make the times I couldn't bring my mind back into the game and walked the rest of the routes pretty much from just after halfway. With Comrades people talk about respecting the distance and they say you do that by doing the proper training this is absolutely true. I knew there would be a point where physically I would feel finished but thought that I'd be okay because I've got will power I mean I did 4 marathons and I didn't bail on one of them.

Time to learn

The difference between being physically finished at 30ks in a standard marathon and physically finished at 60ks in Comrades is a question of how much the physical exhaustion has taken a toll on your emotional/mental well-being and how it affects your thinking. I have to believe I'm not a quitter and it is extremely hard to explain but when I hit the wall so to speak I couldn't have cared less about what was happening in the moment or how I'd feel after I didn't think well I have to finish the distance even if I don't get a medal because that's what I do, I finish what I start. I guess what I'm trying to articulate maybe not so well is that you have to prepare yourself mentally for that point in the race where apathy sets in even if you think you are mentally tough as I had thought I was, it is an apathy you would never have experienced in a standard marathon it may be an apathy you have never experienced in your life before and when you do Comrades remember what I've written and tell yourself yes I knew this was coming but I can push through, because you can.

Time to believe

It's been 4 months since Comrades and to be honest I have not truly reflected properly upon my experience until now maybe because the wounds of not finishing were still fresh but as I now start preparing to take on the challenge again I have to believe that what I experienced happened to teach me. I believed I could finish Comrades up until 20km to go when serious doubt started setting in I reached 18km to go at 9:53:51 leaving me 2hrs6min to do 18km extremely do able except for the fact that in the back of my mind I knew that my fastest 8km time trial was 50min and that was on fresh legs. With that playing on my mind I stopped believing and as soon as that happened it was the end of my race. The last marker I passed was 12kms to go and further down the road I was told that the last cut-off 11:20 at 45th Cutting had come and been it had taken me 1hr 26 min to walk 6km!

Time for others

During the walk there had been a number of spectators that encouraged me one lady even shouted at me "You! You are what makes Comrades!"(Me a lowly straggler I thought). There were times when I wanted to walk in the middle of the road away from the spectators during that 6km that is how much I didn't believe in what I was doing but they believed so really its not me that makes Comrades but them. You can get anything you need or want on the road from perfect strangers, from food to encouragement to the high fiving healing hands of little children some of whom themselves aren't even able to walk let alone run. As for the support you get from club mates pre Comrades and from the family of club mates on the day I felt like my own mom, dad, brother and sister were out there. From the friends (and I call them friends and no longer club mates) who still said I could do it after doing a 6hr marathon time, the one who walked with me for 7hrs when he is capable of a 3:30 marathon time, those who ran my qualifier with me, those who looked after us in Durban whether it be driving or feeding us, to the one that met and shed tears with me whilst I tried to pull myself towards myself before going into the stands at the stadium to the one who brought me ENO'S (the cure for any ailment physical or mental) and quiet understanding after a tough day on the road and those who I shared laughter with and drew support and knowledge from. Comrades, brings out the best in people.

Grass envy

To say I experience grass envy is to put it mildly. During pre pre and pre Comrades the finishing grass is used as a strategy to drive novices to the finish line the experienced Comrades runners talk of being on the grass as a wonderful experience a truly moving moment none like you have ever experienced and I personally believe this to be true though I've yet to experience it. When I came back from Comrades I got a sense that people did not want to venture into the Comrades topic with me because I had not finished on the contrary I was longing to speak about my experience which was a truly wonderful one from my qualifying marathon to being in Durban meeting new people and getting to know club mates to the race itself. It's about so much more than running from point A to point B than taking on a physical challenge it's about challenging what you know about yourself and enjoying everything about it from training runs to post Comrades kuiers with mates.

Why I'm going back

Grass, no not really. Like any normal person I have thought "I don't envy of course want to do it again", however I verbalized very early on that I would be going back because it was unfinished business. I verbalized it even though I didn't really believe that I actually could do it again but each time I verbalized I started to gain in belief. It is not really that it is unfinished that is drawing me back but that the journey (which starts now in September) is so good for my soul. My story is entitled ice cream because at 18ks when I stopped believing I also stopped at an ice cream man and bought an ice cream I patiently waited for him to fiddle faff with change hey I wasn't in a rush. At Comrades 2011 I hope to shout at the ice-cream man as an Irish man once yelled at an ambulance as it drove past him after he tried to chase it after a heavy night of Guinness drinking.... You can keep your bloody ice cream!..... I'll get one at the finish.

A dating guide to understanding your triathlete (or runner or cyclist...)

"I am an outdoors type of person." Really means: I train in any type of weather. If its raining, snowing, 90 degrees w/100% humidity, or winds gusting at 30 mph. I don't want to hear any complaints because I will still train in it and you're just a big wuss for complaining about it.

"I enjoy riding my bike." Really means: With or w/o aero bars, alone or in a peloton, I don't care. If you can't do a spur of the moment 30 miler then you're not my type. I will let you draft, but if you can't hang and I drop you - I will see you later. I am a capable mechanic, but don't expect me to change your flats or tune your bike. You need to learn that on your own.

"I enjoy jogging." Really means: **Lets run hills until we puke.** I have just as many shoes as you only mine are better because they are functional and all look the same.

"I enjoy dining out." Really means: I enjoy eating out, in or anywhere else I can find food. Don't be shy because with the amount of food I eat, you can have that main entree instead of a salad and you will still look as though you eat like a rabbit in comparison. Don't get your limbs too close though as I may take a bite out of you. Most importantly don't expect any taste off my plate unless you can bring something to the party like more food. Eventually though if your not burning 4,000+ calories a day your going to plump up and have a terrible complex due to watching me eat deserts and not gain any weight. Friends and family will eventually decide not to dine with us anymore due to my horrid table manners. Oh, and don't ask me any questions during breakfast, mid-morning snack, lunch, afternoon lunch, dinner or recovery dinner as it does not lend to efficient food intake.

"I enjoy quiet walks on the beach." Really means: Walks on the beach warming up into an 8 mile run and then plunging myself in the ocean for a 2 miler. If you get in my

way you're going to find out what mass start is and let me assure you that you don't want to find out.

"I find fulfilment in charitable work." Really means: If I am not racing, I am volunteering or cheering on my buddies and I expect you to be there along side me as I stand out in 90 degree weather for 8 hours handing out sports drink to cyclists going 20 mph. Just stick the ol' arm out there and hope it doesn't get taken off.

"I enjoy sharing quiet moments together." Really means: It's taper time. Just back off because I am strategizing, trying to get into the zone and in a pissy mood because I am worried about my "A" race and can't workout.

"I am an active person." Really means: Aside from my 40 hour job, and the 8 mandatory hours of sleep a night. 10 hours a week are devoted to me during the off-season and 20 during race season leaving us 4 hours. 2 of which are spent inhaling food and you not talking to me, so lets make the best of the 2 hours we will spend together on average each day.

If you are a licensed message therapist or doctor this would make the most optimal use of our time together. Nutritionist is also acceptable, but I probably already know just as much as you.

"I enjoy road trips and vacations." Really means: You have your choice of British Columbia, Wisconsin, Idaho, Florida, California, Arizona, and New York, but don't expect to do much site seeing. But if I get enough support from you we might be able to include Hawaii in there.

"I enjoy site seeing." Really means: Lets grab a mountain bike and get our HR's up to 90%. There's plenty of time to look around on the descent as trees and bushes whiz by you at 40 mph.

"I like stimulating conversation." Really means: while we are running, we can talk about food. Then we can talk about how we decided what to wear on this run based on the temperature at start time versus the temperature at the time we expect to finish, how horribly out of shape we are, how many miles we did last week, and how many we will do this week and next week. Then we can talk about food.

"I enjoy relaxing soaks in the tub." Really Means: I'm going to stop on the way home and buy two bags of ice, throw them in the tub with some water, and sit in this torture chamber for 30 minutes.

"I'm interested in photography" Really Means: My camera is permanently perched a tripod in front of my trainer. I obsess over taking photos of my bike position and analyzing them to get the perfect set-up.

"I'm into in technology" Really Means: My HRM and bike computer are my best friends. Until you can give me some hard data that can improve my training, don't bother trying to buddy up to me. You could one day break into the top three if you recognize and feed my dependency by buying me more gear.

Rewording this song kept me entertained during my lonely runs in Wales earlier this year.

My favourite things – with apologies to Julie Andrews

Tues-day night runs and the beers we drink af-ter
week-ends away with good friends – so much laugh-ter
Fin-ish-ing Com-rades and fee-ling like kings
These are a few of my favourite things

Mus-sels on crack-ers and jelly beans and cold coke
Kit that's on spe-cial from Cape Storm when I'm broke
The Port-Run, the Ra-Ra the "Flyin with-out Wings
These are a few of my favourite things

When the cramp strikes
When the wind blows
And I'm feeling sad
I simply remember my favourite things
And then I don't feel so bad

Neg-a-tive splits in a race – what a plea-sure
Running through Pine-Town at a pace that is lei-sure
Cheers from our road crew – Lindsay's bell when it rings
These are a few of my favourite things

Per-ma-nent num-bers so seed-ings no worry
E-NOs that set-tles my gut in a hur-ry
Bridget's soup at the finish – and the goodness it brings
These are a few of my favourite things

When the shower's cold
And the beers run out
And I'm feeling sad
I simply remember my favourite things
And then I don't feel so bad

Looking good at the finish - that's always my mission
Old Gold and the black stripes – I love the tra-di-tion
Crop tops that don't chafe and shorts with draw strings
These are a few of my favourite things

Time trials and rugby and braais in the green room
Sil-ver-mine run-ning with fyn-bos in full bloom
Don on the road with the good-ies he brings
These are a few of my favourite things

When I'm all alone
When I'm far from home
When the ash cloud grounds my flight
I simply remember my favourite things
And know I will be alright

By Nikki Campbell

Weekly Club Runs and Events

- Tuesday nights from the club at 18h10. Generally between 10 and 12kms.
- Time Trial every Wednesday evening at 18h15. A choice of 3km, 5km and 8km routes.
- Speed / strength training. Meet at the clubhouse at 18h10.
- The club draw takes place every Friday evening at the clubhouse. The clubhouse is open from approximately 18h00 onwards. Braai fires are lit for those who wish to bring along something to grill on the coals. Come and join us for a family-orientated evening of social fun.
- Saturday morning long runs, usually from the beach. Please refer to the Club Captain's weekly emails for start times and distances.

RACE CALENDAR

November

DATE	Event	Venue	Time	Dist	Contact No.
03-Nov	Eskom 10	Parow Athletic Track	18:30	10	082 509 2967
06-Nov	Easterns	Aristea Primary, Kraaifntn	07:00	10	084 247 7170
06-Nov	Easterns 10 Walk	Aristea School, Kraaifntn	07:00	10W	084 247 7170
	Easterns Fun Run	Aristea Primary, Kraaifntn	07:00	5	084 247 7170
07-Nov	Landmarks 21	WP Cricket Club Grounds	06:00	21	072 400 0046
	Landmarks 6	WP Cricket Club Grounds	06:00	6	072 400 0046
13-Nov	International Realtors 21	Seaside Village, Big Bay	06:00	21	082 450 8034
14-Nov	<u>Cape Point Half Marathon</u>	Cape Point Reserve		21	021 424-4760
14-Nov	<u>Discovery Cape Times Big Walk</u>			Var	021 665 3333
20-Nov	Mr Price Winelands Marathon	Markotter Complex, Stellenbsch	05:30	42	072 290 8179
	Mr Price Winelands Half Marathon	Markotter Complex, Stellenbsch	05:45	21	072 290 8179
	Mr Price Winelands Fun Run	Markotter Complex, Stellenbsch	06:30	5	072 290 8179
23-Nov	Twilight Run	Founder's Garden, Cape Town	19:30	5	021 671 9407
24-Nov	Neil Joubert Farm Race	Neil Joubert Farm	18:15	13	084 234 8224
27-Nov	Phil Pansergrouw Brooks 21	Bellville Stadium	06:00	21	084 404 4933
	Phil Pansergrouw Brooks 10	Bellville Stadium	06:15	10	073 265 0412
27-Nov	Phil Pansergrouw Brooks 10 km Walk	Bellville Stadium	06:30	10W	073 265 0412

December

DATE	Event	Venue	Time	Dist	Contact No.
01-Dec	Metropolitan	Parc Du Cap Bellville	18:30	10	082 533 0045
04-Dec	Run / Walk for life New Balance	Radloff Park Somerset West	06:30	21	021 852 8473
	Run / Walk for life New Balance	Radloff Park Somerset West	07:00	10	021 852 8473
	Run / Walk for life New Balance	Radloff Park Somerset West	07:30	10W	021 852 8473
	Run / Walk for life New Balance	Radloff Park Somerset West	07:15	4	021 852 8473
11-Dec	AVBOB 15	Pick 'n Pay Centre, Table View	06:00	15	088 130 1155
16-Dec	RCS Guguletu Reconciliation day	Guguletu Sport Stadium NY49	07:30	10	083 293 3966
18-Dec	Mitchells Plain 21	Rocklands Ground, Mitchell's Pln	06:00	21	021 959 3861
	Mitchells Plain 10 Walk	Rocklands Ground, Mitchell's Pln	06:15	10W	021 959 3861
	Mitchells Plain Fun Run	Rocklands Ground, Mitchell's Pln	08:00	5	021 959 3861
22-Dec	New Balance Sundowner	East Pier, V&A Waterfront	18:30	10	083 958 4317
26-Dec	Tokai Manor House	Tokai Forest	07:00	16	085 892 3772
31-Dec	Brooks Runners' Memorial	Moullie Point	18:01	8	083 300 0299

RACE RESULTS

Race:	SPOOKHILL 2010 - 15 KM ROAD RACE				
Date:	SATURDAY 10 JULY				
POS	SURNAME	NAME	SEX	CAT	TIME
236	PATON	WENDY	F	40	01:31:55
Total Field					431

Race:	ELSIES RIVER 10KM ROAD RACE				
Date:	SUNDAY 18 JULY 2010				
POS	SURNAME	NAME	SEX	CAT	TIME
102	DAVIS	ROGER	M	60	0:46:11
134	HARLOCK	SONIA	F	45	0:49:01
Total Field					434

Race:	VOET OF THE WINE ROUTE 10 KM ROAD RACE				
Date:	SUNDAY 25 JULY 2010				
POS	SURNAME	NAME	SEX	CAT	TIME
189	HARLOCK	SONIA	F	45	0:49:48
929	O'NEILL	ANNA	F	40	1:42:34
Total Field					941

Race:	PPC RIEBEECK KASTEEL 21KM				
Date:	SATURDAY 31 JULY 2010				
POS	SURNAME	NAME	SEX	CAT	TIME
98	SCHMID	JORG	M		01:47:26
353	BURNS	JOHN	M		02:14:05
Total Field					640

Race:	PPC RIEBEECK KASTEEL 42KM				
Date:	SATURDAY 31 JULY				
POS	SURNAME	NAME	SEX	CAT	TIME
31	COTHILL	ANDREW	M	40	03:21:04
110	HAYES	ADRIAN	M	SEN	03:57:13
116	COOPER	BEAUMONT	M	55	03:58:41

175	HAYES	BERNARD	M	55	04:22:51
187	SCHUTTE	PETER	M	50	04:27:25
Total Field					293

Race:	McKENNA & SCOTT OPTOMETRISTS 10KM				
Date:	SUNDAY 01 AUGUST				
POS	SURNAME	NAME	SEX	CAT	TIME
198	HARLOCK	SONIA	F	45	0:49:43
Total Field					665

Race:	SWELLENDAM 21KM				
Date:	SATURDAY 07 AUGUST				
POS	SURNAME	NAME	SEX	CAT	TIME
58	MACKINTOSH	RUSSELL	M	40	01:47:21
59	BALL	TOMMY	M	45	01:47:22
109	MACKINTOSH	BEV	F	40	01:59:26
158	BUCKLOW	CHERYL	F	40	02:15:20
159	CAMPBELL	ANDY	M	45	02:15:21
160	CAMPBELL	NIKKI	F	45	02:15:22
161	SEARLE	KEITH	M	50	02:15:23
162	MOLYNEAUX	BRIAN	M	55	02:16:13
218	CAMPBELL	HEATHER	F	SEN	02:39:00
219	THORNTON	KAREN	F	30	02:39:01
220	KASFIKIS	MICHELLE	F	45	02:39:02
221	JACKSON	JANET	F	60	02:39:03
Total Field					237

Race:	WOMENS DAY CHALLENGE 2010 - 10KM				
Date:	MONDAY 09 AUGUST				
POS	SURNAME	NAME	SEX	CAT	TIME
185	FOUCHE	ADRIAN	M	50	0:57:26
238	FOUCHE	LOUISE	F	35	0:59:19
559	NORTJE	ANITA	F	40	1:09:53
811	BRANDT	JUANITA	F	SEN	1:19:49
1006	O`NEILL	SHANA	F	SEN	1:28:11
1007	O`NEILL	DAWID	M	35	1:28:12
Total Field					1586

Race:	TOTALSPORTS LADIES 10KM RACE				
Date:	MONDAY 09 AUGUST				
POS	SURNAME	NAME	SEX	CAT	TIME
209	PATON	WENDY	F	40	00:59:32
				Total Field	1958

Race:	JOHN KORASIE 30KM ROAD RACE				
Date:	SUNDAY 15 AUGUST				
POS	SURNAME	NAME	SEX	CAT	TIME
24	SASSIE	PHILIPP	M	SEN	2:00:26
28	JOHNSON	NORMAN	M	45	2:04:50
119	COOPER	BEAUMONT	M	55	2:32:01
127	HAYES	BERNARD	M	55	2:34:40
128	COTHILL	ANDREW	M	40	2:34:40
136	HUISAMEN	KOBUS	M	40	2:35:57
149	DAVIS	ROGER	M	60	2:39:55
205	SCOTT	JIM	M	65	2:51:09
206	HAUPT	SERENA	F	40	2:51:10
219	HARLOCK	SONIA	F	45	2:52:39
220	PRICE	D-J	M	60	2:52:48
249	BOUWER	JONATHAN	M	SEN	2:56:15
296	MOLYNEAUX	BRIAN	M	55	3:01:29
297	O'NEILL	DAWID	M	35	3:01:30
308	HAYES	ADRIAN	M	SEN	3:02:08
309	BALL	TOMMY	M	45	3:02:09
310	MACKINTOSH	BEV	F	40	3:02:10
320	BARBER	BRUCE	M	60	3:03:52
408	CAMPBELL	NIKKI	F	45	3:18:50
471	BARBER	ELAINE	F	55	3:33:01
482	CAMPBELL	ANDY	M	45	3:37:58
483	CAMPBELL	HEATHER	F	SEN	3:37:58

Race:	HI-TEC PUFFER 80KM				
Date:	SATURDAY 21 AUGUST				
POS	SURNAME	NAME	SEX	CAT	TIME
18	COTHILL	ANDREW	M	40	09:40:52
36	BECKER	RUPERT	M	SEN	10:59:57
46	HAYES	ADRIAN	M	SEN	11:18:29
47	BUCKLOW	DAVID	M	40	11:18:29
69	BALL	TOMMY	M	45	12:22:08

70	MACKINTOSH	BEV	F	40	12:22:08
81	MACKINTOSH	RUSSELL	M	40	12:44:26
96	CAMPBELL	NIKKI	F	45	13:25:34
98	VAN ECK	PAUL:	M	40	13:31:50
100	SCHUTTE	PETER	M	50	13:35:21
101	BUCKLOW	CHERYL	F	40	13:36:30
107	ROGOVSKY	MIKLOS	M	SEN	14:17:35
Total Field					107

Race:	HI-TEC TUFFER PUFFER 160km				
Date:	SATURDAY 21 AUGUST 2010				
POS	SURNAME	NAME	SEX	CAT	TIME
2	COOPER	BEAUMONT	M	55	31:46:36
Total Field					2

Race:	DON LOCK MEMORIAL 8KM				
Date:	SUNDAY 22 AUGUST				
POS	SURNAME	NAME	SEX	CAT	TIME
130	STEVENS	NICK	M	SEN	0:38:32
131	WHITE	COLIN	M	40	0:38:32
152	HARLOCK	SONIA	F	45	0:39:28
Total Field					455

Race:	ATLANTIS HARRIERS 15KM ROAD RACE				
Date:	SATURDAY 28 AUGUST 2010				
POS	SURNAME	NAME	SEX	CAT	TIME
160	HARLOCK	SONIA	F	45	1:17:11
310	CAMMIDGE	JACK	M	70	1:43:48
311	CAMMIDGE	JEAN	F	65	1:43:49
Total Field					354

Race:	CAMEL RUN 10 MILER				
Date:	SUNDAY 5 SEPTEMBER				
POS	SURNAME	NAME	SEX	CAT	TIME
93	SCHMID	JORG	M	VETERAN	01:23:49
131	MITCHELL	STEVE	M	VETERAN	01:27:38
156	MACKINTOSH	RUSSELL	M	VETERAN	01:29:21
157	CROOK	ANDREW	M	SENIOR	01:29:22

195	HEATHCOTE	MIRANDA	F	SENIOR	01:32:01
207	WRIGHT	RUSSELL	M	SENIOR	01:32:34
232	VAN ECK	COLLETTE	F	MASTER	01:33:32
254	JONATHAN	BOUWER	M	SENIOR	01:34:55
255	SCOTT	JIM	M	GM	01:34:55
284	HISHIN	CATHERINE	F	VETERAN	01:37:03
310	EVASON	COLIN	M	MASTER	01:38:22
473	BALL	MARY	F	VETERAN	01:48:12
488	JENKINS	LARRY	M	GM	01:49:07
498	VAN NIEKERK	ANNA MARIA	F	SENIOR	01:49:28
504	PARSRAMAN	THERESA	F	VETERAN	01:49:50
515	GREYLING	LOREN	F	VETERAN	01:50:17
558	BOSMAN	DANITIA	F	SENIOR	01:52:12
582	KASFIKIS	MICHELE	F	VETERAN	01:53:42
598	CAMPBELL	NIKKI	F	VETERAN	01:54:55
654	GOULSON	PAUL	M	VETERAN	02:00:44
655	SALT	JOHN	M	MASTER	02:00:45
696	FORGAN	NICOLA	F	SENIOR	02:06:34
697	CAMPBELL	HEATHER	F	SENIOR	02:06:35
698	THORNTON	KAREN	F	SENIOR	02:06:35
714	VAN VUUREN	MARGE	F	MASTER	02:12:49
747	WRIGHT	KIM-MARIE	F	SENIOR	02:21:03
Total Field					762

Race:	MEDIHELP TEKKIE CHALLENGE 10KM				
Date:	SAT 11 SEPTEMBER				
POS	SURNAME	NAME	SEX	CAT	TIME
624	BRANDT	FRANCOIS	M	40	1:14:01
680	BRANDT	JUANITA	F	35	1:20:11
Total Field					954

Race:	BEACHCOMBER 15KM ROAD RACE				
Date:	SAT 18 SEPTEMBER				
POS	SURNAME	NAME	SEX	CAT	TIME
26	CHIVELL	LES	M	55	0:56:29
293	MATHERS	JEREMY	M	65	1:22:52
405	MAITLAND	STEVE	M	45	1:33:22
435	CAMMIDGE	JACK	M	70	1:37:27
441	CAMMIDGE	JEAN	F	65	1:38:10
Total Field					546

Race:	CAPE TOWN 10KM				
Date:	SUN 26 SEPTEMBER				
POS	SURNAME	NAME	SEX	CAT	TIME
30	BECKER	RUPERT	M	SEN	00:35:57
180	STEVENS	NICHOLAS	M	SEN	00:50:19
181	WHITE	COLIN	M	40	00:50:19
Total Field					878

Race:	CAPE TOWN MARATHON				
Date:	SUN 26 SEPTEMBER				
POS	SURNAME	NAME	SEX	CAT	TIME
65	LITTLE	IAN	M	40	03:06:03
70	JOHNSON	NORMAN	M	45	03:08:36
251	HARLOCK	SONIA	F	45	03:52:59
260	LABUSCHAGNE	LABUSCHAGNE	M	45	03:54:21
261	ADAM	COLIN	M	50	03:54:21
321	ADAM	JACKIE	F	45	04:03:43
401	WETTERGREEN	KIM	F	50	04:15:55
464	DELPORT	ANNIE	F	40	04:24:33
467	DELPORT	MARTHINUS	M	50	04:24:39
557	GOOSEN	GINA	F	SEN	04:37:02
Total Field					876

Back markers pick their way through the mist and rain on the Contour Path – Puffer 2010.



The Greek Party

On Saturday, 2nd October the club members let their hair down to the sounds of the Greek Isles (and crashing plates). Tasty Greek-style pita breads were the fare of the evening, while the odd Uzzo or two was also consumed. A great time was had by all. A big thank you to Karen Thornton and her team for organizing the event.



Nick Kasfikis takes it out on the crockery in true Greek style.



Nicola Strydom and Heather Campbell contribute to Jarrod's sense of bewilderment

Fish Hoek AC Puffer Runners

Peter Schutte



Miklos Rogovsky



Cheryl Bucklow



Adrian Hayes



Brian Molyneux



David Bucklow

