

1. Editorial

I have been pleasantly surprised at the willingness, keeness and even desperation of club members to have their runner’s bio published in this newsletter. If I am going to get through every member, I will have to include several each time.

Three profiles – well four actually - feature in this edition –Erin and Willie Engelbreg, Kagiso Keatimilwe and Mark Thompson.



I have sent requests to some members who have yet to respond – you know who you are (Brian)! I welcome anyone who voluntarily would like to be profiled to email me, upon which I will send a list of questions to you. Don’t be shy.

Your comments, suggestions and contributions are most welcome. Email me at nevyoung@starwaders.com.

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3. NEXT RACE: Medihelp Sunrise Monster – Saturday 29 Feb

This event (32, 21, 10 and 5) was intended to be a league race but AGN informed us this morning that league status is withdrawn. The event will be timed by wearing a Championship, but the problem is that not everyone has a Championship nor can afford to rent one in time. This means that not everyone can be included in the results and the club championship standings can be adversely affected.

NoChip-NoResults means that one can enter and participate, but will not be included in any results. This would be OK if participation and personal time for you is more important than having your result and position recorded.

NEVERTHELESS!! – the CSIR Running Club GAZEBO will be at the event. Here is an opportunity for early morning socialising and for getting to know your club mates.

Note carefully - the start time for the 32 and 21 is 6h03. This is because this race is called the Sunrise Monster and 6h03 is when the sun rises on the 29th.

See the flyers for race [here](#) but **note carefully** the entry conditions on page 7.

4. NB: Two Oceans Marathon – Club Verification

Several of our members intend to run the Two Oceans Marathon but have not provided their qualifying races and times. Kagiso Keatimilwe is coordinating this activity, so you must contact him at keatimilwe@icloud.com.

5. A Word on Running

Editions of this newsletter will feature snippets of running terminology. Not only might this prevent you being embarrassedly ignorant when not knowing what experienced runners around you are talking about, but it will also introduce you to useful running ideas and practices.

Hypoxic – a state of Hypoxia

Too much excitement and anticipation on the start line can lead you to starting out too fast and within the first minute, you're short of breath, hurting. Chances are you're hypoxic. Your lungs aren't supplying the heart with enough oxygen to pump through your system. Ease off the pace until you have warmed up and can catch your breath.

Wikipedia gives symptoms of the state of Hypoxia as cyanosis, headache, slower reaction time, impaired judgment of time, euphoria, visual impairment, drowsiness, lightheaded or dizzy sensation, tingling in fingers and toes, numbness. Perhaps if you have these symptoms on the start line, you shouldn't be running at all. Come to think of it, those symptoms could equally apply to a state of recovering inebriation! Babalas!!!

6. Classified Advertisements

Two Oceans Half-marathon entry wanted

Nelson Sefara asks: *My wife has an entry for the Two Oceans Ultra marathon and unfortunately she has not qualified. She would like to downgrade to half marathon if she can find anyone who has half marathon entry and is interested in upgrading.* nsefara@yahoo.com

Comrades Substitutions Needed

Our development runners Sizwe Shabalala and Jabulani Mkhonza are capable and ready to run the Comrades and are hoping to be successful in getting a substitution entry when those applications open on 16 March. If you are having to opt out of your entry or know of anyone who else who through injury or other obstacles that life tends to test us with, please let me know at newsletter@csirrunner.co.za. In addition, getting them to the Comrades is expensive and we will need all the help we can get to finance their experience. Let me know if you can contribute to a fund for them and I will follow up with our treasurer to see how this could be done.

Sewing on of Licence Numbers

FATIMA DA SILVA wife of James Da silva has offered to sew AGN numbers to your running vest at a small fee of R50.

Please contact her on 0721478035 or give your vest to James at a TT.

7. Know your Running Club Friends - Erin and Willie Engelbreg

Erin and Willie will be married 24 years this year. Erin says *"In fact, we met at a running group and instantly fell in love, hence running has a very special meaning for us. We have 4 very boisterous and gorgeous Golden Retrievers with whom we spend a lot a time with. They also enjoy a monthly Adventure Tails run which is part of Trail Adventure."*

They were born in the late 1960s, during the amazing Flower Power period (and tragic Vietnam war). Last of the hippie era.

They started running little bit more than 3 years ago. Erin says *"It all started out with running the 5km Trail Adventure runs. Since we had not run for about 20 years it was no easy thing to do. We joined the CSIR in 2019. For us, running is not about winning, but about enjoying it and having fun."*

Asked about the Comrades she says *"No, and we will never run it either. We do not even call that far. But we are super great supporters of the Comrades. We have the utmost respect for the runners who take on this race."*

"Way back in the 1990s I did the Sabie Shufflers and till this day this run has stayed with me, as it was my first 32km and the scenery was spectacular. But for Willie and I we have two races: the Kaapsehoop, since this was Willie's first 21km and the Knysna Forest 21km because it was a real adventure and once again, the atmosphere and the scenery was breathtakingly beautiful."

On their peak performances she says, *" Oh my soul to finish a race (which we have accomplished to date) and then to finish a race without walking (there were a couple of successes in this category, but mostly there are some walking 😊)*

"We only do 21km and 10km races. These are the distances we enjoy. For our PBs, we are working on it..... 😊"

Future running plans? *"Yes, to put on our running shoes and hit the road and to run a 10km in just under an hour. As the saying goes 'slow progress is better than no progress' "*

The upper photo was recently taken at the Knysna 21k last year and the second photo was taken a long time ago at the Munich City Run in 1999.



8. Know your Running Club Friends - Kagiso Keatimilwe

Kagiso (known to me as KG and to others as KK) is single and has one daughter.

He competes in the 50-60 age category, earning himself the description of a 'Master' runner.

He says *"I started running about 10 years ago. I used to run on my own around the CSIR until Thabo Pooe and Raynold Zondo convinced me that I could run more than the 5k that I typically did in those days. I then joined the CSIR Running Club and that has contributed immensely to improvement in my running."*

His Comrades story goes like this, *"I have started Comrades five times. On the first occasion I was cut-off at Drummond on the Up run and joined the happy company of Tiro (and Edward I think) in the real bus. On two occasions I arrived at the finishing line but several minutes too late to qualify for a medal."*

"Loskop is without doubt the race I enjoy the most. It is tough, but it is very well organised and running out of Middelburg knowing that a bag of oranges awaits those who get to the dam, is sufficient motivation. But I have also had very difficult races. My first marathon at the Vaal which was also supposed to be a qualification for Two Oceans ended after 5.20.! And I developed cramps for the first time ever. I will also never forget the first time I arrived at Fields Hill. It was steep, it was long, it was horrible. And I watched my bus slowly leave me behind. But I still returned the following year."

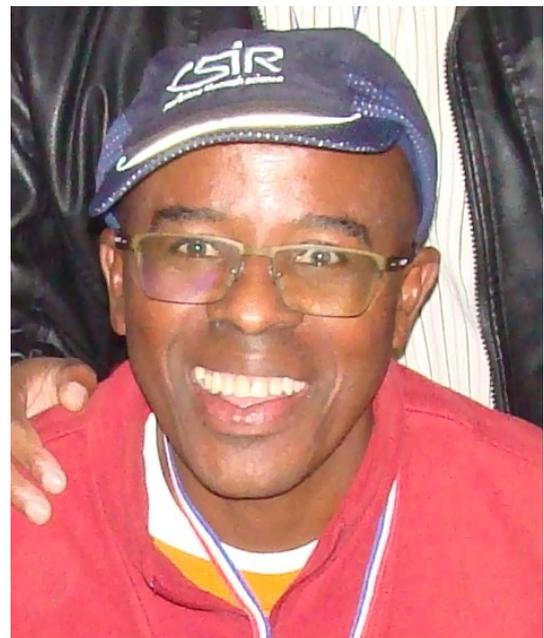
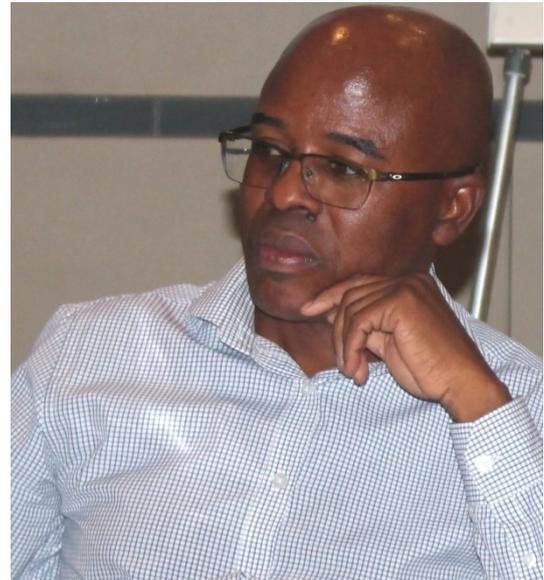
His response to my question about his peak performance was a very positive *"My best years are yet to come!!"*

"My best 10k was at Swartzkop in 2018 (about 55 minutes), My best 21k was at Sefako Makgatho in 2018 (2.08); and my best marathon was at Kaapsehoop in 2015 (4.42). My best Comrades was 12.04. I did not get a medal, but I appeared on TV!"

Future aims? *"Yes, to get my Comrades medal in 2020."* We will support you all the way KG.

He adds *"I think that we have a great running club."* Glad to have you as a member!

Editors Note: Kagiso has been a staunch supporter of our club and has served on the committee in more than one portfolio as far as I am aware.



9. Know your Running Club Friends - Mark Thompson

Mark specifically says he has one wife – would we have thought otherwise? She is Jane and they have been married for 21 years. They have a 17 year old son and 10 year old daughter. He says *“Jane is a mad keen off-road trail runner, who's still too fast for me downhill, and the other two seem to be getting into cross-country at school and seeing it (eventually) as a pleasure and not a punishment ! I can still beat the 17 year old over the longer distances but have resigned as a sprinter re the younger competition”*.



Mark admits to being older than 21, even older than Lucas, but younger than James. Well actually he is 56 - of which about 30+ years have been spent running, at various levels of commitment and intensity.

Mark cannot really remember when he started running. He says *“.....its been so long ! I started serious road running the year after Retha originally formed the club, so I guess it must be close to 21 - 22 years by now ? Before that I spent my first year in SA running with Harlequin's but changed over to CSIR when the Forestry Dept research group I was working with was transferred to CSIR and*

formed the then new Forestek division; which became Environmentek. I've stuck with the CSIR club ever since, even after leaving the CSIR over 15 yrs ago to start my own company. During that time, I've been club chair for 4 years, done my stint as financial manager, newsletter editor, and been race director for 4 races that I organised, plus 1 extra that became my responsibility at the last moment. Organising a race is more stressful than changing jobs, getting married and buying a house”.

He is brutally honest and pragmatic about the Comrades. His answer to my question about that race was a short and sweet “Never”. He continues *“Hopefully [that status] stays the same. Never caught the bug, despite many years of intra-club peer pressure”*.

Your favourite race? *“Wow, hard one. From a road perspective, definitely the old version of Long-Tom, running from Sabie to Lydenburg. That was a favourite for many, many years and I dragged the club to that for several annual and memorable away-weekends. Tough, but great. From a trail perspective, which has become a passion over the last decade and replaced a lot of my roddie adventures, it would be a mix of the Rhodes Ultra and Mont-Aux-Source. Both of which I have permanent numbers for. But there are so many other fantastic venue trails under the belt, including the long-one TO Table Mountain race, Three Peaks on the Lesotho border, Sani Stagger and the Kalahari challenge. The last one being quite memorable - organised to raise funds for a San/Bushman missionary station way off in the Kalahari, close to the Botswana - Namibian border. Basically, it involved being dropped off in the middle of no where from an old Bedford army truck with a GPS and then being told to find the way home across the desert, whilst competing with the San guys who ran without GPS !. Needless to say the San all finished hrs ahead of the GPS-lead runners ... incredible speed and route finding capabilities !”*

And your peak performance(s)? *“On the trail, being mad enough to run 3 x successive Rhodes Ultra's, knowing what I'd feel like from the previous run, when I was 50+. On the road, maybe the personal feeling of triumph after completing my 1st ever ultra on the old Bergville - Ladysmith route, maybe 20 years ago. Never imagined at that time I could run over 50km's. Especially coming from a student running background in the UK where finishing a half marathon made you the village hero for a year, but over here doing the same is typically considered a pre-breakfast jog...”*

“I think I've done all the time-based PB's I want to do - the future PB is maintaining the love for running (with a bit of road and mtb cycling and swimming thrown in for cross-training confusion as well).”

Do you have any particular aims for your running in the future? *“Actually, in the short term - myth busting. I've just swapped after 25 yrs with Saucony to Mr Price Sports shoes, which appear to be pretty much perfect for 1/4 of the price. Made the strange decision to test this out after reading multiple, brand independent reviews on running shoes which said what the on-shelf MPS shoes are the same as those used to win the Comrades and are good to go for other runners too. Time will tell if my knees and toe nails agree. I needed a new pair anyway.”*

He ends off by saying *“All is good for now - thanks for letting me introduce myself ☺”*

Thanks for an entertaining runner's bio Mark.

Editor's Note: I bumped into Mark as he was exiting his doctor's consultation room having had his annual checkup. He said the doc said he was as fit as a 19 year old. I was next in for my checkup after which the same doc said I was as fit as an 18 year old! I couldn't wait to tell Mark when next I saw him. :-D



10. Forthcoming Events

To help you with your planning, here are the events as scheduled by AGN for the next two months.

Date	League	Event	Venue	Distance	Start Time
February					
Sat, 29	X	Medihelp Sunrise Monster	Harlequin Club, Groenkloof	32/21,10/ 5	06:01
March					
Sat, 7		Buco Bobbies 3 in 1	Hatfield Plaza	21,1/10/5	06:00
Sat, 14		Om-Die-Dorp	Pierre v Ryneveld Community Church	21,1/10/5	06:00
Sat, 21	X	Right to Run/Walk	Sunnypark Shopping Centre	21,1/10/5	07:00
Sat, 28		Overkruin Kolonnade Road Race	Kolonnade Shopping Centre	32/15/5	06:00
Sun, 29		Kosmosdal Fun Run	Kosmosdal Checkers	8/5	06:30

The full 2020 event spreadsheet can be downloaded at <https://agn.co.za/road-running-2020-fixtures/>

It can also be viewed on the club [website](#).

If you are looking for something different like a trail run, check out the website, www.trailadventure.co.za. It has venues and future events listed there.

11. The Weekly Club Time Trial

The Time Trials always start from outside the Lapa next to the Volleyball Courts in the CSIR International Convention Centre grounds, after whatever announcements may be have been necessary. We have 4km, 6km and 8km routes to choose from. The hills however are NOT optional – you fight them on any of the routes! During the summer months, Time Trials will start at 17h30. Note that that the start time changes to 17h15 during the winter.

As most of you are aware, you are unable to get access to the CSIR Recreation Area if you do not have a club card! You cannot get one unless you are a fully paid up member in good standing. They are being very strict about this! No card = no access! Cards are available from the Club Office just to the left of the booms at the CSIR International Convention Centre. Please take proof of payment with you! See the registration instructions here.

Guests can be signed in at the rec site boom.

12. Sunrise Monster Entries

Entries for all distances available at the Harlequin Club venue on Friday 28 February from 11h00 to 18h00. A limited number of entries for will be available at the venue from 04h30 on race morning, to specifically cater for 'out-of-town' entrants (while stocks last).

For all the detail, go to <https://runningraces.co.za/pretoria/43rd-medihelp-sunrise-monster-2020>

13. Race Results

These are the results from the previous few events. Not all CSIR runners participated in these events, because they were manning a CSIR waterpoint on the Klapperkop Road.

Note that I do not yet have the names of all new members or all renewed members while the membership database is being updated, so forgive me if I don't have your first name.

Csir results for the Tuks Bestmed (AGN) 10km race - 2020-02-15					
1720 finishers					
Position	Initials	Surname	Sex	Age	Finish Time
327	Liza	De Koker	F	45	00:59:47
411	Johan	De Koker	M	49	01:03:03
436	Paulo	Peres	M	69	01:03:35
566	Ignatius	Vuyeqasa	M	46	01:06:56
607	Xoliswa	Vuyeqasa	F	46	01:07:47
1137	Ashwin	Maharaj	M	52	01:22:30
1136	Bashni	Muthaya	F	43	01:22:30
Csir results for the Tuks Bestmed (AGN) 21km race - 2020-02-15					
2483 finishers					
528	Aletta	Gaybba	F	54	02:01:54
557	Thomas	Mautjana	M	43	02:03:13
1123	Dudley	Van Eeden	M	37	02:17:49
1125	Petro	Vermaak	F	63	02:17:55
1169	M	Rakake	M	41	02:18:56
1275	Mariante	Dolphin	F	54	02:22:38
1466	Livhuwani	Nyelisani	M	39	02:27:33
2010	Sibusisiwe	Makhanya	F	34	02:49:48
2480	F	Joachim	M	71	DQ
Csir results for the Tuks Bestmed (AGN) 42km race - 2020-02-15					
1912 finishers					
973	Lucas	Tseka	M	44	04:32:08
1293	Nelson	Sefara	M	49	04:49:10
1398	Mulalo	Mathelemusa	F	31	04:54:33
1465	Likotsi	Morienyane	M	47	04:59:12
1475	Mduduzi	Lukhele	M	31	04:59:49
1633	Asongwe	Tantoh	M	39	05:13:56
1632	Grace	London	F	40	05:13:56
1751	Tseliso	Mohlomi	M		05:24:35
1872	Tiro	Khiba	M		05:57:33
1908	M	Khumalo	M	55	DQ

14. Photos from the Phobians Races

Besides these photos at the finish, there are many photos of other club members at the waterpoint. It was great to be able to spot the on-coming club vests and cheer the brave guys and gals on.

