

# COMRADES MARATHON 2019





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## WESTVILLE ATHLETIC CLUB RUNNERS



Race No.	Name	Medals
8866	Aidan Billington	1
24794	Andrew Burnard	2
49023	Andrew Quinlan	9
17080	Andrew Watt	2
17956	Angela Beckx	3
8551	Annemie Taljaard	1
12029	Arlindo Miranda	9
54530	Ayanda Hlubi	6
21918	Ben Goodwin	1
56045	Bongumusa Ngwenya	4
2125	Brandon Jackson	28
47151	Bruce Ims	7
26125	Christopher Zaayman	0
1122	Claire Schilt	6
14002	Cliff Robbertze	19
7598	Craig Daniels	0
16532	Dallas Danielsen	2
11261	Damon Adendorff	1
39958	Daniel Israel	2
32650	Dave Leppan	6
29892	David Claassens	0
14097	David Reed	0
48633	David Schilt	2
56266	Debbie Friis	5
53420	Delani Hlongwane	12

Race No.	Name	Medals
11420	Denise Monda	5
31949	Deven Govender	19
24274	Don Masinga	10
7309	Fred Mc Kenzie	15
31854	Garry Barnes	11
51513	Grant Kerr	8
32120	Grant Lloyd	6
15557	Greg Wicht	8
9671	Hein De Klerk	1
56134	Hopewell Hlabe	12
45686	Iain Robertson	10
29566	Jacob Twala	4
30517	Janine Mazery	9
1785	Janine Nortje	6
22354	Jono Hotz	6
30922	Karen Fisher	13
7918	Kate Robinson	1
7518	Keri Becker	4
56419	Kerry Hoar	6
13746	Kerry Petersen	1
29158	Kerry Robertson	3
24081	Kim Westbrook	0
17183	Leanne Ellis	2
12547	Lee Holmes	0
28527	Lendl Steffens	0

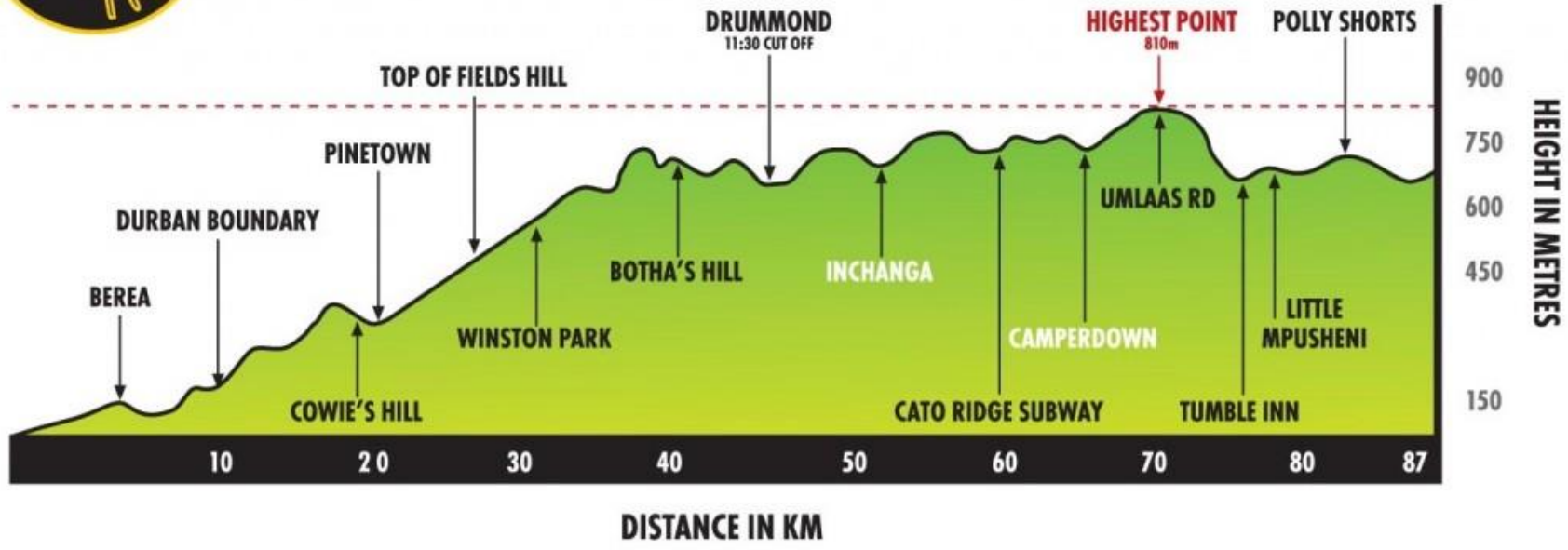
Race No.	Name	Medals
17113	Liesel Israel	1
10910	Lorien Cuthbert	2
56482	Martin Dovey	13
23622	Michael Bartholomew	0
47633	Michael Cross	2
34155	Michael John Philpot	9
25822	Michael Rogers	6
11904	Moses Mnyakeni	0
21667	Mpumelelo Hadebe	2
31197	Mvule Sikhakhane	0
55733	Nicola Centner	9
9104	Nkosinathi Ndlovu	1
3007	Oliver Lamusse	2
26968	Patrick Martel	1
56477	Paula Dovey	8
39397	Petrus Mntambo	2
22697	Phillippa Rautenbach	4
21914	Raymond Buthelezi	0
14085	Richard Argall	1
35912	Richard Mack	1
29764	Robyn Long	2
20239	Ronnie Olivier	1
13726	Ryan Blamire	1
34189	Ryan Mitchell	13
34296	Samson Sibuyi	3

Race No.	Name	Medals
23168	Sandy Ambross	0
11246	Sanet Beukes	13
31759	Sarah Eksteen	8
12881	Sarah Louise Dennis	1
21938	Sarah Wilson	6
22405	Semu Sixtus Ngcobo	1
24198	Shaun Reid	3
15330	Sifiso Vumisa	5
36188	Sindy Kirsten	2
39860	Sithembiso Sithole	6
13015	Skumbuzo Zimema	0
23206	Steven Benson	0
26267	Steven Gossman	3
18479	Sthe Sibisi	1
39604	Stuart Cox	4
23971	Stuart Reeves	4
17888	Teboho David Khobo	1
36773	Thabani Ngcobo	2
52027	Thandekile Sotubhu	16
19534	Thembeke Ngobese	0
9275	Tim Maxwell	1
13658	Trevor Hart-Jones	3
40770	Tyrone Van Wyk	7
49339	Wayne Simmons	6
11552	Wesley Wells	4

# 2019 - UP RUN



## P R O F I L E M A P



# COMRADES ADVICE

After all these years on the road, the basics of running Comrades have never changed. One of those basics is to break the race up into bite-size chunks. Tackling 87,6 kms is daunting. It is a lot easier, mentally, to run sections of 10-24 kms. Our newer runners and novices should find this guide useful in planning their assault on the greatest road race in the world.

## **Start to Top of Fields Hill – 0-24 kms**

Without wanting to put dread into the hearts of the novices, it is this section of the Comrades Marathon, up or down, that has earned total and complete respect from the runners. Treat it accordingly and tread ever so softly over these first 24 kms. There are hills in this section that don't even have names and yet they can be put into the 'mountain' classification. The climb culminates in the mighty 3 kms of Fields Hill, and this especially should be taken nice and easy. Do not let yourself get too far behind schedule, but be assured that only the reckless and foolhardy will be ahead of schedule. Minutes gained early could lead to disaster later on, so exercise extreme caution and aim at the top of Fields Hill with your eyes wide open and your foot on the brake pedal!

## **Top of Fields Hill to Hillcrest – 24-33 kms**

At the top of Fields you can relax and run a little harder. Don't try and get back the minutes you would have planned to give away earlier, but run on schedule. This section of the course is, however, deceptive. By comparison with the climb to the top of Fields Hill, it is easy, but don't be fooled – it's still a steady climb all the way. I do believe though that you can consider this section as a bit of a respite. You'll look forward to, and enjoy, the crowds at Winston Park fly-over and in Hillcrest. Use the crowds to relax – give them your tension.

## **Hillcrest to Drummond – 34-43 kms**

As they say in the classics: "you're not out of the woods yet," and as you trundle down to Botha's Hill, you had better believe it! Botha's is steep and very demanding. After Botha's you drop down again only to climb (of course) the back of Alverston (you'll see the FM tower). Another descent and then another short climb before you go down to the halfway mark. This is beautiful running country so enjoy it. Don't forget to say good morning to Arthur (Newton) at Arthur's seat.

## **Drummond to Umlaas Road – 44-68 kms**

Facing you immediately after the halfway mark is one of the most revered hills in road running – the mighty Inchanga. On your way up this hill look out for the Indian man that is painted on the rock at the side of the cliff. He is the emblem of the Natal Canoe Club and when you see him you'll know you're near the top! Once at the top you can breathe a great sigh of relief, and if you're feeling reasonable you can afford to relax a little and enjoy the trip to Umlaas Road (the highest point). Make no mistake though, it's still hard work (remember this is the up-run), but this section is certainly not as demanding as the previous sections. Harrison Flats are not actually flat but there are no vicious hills in your way. There are, however, many little hills with no names. Collectively they catch you and drain you but there's nothing in this section to really hurt you except for the hill outside Camperdown. Cato Ridge and Camperdown are both milestones with fantastic crowd support so enjoy them.

## **Umlaas Road to Top of Polly Shorts –69-80kms**

This is without doubt the most important psychological section of the race. You're at the famous 70 km mark and as they say: "this is where the race starts." There is quite a drop down from Umlaas Road that, on very tired legs, can be as bad as an uphill. Novices, don't be fooled by 'Little Polly's' – remember that the real thing comes at the 78 km mark. Polly's is not really such a bad hill – it's just where it is that makes it so hard. Make up your mind now that you're going to slog your way up it, come hell or high water. Whatever time you are running for – be it a silver, a Bill Rowan, or just to beat the gun, it will be greatly influenced by how well you run this section.

## **Polly Shorts to Finish – 80-87 kms**

If only we could really enjoy these kilometres ... if only!! Genuinely the easiest section of the entire race. There are, however, some bumps that hurt. The climb to the motorway at '5 kms to go' is hell but after that just put your head down and go for it. Remember time and again to ask yourself that famous question: "how badly do I want this?" I wish you all a great run and may all your dreams come true.

By BARRY HOLLAND

# 2019 MILESTONES

- Westville has 100 runners this year who have qualified to start comrades
- In total these runners have run 469 comrades
- With Brandon Jackson out front going for his 29<sup>th</sup>
- We have 15 novices this year lining up for their first attempt, 5 ladies and 10 gents
- We have 2 runners going for their double green (20 runs) & we wish them all the best
  - Cliff Robbertze
  - Devan Govender

# 2019 MILESTONES

- We have 5 runners going for their green number (10 runs) & we are sure they will enjoy the day in their yellow number
  - Andrew Quinlan
  - Arlindo Miranda
  - Janine Mazery
  - Michael John Philpot
  - Nicola Centner





# WESTVILLE ATHLETIC CLUB

## COMRADES HISTORY

- Silver medals by ladies
  - 11246 - Sanet Beukes **6**
  - 7630 - Rentia Denissen **5**
  - 21938 - Sarah Wilson **2**
  - 9268 - Liz Chelin **1**
- Gunga Din Team Trophy
  - Westville Athletic Club - Winning team 1975/1976/1977
  - 75 - Derek Preiss, Dave Rogers, Steve Atkins, Guru Wessels
  - 76 - Dave Rogers, Steve Atkins, Chris Hoogsteden, Derek Preiss
  - 77 - Steve Atkins, Guru Wessels, Dave Rogers , Derek Kay
  - Dave Rogers & Steve Atkins the only two to feature in all three winning teams
- 2018 – Clyde Walker finished in 10:15:51 at the ripe young age of **78** to be Westville's oldest runner to complete Comrades