



26 March 2015
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COOL RUNNINGS

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The reality of 2015 is hitting home as I type this. March is basically over, next weekend is Two Oceans, the following weekend Bergville and then its downhill to Comrades. Where have the last three months gone?

For those of you going down to Two Oceans we have once again partnered with Varsity Old Boys AC and will be making use of their gazebos at the finish. I have attached the map with the Gazebo numbers 72 & 77 on page 2. They will make you feel at home and have snacks and drinks at the tent for you. Get your seconds and loved ones to meet you there. Dave Waywell is the Chairman of VOB and will be on hand to welcome you.

The Two Oceans runners shouldn't be running anything more than 20kms this weekend so the Saturday run applies to everyone else. We are running from Winston Park—Pirates, approximately 31km and starting at 5am. This is a point-point run and therefore you will need to sort out your own lift back to the start. Also bring money for cold drinks along the way. On Sunday is the Dick King 21,1km but if you have not entered yet then you cannot now.

A couple of events planned for the next few weeks. The Easter weekend will see us running Comrades in 3 days. See page 2 for details. On the 25 April we are doing our ROUTE TESTER. I am busy finalizing the details as we speak but diarize the date for now. The cost will be R20 for members and R50 for non-members. Please could you indicate to me whether you will be running the route tester as well as letting me know if you will be attempting the Comrades in 3 days, either 1, 2, or all 3 days.

Seconding tables are urgently required for our Route tester and if you haven't yet volunteered then PLEASE, PLEASE come forward and volunteer.. Currently I have three tables sorted but need 12 tables at least. Please help your club out by volunteering.

A huge thank you for all the members who heeded the call and turned out for the club at the Time Trial league on Tuesday evening. What a lovely sight as more than 60 off our members pitched to run. A big thank you to everyone of you.

Lastly, Sue Smith is appealing to your generosity. She has a few disadvantaged runners/walkers who are desperately in need of running shoes. They do not need to be new but at least have some life still left in them. She is looking for ladies size 5/6 for about 4 ladies and a men's size 9. If you can assist please contact her on 031 266-6689

RESULTS:

None

Upcoming Races:

NEXT MAJOR EVENT:

Saturday 04 April:

TWO OCEANS:
56km & 21,1km run
Two Oceans marathon

Sunday 29 March:

Dick King challenge:
21,1km & 15m run/walk
Amanzimtoti AC

Saturday 04 April:

TWO OCEANS:
56km & 21,1km run
Two Oceans

Friday/Saturday/Monday:

3/4/6 April

Comrades in 3 days

Saturday 11 April:

Arthur Creswell Ultra (Bergville):
52km & 21,1km run
Ladysmith AC

Sunday 12 April:

Crescent Challenge:
21,1km & 10km run/walk
Crescent Sporting Club

Sunday 19 April:

Chatsworth Freedom Challenge:
52km & 25km run/walk
Chatsworth AC

Sunday 26 April:

Lighthouse marathon:
48km run/walk
South Coast Striders

Friday 1 May:

Deloitte's marathon:
42,2 & 21,1km run/walk
Dolphin Striders



Happy birthday

Date	Name
2	Alfred Dlamini
2	Don MacLeod
2	Robyn Herbst
4	Rodney Collyer
5	Louise Lilford
6	Andrew Pitts
8	Craig Brigg
8	Sheree Kirsten
8	Arlindo Miranda
9	Kelly Benschop
10	Blaine Pienaar
12	Johan Cronje
12	Eric Jennings
15	Simon Collins
17	Brian Smith
18	David Ward
19	Richard Proctor
20	Peter Heron
21	Francois Brand
21	Lauren Beviss-Challinor
21	Debbie Lundin
25	Jonathan Sinden
25	Fay Glennie
26	Xolani Mbambo
28	Douglas Glennie
28	Matthew Spencer
29	Sam Gumede
29	Tim Parle

Comrades in 3 days

- All 3 days runs are point-point and therefore getting back to the start is your own responsibility.
- It is not necessary to run all three days if you do not want to.
- NO club kit to be worn (very important)
- We require 4 seconding vehicles – please volunteer
- Please give me an indication by reply mail whether you will be running 1,2 or all 3 days
- Those who have space in their cars, PLEASE can we ask that you assist where needed for lifts back to the start
- It is dark in the mornings at present so LIGHT COLOURED clothing & REFLECTOR gear is essential.

DAY 1: Friday 3 April 2015

Start: HYUNDAI – 45th Cutting
 Finish: Winston Park CALTEX
 Distance: Approx. 30km
 Time: 5am
 Seconding: NONE (Bring your own or money for drinks along the way)

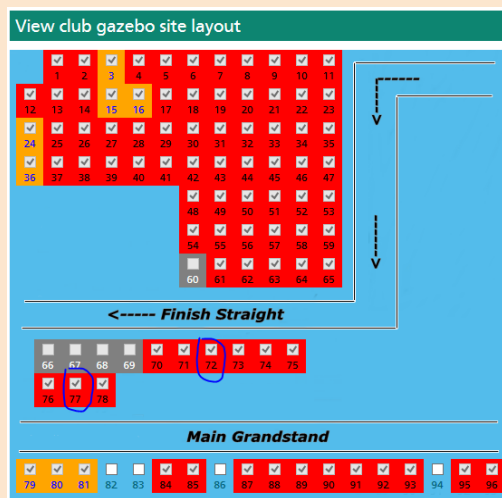
DAY 2: Saturday 4 April 2015

Start: Winston Park Caltex – Camperdown Spar
 Finish: Camperdown Spar
 Distance: Approx. 30km
 Time: 5am
 Seconding: 4 vehicles to follow A, B, C, D groups
 Cost: R20

DAY 3: Monday 6 April 2015

Start: Camperdown Spar – PMB Oval
 Finish: PMB Oval
 Distance: Approx. 20km
 Time: 6am
 Seconding: 4 vehicles to follow A, B, C, D groups
 Cost: R20

TWO OCEANS GAZEBO



HAVE YOUR SAY

Got something on your mind that you want to share, photographs you would like to submit, a question you want answered or a good story you would like to tell?

Then send it to:
fred@ramses.co.za

On the lighter side:

"When Beethoven passed away, he was buried in a churchyard. A couple of days later, the town drunk was walking through the cemetery and heard some strange noises coming from where Beethoven was buried. Terrified the drunk ran and got the priest to come listen. The priest bent close to the grave and heard some faint unrecognizable music coming from the grave. Frightened the priest ran to the town magistrate. When the magistrate arrived he too bent his ear to the grave and listened for a moment.

"Ah, yes that's Beethoven's ninth symphony being played backwards". He listened a while longer, and said, "There's the Eighth symphony and its backwards too. Most puzzling". So he kept listening. "There's the Seventh... the Sixth... the Fifth...".

Suddenly the realization of what was happening dawned on the magistrate; he stood up and announced to the crowd that had gathered in the cemetery, "My fellow citizens, there's nothing to worry about. It's just Beethoven decomposing."

Committee 2015:

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