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July Competition



Stand a chance to win a free pair of
Newton BOCO shoes!

Send in your name and email address
to zolanewton@gmail.com, and you
will automatically entered for our
drawing.

Restrictions apply. Open to SA
residents only.

Join Our Mailing List!

Our Website

Newton SA is excited to announce that
our new website will be up and running
soon!

Contact Us

Zola: zolanewton@gmail.com

Head Office

UPCOMING EVENTS

27 September 2014, Rhino Run, Nelspruit

1 October 2014, Wonderboom Street Mile, Pretoria

4 October 2014, Karoo Laingsburg Marathon

6 October 2014, Worcester, Development Run & Clinic

Hi there,

Newton SA had great results at Comrades, with two ladies in the top ten finishers.
Congratulations to **Martinique Potgieter** with her 9th place finish!

We would like to invite all Comrades 2014 Newton runners to send us pictures and share your experience with us via
email at zolanewton@gmail.com.

Congratulations to Martinique Potgieter!



Baie geluk met jou 9e plek, Martinique!

051-522 6894

RETAILER LIST SOUTH AFRICA

EASTERN CAPE

Etienne Schutze, East London: 082 481 8268
Feet to Floor, Grahamstown: 083 504 7940
Melissa McLarren, East London: 083 500 9647
Triangle Sport, Port Elizabeth: 041 581 7041

FREE STATE

Head Office: 051 522 6894
Workhorse Clothing Shop, Bloemfontein: 051 448 5902

GAUTENG

Audrey Liebenberg, Potchefstroom: 082 463 8238
Body Brilliance, Bryanston: 011 463 0229
Clive Smart, Nelspruit: 082 894 0432
Corine Potgieter, Polokwane: 082 490 9228
Klerksdorp Shield Sport and Leisure, Klerksdorp: 018 462 3470
Leon Pieterse, Rustenburg: 072 210 6050
Optimum Running Elite Newton Store, Boksburg: 011 383 3115
Outdoor Freedom, Rooihuiskraal, Centurion: 012 656 9314
Pace Yourself Running Store, Coachmans Centre, Hennospark, Pretoria: 082 464 5986
RC Footworks, Elardus Park: 083 524 8421
Runaway Sport, Pretoria: 012 361 3733
Troi Sport Sunninghill: 011 807 9050

KWA-ZULU NATAL

Newton Highway Runners, 3 Oriole Road, Gillits: 072 568 9611/082 4168 999
Sakkie Maartens, Matatiele: 083 626 8826
STS Sport, Durban: 031 312 9479

NAMIBIA

OTB Sport: 061260 312

NORTHERN CAPE

Nommerpas, Graaff Reinett: 083 284 9739



Atokia Primary School, Pietersburg

Newton SA recently sponsored the cross country team of Atokia Primary School with running shoes.



WESTERN CAPE

BMT Stellenbosch: 083 3101105/021 8873417

Drifters, Cape Quarter, Cape Town: 021 418 4511

Pro Soccer, Somerset West: 021 851 8369

Runners Rest, 14b Andringa Street, Stellenbosch: 076 550 5377

Shoe Link, Durban Road, Bellville: 021 949 5895

Somerset Sport, Somerset West, Somerset Mall: 021 851 4658, Cape Gate Branch, Brackenfell

4658, Cape Gate Branch, Brackenfell

Somerset Sport, The Flags, Somerset Mall: 021 851 4658

Ten for Ten!

Congratulations to Hilton Murray for his astonishing achievement of completing nine consecutive distances equivalent to Comrades in nine consecutive days culminating in running his tenth at the official Comrades race.

He accomplished this in one pair of Newton Motions!



Hilton Murray running the Ten for Ten!



Zola's Comrades



The first words I spoke on Comrades morning were to my sister: "*Remind me never to do this again!*". I recalled these fateful words constantly throughout the race.

I came to see myself not as a distance runner, but rather as one with a middle distance brain trumping with the thought of, "Run as hard as you can for as long as you can!"

Running Comrades is a universe apart from this notion.

Patience and more patience is needed and then even some more as you tick off the kilometres. I divided my Comrades run into 11km stretches, and hoped this would help me cope with the distance; but, alas, when you get tired and glycogen-depleted, math - which is normally my weak point, except after a glass of red wine- becomes incomprehensible. After 55km I just gave up and did the worst thing of looking at the km markers next to the side of the road, and realised that I still had 34km, or over half a marathon, left to go.....

I must admit I felt well in the beginning of the race (first 30km) until the doubts started creeping in. Why I am here? Why am I doing this? All the silly existential questions every runner has to face while he/she is running. My mind fluttered about in a way that would put Soren Kierkegaard to shame. It is then that the intrinsic part of why you are doing something comes to the forefront: the only reason I am running is because I was uncertain about what other option is even available! I passed my friend, Ray, somewhere between lalaland and never neverland, and came to decipher his words to mean that I was in the top ten. I should have been elated but my only reply was: "I am dying!" By that time my blood sugar was close to the negative and I was beginning to feel dizzy. As I passed a quieter stretch of road, I was all too grateful for a precious glass of Cream Soda (I think all the food colouring in there shocked my liver into overdrive!).

At 74km to 75 km, the profound words I spoke at 02h30 that morning came to fruition: *Never do this again*. I was walking and hoping a bus would come along to actually realise the other option besides running -which, at that time, was NOT RUNNING, or just simply to be run over by some generous taxi or motor; but, alas, no bus arrived. But God did send an angel.

As I was walking and feeling sorry for myself, my friend, Jorrie, started walking alongside me. I was tired and a bit demented, as well, I must admit, but I will never forget his words: "Zola, you have gone through much worse in your life." That did it for me; it snapped me out of my "feel-so-sorry-for-myself, there-is-no-end-to-my-misery" state, and thus changing my whole attitude. I started running again and, on the highway, someone gave me a Liquifruit Litchi juice.

My favourite.

I would like to thank whomever my Liquifruit Angel was. You saved me and got me through to the last 10 to 12 km, which I ran with two great guys -one of whom nursed me through the finish.

I truly believe we endure 88.6km for the 400m of ecstasy of the grass to the finish (excuse the pun). I have not thought of running another Comrades, but have already set a date for my qualifying marathon.

Enjoy your running; it makes us crazy so that we can cope with life, and so that we may also come to meet meet our Angels during our worst times of misery.

Zola