



“Driven with Pride, Powered by Passion”

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SSRC Advisory December 2018

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BUILDING OUR COMMUNITY SPIRIT

Message from our Chairman



Dear Striders,

Early in the year, under the previous committee, we organised a survey to ask our members what they expect from the club and what is important to them when it comes to our running fraternity. To the best of our capacity we have tried to make changes and act upon the wish list derived from the survey.

Essentially, we have tried to make the club more inclusive. Comrades remains the undisputable highlight of the year for half of the membership, but there is a myriad of other events where striders have achieved amazing personal results that have often gone unnoticed. We are all proud of our faster runners that get on the podium every now and then but what makes our club so rich is

the fact that we have a most diverse community, a motley crew of fast runners, slow walkers and everything in between that regularly get together to exchange tall tales of our running exploits. As a committee we are making an effort to recognise the important achievements of all our members in their personal journeys, whether their goal is a Comrades silver or simply completing the first parkrun after a long illness.

In this newsletter you will find details of two initiatives that are already making an impact: the very successful Couch2Marathon led by Thabile Mathe and the Strider of the Month award. There are plenty more ideas in the works and will be announced in due time.

2018 has been a very good year, but I can say that 2019 will be very special in the history of Sunninghill Striders, a vintage year! A big surprise will be announced in the new year, stay tuned!

A huge thanks to the committee members, I hope you are already on a sandy beach somewhere disconnected from the world recharging your batteries. And thanks also to our regular volunteers that help in running the club week after week, we could not do this without you, you know who you are!

Last but not least, as I always say, during the holidays carbo load like a boss with cake and bubbly! Enjoy this time with relatives and loved ones, see you in 2019! Nestor Espinoza

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If you or another SSRC member have participated or excelled in a recent event, please send details and pics for inclusion in the newsletter to info@sunninghillstriders.co.za



“Driven with Pride, Powered by Passion”

info@sunninghillstriders.co.za

Message from our Club Captain

It's the end of 2018, and what a year it has been!

From a running perspective, our club members have achieved some wonderful results and 2019 looks set to be another good year.

Use this time to rest, recharge, and set new goals for 2019 - whether it be to run a faster time trial, do your first 21km, join the crowds taking on Chappies at Two Oceans, or conquering

Comrades. Let's make 2019 a memorable year for SSRC.

However you may choose to spend the holidays, do so safely and cherish the time with friends and family.

I look forward to seeing you on the road early in the New Year.

Wishing you well over the festive season,

Lisa



SSRC Club Captain
- Lisa Teepe

November 2018 Strider of the month - Julian Murphy

Julian Murphy, our humble legend...



Julian is probably the loveliest person to speak to. His gentle warmth echoes through his twinkling eyes and easy smile. But the most endearing part of being with Julian is his humility. He litters the conversation with "This is probably not interesting" when in actual fact all that he says-just is.

Julian recently undertook the Dublin Marathon on the 27 Oct 2018. He completed the marathon in 3:52. This is a fantastic time for any runner, but as Andre De Villiers puts it in perspective on the Sunninghill Striders' WhatsApp group, if you take an age grading his time is akin to a 25-year old running a 2:49

marathon! With this time, he was placed 3rd in the category men 70-74.

Julian chose to do the Dublin marathon as it is a city he is fond of and knows well. He describes it as an enjoyable marathon as you run through most of scenic Dublin and through large green areas past Phoenix Park. Dubliners support the race passionately which adds a special atmosphere to the race.



Julian explains that it was one of those days of running that everything just felt right and at the end of the race his legs felt great. He attributes the success to having trained with Norrie Williamson and the planning before the race. He considers himself a worrier so having gone over the route and planning the refreshment strategy, clothing etc.

helped him to be more confident on the day.

Having saved himself before the race, later he decided to celebrate like the Irish do, with Guinness. Easier said than done, he went to a bar in the hotel, only to be told they sell nothing but hipster craft beer! It was on his third attempt at a bar that he was able to sit down and reflect on his achievement with a pint of the Black Stuff.

Although Julian is well-known for running his first Comrades aged 67, he had started running during the 1980's. After reading 'The Lore of Running' he would run for three months and then not maybe for a year. Ten years ago a friend convinced him to run a 10km and he took the prized medal to a family Christmas function. His brother-in-law proceeded to show him a plethora of medals and convinced him to join a club.

The rest you could say is history and Julian is now folklore, he states that he walked his first 10km and 21km races and has slowly with consistency improved his running. When listening to Julian's stories, camaraderie and friendship feature strongly in his narrative and certainly seem to underpin his success.



Couch2Marathon Group

The Couch2Marathon idea started as a response to some SSRC members requesting that the SSRC club to be more inclusive and accommodating to slower or non-Comrades runners. Some people perceive SSRC members as fast, very serious runners but we are not.



Kaapsehoop Good Luck Run with Coach Benzi

The group is led by myself (Thabile Mathe, ex-SSRC Chairperson) and it started on 1 August 2018. We originally started with about 10 members. It has since grown to approximately 30 members. Not all members are consistent and show up for training. Consistent runners are probably half of this number.



Hard at work during track at St Peters

We start from St Peter's at 5:00 am on Tuesday, Wednesday and Thursday. And

then we have weekend long runs that are not as structured as the weekly runs because members choose to go to races or join other running groups.

After my cracking 10th Comrades (sub 11 is cracking for me, so don't even start) and successful implementation of Benzi's training program, I suggested to the group that we follow the same program. Look, it worked for me and it is super-duper easy to execute.



The quiet before the Kaapsehoop storm

We concentrate on quality training, not quantity. So we do TT or track on Tuesday, road run on Wednesday and hill training on Thursday. Tuesdays and Thursdays are more accommodating of all paces because we all run in the same area, and it feels like we are together as a group even though we all run it at different paces.

Personally, I like Tuesdays and Thursdays. The mother hen in me doesn't get conflicted. It allows me to support all runners.

We used Kaapsehoop as our qualifying marathon and 5 members got their qualifying time.

I asked some of the members to describe their experience of the group since its inception and statements like 'supportive', 'I improved my running', 'I qualified for Two Oceans and Comrades' 'Hills have become flatter, thanks to Thursday hill sprints', 'Kaapsehoop was a dream (easy)', 'Now I know what TT and quality training stands for' etc were uttered.



We flattened Tough One hills

We debated whether we should drop the word 'couch' from our group name since we are now speedsters. We decided to keep it because we are still a very accommodating group and would love other runners to join our group in the future.

Some of our members have decided to give Comrades a first stab, some have registered for Two Oceans, some have decided running long distances is not their thing. But we have committed to continue to train together and support each other in 2019



End-of-year Breakfast

Come join us. We are friends and family!



K-WAY SKYRUN 2018

Chris Wilcock's experience of the new 38km event



The K-way Skyrun takes place between Lady Grey and Wartrail Sports Club during November each year. This year's event offered a choice of three distances: 100km, 65km and the new 38km entry-level event. The organisers, Pure Adventures, had to make last minute changes to the start venue and the routes of the 65 and 100km races due to unrest in Lady Grey but the event went ahead despite all the challenges.

SSRC member Chris Wilcock was there as a guest of the organisers and just loved the whole experience and makes no apology for all of the exclamation marks used!

The Skrun, which needs no introduction to the off-road fraternity, started off as an unsupported 100km race across the Witteberg mountains in the Lady Grey/Tiffendell area. Later a 65km distance was added to accommodate the speed merchants. This year the organisers added an entry-level event of 38km to whet the appetites of potential Skyrunners and to encourage more people to tackle the bigger distances in the future.

There are a few things about the K-way Skyrun that set it apart:

Running in the dark

The 38km race started at 4:30 on the Saturday afternoon leaving only about 2 hours of light

before nightfall. Running on reasonably smooth single track and jeep track with a good quality headlamp was not a problem and seeing the bobbing lights ahead and behind was quite magical. Treacherous technical descents in the dark are quite another thing and the descent after the Halstone checkpoint near the end was quite terrifying!

Altitude

We started at 1800m above sea level and topped out at 2754m. Approximately 15 of the 38km were covered at an altitude of 2500m and higher. Not the highest race in SA but pretty high. Living in Jhb where we are used to going without oxygen in our air helps!



It is worth running up a mountain to experience this!

Distance, terrain and weather conditions

The 38km of rough mountain terrain was far enough to be challenging without being too daunting. The terrain varied from gravel road through jeep track, single-track, "no track" to very technical climbs and descents. The most difficult section near the end was negotiated in pitch darkness by sliding down on our bums - through clumps of thorns... I was still digging thorns out of hands and rear end two days later!

These mountains are known for dishing up extreme weather. Last year it was snow - this year a heatwave! At least it was cool after dark but the extreme heat led to a high drop-out rate in the 65 and 100km events which took

place through the heat of the day. Foul weather gear stayed in the backpacks throughout!



This is me looking happy on the ridge above Bridal Pass

Navigation

This was my biggest worry in the run-up to the Skyrun. I have been known to get lost on well-marked routes in broad daylight. I love so much being on the trails that I probably go into some sort of trance and don't bother checking the markings until I get that vague and uncomfortable feeling that there aren't any... This was an unmarked route on a mountain, mostly run after dark... Potential for disaster! Fortunately the navigation proved fairly straightforward and, apart from one incident, I pretty much stayed on course.

My race

I had a good race, going out hard to make the most of the remaining daylight and then taking it easy after dark. I believe that the 38km run is a great innovation and should provide an infusion of new blood into the longer events. Incidentally, the 38km runners were never made to feel as if we were not "real" Skyrunners by any of the organisers, helpers or by the real Skyrunners themselves. That illustrates the humility and self-respect of everyone connected to the K-way Skyrun.

If you'd like to read my full report head on over to: <https://www.nutreats.co.za/38km-skyrun-review/>



All I want for Christmas...

Guess who wants what for Christmas???

- | | |
|-------------------|---|
| A. Diane Hayter | 1. Glenfiddich Whisky |
| B. Mark Apker | 2. World peace |
| C. Colin Edwards | 3. Peaceful night sleep |
| D. Tania Reid | 4. Nipple caps |
| E. Sandile Gxavu | 5. Toenails painted prettily |
| F. Thabile Mathe | 6. DKNY Perfume |
| G. Tarren Meyer | 7. My daughter to be home |
| H. Brendan Little | 8. Endless supply of tequila |
| I. Russel Watkins | 9. A weekend away from children |
| J. Nikki Quin | 10. Bill Rowan medal (second hand will do!) |
| K. Nicola Berner | 11. Food processor |



Answer: A6, B10, C2, D7, E3, F1, G5, H4, I11, J8, K9

Upcoming races

Date	Day	Province	Event	Distance	Time
01-Jan	Tue	AGN	New Year's Run/Walk	10\5	
05-Jan	Sat	AGN	A4A Road Safety Race	21\10\5	6:30
05-Jan	Sat	CGA	Varsity Kudus	15	6:30
12-Jan	Sat	AGN	ACE	21\10\5	6:00
13-Jan	Sun	CGA	Dischem Half Marathon	21\5	6:00
16-Jan	Wed	CGA	Berg'nDal Night Race	15\5	19:00
19-Jan	Sat	AGN	PWC George Claassen	21\10\5	5:30
20-Jan	Sun	CGA	Garbie Striders 32km	32\15\5	6:00
26-Jan	Sat	AGN	Wonderpark Akasia	42\21\10\5	5:30
27-Jan	Sun	CGA	Johnson Crane	42\21\10\5	6:15
30-Jan	Wed	CGA	Arwyp Med Nite Race	15\5	19:00

