COMRADES MARATHON 2015

We hope to see members, their families and friends of the club, and not only those participating in the 2015 Comrades Marathon at the following functions associated with the Comrades Marathon. These functions are steeped in the rich traditions of Boksburg Athletic Club:

2 0 1 5 - F U N C T I O N S

➢ CHAIRMAN’S RUN AND BREAKFAST -  SUNDAY, 24 May 2015
  E.R.P.M. Golf Course

*please see NEWSFLASH sent earlier*
COMRADES MARATHON – SUNDAY, 31 MAY 2015
(Durban to Pietermaritzburg)

COMRADES CLUB TENT and UMBRELLAS ON THE ROUTE

The club gazebo will be near the subway at Cato Ridge (at about 27 / 28km to go) under the control of Skye Olivant and Bronwyn Marucchi.

If you have any goodies that you would like to have at the gazebo, please bring them with you to the Chairman’s Breakfast and place them the CATO RIDGE box that will be located in the function room.

Bob Harvey and family will be at Ashburton (approximately 12kms from the finish) and you are welcome to leave goodies in the box marked ASHBURTON that will also be allocated in the function room.

Mike Moriarty of M.A.D. Multi-Sport has also kindly offered to keep goodies for our members. He hasn’t yet finalized where his spot on the route will be, but it’s likely to be in the Inchanga area. You are welcome to leave goodies in the box marked INCHANGA.

Please ensure your goodies are well marked with your RACE NUMBER and NAME AND SURNAME, and if necessary mixing instructions for liquids. We will not bring any supplements/drinks back to the Club after the race they will be disposed of on Comrades Day. Do not mix your special drinks beforehand. Please mark your bottle where you need the water to be filled up to. We do not supply medication, Gu’s, Vooma’s etc. These you need to supply yourself.

IF YOU CANNOT MAKE THE CHAIRMAN’S BREAKFAST YOU CAN STILL POP INTO THE OFFICE AND PUT YOUR GOODIES INTO THE BOXES UP UNTIL 10:00 ON WEDNESDAY, 27 MAY 2015.

CLUB TENT SITE AT FINISH (PIETERMARITZBURG) – SUNDAY, MAY 31, 2015

The club has been allocated 2 tent sites. Please look out for the Gazebos and Boksburg Athletic Club Banners/Feathers.

Tent site 01 has been allocated to Boksburg Athletic Club. (Double site).
DURBAN “Aches and Pains” party – MONDAY, 1 JUNE 2015
ZACK’S
WILSON’S WHARF – VICTORIA EMBANKMENT
14 Boatmans Road
(031 305 1677)
11:00 till late. (Everybody to pay for their own drinks, eats etc.)

This is a wonderful social gathering the day after Comrades where runners celebrate, sympathise and just share their previous day’s experience. It is also a time to thank and let those supporters know just how special they are to us and that they contribute to our run much more than they will ever know.

BOKSBURG “Aches and Pains” party – SATURDAY, JUNE 06, 2015
Razzle@566 on Trichardts Road, Boksburg

This occurs a week later when most people are back in Boksburg and attempting to recover. We celebrate with a few fun awards which are handed out all in good spirit. We enjoy a good meal and lots of dancing.

Time : 18:30 till Late.

Price : R140 per person - both runners and non-runners. Cash bar available. The cost includes a meal, the hire of the venue, the D.J. and all the fun prizes that will be handed out by M.C. Bob Harvey.

We are provisionally catering for 100 people, so please book and pay beforehand as it makes administration in the office lot easier. (Bank details at the end of this Newsletter or pay at the office during office hours.) (Please email or fax a copy of the deposit slip to 086 618 4488).
Prize giving on the evening will include the following categories:

Prediction List Winners
Trifecta Winner
Own Prediction Winner
Fun Awards

Medal Count - Gold, Wally Hayward, Silver, Bill Rowan, Bronze, Vic Clapham.

Come and enjoy a fun filled evening whilst listening to live music, talking about your “ACHES and PAINS”, or just listening to those with “ACHES and PAINS”.

**COMRADES MARATHON 2015 PRIZES**

The following prizes and trophies are up for grabs this year.

1st Senior Man  Monetary Prize and Tommy Malone Trophy
1st Senior Lady  Monetary Prize Ros Peter Trophy
2nd Senior Man  Monetary Prize
2nd Senior Lady  Monetary Prize
3rd Senior Man  Monetary Prize
3rd Senior Lady  Monetary Prize

Silver Medalists  Each silver medalist will receive a monetary prize.

Gold Medallist  Any member to receive a gold medal will definitely be rewarded.

1st Veteran Man  Monetary Prize and Founders Trophy
1st Veteran Lady  Monetary Prize and BAC Lady Vet Trophy
2nd Veteran Man  Monetary Prize
2nd Veteran Lady  Monetary Prize
3rd Veteran Man  Monetary Prize
3rd Veteran Lady  Monetary Prize
<table>
<thead>
<tr>
<th>Prize Category</th>
<th>Award Description</th>
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<tr>
<td>1st Master Man</td>
<td>Monetary Prize and Trophy</td>
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<tr>
<td>1st Master Lady</td>
<td>Monetary Prize and Trophy</td>
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<td>2nd Master Man</td>
<td>Monetary Prize</td>
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<td>2nd Master Lady</td>
<td>Monetary Prize</td>
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<tr>
<td>3rd Master Man</td>
<td>Monetary Prize</td>
</tr>
<tr>
<td>3rd Master Lady</td>
<td>Monetary Prize</td>
</tr>
<tr>
<td>1st Grandmaster Man</td>
<td>Monetary Prize and Billy McLeish Trophy</td>
</tr>
<tr>
<td>1st Male Novice</td>
<td>Monetary Prize and Ian Jardine Trophy</td>
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<tr>
<td>1st Female Novice</td>
<td>Monetary Prize and BAC Trophy</td>
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<tr>
<td>Youngest Finisher</td>
<td>Monetary Prize and Bolton Trophy</td>
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<tr>
<td>Oldest Finisher</td>
<td>Monetary Prize and Aubrey Pittaway Trophy</td>
</tr>
<tr>
<td>Last athlete home</td>
<td>Monetary Prize and Barry Nerwich Memorial Trophy</td>
</tr>
<tr>
<td>Most improved incentive award.</td>
<td></td>
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<tr>
<td>Most Meritorious</td>
<td>Monetary Prize and Raymond Magid Trophy</td>
</tr>
<tr>
<td>1st Husband and Wife</td>
<td>Monetary Prize and Perkins Trophy</td>
</tr>
<tr>
<td>Fastest Green Number</td>
<td>Monetary Prize and Trophy</td>
</tr>
<tr>
<td>Runners getting permanent numbers</td>
<td>Green Number Plaque</td>
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<tr>
<td>Runners getting double permanent number:</td>
<td>Double Green Number Plaque.</td>
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## BOKSBURG ATHLETIC CLUB - COMRADES RECORDS - LADIES

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>1981</td>
<td>ROSLYN PETER</td>
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<tr>
<td>1982</td>
<td>TUULA LAYCOCK</td>
<td>9:59:08</td>
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<tr>
<td>1983</td>
<td>TUULA LAYCOCK/ANNE KOUVARELLIS</td>
<td>9:20:37</td>
</tr>
<tr>
<td>1984</td>
<td>SHELLEY TAYLOR</td>
<td>8:50:14</td>
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<tr>
<td>1985</td>
<td>SHELLEY TAYLOR</td>
<td>8:36:17</td>
</tr>
<tr>
<td>1986</td>
<td>SARAH HACKNEY</td>
<td>8:10:19</td>
</tr>
<tr>
<td>1990</td>
<td>LUCINDA NEWBY</td>
<td>8:07:29</td>
</tr>
<tr>
<td>1991</td>
<td>LUCINDA NEWBY</td>
<td>7:56:09</td>
</tr>
<tr>
<td>1995</td>
<td>CAROLYN WRIDGWAY</td>
<td>7:55:16</td>
</tr>
<tr>
<td>1996</td>
<td>LUCINDA NEWBY</td>
<td>7:42:36</td>
</tr>
<tr>
<td>2007</td>
<td>LESLEY TRAIN</td>
<td>7:15:40</td>
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<td>2008</td>
<td>LESLEY TRAIN</td>
<td>7:02:10</td>
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## BOKSBURG ATHLETIC CLUB - COMRADES RECORDS - MEN

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
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<tbody>
<tr>
<td>1976</td>
<td>BRIAN DELACY</td>
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</tr>
<tr>
<td>1978</td>
<td>TOMMY MALONE</td>
<td>6:50:00</td>
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<tr>
<td>1979</td>
<td>CLIFFORD BENSON</td>
<td>6:48:56</td>
</tr>
<tr>
<td>1980</td>
<td>LESLIE WRIGHT</td>
<td>6:27:00</td>
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<tr>
<td>1984</td>
<td>VITO LOLLI</td>
<td>6:21:40</td>
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<td>1985</td>
<td>CLARENCE BOTHA</td>
<td>6:05:51</td>
</tr>
<tr>
<td>1986</td>
<td>FERGIE MENNIE</td>
<td>5:56:48</td>
</tr>
</tbody>
</table>
Tommy Malone and Manie Kuhn – 1967 Comrades Marathon. The closest finish in Comrades history, with Malone losing the race by 1 second.
1982  Tuula Laycock
1983  Anne Kouvarellis / Tuula Laycock
1984  Shelley Taylor (van der Spuy)
1985  Shelley Taylor (van der Spuy)
1986  Sarah Hackney
1987  Sarah Hackney
1988  Gina Payne
1989  Lucinda Newby
1990  Lucinda Newby
1991  Lucinda Newby
1992  Lucinda Newby
1993  Sarah Hackney
1994  Lucinda Newby
1995  Carolyn Wridgway
1996  Lucinda Newby
1997  Shelley van der Spuy
1998  Carolyn Wridgway
1999  Carolyn Wridgway
2000  Carolyn Wridgway
2001  Lesley Van Der Merwe (Train)
2002  Carolyn Wridgway
2003  Gwen Muller
2004  Lesley Train
2005  Carolyn Wridgway
2006  Lesley Train
2007  Lesley Train
2008  Lesley Train
2009  Reinette Bosman
2010  Salome Cooper
2011  Lindy-Lee Folscher
2012  Shelley van der Spuy
2013  Shelley van der Spuy
2014  Lindy-Lee Folscher
<table>
<thead>
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<th>Year</th>
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<tr>
<td>1982</td>
<td>Leslie Wright</td>
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<tr>
<td>1983</td>
<td>Leslie Wright</td>
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<tr>
<td>1984</td>
<td>Vitto Lolli</td>
</tr>
<tr>
<td>1985</td>
<td>Clarence Botha</td>
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<tr>
<td>1986</td>
<td>Fergie Mennie</td>
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<tr>
<td>1987</td>
<td>Fergie Mennie</td>
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<td>1988</td>
<td>Ken Brandon-Kirby</td>
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<td>1989</td>
<td>Jacques Wilms</td>
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<td>1990</td>
<td>Frank Da Ascencao</td>
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<tr>
<td>1991</td>
<td>Leon Hand</td>
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<td>1992</td>
<td>Frank Da Ascencao</td>
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<td>1995</td>
<td>Frank Da Ascencao</td>
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<td>1996</td>
<td>Richard Jourdain</td>
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<td>Frank Da Ascencao</td>
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<td>1998</td>
<td>Frank Da Ascencao</td>
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<tr>
<td>1999</td>
<td>Oelof Vorster</td>
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<td>2000</td>
<td>Frank Da Ascencao</td>
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<td>2001</td>
<td>Nelson Magapa</td>
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<td>2002</td>
<td>Nana Zwane</td>
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<td>2004</td>
<td>Greg Bishop</td>
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<td>2005</td>
<td>Joel Molo</td>
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<td>2006</td>
<td>Greg Bishop</td>
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<td>2007</td>
<td>Trevor Toerien</td>
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<td>2011</td>
<td>Karel Burger</td>
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<tr>
<td>2013</td>
<td>Dieter Muller</td>
</tr>
<tr>
<td>2014</td>
<td>Karel Burger</td>
</tr>
</tbody>
</table>
**A little bit of history:**
The Club was founded in October 1975 and in 1977 (Up Run) 27 Boksburg Athletic Club members entered the Comrades Marathon. 10 achieved silver medals - Vito Loli 7:02; Tommy Malone 7:07; Dave Boyd 7:07; Tony Lace 07:16; Nico Dormel 7:17; Clarence Botha 7:20; Jack Mok 07:21; Peter Pretorius 7:21; Brian Shephard 7:25 and Oelof Vorster (Snr) 7:25.

Now to the present:

**The official distance for this year’s “Up Run” is 87.72km (one of the longest up-runs in history).**

As per latest printout we have 140 runners (if printout is correct) that will be lining up in Durban. (I have removed that have advised me that they will not be taking part).

All our runners have worked very hard with regards their training for this years run. Frank and his group went down to Durban and held a training camp there running along the Comrades route in preparation for the big day. Training runs were organised by Sunward AC over the Easter weekend and the final long run The Perky’s Long Run (64km) was held on Friday, May 01.

Quite a few of our members have been struck by injury and will not be able to take part this year. Better luck next year guys.

**The 10 Members with A seedings are:** Eugene van der Westhuizen, Nick Bester, Khulekani Zwane, Oudemane Metswamere, Joseph Morowane, Lucky Ramakuwela, Wynand Strydom, Ryan Gibson, George Benade and Karel Burger.

**Members with B seedings are:** Zacharia Mogotsi, Mphikeleli Joseph Tshabalala, David Kouvarellis, Wayne McBowles, Werner van der Berg, Thinus Holl, Nardus Jordaan, Rudolf Oberholzer, Josias Makoro, Benzi Tenza, Derek van der Spuy, Phumlani Sifiso Mthethwa, Lindy-Lee Folscher (only lady in the Club with a B seeding), Oscar Mhlongo, Tseko Mabote, Thabo Modise, Jan van der Linde, Cosnath Zitha, Wesley Botton. (19 in total).
Six committee members are taking part this year - Michael Navarria (Chairman), Amanda Harvey (Vice-Chairman), David Jones (Treasurer), Willie Maisela (Cross Country Captain), Lindi Robbertze and JP Delport.

President Neil Cochran has completed 24 Comrades. Neil ran his first in 1986. Vice-President Sheree Rogers-Chapman will be running her 11th Comrades.

20 novices (starting Comrades for the first time) will be lining up in Durban this year:
Yolande Alberts, Eunese Beukes, Anton Bosch; Willie Brewis; Carla Bruinette; Beverly Cook; Kurt Davis; Nelson Gwengo; Vusi Jiyane; Joseph MfanuzodlaniKumalo; Nicholas Ndlovu; Paul Nell; Jose Rodrigues; Mziwandle Sibanyoni; Yolanda Swanepoel; Elizabeth Swanepoel; Clive Tshoaedi; Steffan Uys; Richard Montjoie and Tebogo Zwane.

Who will grab the Trophy for the first Novice Male and Female home this year?

Who will the oldest finisher be this year? In the running are: Jabulani Ngwenya (1947); Anne McCrindle (nee) Kouvarellis) (1949); Neil Cochran (1950); Phil Burmeister (1951); Willie Maisela (1952); Colin Black (1953); Eric Oaker (1953); Johan Venter (1953); Gary Jackson (1954); Brian McCrindle (1954) or Joseph Kumalo (1954).

Who will the youngest finisher be this year?: Lindi Robbertze (1991); Taryn Retief (1991); Eunese Beukes (1990); John Kok (1990); Beverly Cook (1989); Phumlani Mthethwa (1989) or Nick Bester (1989).
Mother and Daughter/s taking part:
Jennifer Rogers, Sheree Rogers - Chapman and Bronwyn Strydom.

Mother and Son taking part: Rita and JP van Wyk.

Mother and Son taking part: Rita and JP van Wyk.
Anne McCrindle and David Kouvarellis

Father and Daughter: Jabulani Ngwenya and Thandi Banda

Brothers: Craig and Keith Nero and Bjorn and Steffan Uys

Sisters: Bronwyn Strydom and Sheree Rogers-Chapman and Eunese Beukes and Carla Bruinette

Uncle and Niece: Edward and Thandi Banda
Who will claim the Perkins trophy here?
Danny and Lindy-Lee Folscher
Thinus and Jolene Matthysen
Eric and Edite Bergonzi
Brian and Anne McGrindle.

We have 2 international members taking part: Simon Ward and David Kouvarellis. (David qualified at the Manchester Marathon. David finished his first Comrades in 2014 in a time of 09:35:04.)

2 Personal Trainers will be taking part again this year: Liezel Best and Monica Vorster. Liezel received her Back-to-Back medal last year and finished in a time of 11:25:22. Monica will be taking part in her 4th Comrades. Her best time was in 2014 when she finished in 08:49:35.

2 Doctors will be taking part again this year: Simon Ward and Lindy-Lee Folscher.

6 Members will be taking part in their 10th Comrades this year and will receive their Perpetuity number when they finish: Hannelie Dunn, Amanda Harvey, Aletta Mkhwanazi, Thabo Modise, Eric Oaker and Jan van der Linde.

Joseph Morowane will be taking part in his 20th Comrades and will receive his “Double Perpetuity” number when he finishes.

The following members will be running in their permanent number for the first time: Bashier Nhlapo, Christopher Nhlapo, Sheree Rogers-Chapman, Benzi Tenza and Jaap Vermaak.

Ruan Aldum will be taking part in his 2nd Comrades and will get his back-to-back medal after completing this one. Last year Ruan finished in a time of 10:59:16.
Frank Da Ascencao has completed 27 Comrades. Frank has completed all his Comrades Marathons in Boksburg Athletic Club colours. Frank has 20 silver medals to his name. What an achievement. Frank ran his first Comrades in 1984 at the age of 23.

Coenie Berowsky has completed 26 Comrades and has also completed all of them in Boksburg Athletic Club colours. Coenie has earned 3 silver medals. What an achievement.

Barefoot runner Christopher Mortlock will be taking part in his 2nd Comrades this year. He finished the 2014 Comrades in a time of 11:33:48.

Timothy Amiras will be taking part in his 13th Comrades this year. Last year he finished in 11:52:41.


Wynand Strydom will be running his 21th Comrades in his Double Perpetuity Number.
Tyan Barends will be taking part in his 9th Comrades this year. Tyan finished the 2014 Comrades in a time of 10:44:35.

George Benade will be running his 12th Comrades. George has 1 silver medal in his Comrades medal collection.

Colin Black has completed 18 Comrades. Colin ran his first Comrades in 1984 at the age of 31.

Edite and Eric Bergonzi will be taking part in their 2nd Comrades this year. Edite finished in a time of 11:21:40 and Eric in a time of 09:41:32 in 2014.

Peace Borake will be taking part in his 6th Comrades this year. Peace completed last years run in a time of 08:28:00.

Lizette Botha will be taking part in her 17th Comrades this year. She last ran in Boksburg Athletic Club colours in 2004 but she has since relocated back to the “East Rand”. Lizette finished in a time of 10:41:05 in 2014 in the colours of Run Walk For Life KZN.

Journalist Wesley Botton last took part in the Comrades in 2008. Wesley has completed 3 Comrades Marathons.

Frans Coetzee has completed 15 Comrades. Frans finished the 2104 Comrades in a time of 10:48:42.

Theuns Coetzee will be running his 18th Comrades this year. Theuns finished in 2014 in a time of 08:43:10. Better half Marinda will unfortunately not be taking part this year.

Adele Cowley last took part in 2013. This will be her 3rd run. Adele finished her first Comrades in 2007 in a time of 09:45:53.

Huntley Harris has completed 2 Comrades Marathon. He did not take part in 2014.

Teacher Rashika Rampersadh has completed 8 runs. Rashika started running in 2007.

Nick Bester completed his first Comrades in 2014 and achieved a silver medal finishing in a time of 07:14:37.

Mandi Dudula has completed 17 Comrades. His first attempt was in 1994. He did not manage to finish in 2013 and 2014. Good luck this year Mandi.
Johan Els will be taking part in his 4th Comrades. His best time was in 1995 when he finished in 9:39:15.

Fabio Dalla Venezia will be taking part in his 2nd Comrades. Unfortunately Fabio did not finish in 2012.

Vincent De Reuck will be taking part in his 8th Comrades. Vincent ran his best time in 2008 finishing in a time of 08:33:03.

Danny Folscher has completed 2 Comrades, unfortunately he did not finish in 2014. Wife Lindy-Lee has finished 8 Comrades and has achieved 2 silver medals. Lindy-Lee finished in 2014 in a time of 07:20:51 (her Personal Best).


Ryan Gibson has completed 8 Comrades. His best time was in 2010 when he finished in 7:27:03. Ryan has 2 silvers to his name.

Juan-Pierre Delport and fiancée Lindi Robbertze will be taking place in their 3rd Comrades. Unfortunately they did not manage to finish in 2013. JP finished the 2014 Comrades in a time of 10:58:45 and Lindi in a time of 11:51:50.

Amanda Harvey has completed 9 Comrades. Amanda will be running in race number 62. This race number previously belonged to her dad, Tommy Malone. Tommy has achieved 2 gold medals in 1966 and 1967 respectively. Tommy won the race in 1966 and was narrowly beaten in 1967. Tommy is a founder member of Boksburg Athletic Club. He has 10 medals to his name, including 8 silvers.
Jeremia Heyman last took part in 2012 when he finished in a time of 10:21:09.

Theunis Holl last took part in 2010 when he finished in a time of 07:55:29. This will be his 2\textsuperscript{nd} Comrades.

Betsie Ing will be taking part in her 3\textsuperscript{rd} Comrades, but her first in Boksburg Athletic Club colours. Betsie finished in 2014 in a time of 10:16:25.

Gary Jackson will be hoping for a good run this year. He did not manage to finish in 2014. His best time was 10:07:00 in 1980.

David Jones last ran in 2012 when he finished in a time of 10:53:58. David has completed 12 Comrades.

Nardus Jordaan will be taking part in his 2\textsuperscript{nd} Comrades. He will receive his Back-to-Back Medal when he finishes. In 2014 Nardus finished in a time of 09:03:32 earning a bronze medal.

Shaun Jordaan completed the 2014 Comrades in a time of 11:33:43. Shaun has been training very hard this year and we wish him the best of luck for this year.

Jannie Heath has completed 6 Comrades. His first race was in 2009. Last year Jannie finished in a time of 09:07:54.

Mark Humphreys will be taking part in his 5\textsuperscript{th} Comrades. He achieved a silver medal in 2012 when he finished in a time of 7:19:35. Last year Mark finished in a time of 07:48:01.
Albert Msongeya Khoza will be taking part in his 9th Comrades this year. In 2014 Albert finished in a time of 10:37:27.

Percy Khumalo will be taking part in his 14th Comrades. His best time was in 2003 when he ran 8:23:16. Percy did not start in 2014.

John Kok (Jnr) last ran in 2012 when he finished in a time of 11:48:53.

Karel (Kallie) Burger will be taking part in his 9th Comrades. Karel has achieved 8 silver medals. In 2012 Karel finished in the top 100.

Phil Burmeister has completed 16 Comrades and ran his first in 1989. Will Phil be the oldest finisher in the Club this year? We will have to wait and see. Phil has been running extremely well this year, so watch this space.

Tebogo Chake has finished 4 Comrades, he did not take part in 2014. His best time was in 2011 when he ran 09:56:22.

New member Selwyn Cloete will be taking part in his 3rd Comrades. His first in Boksburg Athletic Club colours. Selwyn previously ran for Pinelands Athletic Club and finished in 2014 in a time of 11:54:53.

Franz Kuyvenhoven will be taking part in his 4th Comrades. Franz finished in a time of 09:13:07 in 2014.

Anne McCrindle (nee Kouvarellis) has finished 25 Comrades, unfortunately Anne did not finish in 2014.

Linda Lombard will be taking part in her 3rd Comrades. Linda last ran in 2010 when she finished in a time of 10:55:10.

Susan Laybourn has completed 12 Comrades. Her best time was in 2011 when she finished in 9:43:01. Last year Susan finished in a time of 09:51:04.

Tseko Meshack Mabote has completed 5 Comrades. Tseko finished in 2014 in a time of 08:28:33 (His P.B. for the Comrades).

Willie Maisela last took part in the Comrades in 2010 when he finished in a time of 10:16:16. (Willie has 5 silver medals to his name).

Harold Mkhonto will be running his 21st Comrades. Harold last ran in 2012 when he finished in a time of 09:44:50. Harold has 8 silver medals to his name.
Ian Manchest last ran the Comrades in 1994 when he finished in a time of 10:33:01. His best time was in 1993 when Ian finished in a time of 09:19:24. Ian has completed 3 Comrades.

Wayne McBowles will be taking part in his 5th Comrades. Wayne’s best time was in 2013 when he finished in a time of 08:32:57. Wayne ran his first Comrades in 2011.

Brian McCrindle last stood on the starting line in 2011 when he finished in a time of 10:52:21. Brian will be taking part in his 14th Comrades.


Oudemane Metswamere will be taking part in his 2nd Comrades. In 2014 he finished the down run in a time of 07:43:41.

Oscar Mhlongo last ran the Comrades in 2010. Oscar will be taking part in his 8th Comrades, his 4th in Boksburg Athletic Club colours.

Thabo Modise has completed 9 Comrades. Thabo ran his first Comrades in 2001. His best time was in 2013 when he finished in 7:46:32. In 2014 he finished in a time of 7:46:36.

Zacharia Mogotsi has completed 16 Comrades. Zacharia finished the 2014 Comrades in a time of 09:15:36.

Tebogo Moloi took part in his first Comrades in 2014 when he finished in a time of 11:31:29.
Thabo Moloi will be taking part in his 5th Comrades. Thabo ran his first in 2011 and finished in a time of 10:18:07.

Joseph Morowane will be taking part in his 20th Comrades. Joseph has 12 Silver medals under his belt. Joseph started running Comrades in 1991.

Molefe Motseki has completed 12 Comrades. He ran his best time in 2002 when he finished in 08:02:30. Last year he finished in a time of 11:58:22.

Phumlani (Sifiso) Mthethwa will be taking part in his 4th Comrades. He has a “B” seeding and his best time was in 2014 when he finished in a fantastic time of 7:09:45. Sifiso’s previous P.B. was in 2012 when he finished in a time of 7:56:19.

Vhonani Mudau has finished 6 Comrades. His best time was in 2010 when he finished in 08:54:41.

Michael Navarria will be taking part in his 17th Comrades. In 2014 he finished in a time of 10:23:54.

Twins Craig and Keith Nero have finished 3 and 6 Comrades respectively. In 2014 Keith finished in a time of 08:49:27 and Craig in a time of 10:21:05.

Jabulani Nicodemus Ngwenya has completed 2 Comrades. Unfortunately Jabulani did not start in 2014.

Abel Ngwenya has finished 16 Comrades. His best time was in 1991 when he finished in 8:13:35. Abel was our last runner home in 2014 in a time of 11:58:58.

Richard Ngwenya has completed 13 Comrades. Last year he finished in a time of 10:39:33.

Bashier and Christopher Nhlapo will be running their 11th Comrades. Bashier finished the 2014 Comrades in a time of 11:57:57 and Christopher in a time of 09:15:25.

Timothy Nicholls will be taking part in his 3rd Comrades. He ran his first in 2013 and in 2014 he finished in a time of 9:49:16.

Mphikeleli Nkosi last ran the Comrades in 2010 when he finished in 11:28:40. Mphikeleli has finished 4 Comrades.


Rudolf Oberholzer will be taking part in his 5th Comrades this year. His best time was in 2012 when he finished in 08:14:24.
Taryn Retief ran her first Comrades in 2014 and finished in a fantastic time of 08:42:02.

Gregg Peebles will be taking part in his 6th Comrades. Gregg ran his first in 2010. Greggs best time was in 2014 when he finished in 09:11:23.

Riaan Pieterse will be taking part in his 4th Comrades. His best time was in 2014 when he finished in 09:35:20.

Lucky Ramakuwela has 3 silver medals to his name and will be taking part in his 7th Comrades. His best time was in 2012 when he ran 07:00:03.

Jennifer Rogers will be taking part in her 16th Comrades this year. Jenny ran her first Comrades in 2000 and has completed all of them in Boksburg Athletic Club colours.

Muziwandile Sibanyoni has started the race 4 times but has not finished. Hopefully you will have a wonderful run this year Muziwandile.

Martin Simon will be taking part in his 13th Comrades, unfortunately in 2000 Martin did not manage to finish but he has been very consistent since then and I hope he has a great run this year.

Michael Sithole will be taking part in his 15th Comrades. Michael has 5 silver medals to his name.

Donavan Skinner will be taking part in his 12th Comrades. Donavan's best time was in 2010.
Bronwyn Strydom will be taking part in her 14th Comrades this year and hubby Wynand in his 21st. Wynand has 6 silver medals to his name. Will they claim the "Perkins" trophy this year?

Ben Truter has completed 18 Comrades and all of them in Boksburg Athletic Club colours. Ben finished the 2014 Comrades in a time of 09:44:55.

James Thomson will be running the Comrades in Boksburg Athletic Club colours for the first time. He completed the 2014 Comrades in the colours of Joy Global.

Joseph Mphikeleli Tshabalala last ran in 2012. He has 2 silver medals to his name. His best run was in 1996 at the age of 28 when he finished in 7:20:49.

Werner van der Berg has finished 2 Comrades. His best time was in 2011 when he finished in 08:20:25.

Jan van der Linde has completed 9 Comrades. His best time was a 7:37:56 in 2012 when he narrowly missed out on a silver medal. Jan will receive his "Perpetuity" number when he finishes the race this year.

Derek van der Spuy has a best time of 6:37:23 that he achieved in 1999. Derek has completed 16 Comrades.
Eugene van der Westhuizen achieved a silver medal in the 2014 Comrades and finished in a time of 7:12:26. This will be Eugene’s 2nd Comrades.

Nico van Vollenhoven has completed 3 Comrades. His first was in 2005. He set a P.B. in 2014 when he finished in 09:57:13.

Jaun-Pierre van Wyk will be taking part in his 8th Comrades. JP ran his first in 2008. JP ran his best time in 2010 finishing in 08:18:47

Rita van Wyk will be taking part in her 7th Comrades. Rita ran her best time in 2014 when she finished in 08:39:09. Rita was also the 1st Master Lady home overall in 2014. What an achievement. In 2013 Rita was the 4th Master Lady home overall.

Johan Venter has completed 6 Comrades Marathons and his best time was set in 2012 when he finished in 09:10:08.

Johan’s training partner Marlene Venter has also finished 6 Comrades. Her best time is 09:10:08.

Jaap Vermaak will be running in his Perpetuity Number for the first time. Jaap last ran in 2010.

Cosnath Zitha will be running his 11th Comrades. Cosnath has run all his Comrades in Boksburg Athletic Club colours. Cosnath ran his best race in 2009 when he finished in a time of 07:40:32.

Khulekani Zwane will be hoping to earn another silver medal this year. Last year was his first Comrades and he finished in a time of 7:11:08.

Hannelie Dunn has completed 9 Comrades. Hubby Johan and son Justin won’t be taking part this year due to injury. Hannelie finished in 2014 in a time of 11:53:40.

Josias Makoro has completed 22 Comrades and all of them in Boksburg Athletic Club colours. Josias has 9 silver medals to his name.

GOOD LUCK TO YOU ALL!!
INCENTIVE FORM

2015 COMRADES MARATHON

SURNAME: ___________________________ NAME: ___________________________

COMPLETE YOUR LAST 3 COMRADES MARATHON TIMES (FROM YOUR MOST RECENT TO LESS RECENT) (If applicable).

2014 ___________________________ HOURS ___________________ MINUTES

2013 ___________________________ HOURS ___________________ MINUTES

2012 ___________________________ HOURS ___________________ MINUTES

…….. ___________________________ HOURS ___________________ MINUTES

NOVICES: (People running Comrades for the first time, fill in your name and surname only.)

OTHER ENTRANTS:

1. Complete your last 3 (or if less than 3, the last 2 or the last) Comrades times together with the year in which you completed it.

2. Winner is computed by means of a formula using the best of the times stated versus the 2015 actual. Best % improvement will win BIG BUCKS.

3. To be eligible to win, this form MUST be handed in at the Chairman’s Breakfast on 24/05/2015 or to the Club Secretary by latest Thursday, May 28, 2015 at 12:00

4. For those attending the Chairman’s Breakfast, no form handed in, NO HANDOUT!

There will be extra forms available in the office.
COMRADES 2015

ENTRY FEE: R10.00

TRIFECTA

I PREDICT THAT THE FIRST THREE BOKSBURG MEN AND WOMEN TO CROSS THE FINISH LINE AT THE 2015 COMRADES WILL BE:

<table>
<thead>
<tr>
<th>MEN</th>
<th>WOMEN</th>
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<tbody>
<tr>
<td>1. __________</td>
<td>1. __________</td>
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<td>2. __________</td>
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<tr>
<td>3. __________</td>
<td>3. __________</td>
</tr>
</tbody>
</table>

SUBMITTED BY:  
NAME: _________________________________

SURNAME: _________________________________

ENTRY FEE IS R10.00

NOTE: PLACE THIS FORM PLUS YOUR R10.00 ENTRY FEE IN THE BOX PROVIDED WHEN YOU COLLECT YOUR HANDOUT OR TO THE SECRETARY BY THURSDAY, MAY 28, 2015 AT 12:00.

THE WINNER IS THE PERSON WHO GETS AS MANY NAMES CORRECT IN THE ORDER OF FINISHERS. THE WINNER WILL RECEIVE ALL MONIES FROM THIS COMPETITION. THE MORE PEOPLE THAT ENTER, THE MORE MONEY THE WINNER WILL RECEIVE.
COMRADES 2015

ENTRY FEE: R10.00

EXACTA
(OWN PREDICTION)

PREDICTION OF OWN TIME:

NAME: _______________________________________

SURNAME: _______________________________________

PREDICTED TIME: _______________________________

ACTUAL TIME: _________________________________

DIFFERENTIAL: _________________________________

NOTE: PLACE THIS FORM PLUS YOUR R10.00 ENTRY FEE INTO THE BOX PROVIDED AT THE CHAIRMAN’S BREAKFAST OR TO THE SECRETARY BY THURSDAY, MAY 28, 2015 AT 12:00.

THE WINNER IS THE PERSON WHO RUNS CLOSEST TO THEIR PREDICTED TIME. THE WINNER WILL RECEIVE ALL MONIES RECEIVED FROM THIS COMPETITION. THE MORE PEOPLE THAT ENTER, THE MORE MONEY THE WINNER WILL RECEIVE.
CLUB’S BANKING DETAILS:

ACCOUNT NAME : BOKSBURG ATHLETIC CLUB
BANK : NEDBANK
BRANCH : SUNWARD PLACE
BRANCH CODE : 00190442
ACCOUNT NO. : 1904 024 998
TYPE OF ACCOUNT : CHEQUE

FAX OR EMAIL CONFIRMATION TO : boksac@iburst.co.za
Or Fax number: 086 618 4488

If I DO NOT receive confirmation I cannot allocate to correct function.

Use reference: Surname and CB or Surname and AP