

Crocodile Rocks



Ever-smiling Adri Booyesen with a fellow runner during the Umgeni Water Marathon*

Umgeni Water Marathon - Chanleigh Mason

Midmar Dam was a spectacular venue for this marathon as we could arrive the day before and set up tents for those who camped, or just unpack for those of us who stayed in chalets.

A quick walkabout helped discover where the actual start of the race was going to be, after which we settled down to watch a fantastic Sharks game, during which there was more than enough 'carbo-loading' going on.

How happy was I that we weren't going to have to get up at 2am and start making our way to yet another out of town race. With the start time being 6am, my alarm was set for 5am and once ready we took a leisurely stroll to join our fellow runners at the start of what was going to prove to be a scorcher of a day.

The route was basically set so that the marathon runners ran half the race on one side of the dam and the next half on the other.

The 32km runners skipped a section of the second half and 15km runners had the privilege of only running to the one side of the dam.

The run itself had relatively small uphill, which were evenly spaced throughout and made for a nice change.

The only downside was the overwhelming heat! I now know exactly what a basted Thanksgiving turkey feels like that's been in the oven for five hours!

There was a nice turnout of Crocs at this event, namely Linda V, Marian, Tania and Brad and family who took part in the 15km event.

I may be mistaken, but I think Rodney was the only 32km runner and the line-up for the 42km event which included Ryza, Noel, Adri, Jean, Trish, Henk and Bruce.

I had a great time throughout this run and managed to achieve PBs for the 21km, 32km and 42km marks. Yippee!

Good luck to all of you going to the Postnet Marathon. We'll be giving it a miss as we are off to Cape Town for the Two Oceans and look forward to seeing a few Crocs along the way.

Zululand Ultra 56km and 10km - Jan Badenhorst

Sunday morning 9 March at 3.30am, 33 Crocodiles travelled to Ulundi (26 slept in the club tent at Addison Park the night before, a new record).

The registration in Ulundi was slow as a receipt had to be issued to each entrant. The 10km athletes were transported to the start outside Nongoma.

The 6am start was too late. It should have been 5am as the runners suffered in the midday heat later on.

At the first water table there was no water or coke for the back runners.

Overall a very tough ultra with the last 10km to Nongoma an uphill, which was made more difficult with no water or coke over the second half of race.

Three Crocs bailed and I don't know if any qualified for Comrades. There was no transport back to the start of the race. Even though this is an ideal training run for 'up' Comrades, we registered a complaint with organisers and KZNA about water and other issues.

If there is no response from them, we will not attend this race next year.

Crocs enjoyed the outing even if tired and sunburnt

VOB Constantia Village 15km - Candice Winterboer

Saturday 8 March dawned as one of those perfect Cape mornings, warm, clear, not a breath of wind...

This is how we started out on the VOB Constantia Village 15km.

Actually we were lucky we started at all, having had a 30th birthday party the night before and my running buddy arriving still way over the recommended daily alcohol allowance.

Suffering from a knee injury embarrassingly acquired not while running, but by walking into scaffolding in the dark at the Celine concert, I had decided to just take it easy and enjoy the run, which was a better way to start the day than with a hangover.

The turnout for the race was astounding, with more than 2 000 runners and walkers.

It was fantastic to see (being near the back) the whole field ahead, filling the road from side to side and as far as the eye could see.

The course took us from Constantia Village, through the sleeping suburbs out past the Tokai Forest into Tokai where there was a very helpful, strategically placed petrol station, (I'm sure it was a woman who did the layout for this course), back to Constantia through to Bergvliet.

Watching the sun come up as we were running through a greenbelt, I realised that I really love running.

Definitely not all the time, actually not even most of the time, but for moments like this, I am grateful that I can.

At the end of the race we all headed into the Constantia Village Shopping Centre to claim our free cappuccino which we got on registration - a big one, with real cream.

Yay for free things at races, and treating ourselves because we can!

Fixtures

For more KZNA information contact Chairman Brian Goddard on 083 2701976 and Club fixture information contact (runners) Pete 082 5560838 on and (walkers) Linda on 082 7744541.

- Saturday 22 March - NO CLUB RUN
- Saturday 22 March - Cash & Carry Easter Ultra, 50km run/21km run/walk, Paulpietersburg Country Club, 6am
- Sunday 23 March - Willie Mtolo 21km run/walk, Lahee park Pinetwon, 6am
- Saturday 29 March - Club: Moberley/marathon route for 12km, 28km run, Garden Clinic, 5am
- Sunday 30 March - Arthur Cresswell Memorial Marathon, 52km run, Berville Farmer's Hall 6am
- Sunday 30 March - Dick King 21km run/15km walk, Hutchison Park Amanzimtoti, 6am.



Vasbyt - Rodney Currie at the end of the 32km race at Midmar Dam*

