

## 1. Editorial

A few members that I know of are managing to keep themselves running during Lockdown. Mark Thompson challenged himself to run 50km in 21 days, but has done it already in 14 days.

I have discovered that Retha Rossouw is also caught up in a challenge and has totalled a marathon so far.

I have found a rhythm and have managed 35km.

Let me know if you have been keeping your legs pumping.

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



## 2. Modern Athlete Flatten The Curve Challenge

Committee member for the past few years, but now living in London is Zeldra Schutte. She stays in touch through the newsletter and has issued this challenge to club members. If you do or plan to participate, let us know.

<https://www.modernathlete.co.za/modern-athlete-flatten-the-curve-challenge/>

## 3. Running the Garden Route

This topic is the prime reason for getting this email and newsletter to you. The discipline, the desperation, the madness and the fun continue for some of us. As I type this, I have just heard that Lockdown has been extended for another two weeks. I expected longer than that so I consider it to be good news. Here follow further posts to Strava.

### **Mark Thompson 17:34 on Thursday, 9 April 2020**

Lockdown day 14. Run 10. 50/50 kms. Micro lawn trail.

YEAH!!! DONE IT. Well if you asked me if it was possible to run 50kms around our lawn pre lockdown I'd have said no. Insane. Guess just proved myself wrong! Definitely a break from running for the next few days. Maybe a swim. A ride. Or total chocolate overindulgence. Don't read anything in that in terms of priority.

5.08 km 8:05 /km 41m 2s

### **Retha Rossouw 06:06 on Thursday, 9 April 2020**

Mzansi Marathon Lockdown Challenge #10 (46.1 km) #spiritofthelounge

3.90 km 7:30 /km 29m 17s

**Neville Young 17:17 on Wednesday, 8 April 2020**

Soniville Lockdown 8km Time Trial - so far 35km Lockdown Total

Missed the time trial on Tuesday, so was able to do on Wednesday.

Encountered one other doing laps around my block - our paths coincided a few times as I venture to the other side of the tar road and back. Felt a vague sense of participating in a race.

Calculated from the statistics so far that my lap is 149m long. So this 8km comprised 53 laps. I have run 30km on this route (the 1st 5km was going to ruin the lawn) which is 201 laps. Getting to know the local environment extremely well.

8.00 km 7:06 /km 56m 47s

**Retha Rossouw 06:13 on Wednesday, 8 April 2020**

Mzansi Marathon Lockdown Challenge #8 (38.8km) #spiritofthelounge

6.20 km 7:29 /km 46m 25s

**Mark Thompson 18:32 on Wednesday, 8 April 2020**

Lockdown day 13. Run 9. 45/50 km. Micro lawn trail.

Epic "Super Moon" night run. Challenging the norm again... Decided a run by torch bathed in the eerie blue light of a supermoon would add spice to my lockdown life! To quote Mrs Brown. Fekkin' epic failure. Totally cloudy. Of all the days to be cloudy. I ask you.. Anyway I can safely say that rabbits eyes glow orange in torchlight. I know my 'partner-in-pain' Retha was doing the same. Any one else daft enough to run the moon?

5.07 km 8:01 /km 40m 43s

**Retha Rossouw 18:32 on Wednesday, 8 April 2020**

Mzansi Marathon Lockdown Challenge #9 (42.2km) #spiritofthelounge

My first marathon over 9 days! My first ever 42.2 was the Hyper to Hyper in November 1992 (entry fee R20), most enjoyable running-wise the Assegai in Feb 1998 (03:57:07) R35. The worse ever as we partied way too much was the Elandsvalley in April 1998; I still blame the Mmabatho crowd for getting there after midnight and then we had to go to the pub ...

3.40 km 7:00 /km 23m 51s

**Mark Thompson 7 April 2020 at 16:40**

Lockdown day 12. Run 8. 40/50km. Micro lawn trail

Marathon and 50km finish line in sight. Really enjoyed run today after really hectic "office" day. Who said working at home was relaxing... Guess I'll have to start thinking of new or extended targets soon.. Itb knee much improved by swim rest day yesterday.

5.11 km 7:44 /km 39m 33s

**Retha Rossouw 7 April 2020 at 06:13**

Mzansi Marathon Lockdown Challenge #7 (32.6 km) #spiritofthelounge

5.20 km 7:23 /km 38m 25s

**Ken Swettenham 7 April 2020 at 08:00**

Another boring trot around the house. Strava once again dropping the signal halfway through the run.  
5.00 km 9:08 /km 45m 38s

**Neville Young - 6 April 2020 at 17:33**

Soniville Lockdown 3km

After a very busy working day, I needed this short, gentle jog.

3.09 km 7:46 /km 24m 0s

**Retha Rossouw 6 April 2020 at 06:11**

Mzansi Marathon Lockdown Challenge #6 (27.4 km) #spiritofthelounge

6.20 km 7:03 /km 43m 48s

**Neville Young 4 April 2020 at 16:13**

Soniville Lockdown 10km

I really was not intending to run this far. At 3.5km I thought just another 1.5km but then having done 5km, I realised that if I repeat the 34 minutes I would get to 10km - which is what I had intended to do on Saturday morning but it rained. Again on driveway and a touch of tar.

10.01 km 7:03 /km 1h 10m

