

## 1. Editorial

While we endure the lockdown, let us not forget that we are runners and someday will be actively pursuing our sport on the roads again. This brief newsletter should at least help us to keep in touch.

One lap around my garden is 90 meters long. If I do 56 laps, I total 5km. Hmmm! With all the twists and turns that could take a while, but if that means 50 minutes of movement, sweat and exercise, then that is what it will have to be. I could of course opt for the 1 or 2 or 3 or 4km distances if the repetition of the garden route laps becomes too boring or if the grassy parts start to wear thin.

I hope you are finding some way to exercise. Write to me and to let us know what you doing – I could insert the story of your innovativity (is there such a word) in the next newsletter.

Your comments, suggestions and contributions are most welcome. Email me at [nevyoung@starwaders.com](mailto:nevyoung@starwaders.com).



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## 3. 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.

### ***Negative splits***

This term sounds as if it refers to something ‘not nice’, not positive, not to be desired. It is actually a very positive term and is a situation that indicates a well-controlled race.

Subtract the time taken for the first half of a race from the time taken for the second half of the race. If the answer is negative, it means you ran the second half faster than you ran the first half.

For example, you took 30 minutes to run the first 5km of a 10km race. You then ran the next 5km in 28 minutes. The arithmetic gives 28 minus 30 = -2, i.e. negative two.

This can be applied to any splits, not only half-half. If you could run every kilometre faster than the previous one, you will be splitting negatively all the way through – not a bad achievement.

Being able to run a negative split indicates that you have controlled your pace very well and had a strong finish. You probably overtook many other runners in the second half.

But if your split is a big 10 minute positive, then you probably ran the first half of the race much too fast and hit the wall – bonked - in the second half of the race.

A Negative Split is a good indication of your endurance and stamina, and is something to aim for and be proud of.

#### 4. Know your Running Club Friends - Ignatius and Xoliswa Vuyeqaba

Here we have another married couple. They are parents to two sons and a daughter. They are in their 40's which in running terms makes them veterans.

They earn a living in the banking sector and felt the need for physical activity in 2015 when they started running in Polokwane.

Running the Comrades has been an intention ever since they started running, but they have not yet got further than 'we'll do it next year'.

Their favourite race is the Deloitte – they did not say which one but I am going to presume the full title of that race which is now the Pretoria Marathon.

Ignatius has PB'ed at 5h20 in the marathon while Xoliswa ran her first 42km at the Soweto marathon in 2019 supported by Ignatius, resulting in crossing the line together in time for a medal. Their 21km PB is 2h15 - together again - and over 10km it is 1h02 – again together.

*They say "The highlight of the running is when we enjoy just being out early in the morning and enjoying each others company. Our goal is always to finish at our personal best but also use the time to bond and just enjoy life."*

An aim is to improve their finish times and to run the 42km consistently.

They sum up their approach to this sport thus:  
*"Running is about enjoying the fresh air and time to bond, while you can also enjoy being healthy at the same time."*



The next time you see Xoliswa and Ignatius on the road or at the club gazebo, do say hello.

## 5. Know your Running Club Friends - Ntsiki Gumbe

Ntsiki has gone to the effort of writing a delightful article about her CSIR sporting activity. Thank you! This is an inspiring story. She says:

*I am a distance walker (I could be the only one in the Club – not sure 😊).*

*I am a mother of two, a 24 year-old daughter and a 19 year-old son. I am now experiencing the 'empty-nest' phase.*

*I have always been physically active. I loved the gym, aerobics in particular. Then in 2001, I started noticing a few joggers in my neighbourhood. I thought to myself, maybe I should try this, it looks fun, and will certainly make a difference in my pocket – less gym membership fees! I then started jogging and walking. I very quickly realised that I felt more comfortable walking rather than running, and in fact I was faster when walking than when running.*

*I started participating in races in 2008 and I did my first 10 km walk in November that year. I told everyone who cared to listen, because I thought that this would be my*

*greatest achievement in terms of races! However, that was not to be. Because of the encouragement I received from a number of fellow runners at races, I summoned the courage to stretch myself a bit further.*

*In February 2011 I did my first 21 km walk in 2:51:56, and two months later did my first Two Oceans half-marathon in 2:49:56. I felt like what Comrades Ultra-marathon runners probably feel when they finish that race – on top of the world! It was also one of the most emotionally charged moments of my life. I had lost my husband in October 2010 and he and I had planned to do the Two Oceans for the first time together in 2011.*

*My longest distance was the Discovery 702 Walk-the-Talk in July 2011 where I walked the 30 km race in 04:16:54.*



These two photos show a delighted Ntsiki in April 2019, having just earned her 5<sup>th</sup> Two Oceans 21km medal.



*I joined the CSIR Running Club in 2015. My favourite race was the Kaapsehoop in 2015. I finished the half-marathon in 02:38:27.*

*A totally unexpected achievement was at the CSi Irene Farm Race in October 2018 where I was the third female walker in the 21.1 km to cross the finish line.*

*In 2019 I was forced to spend 7 months off the field, so to speak, for medical reasons. Then I did the Old Year's Race in December, after this break, and I realised how much I had missed participating in races. I have come to appreciate the ability to be physically active and how therapeutic it is to me.*

*I know there are quite a number of athletes who have walked marathons, ultras, including the Comrades, and I have nothing but admiration for them. I however have no ambitions of doing marathons. I'm quite happy doing half-marathons 😊*



Ntsiki included this photo of her medals. She says it is the favourite bit of décor in her house!



## 6. Race Results

These are the most recent results.

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.

Position	Initials	Surname	Sex	Age	Finish Time
<b>Csir results for the Buco Bobbies Hatfiled 10km race - 2020-03-07</b>					
<b>1059 finishers</b>					
248	Neville	Young	M	65	01:03:14
555	Bashni	Muthaya	F	43	01:15:05
615	Ashwin	Maharaj	M	52	01:17:06
<b>Csir results for the Buco Bobbies Hatfiled 21km race - 2020-03-07</b>					
<b>695 finishers</b>					
6	Ernest	Mngomezulu	M	35	01:27:51
26	Jabulani	Mkhonza	M	29	01:34:11
375	M	Rakate			02:13:29
480	Johan	De Koker	M	50	02:21:14
648	Ken	Swettenham	M	57	02:47:17

The Sunrise Monster race was timed by Championship and so due to not everyone having a chip, the league status of the race was withdrawn. The results thus do not include runners who did not wear a chip, or like me forgot to wear the chip.

<b>Sunrise Monster 32km 29 Feb 2020</b>		
275	Paul Mokilane	02:57:26
306	Sizwe Shabalala	02:58:45
354	Willem Fourie	03:03:30
480	Marome Lucas Tseka	03:10:51
565	Rietha Gaybba	03:15:17
759	Pule Mothibe	03:24:37
760	Bafana Vivian Radebe	03:24:38
946	Brian Yalisi	03:33:06
1177	Mduduzi Lukhele	03:44:32
1668	Kamohelo Mokilane	04:39:18

<b>Sunrise Monster 21km 29 Feb 2020</b>		
	None	

<b>Sunrise Monster 10km 29 Feb 2020</b>		
178	Ken Halland	01:09:51
660	Oosie Oosthuizen	01:42:27

Om Die Dam was also timed by Championship, but the result format that I found looks different to the Monster results. So I might be mistaken.

Race No	Name	Distance	Category	Time	# Sex	# Category
7731	Rainer Oellermann	50 km	MO	04:22:19	194	99
6079	Sizwe Shabalala	50 km	M40	04:53:58	464	199
6755	Mandla Khumalo	50 km	M50	05:32:23	984	149
6198	Bafana Radebe	50 km	M40	05:45:56	1196	508
8274	Brian Yalisi	50 km	MO	05:49:47	1276	486
6875	Grace London	50 km	F40	05:52:05	291	121
6891	Mduduzi Lukhele	50 km	MO	06:15:10	1630	575
7458	Likotsi Morienyane	50 km	M40	06:17:54	1668	730
8725	Kagiso Keatimilwe	50 km	M50	06:33:11	1850	329
9267	Mokgwetsi Rakate	50 km	M40	06:34:19	1871	811
6045	Jabulani Mkhonza	50 km	MO	06:55:01	2027	684
6742	Tiro Khiba	50 km	M40	06:58:52	2047	876
3335	Marguerite De Waal	21,1 km	FO			
7262	Martin Mgangira	50 km	M60			
8556	Godfrey Chaane	50 km	M50			
8071	Asongwe Lionel Ateh Tantoh	50 km	MO			

**7. Photos from Recent Races**



Here is Petro at the Uniwisp 5in1 in Nelspruit. She says *“Yay qualified for two oceans ultra and first in age category 42km”*



Anneri Morland says *“representing CSIR at Marakele Marathon today. What a beautiful race.”*

Here are a few photos taken at the CSIR gazebo at the Sunrise Monster race

