

Week 24 / 2012

Thursday
07 June 2012



“Run Safely, Run wisely and Run to be seen”

Comrades 2012:

Reflections:

Comrades 2012 has come and gone. The euphoria of participating and finishing will remain for weeks to come. May the agony and disappointment of not finishing be translated into an iron resolve to try again next year. The fact that you endured the months of training, qualified and started the race speaks of the determination and commitment that very few people understand. You have to experience it to understand it.

Now is the time to reflect on what worked for you this year. Your training program, your race buildup and preparations and finally what worked or did not work for you on race day. Write it down now, while it is still fresh in your mind. Otherwise you risk losing the valuable lessons and experience that you worked so hard for.

It is said that you enter the true heart of Comrades with 30kms to go. This is the toughest part of the course and once completed you know why a finisher's medal is so highly prized.

Tim Noakes eloquently describes the experience. “It is here, in the sudden solitude of the quiet lane that meanders gracefully through Emberton and Gillitts that, for me, the Comrades Marathon really begins. No longer do I progress on my own terms – the hopes and confidence stored in my training now vanish before the reality. The course, which has been held at bay for 57 kilometers, is now running me. Around me, I know that each runner is engaged in the same battle.

In common suffering, we are alone to find our individual solutions.

“So despite the internal mutiny of an exhausted body, as I approach Kloof Station, my mind is still in control. But whatever mental reserves I retain, I know they are inadequate for the sight that now confronts me. From Kloof Station, at the top of Field's Hill, the Comrades plays the most evil trick. Experience tells me not to look, that should I for one second divert my eyes from the road, I will most likely not finish. But I have no discipline, and I see laid before me the final, infinite 25 kilometers that separates me from Durban and the finish at Sahara Kingsmead Cricket Ground.

“In each race I have learned the desire to quit comes but once. It is a coward that once beaten does not return. But as I begin the descent of Field's Hill, even this knowledge is of no assistance. It is here on this major descent, that I am joined by the final tormentor. The continual jarring of sharp descents from Inchanga, Botha's Hill and Hillcrest has taken its toll on my quadriceps and every step now sends an ever more painful shock down each thigh.

“Were the human brain able to recall the pain of Field's Hill, no one would run the down Comrades twice. This then is the point each runner, from the first to the last, must pass to arrive in Durban on their own feet. It is here, stripped of any of society's false privileges, that he finds no hiding place, no shelter of convenience. Face to face with himself he must look deep inside. 'These miles,' wrote George Sheehan, 'will challenge everything he holds dear, his value system, his

lifestyle. They will ask nothing less than his view of the Universe.”

Through Pinetown there are many wounded walkers who have underestimated the damage that the Field's Hill gradient could render after covering a punishing 65 kilometers. The large Pinetown crowd urges you, by now exhausted, on to Cowies Hill. Here many have locked into themselves, fortifying their minds to carry an exhausted body over the last 20 kilometers to Durban.

The last part of this extraordinary journey is run on the highway. The pull up to Tollgate, the last great challenge before the final run into Durban, is exhausting. With Durban in full view the Comrades is almost at an end. Sahara Kingsmead Stadium is not far off now. All too soon before you lies Old Fort Road and the Stadium. A large crowd shouts approval from a nearby pub on the left. There are few walkers now. The noise inside is deafening, the energy of the crowd is wild and joyful, and each brave finisher feeds on the raw energy it presents.

“I know why this is necessary, it is this common bond that unites all Comrades runners. It is the need to look for the mountains in life. Skill, you see, is not our requirement, nor has your race got anything to do with winning or losing. These are the spoils of lesser games. Games which are unable to transport you to the places we have just been.”

Congratulations to everyone who participated in this year's Comrades Marathon. I look forward to being part of it again next year.



Congratulations to all who started Comrades 2012. Just by starting makes you all heroes. To those of you who didn't make the start line, hardlines—we know you will come back stronger for it next year.

A special Congrats to Paul Worsnip who was the first Westville runner home in 6:48, a phenomenal run and to Vanessa Zimmerman the first Westville lady home in 7:41. Then congrats to the novices on finishing your first Comrades and to those who were finishing either 10, 20, 25, 35 or in the case of Dave Lowe his 39th consecutive Comrades. You are all heroes.

As usual there were the normal war stories doing the rounds but a special mention must be made to “Mighty Mouse” Wendy Morgan who ran 89km in under 10 hours with a broken foot (Yes we know she's blonde and that's why she probably didn't even know her foot was broken - No brain, No pain they say).

Lastly, a great turn out at the Aches and Pains party on Wednesday night and congratulations to all the prize winners, a great effort and to all of you it's now time to put the feet up and rest for a bit before you commence your next challenge.

We will have photo's of all the winners in next weeks newsletter.

COMRADES 2012 – WESTVILLE AWARDS

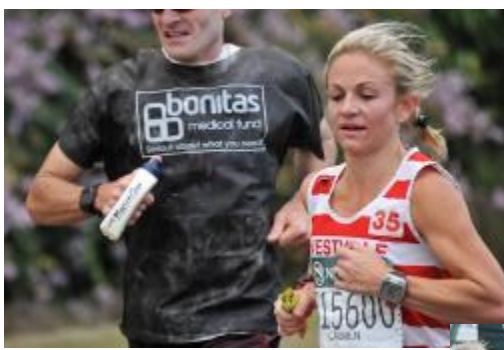
1 st Male	Paul Worsnip	06:48:46
2 nd Male	Mike Martin	07:12:50
1 st Lady	Vanessa Zimmerman	07:41:42
2 nd Lady	Lauren Calenborne	08:08:18
1 st Vet Male	Mike Martin	07:12:50
1 st Vet Lady	Vanessa Zimmerman	07:41:42
1 st Master	Fred McKenzie	09:17:21
1 st Bill Rowan	Vanessa Zimmerman	07:41:42
1 st Bronze	Stihembiso Sithole	09:05:40
1 st Vic Clapman	Steven Hill	11:00:52
Last person home	Reneè Heine	11:54:54
Oldest Finisher	Marius Rossouw	11:11:45
1 st Novice	Grant Lloyd	08:58:49

Silvers

Paul Worsnip	06:48:46
Mike Martin	07:12:50
Richard Long	07:20:34
Thandekile Sotubhu	07:28:30

Ladies 2nd Open Team Prize Comrades Marathon

Vanessa Zimmerman
Lauren Calenborne
Tammy Dennill
Karen Fisher



June 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 COMRADES EXHIBITION	2 COMRADES EXHIBITION	3 COMRADES MARATHON
4	5 WESTVILLE TIME TRIAL @ 17H45	6 ACHES & PAINS	7	8	9	10
11 COMMITTEE MEETING	12 WESTVILLE TIME TRIAL @ 17H45	13	14	15	16 IMPENDLE 16KM @ 08H00	17 UMLAZI DEV 10KM @07H00
18	19 WESTVILLE TIME TRIAL @ 17H45	20	21	22	23	24 SPAR LADIES 10KM @09H00
25	26 LADIES LEAGUE WESTVILLE	27	28	29	30 X-C LEAGUE No. 5 YELLOW WOOD PARK @ 11H00	FOREST VIEW 10KM @07H00
		NOTES:				
<p>Details of all events can be found at www.eventtiming.co.za</p>						

On the light side:

A preacher said, "Anyone with 'special needs' who wants to be prayed over, please come forward to the front by the altar." With that, an Aboriginal man got in line, and when it was his turn, the Preacher asked, "Mulrunji, what do you want me to pray about for you?"

Mulrunji replied, "Preacher, I need you to pray for help with my hearing."

The preacher put one finger of one hand in Mulrunji's ear, placed his other hand on top of Mulrunji's head, and then prayed and prayed and prayed. He prayed to the 'Almighty' for Mulrunji, and the whole congregation joined in with great enthusiasm.

After a few minutes, the preacher removed his hands, stood back and asked, "Mulrunji, how is your hearing now?"

Mulrunji answered, "I don't know. It ain't 'til next week!"

Just found out my friend Gavin died, he overdosed on indigestion medicine!
I can't believe it..... Gav-is-gone

TRAIL RUNNING:

Comrades is over and now the focus really turns to the trail! To follow the KZN Trail Running scene visit <https://twitter.com/#!/KZNTRAILRUNNING> or <https://www.facebook.com/Kzntrailrunning>

Please also ask any questions you may have through Facebook or Twitter so that everyone can learn from the answers!

Talbot Trail Run Series

16 June: Cumberland Nature Reserve

30 June: Table Mountain (PMB)

14 June: Faulklands Farm

The **Talbot Trail Run Series** is now just around the corner and the entries are filling fast. For the first time ever it appears that we may reach our limit of 400 runners for each event in the series, a strong indication that KZN trail community is growing.

Almost 100 runners/walkers have taken up our offer to those entering all 3 events up front by the 14th of June, by doing so they are ensuring their spot at all 3 events, getting 5% off their entry fee and receiving a free Moisture Management T-Shirt.

Don't miss out on this great offer, the only other way you will be able to get your hands on a shirt is if you are luck enough to win one in the lucky draw. Other lucky prizes include a pair of running shoes worth R1200 from Durban Runner and a weekend away at Mountain Splendour in the Drakensberg.

Bullet info:

- All the events take place at venues along the Table Mountain Rd just outside PMB and offer a short course of approx **7km** and a long course of approx **14km**.
- There are no time or age limits. Children under 18 must have parental consent.
- Please inform us if you have a medical condition so our paramedics can be prepared.

For directions and more info visit www.kzntrailrunning.co.za and click on the relevant event.

As usual entries are done through ROAG (www.roag.co.za)

- **Late entries will only be accepted on the day if the race is not fully subscribed and will attract a R40 late entry fee. Whether or not late entries are available will be made known on Friday 15 June at 8am for the Cumberland Event.**
- Tea, coffee, muffins and donuts will be on sale at the Start/Finish area. Water is free!

Should you wish to picnic at Cumberland Nature Reserve after the event, please feel free to do so, your entry into the reserve is covered in your entry fee.

Keep hitting the trail.

Training Groups:

Westville Mall:

Monday, Wednesday & Friday - 5am
 Tuesday & Thursday - 5:30am
(The Tue/Thu group also have a large walking group)

Kloof Virgin Active:

Monday, Wednesday & Friday - 4:50am

Westville Athletic Club:

Tuesday # Time Trial - 5:45pm
 Monday & Thursday # Track - 5:30pm

GIBA TRAIL RUNS:

Saturday - 05:45am

Happy birthday:



- | | | |
|----|-----------|--------------|
| 1 | Veronica | Labuschagne |
| 2 | Sabrina | Fontana |
| | Brett | Chettleburgh |
| | Stefan | Wilmans |
| 3 | Neil | Ridley |
| 4 | Paul | Pearce |
| | Princess | Mark |
| 5 | Adrie | Booth |
| 6 | Kim | Lowe |
| | Iain | Robertson |
| | Thandeka | Sithole |
| 7 | Nicky | Blewett |
| | Petra | Blewett |
| 8 | Wayne | Noite |
| 9 | Clive | Stewart |
| 11 | Michelle | Kemp |
| 12 | Jordan | Adams |
| 13 | Rod | Dorrofield |
| | Michael | Newton |
| 14 | Paul | Worsnip |
| | Carol | Brooks |
| | Emile | Fitzmaurice |
| 15 | Sithemiso | Sithole |
| 18 | David | Wheal |
| | Sindy | Kirsten |
| 19 | Lauren | Roberts |
| | Brittany | Rose |
| 22 | Brad | Ellis |
| | Alen | Hattingh |
| 23 | Bilqis | Mahomedy |
| | Samantha | Spencer |
| | Cliff | Westermeyer |
| | Tony | Lewis |
| 24 | Liz | Chelin |
| 25 | Shani | Silver |
| | Rogan | Bartlett |
| 26 | Sanet | Beukes |
| 27 | Craig | Blewett |
| | Mark | Bennett |
| | Bryn | Emms |
| 28 | Tammy-Lee | Kelly |
| 30 | Russell | Pietersen |
| | Vanessa | Zimmerman |
| | Gary | Goldsworthy |
| | Sally | Veenman |

Our Sponsors

let's

support those

who

support us:



Time Trial Duty:

Date	1 st member assist	2 nd member assist
5-June	Karen Mc Kenzie	Wendy Morgan
12-June	Sean Uys	Alison Uys
19-June	Doug Hoar	Paula Dovey
26-June	Gareth Brockett	Iain Robertson

SAMPLE TRACKSUITS
 HAVE ARRIVED.

SEE SUE SMITH ON A
 TUESDAY EVENING TO
 TRY ON FOR SIZE AND
 TO ORDER.

IDEAL FOR AFTER
 A RACE.

Contact us:

Please send your pictures and contributions to
fred@ramses.co.za

WE NEED YOUR PHOTO'S

Do you have any photos from your runs?

Please send them to
fred@ramses.co.za

