

# Murray & Roberts | The 'Black & Yellow' DNA

The Murray & Roberts Running Club turned two in January! As chairman, it has been an absolute privilege to see this club take root and grow into the class act it has become today.

Ed Jardim



You can find more info on the Murray & Roberts Running Club via our [Facebook](#) page.

If you are not familiar with who we are, allow me some indulgence... We are road, track, cross country and trail runners. We are a small team, which makes us agile and fast. We are a running family!

We are similar to the bar 'Cheers' – giving away my age there – "...where everybody knows your name." Even though we are national club, we've (mostly) met each other, and we train with and support each other all the way.

We are a club of (incredibly) talented runners: Olympians; gold medallists, record holders, and ultra, marathon and middle-distance runners. We are 'ordinary' runners, we are back-of-the-pack runners, and we are supporters.

We are individuals and we are a team. We are friends, brothers and sisters, husbands and wives, fathers and

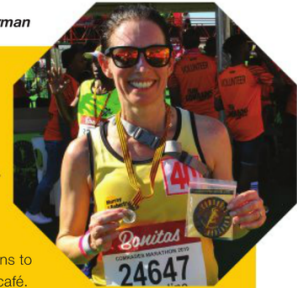
mothers... and one or two (very fast) grandfathers and grandmothers, too.

We are values-based, performance-focused and #EngineeredExcellence.

To don the 'Black & Yellow,' you have to aspire to all of the above, to be a better version of yourself – and as a perk, you get to hang out with a bunch of really cool, like-minded people. If this seems like a tall order, you're probably not for us, but to the person who started itching to join us for a run while reading this, I'm sure we'll see each other soon.

Happy two-year anniversary to our proud running club. Here's to many more titles and years!

Ed Jardim, Chairman



## Running Export

South African Jackie Kellerman won the Australian 100km title in January and now has a string of titles 'down under.' We interrupted her steadfast training just long enough to for a quick Q&A.

### Tell us about your background?

I was born in Chester, England, to Scottish parents. Like many Brits, we moved to South Africa in the 80's for work in the mining sector. My parents only planned on staying for a few years, but fell in love with South Africa, and have made it their home for over 40 years now. I am a qualified 'bean counter' and hold a B.Compt (Hons) CPA.

### How did you start running?

I only started running after my son was born, in my late thirties, to lose some post-pregnancy weight, but also for some 'me' time. At a braai, my friend Dave dared me to enter a race with him, the Nike Run Jozi 10km night race. I downloaded the Nike+ app and the race scared me enough to train more consistently. I still have access to my first training logs, which averaged 6:51 pace per kilometre!

### How did you end up in Australia?

My husband was offered a job opportunity in Perth by one of his friends. I was hesitant, but agreed to have a look at what Australia had to offer when we were invited to a wedding in Noosa. I was surprised at how similar it was to South Africa. Living in Joburg all our lives, we had always dreamed of moving to the coast, so we decided to just go for it!

### Your personal bests?

5km – 18:05 (2020)	42.2km – 2:56 (2020)	Comrades (Up) – 7:34 (2019)
10km – 37:47 (2020)	50km – 3:36 (2020)	100km – 8:14 (2021)



Jackie finishes the 2019 Comrades in a PB 7:34

### Your favourite and least favourite workouts?

Least... I find it hard to get out of bed for short recovery and taper runs. Favs... Long tempo runs to music, or social long runs that end at a bakery/café.

### Best races?

Two Oceans 56km – My first ultra-marathon and the most beautiful! Comrades Marathon – The toughest, most addictive, and most 'gees.' City to Surf in Perth is a scenic run that starts in the city and ends at the iconic City Beach, and was my first marathon win.

### Tell us about being helped by Comrades runner-up Mark Page.

I was introduced to Mark shortly after moving to Perth. As we lived fairly close and are evenly paced, we started to train together a few days a week (his slow was my fast!). He has a very quick cadence and it was hard work keeping up with him at first, especially whilst chatting away with hilarious stories from his running days in South Africa. We are now good family friends. I'm also lucky enough to be in touch with another legendary Comrades runner, Bob de la Motte, who also lives in Perth and keeps in regular contact with our Perth-based Comrades group, called the 'C-Team.'

### How does racing in Aus compare to SA?

The races are very expensive, around \$100 on average, and the T-shirt costs extra! The season only starts in May, which is always too close for Comrades, and ends in October, due to the heat. There are normally only a handful of marathons during August through to October, so you need to plan your qualifiers carefully, and the majority of ultra-marathons are on trail.

### Goals for 2021?

This year I have my sights on: Comrades (sub-7 hours), 100km (sub-8h), and running well at the World 100km Champs.

### What motivates you?

To be a good role model for my son, Maximilian. I also hope to motivate other parents to start running later in life. Never think that you are too old to try something new. Running is a very rewarding sport, with an awesome community to become a part of, and it will also take you places!

Images: Action Photo SA & Courtesy Murray & Roberts Running Club