



### 1. Editorial

I thought I was completely recovered from Covid, but have regular relapses of fatigue. I have been advised not to run for another 2 months – only walk. I will see how long I can resist a run.



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

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### 2. Know your Running Club Friends

Sorry guys – no profiles have been submitted. Let’s hope I get someone for the next newsletter.

In fact – I nominate Elaine Wentzel. Elaine – tell us about your running career!

### 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.

- 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 three weeks.

Pule Mothibe has joined in the VTT with 2 half-marathon runs, one of them being the 2<sup>nd</sup> best performance and then while Rietha Gaybba was out of town, took top spot. Rietha reclaimed her number one place in the third week. Elize Fourie took 2<sup>nd</sup> place (possibly for the first time) in one of the weeks. She has been improving superbly during lockdown!

##### The Week 24 August till 30 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 | 25-08-2020 | 12.09    | 01:09:57 | 188       | 4.0                    |
| 1600 | Pule Mothibe  | Male   | Master (50 to 59) | Csir | 29-08-2020 | 21.91    | 02:16:08 | 329       | 4.2                    |
| 1611 | Willie Fourie | Male   | Master (50 to 59) | CSIR | 30-08-2020 | 10.05    | 00:57:34 | 82        | 4.7                    |
| 1645 | Elize Fourie  | Female | Master (50 to 59) | CSIR | 30-08-2020 | 5.6      | 00:36:04 | 46        | 4.9                    |
| 1696 | Ken Halland   | Male   | Master (50 to 59) | CSIR | 25-08-2020 | 8.18     | 00:51:52 | 111       | 5.2                    |

##### The Week 31 August till 6 September

| Lic# | Name           | Gender | Age Cat              | Club  | Date       | Distance | Time     | Elevation | DEAG Adj Pace (min/km) |
|------|----------------|--------|----------------------|-------|------------|----------|----------|-----------|------------------------|
| 1600 | Pule Mothibe   | Male   | Master (50 to 59)    | Csir  | 05-09-2020 | 22.2     | 02:14:20 | 344       | 4.1                    |
| 1645 | Elize Fourie   | Female | Master (50 to 59)    | CSIR  | 06-09-2020 | 10.24    | 01:07:13 | 60        | 4.8                    |
| 66   | Chris Burger   | Male   | Master (50 to 59)    | Agape | 31-08-2020 | 8.5      | 00:50:30 | 60        | 5.0                    |
| 1696 | Ken Halland    | Male   | Master (50 to 59)    | CSIR  | 02-09-2020 | 8.2      | 00:50:31 | 104       | 5.1                    |
| 1666 | Ken Swettenham | Male   | Master (50 to 59)    | CSIR  | 05-09-2020 | 11       | 01:29:03 | 116       | 6.3                    |
| 1570 | Neville Young  | Male   | Grand Master (60-69) | CSIR  | 06-09-2020 | 5        | 00:44:48 | 45        | 7.1                    |

##### The Week 7 September till 13 September

| Lic# | Name             | Gender | Age Cat              | Club | Date       | Distance | Time     | Elevation | DEAG Adj Pace (min/km) |
|------|------------------|--------|----------------------|------|------------|----------|----------|-----------|------------------------|
| 1701 | Rietha Gaybba    | Female | Master (50 to 59)    | 1701 | 08-09-2020 | 10.01    | 00:53:01 | 220       | 3.7                    |
| 1611 | Willie Fourie    | Male   | Master (50 to 59)    | CSIR | 12-09-2020 | 18.01    | 01:37:30 | 185       | 4.1                    |
| 1646 | Elaine Wentzel   | Female | Veteran (40 to 49)   | CSIR | 12-09-2020 | 10       | 00:54:06 | 97        | 4.3                    |
| 1645 | Elize Fourie     | Female | Master (50 to 59)    | CSIR | 12-09-2020 | 10.38    | 01:05:50 | 55        | 4.6                    |
| 1696 | Ken Halland      | Male   | Master (50 to 59)    | CSIR | 08-09-2020 | 8.18     | 00:50:30 | 106       | 5.1                    |
| 1570 | Neville Young    | Male   | Grand Master (60-69) | CSIR | 10-09-2020 | 5.06     | 00:34:03 | 57        | 5.3                    |
| 9999 | Mark Thompson    | Male   | Master (50 to 59)    | CSIR | 13-09-2020 | 6.1      | 00:38:29 | 37        | 5.5                    |
| 1566 | Sizwe Shabalala  | Male   | Veteran (40 to 49)   | CSIR | 08-09-2020 | 7.35     | 00:46:25 | 30        | 5.9                    |
| 1589 | Jabulani Mkhonza | Male   | Senior (18 to 39)    | CSIR | 08-09-2020 | 7.35     | 00:46:25 | 30        | 6.1                    |
| 1666 | Ken Swettenham   | Male   | Master (50 to 59)    | CSIR | 12-09-2020 | 5        | 00:36:52 | 38        | 6.4                    |