

## 1. Editorial

This following sentence was part of the editorial in the previous newsletter. *“I have had to duck-’n-dive a sore-throat/cough/sneeze/wheeze virus this past week which Sonja brought into our house.”* Well – that virus turned out to be corona meaning that I have dealt with Covid-19. As I explained in that editorial, the virus entered our lives via grandson and his parents who all tested positive, leaving no doubt what was making me ill.



Both Sonja and I were lucky that we did not get badly sick. Sore throat, thick head, very tired, wheezing throat and deep cough. She is 100% having contracted the beast 20 days ago. I am 99% recovered on Day 14. A characteristic of the illness for me was a resurgence of the symptoms after I thought I had shaken it off on Day 7. This appears to be one of the common behaviours of corona. Having last had symptoms on Saturday, I am still somewhat fatigued and wake up each morning warily checking for signs that the few remaining corona soldiers might be coming out of hiding to launch a final attack. So far so good, but it means that I will have to continue to isolate for another 2 weeks after last Saturday.

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

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## 2. Know your Running Club Friends - Neville Young

I have exhausted my supply of submitted profiles, so you will have to hear my story.



My training was in electronics, after which I spent the first 13 years of my career at the CSIR. Once I realised that the young design engineers were too fast for me, so that I always ended up writing the instruction manuals, I turned full time to technical documentation and have written manuals for all sorts of equipment. My lifelong hobby has been astronomy, which led me to writing a layman level book on the subject in 2012. Once the book had completed its run in the bookshops, I took over the last few hundred copies, of which I still have a few. In case you are interested see <http://www.starwaders.com/AWR/index.html> - special discounts for all running club friends!

I live happily with my wife Sonja. I have a son Noel in his mid-thirties who has made me wonder where he inherited his good running genes, certainly not from his mother and so I am astonished that I must be the source. He has certainly improved on what I was ever able to do.

I had a short spell of running in 1974. The only events I can remember were the Harrismith Mountain Race and the Greytown to Mueden half marathon – shown here in black and white. Time? No idea.

Noel was my inspiration to start running. I had cycled since 1992 after a spinal fusion put an end to my squash playing days. The cycling was a regular activity, including several Argus races. On the 17th of January 2013 I coasted at 35km/hr downhill straight into the side of car that turned straight across my path. My helmet managed to dent the roof of the car, nevermind my bike and body deforming the car door. I was kept in hospital until 10pm for bone and organ X-rays until the doctor felt that it was safe for me to be discharged. The next three days were uncomfortable with every muscle and tendon having been stretched to their limits.

The bike was a 'goner'. Three months later Noel told me he had started running earlier in the year. I went to watch him set off for 21km from The Grove and was astonished to see him arrive back in 17<sup>th</sup> place in 86 minutes. (It was the Two Oceans weekend so many runners were not participating that day.) I enjoyed the event atmosphere so much that the following Saturday I started the 5km at the SAMCOR event. I didn't know if I could manage to run at all. At the 2.5km turn around, I increased my walking pace to a gentle shuffle. I was hooked – my first goal was to break 35 minutes over 5km.



The rest of 2013 was spent building up stamina and speed over 5km and so when the step up to 10km loomed I decided to join the CSIR Running Club in Feb 2014. The day before my 60<sup>th</sup> birthday I completed my first 10km in 1 hour and 2 seconds on the Denel route.



The next challenge was 21km at the Irene Liquifruit in November that same year. Noel coached me through the race, holding me back in the first half and encouraging me to the finish in 2h17m.

Shortly after I started running, I met Sonja and was so lucky to experience love at first sight at age 60. We soon set up house together. There was no way I was going to make a Comrades-widow out of Sonja by training for hours and hours, so I limited myself to 21km max. I have run 163 Saturday morning races since then, 26 of them being 21km. My best performance over 10km should have been at SAMCOR when I clocked in just under an hour, only to find that the distance was 300m short of 10km. Grrr! That is the closest I have come to a pace of 5min per km.



My strategy was to compete in events where all the good runners had disappeared off to Comrades, Two Oceans or Om-Die-Dam, so that on a few lucky occasions I could recoup my entry fee by winning my age category.

The half-marathon was more of a challenge. I was aiming to break 2 hours but the closest I got was 2h06 before creeping age put a stop to any improvement.



My favourite race? I have enjoyed so many events that choosing the Chamberlains Classic 21km is not fair on other events such as 21km up and down and around the Voortrekker Monument and 21km in open countryside around Warmbaths. But wearing a kilt and posing with Noel's wife finally made the Chamberlains event the prime choice.

My other favourite race – the Comrades! Not as a competitor but as a spectator and supporter to Noel and Melinda.



Besides running taking me to places I might never have bothered to go to, or the training and racing that has kept me fit and strong, the friendships that I have made at the CSIR Running Club with like-minded people have very specially expanded my life experience.

### 3. Your Running Profile

Here is another appeal for your story. The few requests that I have put out, are not surfacing yet. 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 Chris has done in his 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 two weeks. The number of participants is decreasing, perhaps implying that the ‘fun’ and novelty of a virtual time trial is wearing thin.

Today is the first day of Level 2. I have no news yet of what that might mean for a return to reality-based time trials. I will let you know once the CSIR and the running club committee have made decisions.

I was fortunately able to include a run in this first VTT week, seeing as I made a gentle effort on Monday afternoon before Covid attacked at 23h00 that same evening. I was not able to submit a run for the next week, the first week that I have not run in a VTT week.

Willie Fourie and Rietha Gaybba continue their battle at the top of the table and Elize Fourie holds on to her 3rd place.

##### The Week 3 August till 9 August

Lic#	Name	Gender	Age Cat	Club	Date	Distance	Time	Elevation	DEAG Adj Pace (min/km)
1611	Willie Fourie	Male	Master (50 to 59)	CSIR	08-08-2020	13.01	01:02:57	101	3.9
1701	Rietha Gaybba	Female	Master (50 to 59)	CSIR	03-08-2020	12.16	01:10:23	190	4.0
1645	Elize Fourie	Female	Master (50 to 59)	CSIR	09-08-2020	11.06	01:12:24	57	4.7
1595	james da silva	Male	Grand Master (60-69)	csir	06-08-2020	10	01:11:00	149	5.1
1570	Neville Young	Male	Grand Master (60-69)	CSIR	03-08-2020	5	00:34:37	62	5.5
1666	Ken Swettenham	Male	Master (50 to 59)	CSIR	08-08-2020	5	00:35:34	39	6.2
1566	Sizwe Shabalala	Male	Veteran (40 to 49)	CSIR	09-08-2020	10.23	01:16:00	50	6.7
1589	Jabulani Mkhonza	Male	Senior (18 to 39)	CSIR	09-08-2020	10.23	01:16:00	50	6.9

Name	What they said ..... (numbers are temperatures)
Rietha Gaybba	4 deg
james da silva	18 deg

##### The Week 10 August till 16 August

Lic#	Name	Gender	Age Cat	Club	Date	Distance	Time	Elevation	DEAG Adj Pace (min/km)
1701	Rietha Gaybba	Female	Master (50 to 59)	CSIR	10-08-2020	12.04	01:08:12	192	3.9
1611	Willie Fourie	Male	Master (50 to 59)	CSIR	15-08-2020	10.86	00:55:22	85	4.2
1645	Elize Fourie	Female	Master (50 to 59)	CSIR	15-08-2020	11.04	01:17:47	92	5.0
1595	james da silva	Male	Grand Master (60-69)	csir	15-08-2020	10	01:13:47	164	5.3
1666	Ken Swettenham	Male	Master (50 to 59)	CSIR	15-08-2020	5	00:34:47	39	6.1

Name	What they said ..... (numbers are temperatures)
Rietha Gaybba	9 degrees
Willie Fourie	Almega caravanpark, Dinokeng
Elize Fourie	Almega caravanpark, Dinokeng
james da silva	16 and windy

## 5. Old Habits Die Hard

You might recognise where Ken Halland is posing for this photograph. In case you don't, he is parked in front of the building on the way up to the recreation site. He has missed the time trial so badly, that he took to driving to the CSIR and then running around the outside of the CSIR premises just to keep up the habit.

Hope we are all permitted to see each other soon at the lapa inside the recreation site.

