

1. Editorial

Apologies for the long interval between this and the previous newsletter.

Either one is too busy, or is too lazy or becomes too lazy from being too busy.

The State of Disaster continues and the restriction on the glass of wine resumes. I do find it all annoying and frustrating, and sometimes a bit scary. One of my older astronomy friends ended up in the Pretoria Heart Hospital with COVID-19, but very fortunately he is back home and well again.



The most stressful aspect of our current circumstances is the uncertainty. I have skipped 2 or 3 running days due to the combination of the stress and the cold, which of course are not good excuses. We need the exercise for our physical as well as our mental health.

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

- 1. Editorial1
- 2. Know your Running Club Friends - Elize Fourie2
- 3. Your Running Profile3
- 4. Virtual Time Trial Results4

2. Know your Running Club Friends - Elize Fourie

Thank you Elize for this contribution.

There are many types of runners, the long-distance ones, the sprinters, the super dedicated, the one's chasing PBs and many more. Then there are people like me. Why do I run – because I can! So many people would love to run, but because of physical or other reasons, they are not able. If you run at the back of the pack you get to know those with heart conditions, with drop foot, with severe diabetes, with kidney failure or something else. To my mind they are the real winners and the ones who deserve the medals.



So back to my own running story. I was a late starter. At 52 a friend told me that she was going to participate in the Spar Women's 10km race. I decided that if she can do it, so can I. At that stage Willie (my husband) ran on Sunday mornings with his friend. Not to be left out, he decided to join me, and we did our first road race. The bug really bit Willie and I joined him during races. For me it was a leisure activity and I was not profoundly serious.

10 km was more than enough for me, until the 2016 Wally Hayward Race. In the hustle and bustle during the start, I accidentally got underway with the 21km folks – what a rude awakening when I realised what happened! As the 10km and 21km routes are different, I had to complete the race. I cannot remember my time, but I finished and received my medal. This inspired me to try again and November that year I ran the Kaapsche Hoop 21km.

Then I received a severe blow. I suffered from neuro-lupus and lupus nephritis which put me out of action for a whole year. There after it was a slow start back to running and I became a weekend runner more to support my husband and keep some sort of fitness going than anything else.

And now we are in lockdown. No visiting the CrossFit box and no social interaction while training. Trying to do sit-ups, push-ups, and burpees on my own did not work. So, I started running more often. I even earned a "Comrades" medal by racing the legends on 14 June. My one and only opportunity for such a unique medal. In the meantime, the Cape Town Virtual 21km is winking in the future. The effects of Covid-19 are presenting opportunities for slow pokes and casual runners that were not imaginable a few months ago and I love it. Who cares what my time is!!! PBs are irrelevant because these are (hopefully!) once off events.

Back to my first comment: I run because I can. My body allows me to run, my husband supports me, and the side effects of Covid-19 is a real motivator. Therefore, I run and I love it.



3. Your Running Profile

I have no further profiles waiting to be published, so please don't be shy. There are a few requests that I have put out, but they appear to be sinking to the bottom of inboxes. Whether you are an experienced runner, a novice, a committee member, your profile is surely interesting and helps us to get to know each other.

Here follow the prompts that I provide as a guideline. You can submit in your own format, just as Elize has done in her profile in this newsletter.

- 1) Do you have nice photos that I could use?
- 2) Married and children? (Optional)
- 3) Age group?
- 4) Professional/working field? (Optional)
- 5) When did you start running? When did you join the CSIR running club?
- 6) Have you run Comrades? How many times?
- 7) What is your favourite race?
- 8) What do you regard as the peak of your performances in races?
- 9) What are your PBs for Comrades, 42km, 21km, 10km?.
- 10) Do you have any particular aims for your running in the future?
- 11) Anything else you would like me to include?

4. Virtual Time Trial Results

These are the submissions for the past four weeks.

Rietha Gaybba is maintaining her position at the top of the table. When she is not running, Willie Fourie takes top spot. Elaine Wentzel is moving up the rankings.

There were only 5 runners in the past week.

The Week 29 June till 5 July

| Lic# | Name | Gender | Age Cat | Club | Date | Distance | Time | Elevation | DEAG Adj Pace (min/km) |
|------|------------------|--------|----------------------|------|------------|----------|----------|-----------|------------------------|
| 1701 | Rietha Gaybba | Female | Master (50 to 59) | CSIR | 29-06-2020 | 12.12 | 01:07:04 | 195 | 3.8 |
| 1611 | Willie Fourie | Male | Master (50 to 59) | CSIR | 30-06-2020 | 10.08 | 00:49:29 | 67 | 4.1 |
| 1677 | Walter Smuts | Male | Master (50 to 59) | CSIR | 04-07-2020 | 20.7 | 02:03:23 | 125 | 4.5 |
| 1705 | Lucas Tseka | Male | Veteran (40 to 49) | CSIR | 04-07-2020 | 15.64 | 01:23:19 | 173 | 4.5 |
| 1646 | Elaine Wentzel | Female | Veteran (40 to 49) | CSIR | 04-07-2020 | 5.06 | 00:27:13 | 54 | 4.5 |
| 1555 | Gerrit Roux | Male | Grand Master (60-69) | CSIR | 01-07-2020 | 10 | 01:01:00 | 87 | 4.6 |
| 1576 | Brian Yalisi | Male | Senior (18 to 39) | CSIR | 04-07-2020 | 5.01 | 00:23:37 | 12 | 4.7 |
| 1645 | Elize Fourie | Female | Master (50 to 59) | CSIR | 05-07-2020 | 10.03 | 01:07:45 | 66 | 4.9 |
| 1570 | Neville Young | Male | Grand Master (60-69) | CSIR | 04-07-2020 | 10.2 | 01:11:00 | 172 | 5.0 |
| 1595 | james da silva | Male | Grand Master (60-69) | csir | 03-07-2020 | 15 | 01:49:39 | 129 | 5.1 |
| 1696 | Ken Halland | Male | Master (50 to 59) | CSIR | 02-07-2020 | 6.23 | 00:37:38 | 66 | 5.2 |
| 1566 | Sizwe Shabalala | Male | Veteran (40 to 49) | CSIR | 03-07-2020 | 8.11 | 00:45:00 | 30 | 5.2 |
| 1589 | Jabulani Mkhonza | Male | Senior (18 to 39) | CSIR | 03-07-2020 | 8.11 | 00:45:00 | 30 | 5.4 |
| 66 | Chris Burger | Male | Master (50 to 59) | CSIR | 04-07-2020 | 10.2 | 01:11:00 | 172 | 5.4 |
| 9999 | Mark Thompson | Male | Master (50 to 59) | CSIR | 04-07-2020 | 10.05 | 01:15:27 | 253 | 5.6 |
| 1666 | Ken Swettenham | Male | Master (50 to 59) | CSIR | 04-07-2020 | 6 | 00:42:54 | 48 | 6.1 |
| 1564 | Ronell Roux | Female | Grand Master (60-69) | CSIR | 05-07-2020 | 6.17 | 01:16:00 | 86 | 7.7 |

| Name | | What they said |
|--------|------------|--|
| Rietha | Gaybba | 0 |
| Lucas | Tseka | 9'C |
| Elaine | Wentzel | warm afternoon run, 21 degrees |
| Gerrit | Roux | 19 |
| Brian | Yalisi | 10 AM, 10 degrees, ideal conditions |
| james | da silva | 14 |
| Mark | Thompson | Triple cheked my typing this week ! Seriously up and down again @ Wolwespruit. Love it ! |
| Ken | Swettenham | 7 Degrees today - quite comfortable. |
| Ronell | Roux | 6 |

The Week 6 July till 12 July

| Lic# | Name | Gender | Age Cat | Club | Date | Distance | Time | Elevation | DEAG Adj Pace (min/km) |
|------|----------------|--------|----------------------|---------|------------|----------|----------|-----------|------------------------|
| 1701 | Rietha Gaybba | Female | Master (50 to 59) | CSIR | 06-07-2020 | 12.1 | 01:07:53 | 195 | 3.8 |
| 1611 | Willie Fourie | Male | Master (50 to 59) | CSIR | 12-07-2020 | 11.09 | 00:54:15 | 90 | 4.0 |
| 1646 | Elaine Wentzel | Female | Veteran (40 to 49) | CSIR | 11-07-2020 | 5 | 00:25:47 | 60 | 4.3 |
| 1555 | Gerrit ROUX | Male | Grand Master (60-69) | CSIR | 11-07-2020 | 5.01 | 00:26:45 | 9 | 4.4 |
| 1576 | Brian Yalisi | Male | Senior (18 to 39) | CSIR RC | 12-07-2020 | 10.02 | 00:49:37 | 79 | 4.7 |
| 1570 | Neville Young | Male | Grand Master (60-69) | CSIR | 11-07-2020 | 10 | 01:07:33 | 177 | 4.8 |
| 1645 | Elize Fourie | Female | Master (50 to 59) | CSIR | 12-07-2020 | 6.17 | 00:39:27 | 29 | 4.9 |
| 1595 | james da silva | Male | Grand Master (60-69) | csir | 10-07-2020 | 13 | 01:32:45 | 157 | 5.0 |

| Name | | What they said |
|-------------|----------|--|
| Rietha (AM) | Gaybba | 4 |
| Elaine | Wentzel | 8 degrees |
| Gerrit | ROUX | 11Â°C Very Windy |
| Brian | Yalisi | Warm just before 11am (10 degrees), but terrible headwinds |
| james | da silva | 16 |

The Week 13 July till 19 July

| Lic# | Name | Gender | Age Cat | Club | Date | Distance | Time | Elevation | DEAG Adj Pace (min/km) |
|------|-----------------|--------|----------------------|------|------------|----------|----------|-----------|------------------------|
| 1611 | Willie Fourie | Male | Master (50 to 59) | CSIR | 18-07-2020 | 21.15 | 01:55:57 | 349 | 3.8 |
| 1646 | Elaine Wentzel | Female | Veteran (40 to 49) | CSIR | 17-07-2020 | 5 | 00:24:51 | 51 | 4.2 |
| 1677 | Walter Smuts | Male | Master (50 to 59) | CSIR | 18-07-2020 | 21.94 | 02:18:29 | 191 | 4.5 |
| 1576 | Brian Yalisi | Male | Senior (18 to 39) | CSIR | 19-07-2020 | 10.02 | 00:49:21 | 49 | 4.7 |
| 1696 | Ken Halland | Male | Master (50 to 59) | CSIR | 14-07-2020 | 8.18 | 00:47:26 | 100 | 4.8 |
| 9999 | Mark Thompson | Male | Master (50 to 59) | CSIR | 19-07-2020 | 11.67 | 01:12:33 | 185 | 4.8 |
| 1595 | james da silva | Male | Grand Master (60-69) | csir | 18-07-2020 | 15 | 01:48:52 | 232 | 4.8 |
| 1570 | Neville Young | Male | Grand Master (60-69) | CSIR | 18-07-2020 | 10.7 | 01:13:52 | 177 | 4.9 |
| 1645 | Elize Fourie | Female | Master (50 to 59) | CSIR | 19-07-2020 | 10.04 | 01:09:37 | 69 | 5.0 |
| 1566 | Sizwe Shabalala | Male | Veteran (40 to 49) | CSIR | 19-07-2020 | 8 | 00:47:00 | 30 | 5.5 |
| 1589 | Jabu Mkhonza | Male | Senior (18 to 39) | CSIR | 19-07-2020 | 8 | 00:47:00 | 30 | 5.7 |

| Name | | What they said |
|--------|----------|---|
| Willie | Fourie | Lots of hills |
| Elaine | Wentzel | 7 degrees |
| Brian | Yalisi | Warm sunny day, started at 10:22am |
| Mark | Thompson | Leaden legs but climbed the hills ... actually a warm run in shorts & t-shirt |
| james | da silva | 14 |

The Week 20 July till 26 July

| Lic# | Name | Gender | Age Cat | Club | Date | Distance | Time | Elevation | DEAG Adj Pace (min/km) |
|------|-----------------|--------|----------------------|------|------------|----------|----------|-----------|------------------------------|
| 1611 | Willie Fourie | Male | Master (50 to 59) | CSIR | 25-07-2020 | 21.17 | 01:55:09 | 270 | 3.9 |
| 1576 | Brian Yalisi | Male | Senior (18 to 39) | CSIR | 25-07-2020 | 16.11 | 01:21:16 | 107 | 4.5 |
| 1566 | Sizwe Shabalala | Male | Veteran (40 to 49) | CSIR | 26-07-2020 | 7 | 00:38:00 | 30 | 5.1 |
| 1589 | Jabu Mkhonza | Male | Senior (18 to 39) | CSIR | 26-07-2020 | 7 | 00:38:00 | 30 | 5.3 |
| 1570 | Neville Young | Male | Grand Master (60-69) | CSIR | 21-07-2020 | 6.8 | 00:48:20 | 124 | 5.4 |