

1. Editorial

The focus of this newsletter was distracted 10 weeks ago to the fun and challenge of lockdown running. There were a number of us who were inspiring each other via our friendships on Strava to keep going and to set and attain distance goals. Thanks to a subtle suggestion from Mark Thompson, I managed to complete 100km on the five weeks of Stage 1 Lockdown. Mark also attained this goal, but Retha Rossouw amazingly recorded 160km (100 miles) in that time!



Our communal running continues to be restricted, so setting goals remains a good way to keep up the motivation to get out there and RUN for both physical health and mental sanity in these unusual times. The CSIR Virtual Time Trial (VTT) has provided some of this incentive, with several club members (and members of other clubs) submitting their results each week. We are building up a collection of results from which we can gauge performance in various respects and thereby challenge each other.

The way that the VTT has been designed allows any person to compete with any other person irrespective of age or gender. The routes that we run are all different and so the VTT system adjusts performance for the varying distances and the hill challenges along those routes. The person to beat so far has been Petro Vermaak with Rietha Gaybba nipping at her heels. Petro is a lady Grand Master which goes to show that she can compete successfully against male youngsters like Brian Yalisi.

In this newsletter I am going to continue profiling members, starting with Sibusisiwe Makhanya and the husband and wife team of Ronell and Gerrit Roux.

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

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2. Know your Running Club Friends - Sibusisiwe Makhanya

Sibusisiwe is what people expect all CSIR Club runners to be – she is a research scientist. In answer to my questions, here follows what she tells us about herself.

It was not easy for her to choose a photograph, because she says that she is not a talented runner and *"others I have were taken whilst still running and I don't look as "gorgeous" and relaxed as in this picture above. I am not a talented runner, so when I am out there it is a battle and I am afraid it shows in those photos :-)"*

Sibu has been married for 7 years and has been blessed with 2 children. *"A handsome boy who is 6 years old and a feisty girl who is 2 and a half years old."*

Of her profession she says *"I am a research scientist, more specifically, I am a statistician."* [Ed: I might need to call on you for some help with the VTT statistics ;-)]

About running she says *"I started running casually in 2014 following a friend Nontembeko Dudeni-Tlhone who had also started running. We were initially not official club members but we would join in the club's time trials. This was after I had my son and I needed a way to keep fit aside from going to the gym. Prior to having a child, I was an active volleyball player, but after having him my schedule changed, restricting my availability in the evenings which meant that I could no longer play volleyball as I could not make the evening league matches. In 2015 I joined the CSIR running club officially and started participating in road races. "*

"Running comrades is still a bucket list item for me. I plan to run it in 2021 and hopefully this time next year won't become the following year."

Her favourite race is the Two Oceans Half Marathon.

Asked about her peak performances *"I don't think I've had peak performances yet, but I've seen my running improve from completing 10 km in 1h36 in 2015 to completing it in 1h14 in 2019. I am not particularly talented as a runner, in fact, I find running challenging and I am usually part of the back-markers brigade. I keep at it for the discipline, but also having a child who is severely physically impaired motivates me to keep running in gratitude for the ability to run and walk. "*

Her PBs are:

10 km: 01:14:10 (The Grove Road Race, 2019); 21 km: 02:49:48 (Phobians Pretoria 21 km, 2020); 42 km: 06:23:40 (Cape Town Marathon, 2016)

... and her future aims are:

"This season I am working on improving my speed, targeting sub-2:30 half-marathon in September this year. I plan to run Cape Town Marathon again in October and build-up to Comrades 2021." [Ed: Since Sibu submitted her profile early in lockdown, the running future has been postponed until we don't-know-when, so aims have to be rescheduled, even though training must continue.]

Sibu has a special wish: *"I would love to run for charities at some point in my running career, especially when I can run decent times. I think it would actually be nice to hear from those in the club who run for charities on how it is done and guidelines for those who would like to do this. "*

Please do contact Sibu if you have advice on running for charities.



3. Know your Running Club Friends - Ronell and Gerrit Roux

Ronell and Gerrit are both married and they each have two grown up daughters. They happen to be married to each other and so his daughters and her daughters are the same two people ;-)

Ronell is in her sixties and is a housewife.

Asked when she started running, she insists she is not a runner. [Ed: I recall feeling that imposter syndrome when I started running. I couldn't call myself a runner until I realised that what I had practised to be able to do was more than what 99% of the population can do!]

So she has not run a Comrades (as many of us haven't either) and considers her favourite race to be the one that she actually was able to complete. Good Answer!

Not being a 'runner' she has no peak performances – yet

Her PB though is walking 10km in 90 minutes, which again is not something most adults can do. Well Done!

Her running aim is straightforward – “keep on doing it” she says.

Gerrit adds that their daughters work abroad.

He turns 62 in August later this year.

His start to running happened like this - *“Started walking Parkrun in 2015, then slow running until we joined CSIR in 2018. Johan Botha convinced us that 10km is no worse than a 5, give it a go.”* [Ed: Occasionally I would be the first CSIR 10km runner in the Grand Master age group, but since Gerrit joined the club, I don't stand a chance.]

Favourite race - *“I did my first ever 21km this year and am still finding my feet in the longer distances. “In this regard, he expressed this wish about his peak performance “If I can ever do a 21km in 2 hours it will be a HUGE achievement.”* [Ed: I never cracked the 21k 2hr Gerrit, but am sure you will do it.]

His best 10km was completed in 59min and his best 21k was run in 2h09.

In general, his aim is *“To keep on as long as possible and stay injury free”*. [Ed: You have certainly kept busy on your treadmill during lockdown and are regularly submitting VTT results, so you are looking good.]

His greatest challenge *“Was diagnosed with a Auto-immune Disease 35 years ago. To be able to run is a tremendous blessing for me.”*

Well Done Gerrit! Stay Healthy.



4. Virtual Time Trial Results

These are the submissions for the week starting Monday 8 June until Sunday 14 June.

Many members seem to have accepted the *Race the Comrades Legends* challenge. Willie Fourie ran a fast half-marathon on Sunday to earn him top VTT performance last week. Petro ran a gentle 5k earlier in the week which makes it the first time that she has not been the week's best performer. Unfortunately for Rietha Gaybba, in the absence of her nemesis Petro, she finishes 2nd once again, this time being beaten by Willie. Gerrit Roux achieves his best VTT position.

Welcome to Lucas Tseka, Jabulani Mkhonza and Sizwe Shabalala who ran the VTT for the first time.

Lic#	Name	Surname	Gender	Age Cat	Club	Date	Distance	Time	Elevation	DEAG Adj Pace min/km
1611	Willie	Fourie	Male	Master (50 to 59)	CSIR	14-06	21.1	01:42:02	169	3.7
1701	Rietha (AM)	Gaybba	Female	Master (50 to 59)	CSIR	13-06	12.1	01:08:18	188	3.9
1555	Gerrit	ROUX	Male	Grand Master (60-69)	CSIR	14-06	21.1	02:10:00	202	4.1
1677	Walter	Smuts	Male	Master (50 to 59)	CSIR	14-06	20.09	02:07:36	272	4.5
1705	Lucas	Tseka	Male	Veteran (40 to 49)	CSIR	13-06	11.58	00:58:37	117	4.5
5146	HERMAN	VERMAAK	Male	Grand Master (60-69)	PHOBIAN S	11-06	5.47	00:31:09	56	4.5
1568	PETRO	VERMAAK		Grand Master (60-69)	CSIR	11-06	5	00:28:27	56	4.5
66	Chris	Burger	Male	Master (50 to 59)	AGAPE	14-06	10	00:55:55	97	4.6
1570	Neville	Young	Male	Grand Master (60-69)	CSIR	13-06	10.06	01:07:01	171	4.8
1566	Sizwe	Shabalala	Male	Veteran (40 to 49)	CSIR	09-06	11.16	0.04254 6	50	5.0
1696	Ken	Halland	Male	Master (50 to 59)	CSIR	14-06	6.25	00:37:03	78	5.0
1645	Elize	Fourie	Female	Master (50 to 59)	CSIR	14-06	10.09	01:11:01	73	5.0
1589	Jabulani	Mkhonza	Male	Senior (18 to 39)	CSIR	09-06	11.16	0.04254 6	50	5.1
1595	james	da silva	Male	Grand Master (60-69)	csir	09-06	5	00:35:24	78	5.5
1564	Ronell	Roux	Female	Grand Master (60-69)	csir	13-06	5.08	00:45:03	66	5.8
1666	Ken	Swettenham	Male	Master (50 to 59)	CSIR	13-06	5	00:34:44	39	6.0
9999	Mark	Thompson	Male	Master (50 to 59)	CSIR	13-06	5.29	00:45:13	127	7.0

Note that I often receive 2 results from a person in one week. We only have one VTT each week, so where I do see 2 results, I delete the lower performing one.

One of the challenges in the VTT is to find the club member with the most VTT results in the year, thus only one result per VTT week can be accepted.

Additionally, the aggregate VTT distance run in a year will also be acknowledged and perhaps even awarded at the end of the year, so you can only submit one VTT result per week seeing as there is only one VTT each week. Of course, you can choose any run that you did in the week to submit as your VTT result.

I added a *Comments* field the VTT entry form , asking runners to tell us what the temperature at the start of their VTT was. I chose to run in the afternoon, but it seems that most of you braved the early morning frost. Here are the comments:

Ken	Swettenham	1 Degree Celsius!
james	da silva	5 degrees not as bad as yesterday
Lucas	Tseka	1'C
Elize	Fourie	0 degrees
Mark	Thompson	9 degr ... great to be back on the Wolwespruit mtn trails ... loads of new sections to get lost on
Elize	Fourie	-2
Willie	Fourie	Race the Comrades Legends. -2 degrees at start.
PETRO	VERMAAK	BRRR DONT KNOW BUT BRRR COLD
HERMAN	VERMAAK	VERY COLD DONT KNOW FREEZING
Rietha (AM)	Gaybba	5 degrees
Gerrit	ROUX	4
Ronell	Roux	5
Walter	Smuts	Damn close to zero!
Neville	Young	12 – mid afternoon

5. Race the Comrades Legends

Here are photographs posted to Facebook by some of you who participated in the Comrades virtual event.

Nelisa Peter-Motsatsi



Petro Vermaak



Petro and Herman Vermaak



6. The Strava Gallery

Brian Yalisi



Johan Fourie



Guess Who?



Willie and Elize Fourie

