

1. Editorial

There is a virus going around that I suspect has been going around for many, many years and am sure that every single one of us has contracted the disease caused by this virus.

It is called the DFLI (DeeFly) virus. I was infected by it last week and am still feeling the after-effects. I ran energetically on the Monday but on the Tuesday had very little energy or enthusiasm. The current cold weather felt colder and made me miserable. When virally infected, it is best to rest, which is all that I felt like doing and is in fact all that I did.



Oh yes – you might not have heard this DFLI medical term before. So let me explain. It stands for Don't Feel Like It. No medication helps and no vaccine is in the pipeline. If you have any boereraat, for this condition, please write to me so that I can help other club runners.

In this newsletter I am going to continue profiling members, this time Rietha Gaybba. Enjoy her story. And of course there are the VTT results – two week's worth.

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

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2. Know your Running Club Friends - Rietha Gaybba

Rietha is a familiar face to which I had been unable to put a name until now. She usually starts the time trial a bit earlier and runs alone, always looking determined and fast. When her name started appearing in the VTT results, I suspected that it might be her, so am very happy now to make sure that everyone in the club knows who she is.

Rietha is married and has two sons aged 22 and 23. She runs in the Masters category, which I would not have guessed judging by her speed.

She makes a living by *“Training – specialising in Learnerships and Skills Programmes (Full-time). (Part-time) - MD of an NGO (BELIEVE)”*.

Rietha provided some background to the NGO, about which she is obviously passionate.

The NGO is a non-profit and Public Benefit Organisation called the BELIEVE Foundation. It exists for the education, development, transformation and capacity building for impoverished communities and individuals within South Africa.

Its vision is to assist communities and individuals to BELIEVE that anything is possible. This arises from the belief that no one is fully empowered unless they have the ability to generate the means they need to build a sustainable future for themselves.

Its mission is to support the small business sector (including NGOs and community-based projects) as the ideal vehicle for the sustainable empowerment of people. Fighting unemployment is a national imperative, and a shared responsibility for everyone in a position to make a difference.

She has an extensive CV in the fields of education and counselling, so is certainly a busy person.

Asked about how she started running, she said *“I was about 4 or 5 years old and ran about ± 3 km from our house to the field where my father and grandfather were working while my mom was watching me. It was the most amazing feeling and I knew I wanted to do this forever. Because of various factors/circumstances I did not run long distances while I was in school. At the age of 22/23 I started running again and have only stopped running for short periods since then (while I was pregnant and when I had 2 babies under the age of 2 years).*

I joined the CSIR around 1993/94 for the first time. During my pregnancy and after the birth of my sons there was a period when I was not a member of the club.”

About the Comrades – *“Never. I love trail running and that is my focus although I often participate in road running.”*

Her favourite race is the Sunrise Monster. [Ed: it must be the training on the CSIR hill that helps her take the Monster punishment.] She considers the Otter Trail runs as being the peak performances in her running life. It is so long since she ran her 42km PB, that she can't remember what that time was. However, she can proudly remember her 21km PB at 1hr47 ! Her best 10km is 51m35.

She may possibly be the only other club member to have been awarded Gauteng North Colours as a veteran under the banner of the CSIR club. The only other person I know of to have this provincial recognition is James da Silva. There could certainly be others, so please let me know who I have missed. She has many other proud achievements, one of them beating Bruce Fordyce in the Skukuza race, in which she came 2nd in her age group!

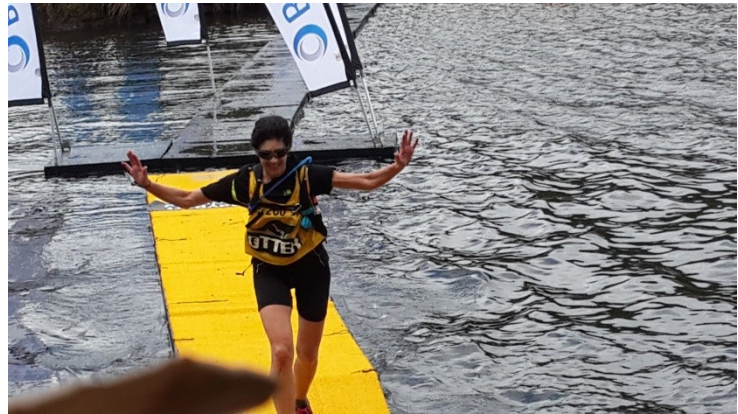
A goal she aims at but which I suspect may be derailed by the COVID-19 lockdown is to run the *Trail2Teebus* in October 2020. It is a 3 day stage run over a total of 70 km. A good reason for her run this event is that it is next to her hometown Hofmeyr.

Rietha says *“Run! Because you can! I grew up in a small town called Hofmeyr in the Karoo. I spent a lot of time (all my time) in the veld (on foot or horseback) and that is where my love for the outdoors and running started.”*





2014 – Retto – The Challenge – 2nd Veteran Female Sub 8 finisher. She says *Retto* is simply running the Otter in the opposite direction.



Otter – The Challenge – 1st Veteran Female Sub 8 finisher



These two photos show her in the SPUR Gauteng Winter Trail Series 2017 where she topped the podium in the female Master's category.

Rietha Gaybba is certainly an achiever and serves as a very good inspiration to members of our club and to the beneficiaries of her BELIEVE organisation. Glad to have gotten to know you better Rietha!

3. Virtual Time Trial Results

These are the submissions for the past two weeks.

Petro continued to dominate with a quick 5k in the first week but then did not run in the second week. This gave Rietha Gaybba her first week at the top of the table. Good persevering! She turned the tables on Willie, having been beaten by him in an earlier week.

I don't know what Mark was doing, to take 7h30 minutes over 6.13km! I thought it may be a typo, but he couldn't have taken 7m30s, so I have to accept the input. Ah – Mark's comment below explains it.

Elize Fourie has been outdoing herself recently. Good Stuff Elize!

The Week 15 June till 21 June

Lic#	Name	Gender	Age Cat	Club	Date	Distance	Time	Elevation	DEAG Adj Pace (min/km)
1568	PETRO VERMAAK	Female	Grand Master (60-69)	CSIR	20-06-2020	5	00:26:46	44	3.6
1701	Rietha Gaybba	Female	Master (50 to 59)	CSIR	15-06-2020	12.1	01:08:00	191	3.9
5146	HERMAN VERMAAK	Male	Grand Master (60-69)	PHOBIANS	20-06-2020	6	00:32:34	67	4.3
1646	Elaine Wentzel	Female	Veteran (40 to 49)	CSIR	20-06-2020	5.0	00:25:52	54	4.3
1705	Lucas Tseka	Male	Veteran (40 to 49)	CSIR	20-06-2020	11.3	01:00:30	121	4.7
1570	Neville Young	Male	Grand Master (60-69)	CSIR	20-06-2020	10	01:06:14	168	4.8
1645	Elize Fourie	Female	Master (50 to 59)	CSIR	21-06-2020	10.0	01:07:05	53	4.9
1595	James da silva	Male	Grand Master (60-69)	csir	20-06-2020	10	01:11:41	157	5.2
1576	Brian Yalisi	Male	Senior (18 to 39)	CSIR AC	19-06-2020	10.2	00:56:45	58	5.2
66	Chris Burger	Male	Master (50 to 59)	CSIR	20-06-2020	10	01:06:14	168	5.2
1696	Ken Halland	Male	Master (50 to 59)	CSIR	21-06-2020	6.2	00:38:28	78	5.2
9999	Mark Thompson	Male	Master (50 to 59)	CSIR	20-06-2020	10.0	01:18:48	243	5.3
1666	Ken Swettenham	Male	Master (50 to 59)	CSIR	20-06-2020	5	00:34:06	39	5.9

Name	What they said
PETRO VERMAAK	15 deg
Rietha Gaybba	1 deg
HERMAN VERMAAK	15 deg
Elaine Wentzel	Cool
Lucas Tseka	10 deg
Elize Fourie	Personal best
Brian Yalisi	17 degrees at 4:21 PM
Mark Thompson	Wolwespruit full mtn trail ...4 seasons in one run. Frost in valley and sun on the tops
Ken Swettenham	4 Degrees this morning - warm compared to last week!

The Week 22 June till 28 June

Lic#	Name	Gender	Age Cat	Club	Date	Distance	Time	Elevation	DEAG Adj Pace (min/km)
1701	Rietha Gaybba	Female	Master (50 to 59)	CSIR	25-06-2020	12.0	01:07:00	192	3.8
1611	Willie Fourie	Male	Master (50 to 59)	CSIR	27-06-2020	21.1	01:48:00	156	3.9
1555	Gerrit Roux	Male	Grand Master (60-69)	CSIR	28-06-2020	10.0	00:57:45	51	4.4
1677	Walter Smuts	Male	Master (50 to 59)	CSIR	28-06-2020	19.8	01:56:59	126	4.5
1646	Elaine Wentzel	Female	Veteran (40 to 49)	CSIR	27-06-2020	5	00:26:57	46	4.5
1645	Elize Fourie	Female	Master (50 to 59)	CSIR	27-06-2020	12.2	01:25:43	79	4.9
1595	James da silva	Male	Grand Master (60-69)	csir	26-06-2020	13.4	01:34:31	167	4.9
1696	Ken Halland	Male	Master (50 to 59)	CSIR	28-06-2020	6.2	00:37:54	78	5.1
1570	Neville Young	Male	Grand Master (60-69)	CSIR	23-06-2020	5.2	00:36:00	97	5.4
1666	Ken Swettenham	Male	Master (50 to 59)	CSIR	27-06-2020	7	00:50:06	75	6.0
9999	Mark Thompson	Male	Master (50 to 59)	CSIR	27-06-2020	6.1	07:03:00	175	29.8

Name	What they said
Rietha Gaybba	4 deg
Willie Fourie	Include 10 * sprints
Gerrit Roux	8
Walter Smuts	Cold!
Elaine Wentzel	14
Elize Fourie	Personal best
James da silva	12 deg
Mark Thompson	Slogging around the rocks and boulders @ Faerie Glen NR. Mind keen. Legs less so.