

RUN OF THE MILLS

Running is in their blood

That runners came out in their numbers to take part in the Marcel van't Slot 15km (organised by Phobians) race last Saturday was again testimony to the fact that there is appreciation and support for clubs who are in the habit of putting on a good show as was again the case this time around.

The 15km race is proof that running is addictive. With the post-Comrades convalescence period barely over, most were back at the starting line on Saturday, in spite of the chilly weather. It seems that being off the road for any significant amount of time is just impossible for most. It must have something to do with those endorphin things.

The AGN running diary is looking a little confusing at the moment. There is no road race scheduled for this Saturday, but there are two big events on the diary for next Saturday August 5: the Transwerk Race

and Irene Country Walk. That seems to be counter-productive. Better planning is certainly needed to stop this from happening in the future.

Another disturbing occurrence is the cancellation of the Pretoria Police half-marathon on August 12. The race has had to be called off because of renovations taking place at the Akasia Golf Club, meaning the race cannot be run in that area.

For local road runners then, wondering what to do this weekend could include a trip to the Innovation Hub (near the CSIR, just off Meiring Naude Street) to check out the latest happenings in the field of cross-country.

Athletics Gauteng North (AGN) have been hard at work behind the scenes getting their cross-country act together and it seems to be working. Cross-country is quite a big thing at most schools and is certainly a springboard for young runners to get on to the track and later

the road. On Saturday, the Enduro Running Club will be trying their hand at organising a cross-country event. For a R10 entry fee it should be worthwhile.

For the diary: AGN cross-country: Saturday: Innovation Hub, Meiring Naude Road. Start from 12:30pm. Organisers: Enduro. For more information, call Daan Labuschagne on 082 679-6164
The Go Banking Tshwane Mayoral Ride cycling race takes place in the City on Sunday, starting and finishing at the State Theatre. For more information, call Wynand de Villiers at 011 958 1004 or e-mail wynand@cyclingnews.co.za



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