

From the editor (gerry.leroux@gmail.com)



Hi all,

Quite a full newsletter this week, thanks to some great readers' contributions I've received over the past few days.

In addition to the regular news items and race results, we have

two specific treats:

- * In the first place, Louis Claassens shares another excellent column this week on learning, love, life and this crazy sport we're all addicted to.
- * Secondly, courtesy of Jeff Morris, we have some detailed feedback and analysis of the results from the first AGN league race for 2005 - interesting stuff indeed.

Thanks guys - I hope the above will remain regular monthly features in the newsletter. (We need titles for these features - any suggestions from the readers??)

As far as the rest of the newsletter is concerned, there's lots worth reading. On the race reports front, Wanda shares her views on the **Valentines 10km Nite** race and the **Bronkhorstspuit 32km**, while Jeff also provides a short report on the **Bronkhorstspuit 32km** event. Then we have results from the **PPMC 10km Nite** race and the **Ndaba 21.1km & 10km** race - well done to everyone who participated in these events!

Finally, please don't forget the second league race for 2005, the **Total Petroport Panorama Tshwane Run/Walk Challenge**, taking place this Saturday at the Ga-Mothakga Resort, Atteridgeville. (To get to the venue, take Church street and head towards Pelindaba; turn left into Tlou Str.) Not only will doing this race score us some much-needed (!!) AGN league points, but it is also important in terms of supporting the development of road running in the region. So do the right thing and enter today at Run-a-Way Sport, Running Inn or the Pretoria Runner. As usual there will be food and drinks for all club running club members afterwards.

See you on the road,
Gerry

News Highlights

Chicken Rolls @ Time Trial

James da Silva asked me to announce that he and Fatima will be selling chicken rolls after time trials next week

Date: 22 February.
Price: R15.00

Please chat to James at time trial tonight for more info.

AGN Circulars

Ed's note: This AGN info comes courtesy of Agape's Ken Nurden:

Race Start Time 19 Feb

Please note that the Total Petroport Panorama Tshwane Run/Walk race presented by SADAC & Arcadia Running Club starts at **06h30**, not at 06h00 as indicated in their race pamphlet.

Race Cancellation 2 March

Please be informed that the BKS Silver Lake Striders Race scheduled for 2 March 2005 has been cancelled.

Visit the Website @

<http://running.csir.co.za>

News Highlights

Bedfordview race

Fit 2000 Athletic Club Central Gauteng, Bedfordview will be staging a unique 50km Comrades qualifying race. The inaugural event in 2004 was so popular that Champion Chip timing has this year been introduced and has opened the door to what must surely be the most unique Comrades qualifier or opportunity to test performance and supplements in a secure environment with ample seconding and camaraderie from other athletes.

Runners may start the race at any time from 19h00 on Friday the 25th of February until 12h00 on Saturday the 26th of February and will then have exactly six hours to complete the 50km`s to qualify for Comrades. In fact, this also represents the last date in Gauteng when athletes may qualify for the Two Oceans marathon by completing 50kms in 6 hours and 30 minutes.

The race is run on a flat 2km tar, paved and grass circuit through St. Benedicts College with seconding tables every kilometre and the opportunity for personal seconds to aid and assist their fellow runners throughout the day or night. The opportunity to run in the evening provides athletes with guaranteed cool conditions plus the camaraderie of having numerous other athletes on the track at all times to provide encouragement and support. With a copy of the final event results, all competitors will receive a schedule of their own 2km splits throughout the race to assist in providing invaluable information on performance.

Note For Race Walkers

Ed's note: Received from Ken Nurden's newsletter:

1. Contrary to the information in the AGN handbook the Harlequins race pamphlet states that the AGN league for the 20mile distance is for runners only.

2. There are only open prizes for the walkers in the 10km and no prizes for walkers in the 20 miler. The race pamphlet does however give the cut-off time in the 20 miler as 4 hours ... runners and walkers.

Venue: Harlequins Club, Groenkloof

	10km	20 Miler
Pre-entry Fee	R 20	R 45
Late Entry Fee	R 25	R 50

The Comrades Marathon Association has given their approval of this race. Race Director, Robin Jelley, predicts that the concept will become extremely popular in years to come when athletes use this exciting opportunity to qualify for the world's greatest ultra marathon in such style!

The race is staged by Fit 2000 Athletic club in recognition of Paul Selby's achievements and contribution to road running in South Africa and abroad. Paul completed a double Comrades marathon in 1999 to raise two hundred thousand rands for cancer. In 2003 he ran 1000 miles in 1000 hours in London also for charity. (The equivalent of a marathon every day for no less than 6 weeks!)

Paul invites athletes to run with him during the 24 hour period. Entries for the 12 our day and separate 12 hour night events plus 24 hour race will be taken up until Monday the 14th of February. The closing date for entries of the 50km event will be kept open until the maximum race entry has been received so you are encouraged to enter early to avoid disappointment.

Date: Friday 25th & Saturday 26th February 2005
 Venue: St Benedicts College - Bedfordview
 Distances: 50km Flexi Challenge and 12/24Hr Race
 Start Time: See Entry Form for all details
 Timed By: ChampionChip

Westgate race

Ed's note: The following news was forwarded to me by chairman Ken:

Just a reminder about the Westgate 15km road race.

Date: Wednesday 16 February 2005
 Time: 19h00 (both races)
 Distance: 15km and 5km fun run
 Entry fee: R20.00 (15km) Temp Lic R15.00
 R10.00 (fun run) no temp lic needed
 Venue: Westgate Shopping Centre
 Medals: All finishers 15km (first 1100 at finish – rest will be posted)
 fun run (first 200 -- rest will be posted)
 T Shirts: First 200 entries for the 15km and first 50 for the fun run

More detail contact Charlie Herselman 082 770 1143

News Highlights

Cango race cancelled

Ed's note: I got this from the superathletics website:

Athletics SWD announces the cancellation of the 2005 Cango Half Marathon and Marathon on Saturday 5 March 2005 in Oudtshoorn.

It is unfortunate that it happened as such, not only for athletics as sport, and the athletes who annually support the event, but also for sport tourism and sport industry and Oudtshoorn and the Southern Cape / SWD. It is always sad if a big event, in this case one of the four top road racing events annually in our province (SWD) is cancelled.

The organisers of the race, the Defence Sport Club in Oudtshoorn, said in a letter to Athletics SWD, and in discussions thereafter, that they lack the infrastructure and manpower to present the race in 2005.

From Athletics SWD all we can say is that we hope the Defence Sport Club will be in position to sort out their infrastructure to organise the event before the fixture planning meeting of our province for 2006, because if not, another club in Oudtshoorn will be asked to organise the event. It is vital for us to save the event for 2006 and the future.

It is one of the prime events of the year which brings people to Oudtshoorn.

CSIR at the races

CSIR results for the PPMC Nite (AGN) 10Km race - 2005-02-02 (836 finishers)

Pos'n	Init	Surname	Sex	Age	Fin Time
22	M	Crampton	M	36	00:41:03
34	N	Van Wyk	M	53	00:42:55
132	H	Ribbens	M	55	00:49:49
144	M	Smit	F	27	00:50:22
182	K	Halland	M	41	00:52:08
275	J	Rautenbach	M	37	00:55:28
329	E	Krüger	F	29	00:57:09
465	R	Collins	M	45	01:02:41
571	R	Smit	M	50	01:07:45
586	P	Schutte	F	44	01:08:26
674	M	Balzer	F	43	01:13:38
689	A	Oliphant	M	40	01:14:48
697	K	Swettenham	M	42	01:15:34

CSIR results for the Ndaba (agn) 21Km race - 2005-02-05 (948 finishers)

Pos'n	Init	Surname	Sex	Age	Fin Time
44	M	Crampton	M	36	01:33:44
46	N	Van Wyk	M	53	01:33:51
203	D	Taylor	M	45	01:49:09
337	B	Crampton	F	33	01:55:08
393	P	Schiller	M	58	01:57:41
485	J	Maritz	M	33	02:02:05
560	J	Morris	M	60	02:04:44
564	W	Cronje	M	36	02:05:04
581	P	Mothibe	M	35	02:06:00
617	P	Thabo	M		02:07:30
653	G	Le Roux	M	36	02:09:01
654	W	Le Roux	F	35	02:09:01
655	K	Halland	M	41	02:09:14
667	K	Swettenham	M	42	02:10:03
752	R	Van Tonder	F		02:15:55

CSIR results for the Ndaba (agn) 10Km race - 2005-02-05 (840 finishers)

Pos'n	Init	Surname	Sex	Age	Fin Time
113	J	Eerenstein	M	20	00:51:43
150	E	Forbay	M	33	00:53:58
200	F	Roux	M	47	00:56:13
233	T	Lotter	F	26	00:57:47
241	L	Eerenstein	M	54	00:57:54
305	A	Eerenstein	F	48	01:00:37
379	R	Vorster	F	34	01:03:38
449	F	Harington	M	50	01:06:24

Birthdays

Ed's note: Congratulations to the following club members celebrating their birthdays this week:

Anne-Marie Eerenstein	20 February
Jeanette Jones	21 February



Provisional League Position

Ed's note: Herewith the first of what I hope will become a regular league race update feature from Jeff Morris. Thanks for the efforts, Jeff!

There are still a few problems with the processing of the McCarthy Toyota 21.1 Race, the first league race of 2005, but this is the situation, subject to change. CSIR is in an abysmal 15th place. Lots of room for improvement! The way to improve is for more runners to enter and finish league races. If you bought a licence for 2005, please come along to the next league race.

Pos	Club	Pnts	Pos	Club	Pnts
1	Liberty Nike	20	11	Enduro	10
2	Ace	19	12	Mazda	9
3	Akasia	18	13	Phobians	8
4	Resbank	17	14	Agape	7
5	Pmmc	16	15	Csir	6
6	Unisa	15	16	Ndaba	5
7	PvR	14	17	Ipac	4
8	Arcadia	13	18	RWFL	3
9	Irene	12	19	Transwerk	2
10	Hqh	11	20	Cent AC	1

The following runners completed the first league race. If you ran and your name is not on the list or if any of your details are incorrect (category, M/F, time), please contact a member of the committee so that the records with AGN can be corrected. To be taken into consideration, it is vitally important that your club name is on your entry label, along with all the other vital statistics.

NAME	Cat	M/F	Time	Points
A OLIPHANT	vet	M	02:10:05	2
A BROWN	gm	M	02:45:47	1
A STEYN	vet	M	02:20:59	1
A EERENSTEIN	vet	F	02:13:58	3
C GOOSEN	vet	F	02:12:05	3
C VD MERWE	snr	F	01:58:49	4
C V ROOYEN	snr	F	02:30:10	1
E RADEBE	vet	F	02:46:59	1
E MOGWANYE	snr	M	01:43:44	4
F WESSELS	vet	M	01:53:59	4
G LE ROUX	snr	M	02:17:39	1
J DA SILVA	mas	M	01:51:59	5
J BRITZ	vet	F	02:12:34	3
J JONES	snr	F	02:20:06	2
J MORRIS	gm	M	02:04:06	4
J ACKERMAN	snr	M	01:17:41	7
J MOLEKOA	snr	F	02:32:01	1
K HALLAND	vet	M	01:51:57	4
K SWETTENHAM	vet	M	02:27:10	1
L STEYN	vet	F	02:20:42	2
L MOLEKOA	snr	F	02:50:46	1
L EERENSTEIN	mas	M	02:14:02	2
M BALZER	vet	F	02:37:07	1
M DAMONSE	vet	M	01:41:46	5
M CRAMPTON	snr	M	01:34:25	5
M RADEBE	snr	F	02:51:23	1
M DIMITROV	snr	M	01:34:26	5
N V WYK	mas	M	01:41:20	6
P SCHILLER	mas	M	01:54:53	4
P MAREDI	snr	M	01:33:35	5
R V TONDER	mas	F	02:15:07	4
T POOE	snr	M	02:14:58	1
T LOUBSER	mas	F	02:05:47	5
W TURNER	snr	M	02:08:01	2
W COETZEE	snr	M	01:51:59	4
W CRONJE	snr	M	01:57:24	3
W LE ROUX	snr	F	02:17:43	2
Z RADEBE	snr	F	02:50:19	1

So, there are only 38 club members who can run all 10 league races this year. If you don't run the Total Petroport Panorama Tshwane Run/Walk Challenge this Saturday, there will be only eight opportunities to run league races left in the year. There is bound to be a prize at the end of the year for the runner completing most races so lets see you there in future.

There were a couple of clowns in front of me at the Toyota finish who stepped out of my queue waiting for the medals handout and walked to the front in an empty lane and handed in their bar codes. This sort of behaviour plays havoc with timekeeping and shouldn't happen. Lets try to make a very difficult job as easy as possible for the organizers.

Jeff Morris





Books & Roses

Ed's note: Another great contribution from Louis Claassens - thanks again, Louis!

As a child, I was brought up with books, newspapers, magazines, and Sad Sack and Little Lotta comics. In my parents' house books were meant to further your education, newspapers to update you on current affairs, including those who passed away or was soon to pass away, magazines to provide clippings for school assignments, and comics to ensure you will as an adult one day understand the finer nuances of life. But, there were also some taboos placed on family members. No Scope magazine was to pass the house's threshold, because of the centerfold. My father believed the cows in the Farmer's Weekly were more appropriate for his teenage son and it also provided better clipping material for assignments. And, then there was the National Geographic from which no clippings were to be taken. The National Geographic was the stalwart during times of disease. Whether it was mumps, measles or chicken-pox, a pile National Geographic magazines were placed next to your bed for paging in the event any degree of boredom got the better of you. It was during those times that I read and started dreaming of Antarctica and other far-away places, it was during those moments of boredom and convalescence that I also came to realize that the Black Hole was not in Kimberley and that the Friday in Robinson Crusoe was human.

My reading has not stopped. Marrying a librarian has contributed towards ensuring a constant flow of books and magazines over my own threshold and my education has expanded to now also include comprehending the Dewey Cataloguing System and what an ISBN number is all about. Neither has my dreaming stopped. Like Martin Luther King Junior, I also have my dreams. Today, I still dream about far-away places and races. I dream about running the 3000 miles from Los Angeles to New York as Tom McNab so beautifully wrote about in his bestseller, Flanagan's Run, I dream about being ice-bound along with Jerri Nielsen at the South Pole to fight my own battles, I dream of running in Davos over the Swiss Alps and I dream about returning to Moolmanshoek in the eastern Free State to beat the eight hour cutoff time set for this 24 kilometer mountain race. Running, and far-away races have over many years provided me with enough time to dream undisturbed.

The book, The Loneliness of a Long Distance Runner came to mind as I was passing through some thick red Kalahari sand in a river-bed that had not seen running water for many a season. As I was going up the opposite rocky embankment, nurturing the solitude and vastness around me, he was suddenly there. We had just passed the 16 km mark. Within the next two kilometers I came to know who he was, how many kilometers he was averaging per week in his build-up towards the Comrades Marathon, the

races he was still planning to run in his build-up, his personal bests and the nagging injuries he was trying to overcome without denting his average mileage. We passed the 18 km mark that was half hidden behind the stem of a Quiver tree, but for me, there was no place to hide. At the watering point we walked together. With Coke in hand I subtly moved across to allow him to be on my deaf ear side, but this manoeuvring was of no avail, because 500 yards beyond the watering point he stopped to rid himself of some earlier Coke, but not of me. He had to pick up the pace to catch up with me again, which he did, but on the wrong side. Breathing in my neck he wanted to know who I was and whether I had any advice on treating his injuries. I wanted to tell him that I was the guy that dreamt of Antarctica and the Alps while running, that I was the guy that came to know the finer nuances in life by reading Sad Sack, and that I was the guy who thought he should rather take some time off from running, thus giving him time to page through a pile of National Geographic magazines, permitting him to recover from all his niggling injuries. Instead, I quoted the many remedies from Tim Noakes' Lore of Running. In retrospect, I know today that having quoted Tim Noakes and displaying some level of education my parents so gladly wished for, was one of the biggest mistakes ever made in the dry red sand of the Kalahari. My status as just another co-runner with an (deaf) ear instantly changed into that of companion and confidant. I was prepared to forever disappear into any kind of hole, a black one or an obsolete diamond one. As the next kilometre mark appeared and became readable, I was fully briefed on the doings of his children, the drinking habits of his brother-in-law and a possible third party that was putting strain on a faltering marriage. Not having children of my own at the time, refrained me from even attempting giving advice on a son that preferred poetry to running and being quite aware of my own yearning for the sponsored beers awaiting us at the end of the race, forced me not to comment on his brother-in-law.

The 36 km mark went by without noticing. My companion's pulse monitor indicated that we were about to walk again. We did. I told him about who I was, how many kilometers I was averaging per week in my build-up towards the Comrades Marathon, the races I was still planning to run in my build-up, my personal bests and about Lore of Running, The Loneliness of a Long Distance Runner, the Dewey Cataloguing System, and about dreaming. Together we entered the local sports ground to do the dreadful lap all races have for the convenience of excited children, admiring fiancées and irritable spouses. And there she was, Little Lotta, awaiting her husband, Sad Sack.

As we said goodbye to one another, tears came to his eyes when he emotionally announced it was a pity we were not doing Flanagan's Run together. I responded, "Buy her red roses, tell her you love her and start dreaming together. It should save your marriage".

Happy Valentine's Day!

Personal race reports

Valentine's 10km Nite Race, Wednesday 9/02 (Wanda Lennox)

Wednesday night found a large field of athletes at the Pretoria Central Prison. Getting into the one entrance is always difficult - why do so few traffic lights in Pretoria have turning arrows?! Entry was quick and I had a chat to Renee and Herbie before the start.

The race takes you around the grounds, past the Warders houses, up a long, slow hill to the west, dropping back down to circle the sports fields. The waterpoints are too soon - just after 1km - and then almost too late - needs work. Tough little race, but a good training run.

Bronkhorstspuit 32km, Saturday 12/02 (Wanda Lennox)

Having run in the rain at Bronkhorstspuit last year, Renee and I came prepared for rain/sun. At 5:45, we took our sponges to the start as the clouds began lifting. I started out with Raymond, pacing him at 6min/km as he didn't want to start too fast. We turned off Bronkhorstspuit's main road, heading North to the 10/32 split after the first water point. We turned West towards Ekandustria, then South. At 12km, he left me (to finish in 3h10) to run on over the Tollroad.

Just after 15km, Adrian caught me and we ran on together. After turning left towards Witbank, we ran into a very strong wind that continued blowing all the way up the hill to the Temple. Turning into the Temple

grounds, I felt very strong and passed a lot of runners here.

Over the toll road, the Netcare team from Bronkhorstspuit Hospital manned the last waterpoint, with delicious "gummyberry juice" and chops - thanks, guys!! Straight into the "Draai" to finish in 3:15 - my PB so far for a 32. After taking some coke I waited for Adrian and Renee to finish, in 3:21 and 3:23 respectively. Renee, Raymond and I then sat a while at Magnolia's tent - thanks, Dave and Herbie!!

Lovely race, well organised, excellent waterpoints. We'll be back!!

Bronkhorstspuit 32km, Saturday 12/02 (Jeff Morris)

This was a well-organized race, as usual. The overcast conditions made running a pleasure although the gusty east wind was a bit troublesome on the back stretch. The water tables were well stocked and well manned. I am sure there used to be potatoes at 27 km - missed them this year.

Apart from the emergency vehicles roaring up and down and a couple of coal trucks, the roads were pretty quiet. I enjoyed the company and support of half a dozen runners on the road. Not only good looking but they all beat me too (this time).

Upcoming races

Upcoming races

February / March 2005

Wed 16 Feb **Irene 10km Lantern Night Race and 5km Fun Run**

18:30 Irene Campus - Agricultural Research Council (Note: Separate start for walkers)
 Entry Fee: R15 (5km), R25 (10km). Pre-entries until 12 Feb at Pta Runner, Running Inn, Sportsmans Warehouse Centurion, Run-A-Way Sport. Entries also at the Irene Tent at most races, and at Superspar Centurion, Highveld Park, Monument Park, Elardus Park, Moreleta

Ed's note: This race was rated amongst the top 5 10km races in SA in 2003 and 2004. Due to the popularity of the event it is advisable to arrive early.

Sat 19 Feb **Total Petroport Panorama Tshwane Run/Walk 5/10/21km ** 2nd AGN League Race for 2005 ****

06h30 Entry Fee: R30 (21km), R20 (10km), R10 (5km)
 Ga-Mothakga Resort, Atteridgeville (take Church street and head towards Pelindaba. Turn left into Tlou Str.)
 Pre-entries from 01 Feb at Run-A-Way Sport, The Pretoria Runner, Running Inn and at the Ndaba 3-in-1 and Span Lantern races.

Ed's note: Please note that this race apparently starts at 06:30, and not 06:00 as stated on the flyer.

Sun 20 Feb **Pick & Pay Marathon and 21.1**

06:00 Saheti School, Civin Drive, Senderwood
 Entry fee: R50 (42.2km), R35 (21.1km), R10 (5km fun run). Entries at most races and sports shops in Gauteng.
 The marathon and half marathon are pre-entry only - pre-entries close 14 February.
 All pre-entrants in the marathon and half marathon will receive t-shirts.

Sat 26 Feb **Phobians Deloitte Pretoria Marathon 42km / 21km / 10km run / 10km walk**

06:00 PHSOB Club, Hofmeyr Park, c/o Kings Highway and Queens Crescent, Lynnwood
 Pre-entry Fee R 55 (42km) R 35 (21km) R 20 (10km) until 21 Feb at Pta running shops
 Late Entry Fee R 60 (42km) R 40 (21km) R 25 (10km) (race venue: Fri 25/02, 16:00 - 20:00 and on race day)

*Ed's note: This is the last opportunity to enter for Two Oceans - Two Oceans entries taken at finish
 Phobians will courier entries taken on the day for Two Oceans at no extra cost. T-shirts to the first 1000 entrants*

Sat 05 Mar **Harlequin Harriers Sunrise Monster (20 miler) and Mini Monster (10km)**

*** Third Road Running League Race (20 miler and 10km) for 2005 ***

*** Third Race Walking League Race (10km only) for 2005 ***

**That's it for this week, folks...
 See you at the races!**

Acknowledgements

Thanks to all the club members who contributed to this issue: Louis Claassens, Jeff Morris, Wouna le Roux and James da Silva.

Also a special thanks to the contributions from non-club members Wanda Lennox and Ken Nurden - your contributions are, as always, much appreciated!