

# Murray & Roberts

# The Wins Keep Coming!

The Murray & Roberts Running Club already produced an amazing 103 victories in just the first 11 weeks of racing in 2020! That's not to mention the countless podiums, as well as top 10 positions throughout Southern Africa and some fine international places too.

Amongst our top-performing women are **Rone Reynecke** and **Tayla Kavanagh**, who both have three wins, with Tayla dominant in the junior section in KZN. Even better are **Simone Verster**, with four vets wins, and **Anna Moeketsi**, who also boasts four, with three coming over the standard marathon distance. Doing still better, with five wins, are **Janine Carey** and super grandmaster **Val Watson** (whose wins include four in marathons).

But the prize for dominance goes to **Yolande Maclean**, with a superb seven vets wins.

In the men's section, half marathon specialist **Philani Buthelezi** has also posted five wins, while policeman **Ben Matiso** lists three wins, with two over the marathon distance and one in a 50km race in the Cape. **Don Charles** is, as always, astounding, and the 71-year-old has no less than four great-grandmaster victories in 2020.

"Our club has managed to produce wins throughout the whole spectrum, and this list excludes our incredible performances from the children from the Vorentoe Running Academy, which is fully supported by Murray & Roberts. We are blessed to have the dedication, commitment and hard work from our athletes, and are proud to see them giving their all in the black and yellow every time out," says Club Manager Dana Coetzee.



Val Watson



Yolande Maclean



Philani Buthelezi



Don Charles

## Nolene on the Mend

Having been injured for long time, we caught up with **Nolene Conrad** to hear about the fact that there finally appears to be light at the end of the tunnel...

### Tell us about the injury.

I had a freak accident six days before I ran the Osaka Marathon in January 2019. While doing a morning run, I stepped on a rock and twisted my ankle. I flew to Japan that same day, thinking it was just a sprain and that it should be OK by the time I race. However, when I finished my race, I could not put weight on my foot at all, which meant I had fractured my foot during the race. Then after resting the injury for a few weeks, I tried running again, and in the process, while compensating, I injured my perineal nerve and Iliotibial Band.

### You went to Ireland for treatment?

I had been going back and forth trying to get an accurate diagnosis, because the injury just did not respond to any form of treatment. They could not find the problem on MRI or ultrasound, and to get the right treatment plan, I first needed to get an accurate diagnosis. My mentor, Elana Meyer, recommended Gerard Hartmann in Ireland. He is one of the best in the world, and Elana contacted him to help me. So, I set off to Limerick, Ireland this past February to undergo treatment for four days.

Gerard found that it was an ITB injury that was caused by a dysfunctional hip. Major structural issues were caused by misalignment. Gerard treats the person holistically – mind, body and soul – as all these aspects affect recovery from any chronic injury. We worked to improve proprioception through better balance, and my hips and glutes required specific strength and flexibility exercises.

### How has the lockdown affected your rehab?

Ireland helped me get some perspective, and also helped me grow mentally and emotionally, so I am in a better space now to deal with the lockdown situation. I understand the importance of mental health during this time, as well as staying active and positive, and focusing on what I can and need to do. But with an ITB injury you need to gradually return to running, so that your body can adjust to the load and adapt, which means you need to run on flat, soft surfaces, like grass, to ensure that the impact is minimal on the knee. With lockdown I am unable to do that, so I will need to wait until we're allowed to go out again. Running around my house is not an



Nolene Conrad

option, as it puts a lot of strain on my knee and hip, and could cause the ITB to flare up again. That's the last thing I need!

### What have you been able to do?

I have to focus on my rehab program a while longer, which in hindsight is probably a good thing. The lockdown has allowed me to strengthen my hips/glutes even more. I was very eager to start running again after five weeks, but my physio advised me that the longer I can focus on the rehab work, the better, so I guess it's a good thing in one way.