

1. Editorial

Which is your favourite part of a race? The finish, when you are exhausted and feeling a little light-headed, or perhaps exhilarated having run a PB?

I dislike the start most of all. Not when we hear the gun and dash off, but those last five minutes waiting for that *GO*. The tension builds up, adrenalin starts to pump, my mouth gets dry, my legs can't stand still. I might not have thought the toilets necessary when walking to the start, but an excited urge can suddenly arise.

It does help though if I am with friends and chatting about anything else except the hard work up ahead.

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

2. The CSIR Waterpoint at the Phobians Pretoria Marathon

It is tradition that the CSIR Running Club mans a waterpoint at this race, and the favour is returned when the Phobians man a waterpoint at the CSIR race. We do this again this next Sunday the 23rd up on the Klapperkop road – otherwise known as Johan Rissik Drive.

I have done this for the past four or five years but people like James and Mark and Ken S have done it for up to and over 20 years.

The fun is in the camaraderie as we prepare the waterpoint starting at 5am. Water sachets need to be set up on tables alongside the road. The excitement builds up as the leaders fly through unbelievably fast and snatch four sachets from your hands in one quick grab. The hard work begins when the busy mid-field comes through – there is hardly time to grab the next sachet from the table. And it gets worse when a well populated bus comes through!

Now that was only the first lap of the marathon. After the back markers have staggered off in an attempt to complete 21km, the front runners are back again on their second lap and the fun starts all over again, except that now it is only full marathon competitors you are servicing.

You will see many of your friends from other clubs as they pass by or stop for a brief chat. Your job is not only to hydrate them, but also to encourage them with the typical calls of "You're looking good". I once had a lady asking me to bite off a corner of the sachet so that she could pour the water into a paper cup. She said she couldn't bite it herself for fear that it would pull her false teeth out! And she had no worries about whatever germs and bacteria were in my mouth – we runners are a healthy sector of the human population.

Here Mark Thompson demonstrates the style that is expected of you.

Further detail from James da Silva at javdasilva@gmail.com.



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4. NEXT RACE: Phobians Pretoria Marathon – Sunday 23 Feb

This event at starting at the Phobians Athletics Club includes the 42.2/21.1/10 distances. According to the flyer and the AGN schedule, start time is 6am. See the flyers for race [here](#).

5. **NB: Two Oceans Marathon – Club Verification**

Several of our members intend to run the Two Oceans Marathon but have not provided their qualifying races and times. Kagiso Keatimilwe is coordinating this activity, so you must contact him at keatimilwe@icloud.com.

6. A Word on Running

Editions of this newsletter will feature snippets of running terminology. Not only might this prevent you being embarrassedly ignorant when not knowing what experienced runners around you are talking about, but it will also introduce you to useful running ideas and practices.

Drafting

This is a case of letting another runner do all the work. Believe it or not, air resistance slows you down, especially when you are running into a headwind. A race strategy is to tuck in behind another runner making them push through the air while you are protected behind them. Of course, the bigger the person in front of you, the better will be the effect.

I remember this strategy particularly from my cycling days, where drafting is not only much more effective than when running, but is absolutely essential. Just watch the Tour de France and you will see it all the time.

Of course, this means that *drafting* works much better the faster you are going. So I suppose that for the pace at which some of us manage to go, there is very little advantage gained.

7. Classified Advertisements

It has been suggested to me that club members be allowed to let fellow runners know about running items that have become second-hand after perhaps an upgrade to a more modern device.

Gerrit Roux has a Garmin that he has never used. He suggests R2000. The model on the container says FORE RUNNER 35.

Catch Gerrit at a time trial or email him at gerrit@tautech.co.za.



8. The Weekly Club Time Trial

The Time Trials always start from outside the Lapa next to the Volleyball Courts in the CSIR International Convention Centre grounds, after whatever announcements may be have been necessary. We have 4km, 6km and 8km routes to choose from. The hills however are NOT optional – you fight them on any of the routes! During the summer months, Time Trials will start at 17h30. Note that that the start time changes to 17h15 during the winter.

As most of you are aware, you are unable to get access to the CSIR Recreation Area if you do not have a club card! You cannot get one unless you are a fully paid up member in good standing. They are being very strict about this! No card = no access! Cards are available from the Club Office just to the left of the booms at the CSIR International Convention Centre. Please take proof of payment with you! See the registration instructions [here](#).

Guests can be signed in at the rec site boom.

9. Forthcoming Events

To help you with your planning, here are the events as scheduled by AGN for the next two months.

Date	League	Event	Venue	Distance	Start Time
February					
Sun, 23		Pretoria Marathon	Phobians Athletics Club	42,2/21,1/10	06:00
Sat, 29	X	Medihelp Sunrise Monster	Harlequin Club, Groenkloof	32/21,10/ 5	06:01
March					
Sat, 7		Buco Bobbies 3 in 1	Hatfield Plaza	21,1/10/5	06:00
Sat, 14		Om-Die-Dorp	Pierre v Ryneveld Community Church	21,1/10/5	06:00
Sat, 21	X	Right to Run/Walk	Sunnypark Shopping Centre	21,1/10/5	07:00
Sat, 28		Overkruin Kolonnade Road Race	Kolonnade Shopping Centre	32/15/5	06:00
Sun, 29		Kosmosdal Fun Run	Kosmosdal Checkers	8/5	06:30

The full 2020 event spreadsheet can be downloaded at <https://agn.co.za/road-running-2020-fixtures/>

It can also be viewed on the club [website](#).

If you are looking for something different like a trail run, check out the website, www.trailadventure.co.za. It has venues and future events listed there.

10. Sizwe Shabalala and Jabulani Mkhonza

The focus in this newsletter is on these two very good athletes who depend on the club for an opportunity to develop their running talent. They are beneficiaries of the club's Development Programme which supports those whose financial circumstances do not allow them to join a club, to get to races and of course to pay race entry fees.

The 2020 committee is in the process of formulating a Development Member policy document, which defines the qualifying criteria for this status as well as providing guidelines for the benefits they receive.

The CSIR Running Club supports Sizwe Shabalala and Jabulani Mkhonza. This article will help you know them better.

Sizwe has worked for a family in Faerie Glen for the past 15 years. Three years ago in his early forties he decided to go for a run at the end of the day. His employers encouraged him and started taking him to the Botanical Gardens Park Run where despite him being in his mid-forties, he won the race more often than not.

Having participated in 50 of these park runs, his employer entered him in the 2017 CSIR half-marathon – he finished in 15th place in 1h25! There were 1388 starters. He was exhausted having not yet learned how to pace himself. Not bad for a first event further than 5km!



Early in 2018, his employer registered him as member of the CSIR club – paying his subscription. Being a fairly reserved man, he ran 8km to get to the time trial, then ran the 8km time trial itself and then ran home a further 8km. I noticed him shyly standing to one side at a time trial and chatted for a while. Discovering that he lived in the same suburb as I do, I offered him a lift home and started giving him lifts to and from the Saturday morning races where he continued to perform excellently.

Entry fees are beyond his budget, so individual club members began to sponsor a race. The club committee also made contributions to his race fees.

It was at one of his first longer distance races – the 32km at Bronkhorstspuit – that he encountered an injury, something that I suspect ALL new runners have go through. He was still running hell-for-leather all the way and ended up straining some big muscle. This kept him out of action for a few months.

Once back in action, he continued to improve, running his first marathon (Bela Bela) in 3h15 and later that year completing the Loskop 50 km in 3h45!

Of course, the 2018 prize-giving saw him walking away with a host of trophies .

In June 2019, Sizwe phoned me to ask if a friend could come with us to the time trial – I said we could talk about it, but there was the friend already waiting with Sizwe for the next lift. And so I met Jabulani.

It turns out that Jabulani is also employed by a family and enjoyed going for a run after work. On one of these runs he met Sizwe and



they started to run together. Not only are they both Zulu, but both their families live in Ermelo!

Jabu – at 29 years old - initially used to finish five-or-so minutes behind Sizwe, and has never taken longer than 1h40 to complete a half-marathon. The friendly rivalry continues with Jabu recently getting the better of Sizwe. Jabu's first marathon 4 months after he started running was done in just under 3h30. In Saturday's tough Tukkies marathon (his second), he again stayed inside the 3h30 mark.

Note that neither of these men had any previous running experience – they are obviously talented runners! As a club, we can be very proud of them.

But we must go further than be proud of them – we need to support them. Although it has become my responsibility to transport them to and from races, this has not always been possible. Having recently not being able to race due to injury, they unfortunately missed the Saturday race three weekends in a row.

On the odd occasion, people like Willie and Chris Burger have given them lifts while Anton Cilliers contributed towards Sizwe's first marathon in Bela Bela. Kimi Beyl took them to the Tuks race on Saturday and Brian Yalisi took them home.

The ideal situation is that club members be available where practical to provide transport. Sizwe and Jabu can be picked up on race day at the Engen garage next to the Pick&Pay Hypermarket.

Comrades – this would be the ultimate experience for Sizwe and Jabulani – their performances suggest that they just might be contenders for a Silver medal. We missed the entry quota for the 2020 race by a few hours and so am hopefully confident that we will get a substitution entry when they open in March. If you know anyone who will not be able to make use of their 2020 entry, please do consider these deserving guys. I am sure that if they do get to the start line, club members will be keenly watching their progress on the various computer programs and smartphone apps.

Support in the way of running shoes which are closing in on the end of their soles would make ideal training shoes, allowing them to use their good shoes in races (Sizwe size 9 and Jabu size 10). They have each kindly been donated a pair – one by Gerrit and another pair by Willie. Last year Linda donated her old Garmin to Jabu, while Sizwe still runs using an old wristwatch of mine, where the only function that still worked was the stopwatch. I remember JP giving a CSIR running vest to Sizwe. Whatever you might have in old belt bags, camel backs, water bottles, etc could also be of use to them.

I would like to see the progress of our development runners being a 'club project' where members take an interest in their progress, in their performances and generally in the expanded life opportunities that their association with the CSIR Running Club will give them access to.



11. Race Results

These are the results from the previous few events.

Note that I do not yet have the names of all new members or all renewed members while the membership database is being updated, so forgive me if I don't have your first name.

Csir results for the Tuks Bestmed (AGN) 10km race - 2020-02-15					
Position	Initials	Surname	Sex	Age	Finish Time
528	Kimi	Beyl	F	36	01:04:04
968	Ignatius	Le Roux	M	35	01:13:27
979	Xoliswa	Vuyegaba	F	40	01:13:52
1152	Elize	Fourie	F	57	01:17:55
1446	Ntsiki	Gumbe	F	52	01:25:28
1447	Ashwin	Maharaj	M	52	01:25:29
1822	Ronelle	Roux	F	60	01:37:30
Csir results for the Tuks Bestmed (AGN) 21km race - 2020-02-15					
201	David	De Wet	M	37	01:50:35
237	Willie	Fourie	M	53	01:52:35
360	Quinton	Mckenzie	M	43	01:58:43
463	Nelson	Sefara	M	49	02:01:50
511	T	Mantjana	M		02:03:32
520	Daniel	Strachan	M	38	02:03:51
526	Valentyn	Van Der Merwe	M	36	02:04:06
627	Elaine	Wentzel	F	48	02:08:05
639	Ken	Halland	M	56	02:08:34
640	Walter	Smuts	M		02:08:41
716	James	Da Silva	M	68	02:11:08
972	Gerrit	Roux	M	61	02:21:28
1043	Johan	Botha	M	40	02:24:15
1068	Jacques	Liebenberg	M		02:25:19
1085	Petro	Vermaak	F	63	02:25:46
1131	Johan	De Koker	M	49	02:27:10
1241	Ntombise	Manggase	F		02:32:49
1278	John	Ndimande	M	64	02:35:23
1693	Andries	Oosthuizen	M	67	03:24:01
Csir results for the Tuks Bestmed (AGN) 42km race - 2020-02-15					
91	Jabulani	Mkhonza	M	29	03:29:59
138	Sizwe	Shabalala	M	45	03:41:48
575	A	Tantolt	M	38	04:32:15
674	S	Phyana			04:42:04
690	Bafana	Radebe	M	45	04:42:57
725	Brian	Yallsi	M	59	04:45:15
739	Pitsi	Mokoatedi	M	38	04:46:33
977	N	Motsatsi	F	56	05:05:22
1049	B	Letsunyane	F	42	05:13:22
1177	Mulalo	Mathelemusa	F	31	05:30:00
1190	Mduduzi	Lukhele	M	31	05:30:00
1225	Dingaan	Masango	M	45	DQ
Csir results for the Bronkhorstspuit (AGN) 10km race - 2020-02-08					
100	Paulo	Peres	M	69	00:58:45
148	Johan	De Koker	M	49	01:02:45
269	Ken	Swettenham	M	57	01:13:26
304	Elize	Fourie	F	57	01:17:15
424	Andries	Oosthuizen	M	67	01:40:48
Csir results for the Bronkhorstspuit (AGN) 32km race - 2020-02-08					
212	Willie	Fourie	M	53	02:56:55
476	Valentyn	Van Der Merwe	M	36	03:18:47
489	Bafana	Radebe	M	45	03:19:36
629	Ignatius	Le Roux	M	35	03:30:11
774	B	Beatrice	F	42	03:44:11
799	M	Motsatsi	F	36	03:46:40
800	Michael	Motsatsi	M	36	03:46:40
956	Mulalo	Mathelemusa	F	31	04:11:30
970	Tseliso	Mohlomi	M		04:17:26

12. Quick Notes!

Sewing on of Licence Numbers

FATIMA DA SILVA wife of James Da silva has offered to sew AGN numbers to your running vest at a small fee of R50.

Please contact her on 0721478035 or give your vest to James at a TT.