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Appendix A

Dear Sir/Madam

Re: Request for Volunteers to Participate in a Study

I am a registered student in the Department of Psychology at the University of Pretoria. I am conducting a study for a doctoral thesis. The purpose of the study is to explore what psychosocial factors are involved in the susceptibility, prevention and rehabilitation of injuries sustained in long-distance running.

I am seeking the assistance of long-distance runners who are at present injured to participate in the study.

The participation will involve the following:

- The participants will be requested to complete the Myers-Briggs Type Indicator which is a psychometric questionnaire.
- I will conduct an interview with each participant. The interview will last for approximately one hour

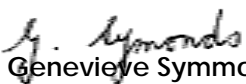
Each participant is assured of the following:


- All information will be treated with confidentiality.
- Each participant's right to remain anonymous will be respected.
- Participants may ask the researcher questions during any stage of the project.
- Participants will not be obliged to answer any questions they do not want to.
- The research is to be undertaken for the purposes of a doctoral thesis; copies of the thesis will be kept in the library of the University of Pretoria. The findings may also be published in local and overseas scientific journals.

I would be most grateful if you could put me in contact with any injured long-distance runners.

I can be contacted on 083453 5913 or (012) 345 6429.

Yours sincerely,


Genevieve Symmonds
Researcher


Prof Maria Marchetti-Mercer
Promotor

Appendix B: Questions used during Interviews

- For how long have you been involved in running?
- Why did you originally start running?
- How often do you run every week?
- What does your training program involve? How many kilometres do you run a week?
- What races have you run?
- Besides running, what other interests do you have?
- What benefits do you experience because of your involvement in running?
- What disadvantages or negative consequences do you experience because of running?
- How would you personally define injury?
- What injury do you have? How long have you had it? Please tell me about it.
- How is it affecting you?
- Have you been injured before? Please tell me about the injuries you have had.
- How did you get injured?
- Why do you think you got injured?
- How do you usually spend your day? If you look back, had anything changed in your typical day just before you got injured?
- Were you experiencing more stress than usual just before you got injured?
- Had your training program changed just before you got injured?
- Are you having any treatment for this injury?
- How long have you been going to?
- What does your treatment involve?
- Are you the only one in your family and/or close to you who runs?
- Are you still in contact with your running friends and others who run?
- Have you had any advice from others? Do you find this advice helpful?
- Are you still running?
- What do you find particularly difficult about being injured?

Appendix C: Factors explored during the interviews

Questions	Factors
For how long have you been involved in running?	Running experience
Why did you originally start running?	Running experience Perceived benefits
How often do you run every week?	Training program
What does your training program involve? How many kilometres do you run a week?	Training program
What races have you run?	Running experience
Besides running, what other interests do you have?	Running experience Perceived benefits
What benefits do you experience because of your involvement in running?	Perceived benefits
What disadvantages or negative consequences do you experience because of running?	Disadvantages
How would you personally define injury?	Personal understanding of injury
What injury do you have? How long have you had it? Please tell me about it.	Experience of injury
How is it affecting you?	Psychological responses
Have you been injured before? Please tell me about the injuries you have had.	Experience of injury
How did you get injured?	Experience of injury Perceived causes
Why do you think you got injured?	Perceived causes
How do you usually spend your day? If you look back, had anything changed in your typical day just before you got injured?	Perceived causes
Were you experiencing more stress than usual just before you got injured?	Perceived causes
Had your training program changed just before you got injured?	Perceived causes Training program
Are you having any treatment for this injury?	Approach to rehabilitation
How long have you been going to ?	Approach to rehabilitation
What does your treatment involve?	Approach to rehabilitation
Are you the only one in your family and/or close to you who runs?	Coping mechanisms
Are you still in contact with your running friends and others who run?	Coping mechanisms
Have you had any advice from others? Do you find this advice helpful?	Coping mechanisms
Are you still running?	Personal understanding of injury Perceived benefits Approach to rehabilitation
What do you find particularly difficult about being injured?	Psychological responses

Appendix D: Myers-Briggs Type Indicators

Description of 16 Personality Types

1. ISTJ

People with ISTJ preferences are known to be quiet and tend to be serious. They are known to be private people who are reluctant to share personal information with others. They have a strong sense of responsibility and are loyal to significant others in their lives; they are known to be dependable. They work in a steadfast manner in order to fulfill their commitments and/or to achieve objectives they have decided upon regardless of any distractions or objections from others. Although they will go to great lengths to complete something they view as important and/or necessary, they shy away from things that do not make sense to them. They also like predictable and organized situations (Myers et al., 1993). ISTJs achieve success by being conscientious, thorough, orderly, logical, realistic and practical, and by means of their powers of concentration and determination. Furthermore, they trust and learn from experience. ISTJs also tend to focus on facts and details (Briggs Myers & Myers, 1980). Although they are comfortable working in a group in order to complete a job correctly, they prefer working alone and being accountable for the results. If their gifts and contributions are not appreciated by others, ISTJs become frustrated and may become rigid, critical and find it difficult to delegate (Myers et al.). When ISTJs experience great stress, they may become inactive, withdraw from social interaction and concentrate on the negative things that may happen. They need closure in conflict situations (Killen & Murphy, 2003). People who have ISTJ preferences tend to rely on religion as a coping resource (Quenk, 2000).

2. ISFJ

People with ISFJ preferences are quiet and unassuming in their relations with others. They are loyal, dependable, considerate, kind and sensitive when dealing with others; in their concern for others, they often put significant others' needs before their own. They also work devotedly to honour their commitments. Furthermore, ISFJs go to great lengths to accommodate others and find it difficult to confront others. They are known to be conscientious and responsible, and fulfill their obligations completely and on time. However, they have an aversion to doing anything that makes no sense to them. ISFJs are thorough, practical and realistic. They pay attention to detail in their quest to be accurate. They tend to become frustrated if their talents and contributions are not appreciated, and then may become rigid and resentful, and complain much. Furthermore, they may then also focus too much on the effect decisions may have on others. However, when under stress, ISFJs may express negative possibilities without considering how their suggestions affect others (Myers et al., 1993).

3. INFJ

People with INFJ preferences are compassionate, caring and show others empathy. However, others often find it hard to get to know them as they tend to be private; they are perceived as deep and complex, and are known to only share their internal intuitions with those whom they

trust. They put their best efforts in their work in order to find the purpose in it that they desire (Myers et al., 1993). If they do not receive support, they may become introspective and self-sufficient (Killen & Murphy, 2003). They have definite principles and are intensely committed to their values. INFJs are loyal to people and institutions who epitomize their values. Although they are reserved, they are resolute when their values are infringed upon and can then become both insistent and persistent. They are experienced as intense and individualistic people. INFJs have a gift for intuitive insights of complex meanings as well as human relationships; they assume a sense of conviction about these insights and moreover, they value their insights. They tend to focus on the essence of a matter and only give consideration to details in order to confirm their intuition and insights (Myers et al.). Furthermore, they are creative and derive emotional satisfaction from their creative pursuits. They enjoy variety and new experiences (Briggs Myers & Myers, 1980). People who have INFJ preferences usually succeed because of their perseverance and desire to do whatever it takes as well as because of their creativity and originality. They may become resentful, critical, inflexible in their judgements and withdraw their energy if their efforts to use their talents are thwarted. When INFJs suffer great stress, they may become obsessed with things they normally consider irrelevant and overindulge in sensing activities (Myers et al.).

4. INTJ

People with INTJ preferences are known to be original, creative, insightful thinkers. They thrive on complicated, intricate challenges, and are easily able to make a synthesis of complex, abstract and theoretical matters. They are long-term thinkers and exhibit great organizational abilities, especially in areas in which they have an interest (Myers et al., 1993). Furthermore, they display determination and purpose for their own ideas, and are often stubborn in their pursuit of these ideas (Briggs Myers & Myers, 1980). INTJs value competence and knowledge, and they loathe inefficiency, confusion and chaos (Myers et al.). They tend to be very critical of themselves and others when the expected standard is not met (Killen & Murphy, 2003). Because INTJs tend to express their insights and creativity into organized, logical plans and decisions, they are often perceived as obdurate even though they are willing to change their views in the face of new evidence. They experience social encounters and conversations as difficult and thus, are perceived to be reserved, private, aloof and independent. When their contributions and talents are not acknowledged, people with INTJ preferences tend to become abrupt, sceptical, critical and single-minded (Myers et al.) When they suffer extreme stress they may pay attention to specific details they normally disregard (Killen & Murphy).

5. ISTP

People with ISTP preferences are reserved and quiet. They are known to observe their environment carefully in a detached manner. If necessary they are able to analyze the essence of a problem and solve it efficiently with a minimum amount of effort and exertion; they tend to do so in a logical, detached, objective and critical manner. They flourish on

solving new challenges that offer variety and they balk at rigid regulations. ISTPs are realistic and pragmatic, and rather pay attention to what is to be done and the results thereof than on conceptual possibilities. They are viewed by others as confident, self-determined and independent. They are also perceived to be tolerant; however, if their logic and actions are criticized, they may astonish others with their unyielding judgements. When ISTPs are subjected to a great deal of stress, they may have outbursts of inappropriate anger and tearfulness which others may experience as awkward and embarrassing (Myers et al., 1993).

6. ISFP

People with ISFP preferences tend to be quiet, retiring and unassuming. They are known to be friendly yet are reserved and private; consequently, others may be unaware of their enthusiasm and sense of humour. They are kind, considerate and caring, and show deep concern for others' well-being by doing things for them. ISFPs live in the present and are spontaneous and joyful in a quiet, taciturn manner. They value freedom to follow their own plans in a relaxed manner which they are reluctant to spoil by unnecessary haste (Myers et al., 1993). They shy away from conflict and do not force their ideas upon others to whom they show tolerance (Quenk, 2000). However, when something that they value deeply is challenged they may no longer be accommodating and flexible. ISFPs tend to learn actively by doing rather than by passively listening or reading. They are observant and realistic, and focus on concrete, practical facts. They are often modest about and underrate their own abilities. If the contributions and gifts of people who have ISFP preferences are not acknowledged, they may withdraw from people, feel unappreciated, passively resist structures and become very self-critical. When under extreme stress, ISFPs may become very critical and express harsh judgements (Myers et al.).

7. INFP

People who have INFP preferences are guided in their decisions and relations by their values; it is of the utmost importance to them to be committed and live according to their values. They are also loyal to people and causes that epitomize their values (Myers et al., 1993). They are known to be caring and sensitive, and value deep, authentic relationships that foster mutual growth (Killen & Murphy, 2003). INFPs do tend to be reserved and are very selective with whom they share their feelings. Consequently, they may be perceived by others to be introspective and complex (Myers et al.). They are friendly, but are not sociable because they are often too engaged in their own projects (Quenk, 2000). People with INFP preferences desire to work in situations that contribute to self-development. They enjoy learning, reading, reflecting and becoming involved in discussions (Myers et al.). They enjoy working independently on their own projects (Briggs Myers & Myers, 1980). They have great powers of concentration and tend to work in bursts of energy (Myers et al.). Sometimes they take on too much, but are able to complete their projects on time (Quenk, 2000). When suffering from much stress, INFPs question

their own abilities as well as the competence of others; they then become excessively critical and judgemental (Myers et al.).

8. INTP

People who have INTP preferences are outstanding problem-solvers who are able to critically analyze ideas and situations logically and objectively which they do with great enthusiasm, energy and intensity. They tend to be sceptical and challenge other people as well as themselves to find new logical solutions. They enjoy developing theories and discussing abstract ideas. They are competitive and achievement is important to them (Myers et al., 1993). INTPs value intelligence and proficiency; they are mentally intelligent and tend to excel in exams, especially in scientific and theoretical subjects (Briggs Myers & Myers, 1980). They are perceived by others to be quiet, reserved, independent, controlled and detached. They are tolerant of others unless their principles are questioned (Myers et al.). Furthermore, they communicate in a succinct and concise manner, and dislike superfluous explanations where the obvious is stated (Killen & Murphy, 2003). When their gifts are not appreciated, INTPs may become sarcastic, negative, argumentative, cynical and very critical; the latter may be damaging. At times, they may become arrogant. Furthermore, they may withdraw and become isolated. When people with INTP preferences are subject to much stress, they may become exceedingly emotional. Their anger and tearfulness may be inappropriate and cause embarrassment to themselves (Myers et al.).

9. ESTP

People with ESTP preferences are enthusiastic, energetic and tend to enjoy whatever happens. They rarely allow regulations and procedures to hamper their lifestyles. Rather, they find easy ways to do difficult things, adopting a matter-of-fact attitude. Furthermore, they usually do not rush or worry. ESTPs show a keen interest in their environment, especially new experiences. They are known as people of action and learn best by doing; they focus on the immediate event and trust themselves to respond appropriately. They are also observant, practical realists. Other people view ESTPs as fun-loving, gregarious and uninhibited. They are also perceived as venturesome risk-takers who understand the need of the moment and react quickly to it. They are normally flexible, but can be unyielding in tough situations. When the contributions ESTPs make are not regarded, they find it difficult to accept structures and tend to focus on excitement and enjoyment rather than on obligations. When suffering from excessive stress, they fantasize that people don't care for them and distort sensing information to prove this lack of concern (Myers et al., 1993).

10. ESFP

People with ESFP preferences are effusive in their love for life. They are known to enjoy everything and make it easy for others to have fun. They are outgoing, friendly, relaxed, flexible, congenial and accepting. These qualities allow them to be good at interpersonal relations. They are able to identify and empathize with others. Their generosity, optimism,

warmth and tact as well as their interest in people enable them to be outstanding team members. Furthermore, they are often viewed as peacemakers and are perceived as supportive. They ably help people in crises. People with ESFP preferences dislike learning by means of theories and written experiences, but generally learn by becoming involved in their environment. They seldom make plans in advance and proficiently deal with situations as they arise. They tend to find ways to avoid structure and routine. When their contributions are not valued, ESFPs may become distracted and very impulsive, and may find it difficult to accept decisions and meet deadlines (Myers et al., 1993). When under extreme stress, ESFPs may become overpowered by negative possibilities (Killen & Murphy, 2003).

11. ENFP

People who have ENFP preferences view life as an adventure that is full of stimulating opportunities. They have an eager interest in their environment and derive stimulation from people, experiences and ideas. They tend to initiate projects and expend much energy in them. They are curious, ingenious and insightful. ENFPs generally do not plan in advance, but rather rely on improvisation. They detest routine, structures and schedules. They are capable of doing anything that they are interested in. People with ENFP preferences are sociable, lively, warm, enthusiastic and high-spirited. They do, however, prize deep, close relationships and value open, honest communication. Furthermore, they are ready to help anyone who is in difficulty and usually find solutions to problems with ease. While ENFPs support and show appreciation to others, they need affirmation from others. If their contributions are not appreciated, ENFPs may be easily distracted, become rebellious and ignore procedures. When they experience extreme stress, they tend to become overpowered by detail, lose their sense of perspective and focus on irrelevant detail (Myers et al., 1993).

12. ENTP

People who have ENTP preferences are quick and creative, and are continually on the lookout for new opportunities. They are innovative, and enjoy new challenges and taking risks. ENTPs are also known to be enterprising. They are intuitive and are able to see connections and patterns that are not evident to others. Furthermore, they excel at creating and analyzing conceptual possibilities and are also skilled at solving difficult problems (Myers et al., 1993). ENTPs work best in environments where they are given the freedom to follow opportunities and are not limited by excessive rules and regulations (Briggs Myers & Myers, 1980; Killen & Murphy, 2003). Those who have ENTP preferences also applaud competence, intelligence and efficiency, and can be overly critical of incompetence and inefficiency. They use their enthusiasm and energy to motivate others to support their vision. However, at times they may be awkward and abrupt when expressing their thinking principles. ENTPs are perceived by other people to be self-reliant, enthusiastic, lively, assertive and outspoken (Myers et al.). They may also come across as impersonal and indifferent (Dunning, 2003). If their gifts are not acknowledged, ENTPs tend to become rude, critical, irritable, rebellious and easily distracted.

When suffering from extreme stress, they may pay attention to minor details and be unable to generate ideas (Myers et al.) Under these circumstances they may also become exhausted and become ill (Quenk, 1996).

13. ESTJ

People with ESTJ preferences enjoy organizing people and events. They are known to be outstanding administrators as they are systematic, are able to make projections, delegate responsibilities, are skilled at solving problems objectively and analytically, and when necessary can be unyielding. ESTJs focus on accomplishing tasks. They like facts as well as logical, sequential data and employ practical, proven methods to achieve success. They are results-orientated and lay emphasis on proficiency and productivity, and have little tolerance for incompetence and confusion. They are perceived to be conscientious, reliable, confident, determined, decisive and positive people (Myers et al., 1993). They often participate in physical exercise as a way of relieving stress (Quenk, 2000). ESTJs are fairly sociable and enjoy interacting with others, and they take their responsibilities in their relationships seriously (Myers et al.). They live according to clear principles and beliefs, and they insist on the same from other people (Killen & Murphy, 2003). If their contributions are not recognized, ESTJs may become critical, rigid, dogmatic, impatient, and refuse to listen and over-power others. When under much stress, they may feel isolated, unappreciated and not be able to speak about their distress and despair (Myers et al.).

14. ESFJ

People who have ESFJ preferences enjoy organizing events, and are conscientious and cooperate with others in their quest to complete tasks correctly, thoroughly and on time. They use facts and experience to arrive at decisions and are known to be practical and realistic. Furthermore, they tend to focus on the present. ESFJs prize security, stability and harmony; they are most at ease in structured situations and enjoy ensuring that there is order and stability. They adapt to routine with ease (Myers et al., 1993). People with ESFJ preferences are energized by social interactions; they care deeply for others and are warm-hearted, sympathetic, tactful and helpful (Dunning, 2003). They avoid tense situations and conflict, and tend to agree with others when they can (Killen & Murphy, 2003). They do, however, give expression to their strong values when appropriate. If their contributions are not acknowledged, they may doubt themselves, only try to satisfy others' needs, worry excessively, feel guilty and insist that there should be harmony. In these circumstances they may also erroneously think that others have insulted them. When under extreme stress, ESFJs may become critical of others as well as themselves, and may be troubled by opinions and negative thoughts (Myers et al.).

15. ENFJ

People who have ENFJ preferences are very aware of and understand other people's emotional needs. They give priority to supporting and considering others; furthermore, they are

known to draw the best out of others. They are known to be warm-hearted, compassionate, loyal and tactful. ENFJs have definite values and opinions which they express clearly and on which they base their decisions. They are curious and imaginative, and are stimulated by new challenges which will allow them to make a contribution to humanity. They also enjoy change and variety. ENFJs are energized by people and are viewed by others as socially adept, optimistic, congenial, popular, expressive and persuasive. They also have a need for genuine, intimate relationships. If their gifts are not regarded by others, they may be overwhelmed by feelings of doubt, negativity, despair, guilt and worry. Furthermore, they may become too sensitive to criticism and controlling in their insistence for harmony. When ENFJs experience excessive stress, they may become very critical and find fault with others. They find their negative thoughts upsetting, but usually keep these negative opinions to themselves (Myers et al., 1993).

16. ENTJ

People with ENTP preferences are leaders and organizers. They are adept at turning possibilities into plans and are known to be exceptionally skilled at solving organizational problems. They have the ability to conceptualize, theorize and see complicated connections. They are also objective, analytical, logical and critical. They do not enjoy being involved in routine activities, but thrive on stimulating challenges where they can be innovative. ENTJs derive their energy from invigorating encounters with people. They enjoy challenging discussions and admire people who can argue deliberate convincingly. Other people can be overpowered by their ability to reason and communicate as well as their decisiveness and desire to organize. At times those who have ENTJ preferences may be confident in situations that they have little experience in. When their gifts are not appreciated, ENTJs may become excessively critical, intrusive, too personal, verbally aggressive and curt. When subject to severe stress, they may feel isolated, unappreciated and be filled with feelings of self-doubt. In these circumstances they find it difficult to share their unhappiness with others (Myers et al., 1993).

Appendix E

INTERVIEW WITH PARTICIPANT 1

R: How long have you been running for?

P1: Since '89.... So it gives you what? ... 10, 11 ...16, 17 years.

R: 17 years?

P1: Ja.

R: Why did you originally start running?

P1: Well, I was quite involved in sport. Cricket and rugby and so on, and then er ja, then I started. Maybe it was my brother 'cause he had done his second Comrades at that stage. So I started training with him and that's where I got stuck in.

R: So, it was through him that you started?

P1: Ja, ... it was for him and he was thinking of me.

R: When I spoke to you on the phone you said you have started your own running club?

P1: Ja.

R: What is the name of the club?

P1: Club A

R: I have heard of it. How old is the club?

P1: It's now ... we started in January.

R: You only started it in January?

P1: Ja.

R: Why did you start a new club?

P1: Well, I was chairman of a couple of clubs as well and my last club was Club Z. And ... er ...ja and from there on I decided that's not the way I want to work. I want to get involved with the people and a big club like that situated all over Pretoria ... 70 to 100 people you know out of 700 guys and it wasn't lekker for me. And there was a couple of other problems as well. So I just decided to break away. Get a nice sponsor. Ja!

R: You got good sponsorship?

P1: Ja! I got a good sponsor and that's how you break away.

R: Did a lot of the members of Club Z break away with you?

P1: Not a lot. There's quite a couple that was coming over. Then there was a couple that wants to come over and I didn't want them.

R: Oh?

P1: So. Ja! *(laughed)*

R: Where are you situated?

P1: Okay. The main thing where we really are is School M. At the main gate, we start there so it is more central than anywhere for everybody and it works out quite fine.

R: Do you have time trials?

- P1: We practise on Tuesdays ... speed-work and hill-work and then Thursdays we have a time trial. Ja ... four kilometres.
- R: Do you have organized weekend runs?
- P1: Weekend runs. We are trying to start the thing now 'cause er most of the people are up to 21 kilometres. And er I got about five who are now running races for Comrades.
- R: How many members have you got at the moment?
- P1: Up to the moment there is 35. Ja ... so we got and there quite ... a, still a couple of ones who still wants. So, ja we are on top of the league at the moment.
- R: You are?
- P1: Yep! (*laughed*). At the last league race we scored 620 points.
- R: How does the league point system work?
- P1: Right! To get it ... it's like ... they work it. 'Cause you know they take off for the league ... the time you are running on this distance and then you get a certain number of points. Now you add up all those points for all the members of the club. Then you multiply it by 200. Then you divided it by the amount of ... ja ... the number of licences that's been bought from the AGN.
- R: From your club?
- P1: Ja, from the club. So if you bought ... let's say 400 licences then you are going to divide by 400 and that is going to give you your handicap points. Then if you got a higher handicap points for that race then you are going to get ... depends what league you are ... you are either going to get 20 or 30 or 50.
- R: That's why Club B can never win the league?
- P1: I don't know what is going on with Club B, but not last year but the year before that and the year before that Club B was top of the league. I was part of Club B as well. In 2001 I was there. Okay, me and Runner X ... we are big buddies.
- R: What other clubs have you belonged to?
- P1: Er ... Club Y, then Club B and then Club Z.
- R: You yourself, how often do you run a week?
- P1: Well, if the injuries are keeping away then I am doing it six times a week.
- R: What does your program involve? What do you cover every week?
- P1: That depends what I am aiming for.
- R: Are you aiming to run Comrades this year?
- P1: No, this year I am out of Comrades. But if I am going up to Comrades then I got a program.
- R: If you were going to Comrades?
- P1: Okay, then I start in February. February, March and April is my highest quality months. Then I am going up to between 90 and 120 kays a week.
- R: Are you training for anything specific now?
- P1: Up to now I am training with this one girl that's going to Comrades. She gonna run Comrades. And we are doing so 80 kays a week.

- R: And what does your training involve every day?
- P1: The one Monday we do a morning run of about 10 kilometres or we are doing five kilometres in the morning and then in the afternoon we are doing a 10 kay or a five kay. Then Tuesday morning er we are doing an easy one in the morning of five and then we are doing sprints or hills in the afternoon of five as well. And then Wednesdays is your slow run of 12 kays, but very slow. Thursdays is a time trial. Friday is a complete rest. Then Saturday is either a race or a long slow one. And then Sunday it depends what we did Saturday ... we change that. So, actually it alternates between Mondays, Tuesdays and the weekends.
- R: How many times have you run Comrades?
- P1: Seven.
- R: And Two Oceans?
- P1: Two Oceans. I've done six Oceans.
- R: What was your best time?
- P1: The best time for Oceans was 4 hours, er ... I think 4 hours 42.
- R: And Comrades?
- P1: Comrades was 8.27.
- R: Was that up or down?
- P1: That was up. Er, I prefer the up. The up is better. I hate the down.
- R: Do you go to a lot of races or do you just select a few?
- P1: There was a time that I was doing each and every weekend race ... that's including Pretoria and Jo'burg ... sometimes doing Saturday and Sunday races. But er ... my body couldn't take it anymore and then I dropped it. Now, I am doing mostly the league races and selected races. Otherwise, we have long races.
- R: And when you go to races, do you race them?
- P1: Ja! ... Ja! I am not playing around. If injuries stay away I move it. But on Saturday at Kentron I couldn't ... up to that 10 mark then I could feel it was starting, then I could feel it was starting, then I had to cut down. But ja.
- R: Do you do any other training besides running?
- P1: Besides running, then we have cross-training in the week or during the weeks as well. We are doing gym, spinning and cycling.
- R: What does your gym program involve?
- P1: That varies as well. Sometimes we are just doing upper body. Sometimes we are just doing lower body. Sometimes we combine the two. We are doing abs, we're doing ... ag, you name it. We try to play around, not with every day the same exercises and so on.
- R: How often do you go to gym?
- P1: Three times a week.
- R: What benefits do you experience because of your involvement in the sport?
- P1: Benefits. ... Well, the main one I'd say is that I'm a coach as well. So and then you see how the people in the club ... is getting forward. The improvement ... that is really something to

see. Other benefits ... er ... is more or less I'd say for me is how to ... how can I put it ... how to analyse people. ... If you know what I mean by that?

R: No?

P1: It's like er the different people you come ... How they are coming forward and whatever and so on. You get different pictures of people. Sometimes you hear this one is like this and this. And after working two or three weeks with him you can see it ... he is a completely different person. And er ... because I had one in my club that he was in a other club and he was so quiet that they said it was unbelievable that that oke was rocking up at the practice, practice, change and off he would go again. He is now so ... he's actually my club captain. ... He's open completely and that was by just telling him something, giving some sort of clues he's got to be involved in the club and he's a completely different person. ... But at this stage, financial benefits, I am not going into that yet.

R: And if you were out running alone, what benefits would you experience?

P1: If you ask me about running ... Benefits for me ... it's helped me quite a lot because I started running with these fast guys ... and that helps, that helps. Normally they're doing their two laps or what-have-you and then they finish and I take one or two of them and I run with them. So they help.

R: And other benefits? ... Many runners often speak about the psychological benefits that they experience because of running.

P1: Ja ... there is some sort of sorting out that goes on in your head. But ... er ... the other thing is I take it more that if you out and run in the morning or after you finish running you automatically completely down ... you're downloaded ... put it that way ... and you start all over again, you're feeling refreshed. You're thinking more clearly, you're not worked up anymore. And that helps quite a lot. Ja, I'd say not just running, any training session has got that benefit in it.

R: What do you see as the disadvantages of running?

P1: Ag, what is the most disadvantage of running or of sport ... it is the cost involved in it and it doesn't matter what sport it is, this is quite bad. Ag, but besides that, everybody picks their own sport. Other disadvantages ... um ... I would say the biggest one is the social life. Yes, er you haven't got that much of a social life, especially on weekends. Er, where other people normally on Friday evenings go out or have something you can't do that. Not if you got a big race going on a Saturday. There's no way you can do that. So, unfortunately you have to cut out. Ja, so that is quite a disadvantage, but the social life is playing second fiddle.

R: Have you experienced any negative consequences because of you involvement in the sport?

P1: Negative consequences in the way of ... what do you mean?

R: Let me give you an example: some ex-rugby players say they can't stand up straight because of old injuries.

- P1: Okay. Negative consequences because of running ... Er ... I think the biggest one here is self-discipline. How to overcome that otherwise, you know, it's negative right through especially when it's cold, the weather is not good and you have to go for a run and you don't want to go. So your mind is going to tell you, no stay away, you are not going to lose anything. That can be and will be negative on the one side. Other negatives ... ja, I will say if you've got a partner ... that is either your spouse or your girlfriend or whatever it might be and they don't understand what is going on with running or what's the involvement towards running, but then you get a I am not talking about a fun runner. Then it can be quite negative in the beginning. Ja. And that happens ... did happen to me as well, but you can overcome it by talking and sharing what is going on. And then, ja you can overcome it, but by not talking about it then you can create a bigger problem.
- R: How do you personally define injury? I am asking this because some people say they are injured if they have a little strain and others have to be almost crippled before they admit they are injured.
- P1: It's a good question. Er, for myself what is an injury? If the pain is such that you can't really carry on, then I will call it an injury. If it's something that's just nagging ... how bad can you push yourself before you're going to injury you up to a point that you had to stop running. So you must draw the line ... Er ... hamstrings and calves. That, when I start feeling that and it's really there for more than a day, then I start calling it an injury. But not by just feeling it ... it must come for there ... 'cause that's my biggest, well for me personally that's my biggest problems.
- R: Hamstrings and calves.
- P1: Hamstrings and calves, ja. But ... I must tell you ... that 80% of all ... I will say it's not important.
- R: You mentioned your Achilles when I first spoke to you.
- P1: Yes, ja ...
- R: That's the injury you have now?
- P1: Well, up to this stage I'm running through the pain, I'm running through the pain and what happens now is ... I start overcompensating, depends which achilles is going first. And then I start overcompensating, then again pains up right ... to my left.
- R: You have problems with both of your achilles tendons?
- P1: Ja ... um and I was at three different specialists ... I was at a homeopath ... I was at physios. Everybody tells me about the same thing.
- R: And what's that?
- P1: Rest for two years. "Maybe" it will be gone. So, not rest for two years ... it will be gone completely. "Maybe" it will be. So MAYBE is not good enough for me so I'm just carrying on.
- R: How long have you had this injury for?
- P1: It's going on now for two and a half years.

- R: Does it prevent you from running races?
- P1: Sometimes, yes. Sometimes, it was ... at such a stage that I can't get out of bed in the morning. I can't stand up right. I had to wait about two, three minutes then I could move. Now, by running a race ... two or three kays into the race then I really start feeling it ... I mean I can still run but not my time.
- R: What's your favourite distance?
- P1: What now! Not further than a 21.
- R: If you had to race a 21 now in comparison to when you weren't injured, how much longer would it take you?
- P1: Well now the time I had to add on now is nearly half-an-hour. I mean I didn't push for a 21 yet ... to go flat out, but I'm half-an-hour off my times.
- R: What was your initial reaction when you realized you may have an injury?
- P1: WHY ME? I said, WHY ME? I mean to me a lot of runners ... I mean really they not even "runners" and they're carrying on and they going and there's nothing wrong with them. You can go and ask them after a race ... Have you got any injuries ... no, nothing. ... And I'm training five, six times a week. Not over-trained because I've stopped before you get over-trained. And I've got an injury. And I mean it's not like sommer injuries. ... So, why me?
- R: So, you have never over-trained?
- P1: No. Well, right in the beginning I was over-trained, but I quickly stopped that and then I had two years, nearly two years of complete break from any races and so on. Complete break. I was having 10 kays, but er not races anymore. Then I started slowly out again and I had no problems. And then in 2003, 2002 at Comrades I was feeling ... here's a problem. Nothing wrong. Nothing wrong. So, but ... my feet just don't want to carry me so I had to stop. ... I couldn't carry on.
- R: Did you fall out of the race?
- P1: Ja ... I'm not gonna spend 10, 11 hours on the road. That's not me ... That's one thing of me. I stop on a 10 kilometre, you know. But one race, it was a big race as well ... last year I was two kays in the road race I pulled out.
- R: So if you feel you can't do what you want to do ...
- P1: I can bail. I can. There was a time I didn't do it, but I can do it now.
- R: How is this injury affecting you now; not only your training but your whole life?
- P1: Ja, I had ... well, not had I'm still working on my mind. That to run the times I run in the past I must first try and get that out. ... And to do that is a bit bad.
- R: To forget about the times you ran in the past?
- P1: Ja ... so just a race and I really want to push it and I'm feeling it then I automatically I said, cut out ... you can't do that. And I just see my times going past. ... So, ja it's working mentally ... it's still there, it's still there. But by doing the coaching and so on that I've done for the last two, three years now ... that helps quite a lot. So I don't have to run as hard anymore. I'm giving back something now and that takes my mind off. And now lots of

paces I'm trying to run with someone, especially a girl and I don't feel as bad. (*laughs*) So, er helping them while you get a time feels as though it's not my time. Ja, it gives me some sort of okay ... we achieved something. But, er ... it's still there, ja.

R: What other injuries have you had?

P1: Well, er ... where do you want to start? (*laughs*) I've had lots of injuries. First Comrades, on ten kays into the race I break my bone in my foot-bone ... at three places. I still carry on 'till the 70 kay mark. ... I couldn't go further then. Okay, ... then I had ITB. Ok, er ... hammies and calves that's coming ... like I said that's normal problem if I'm not warm enough and not doing enough stretches. I can tell somebody this and this stretches you must do and I show them everything but when it comes to me I am doing ... I'm lazy in that regard, ja.

R: Do you have a specific gym program that you can do to help your calves?

P1: Yes, yes. ... Er, it depends what I was doing or what I was running in the mornings 'cause the running affected my gym program, but we got for your abs and everything we have got certain programs.

R: Do you find that is helping?

P1: Yes, that is helping. No, that is helping.

R: Do you feel that your injury is getting better?

P1: I would say so. ... Okay, except the achilles, but the others yes.

R: How did you get injured and why do you think you got injured?

P1: (*Sighed*) That's a good question, but a specialist said to me it could have been old injuries. It could have been from my rugby days ... from my cricket days that is only coming out now with all the stamping on the tar and everything. Only starting now.

R: How would you describe your typical day?

P1: I'm not working for anybody anymore. I'm my own boss. So, the times. First of all, I've got certain times that I'm training or helping other people. That's their certain times. So, for myself then all the times up to that one I fit in where I want to run, what time I want to run. So, sometimes I run at six o'clock, sometimes I run at ten o'clock and I'm running at one o'clock. So, that's about it. Then I'm training with these people as well. So, basically it comes down where I start running. After that is finished in the early morning, I'm going about my own work then and then then on. And in between I still have to work out the training program.

R: Do the people you coach all belong to Club A?

P1: No, I've got different people from different clubs as well. ... Ja, that I'm not coaching per se, but they are using my training programs.

R: Are you involved in coaching at school level and university level?

P1: No, I wasn't actually er ... I wasn't interested in it. Nothing, whatsoever. And then when we was starting and we was running time trials ... you're there and everybody's running. There was nothing going on. So, then I realized ... then let's try something. That's how I started ... reading about coaching jobs and everything I could find about coaching, especially from

Tim Noakes and so on. And then I attended quite a lot of classes and courses for coaching. Ja, talking about people who's really into coaching. They're giving me quite good tips and everything. Ja and from there on ...

R: Have you coached any high profile runners?

P1: Um ... not really. Er ... it depends what you mean by high profile. I've got people now that I'm training that's run a 10 kay in 33 minutes. Er ... but that's still not in my eyes high profile. ... If you're talking about 10 kays you run it 31, 30 minutes, yes, then you start talking. That is people, they won't go to my club, they won't go to Club Z. They will go to Club C, Club Y because they're got to be paid. ... So ja, if you leave those people out, those 1% out, then you can say I've got high performances. Ja, I've got five of them ... and I've got two girls that's er doing 42 ... 44 around.

R: Do you think that anything had changed in your training program and your daily life just before you got injured?

P1: I would say no, but yes. It's like ... whole lookout upon life, from my point of view had changed and it comes back to, why me? ... Why it happened to me and you was feeling quite negative, really negative 'cause what you can really enjoy what you are doing and now it's happens. Getting ... ja, sometimes you're off from the road for a couple of days. Then people mustn't be near.

R: I'm with you, but do you think anything had changed in your daily life just before you got injured?

P1: You mean from the one injury to the other one?

R: No, what I am asking is: Do you think there's anything in your lifestyle that could have contributed to you being injured?

P1: ... No, I don't think so. ... I can't think of it.

R: Were you under any stress before you got injured?

P1: No. ... The only stress related ... um if I leave the achilles out because that's a thing that only happens now ... and it was coming a long way and only pops up now. When it was coming to the calves and the hamstrings ... yes ... while I was working there was quite a lot of stress and then you are going to take it out on the road. You really take it out on the road and again, you're not warm up enough to do this strenuous thing.

R: So when you were under a lot of stress at work, you trained hard?

P1: Yes, that happened quite a lot of times to me. Ja!

R: Had your training program changed just before you got injured?

P1: Yes, it changes quite a lot since I'm working out programs for others and then I can see. Okay ... whow ... mine must look this as well. Not the way I was carrying on.

R: Do you think your training program had anything to do with you getting injured?

P1: No. I don't think so. No ... it was quite helping it to get better.

R: You have been to specialists and physiotherapists?

P1: Physios have cost me thousands. Unbelievable!

- R: Have you been to any podiatrists?
- P1: Ja and the first thing they say ... maybe it's your shoes. So, it's not my shoes.
- R: Did they advise you to use orthotics?
- P1: They did. I was running with a couple of them and then I throw it out. It was hurting me more. So ... er ... like I said when I get to the last two specialists both of them was saying ... it's like er ... sorry. The only thing they can think of it's coming from old injuries and suddenly pop up now. You can do nothing about it ... you can just forget it.
- R: Are the specialists you saw involved in running?
- P1: I won't say they're involved in running as such but they're sportsmen, specialists. Yes. They know and I know that quite a lot of league runners are their patients.
- R: Did they suggest any treatment?
- P1: Ja, but the treatment was basically just go for physio. Cut out running ... cut out your mileage. Start slowly again. Do it. But it lasts for a month. Then it's back again.... But that's what they are going to say to me. Did say to me as well.
- R: Some sportsmen say physios don't help; they just make the injury worse. What is your experience?
- P1: Not really. Er ... it depends what physio you are going to get for what injury. If, if the physio know what he or she is doing, then it's good. Because you've got physios and you've got physios. But I go to a physio that's a sport trainer, that's really going in for sports injuries.
- R: What things do you think will facilitate, help your recovery?
- P1: Ah ... rest.
- R: Was rest recommended to you?
- P1: Yes ...
- R: And you won't?
- P1: No.
- R: Why not?
- P1: What am I going to do then? That's all I'm asking. What am I going to do then?... The thing is when I was last year down at Oceans as well ... luckily I could have manage it to get into The Sports Science ... there where Tim Noakes and there was one girl who was working with Tim Noakes and she was seeing me as well. And then she said what's the problem. Acute ... what do you call it? Acute inflammation ... into the Achilles. And they say er they can help it. Er ... continue and so on, but they don't recommend it. So, but rest, carry on, don't increase your mileage too hectic. But ... but ...
- R: Do any of your family and close friends run as well?
- P1: Er, like I said my brother did run, but now he's only running at ... fun runs. He's a fun runner now and er ... then his daughter. Well, she's in her first year now at varsity in sport. She's quite a good runner.
- R: Do other runners offer you advice for injury?

- P1: Everybody! Everyone! 'Cause at that stage it sounds to me everyone is a doctor. *(Laughs)*
That is quite a lot. Ja.
- R: Does this advice confuse you, annoy you?
- P1: No, not anymore.
- R: Did it once before?
- P1: In the beginning, yes. In the beginning, yes 'cause especially if you know the people and you know he doesn't know what he's talking about. Er, that's one of the things. The other thing is he can't run your times so how can he tell you what to do. But afterwards ... ag, it's like after I saw all this business ... ag, ja, okay, you can talk but you've got to feel better, not me. So I accept it.
- R: Do they start telling you about their own experiences with injuries?
- P1: Umm, yes, yes.
- R: I suppose many have a better story to tell?
- P1: Oh, ja! Ja! No, you're quite right there. You're quite right there. It's like, it depends what injury you've got. Then I will say it's 80, 70 to 80 % of people that normally talks to me about injury that nearly has the same injury, but in a worser way. It's always like that. So, ja.
- R: Fordyce once wrote that for every runner who runs the Comrades there is another injury. What percentage of runners do you think gets injured?
- P1: That's about it. But er, you see I'm thinking critical to the whole situation. What do we call runners? I've thought about it. Not these fun runners. I'm leaving those out.
- R: Who would you regard as a serious runner? Someone who runs five to six times a week?
- P1: Four to five times. Four to five times ... really going for it. Not playing around. That is a runner. Not one that's once or twice on the road and then on the weekend races.
- R: So someone who just runs on weekends and runs all the races all the races is not a runner?
- P1: Exactly ... so that's why I don't call them runners. Ja, percentage-wise ... I will go so far as to say as what I experienced, about 30% ... ja 30%. ... The thing is I don't know about other provinces. I'm just talking about here. So, I don't know about other provinces.
- R: When you say 30%, do you mean 30% of all those who run or 30% of those who have a licence?
- P1: No, no. no! That is the one problem as well. If you say everyone who's got a licence, 30% of those or even a bit more, but I will stick to 30%. But many have got a licence and they don't run. So if you've got to count those in, then you'll come to 50, 60% talking about injuries. But er ... no, I'm not counting them. Just come and buy a licence. No, I don't know what for. So ja, er for me, I really go into that, get them out of the way. Then come to the point where I say 30%. Just in Gauteng North. Why I'm saying that then I'm leaving 5% of the top runners out because you have them every year injured. Sometimes you lucky to hear them, otherwise you never hear them.
- R: What percentage of runners do you think have a licence number and never run?

- P1: Whow! A lot. A lot. Okay, okay, what are we meaning by never? Let's take 20 races in a year. Er ... if they're running two of those I say they didn't run. Even if they run three of them, I still wouldn't call them runners. So, ja then you're going and see based on the results of a race. And that we going to take off the ten league races. Base the results there and go and see to the clubs how many of them have finished off a big race comparing to how many are there in the club. The one club, there was 500 in the club, but 70 is finished the league race. Where is the other 430? Now I'm taking a 100 of those away ... work or ... they couldn't make it or there's something there. That still leaves you with 300. So yes, if you're talking about percentage here I would say as much as 60.
- R: What do you find particularly difficult about being injured?
- P1: MY TIMES! I can't live out what I want to do. The way I want it, I must add that. The way I want it. I mean I can stop carrying on. I can stop doing everything, but if you see and I think that is getting me as well ... that there is a couple of guys ... who wouldn't match me in races and every time they beat me in races. And I don't like it. (*Laughs*)
- R: You mentioned earlier that this injury is preventing you from running Comrades this year.
- P1: Ja.
- R: When was the last time you did it?
- P1: 2002. In 2003 I was on my way to the start when a lady skipped the robot, right into me. Broke the car. (*Laughs. Demonstrates*)
- R: Was she a runner?
- P1: No, she was a lady of the night.
- R: What about 2004 and 2005?
- P1: Ja, 2004 and 2005 I couldn't. Well, maybe I could have done it, but er I was just realized listen I'm battling on a 42. How am I going to do another 42?
- R: Have you learned anything about yourself and running because of the injury?
- P1: Yes, first of all, listen to your body ... I mean there's ... no seconds thoughts about it. Er, your body is the main part telling you listen, something is going to happen to you. Am I blocking off your mind from that? You can sit and really have big injuries. That's it, that's the main thing I learned because I was normally blocked it off and just run. I start realizing it ... so, if you go running you start realizing quite a lot of things about myself.
- R: And you are still asking, why me?
- P1: Yep. That will always be there. It won't leave me. I don't know why. Every time it's there.
- R: Is there anything else you would like to add about running and running injuries?
- P1: No, er ... I didn't know ... but you get different kinds of people on the road, yes. That's affirmative ... er, people doesn't feel nothing for who's coming. But you get quite a lot. And start wondering now, why runners? And the other thing is I'm working on the races, I'm working with people. ... What comes to mind is that the runner thinks he owns the road. There's quite a lot of them ... 'cause it doesn't matter how you tell them, watch out for the cars, I'm the runner. And here again, unfortunately, I have to say most of them that I'm

calling social runners. Because you're going to look at your main runners, you're going to look at the fast runners and so on. You just have to show them the flag to the road ... they know what to do. But going back to the pack ... I said how many times to my people as well, not in the road. One behind the other. I was working on Saturday in the race. And really, really, the cars are coming. The cars are coming from the back! They have to run in a ... two lanes has been situated up there, but they run the whole street. So yes, unfortunately a runner thinks he owns the road.

R: I have seen what you are describing.

P1: No, that's why I prefer long runs. But I prefer with a group that can really run. Then I take away, I try, away from the traffic. No, it's hard to do that, but you must go on.

R: Earlier you spoke about a few of the races you have run. What is your favourite race?

P1: Ah, my favourite will be Oceans. Oh yes, it will be Oceans. I don't know what, why but I ran the old route, the one they're running now again. I run the new one, but yes that will still be ... The one I dislike the most is Comrades. I don't like Comrades, but I'm doing it. *(Laughs)* I wonder why? 'Cause it's lekker.

R: What's your favourite racing distance?

P1: I will say 21 is nice. Ja, but now I will stick to a 10 for my favourite, just to get it finished and over. Go sit down and get my feet up. That's all ... 'cause otherwise the pain is going to be that too much.

R: Would you say your injury has improved during the last year?

P1: That's hard to say ... that's hard to say. You asking me that question last year this time I'd say yes. But it feels like it's a bit ... bad after all the treatment and stuff like that .

R: Are you still going for physiotherapy?

P1: Um hum. Ja.

R: How often do you go?

P1: Ag, I'm going now when I really feel it, when I can't handle it anymore 'cause it doesn't help to go anymore.

INTERVIEW WITH PARTICIPANT 2

R: What club do you run for?

P2: Club X.

R: How long have you been running for?

P2: Umm ... for quite a number of years ... um, probably about 10 years. I just stopped um ... during the time because of an injury. Um, then I started again. I've been running sort of ... very regularly for the last three years. ... But, um ja, it's about 10 years, then I stopped for a while.

R: Why did you originally start running?

P2: Um ... I think it was just because I enjoyed it. Um, I liked it. Umm, I started running when I couldn't find a job, it kept me busy. It gives me something to do. Ja, I know why I started. I started for that reason.

R: And why did you continue?

P2: Sometimes it was to lose weight. Um, more of the time it was to ... um, for me, it is to get rid of stress. I get ... aggressive when I don't ... um, you know, exercise, any kind of exercise.

R: Are you running at the moment?

P2: No, because of the injuries. Um, I've got hamstring injuries. It's now my sixth week. I was hoping to start soon, but I'll give it another week.

R: How often do you normally run a week?

P2: About three times a week. Um, I'd like to run more, but ... I'm so injury prone that I can't run everyday. Actually, I'm a triathlete so um, I mean, um don't run everyday. Cycle sometimes twice a week.

R: Have you done the likes of Ironman?

P2: No, but I want to, but I've done um ... the Energade series. I want to do the Ironman but I land up with this injury thing.

R: You said you train three times a week. What does your training program involve? How many kilometres do you run a week?

P2: I don't run far because I don't ... er ... don't like long distance. I find it boring. Um ... when I race, I race a 10 kilometre. I find it faster than say a 21 or a marathon. I don't ... um ... don't like running far. But when I train it's about five kilometres and then um, it's fast, it's fast, you know. Um ... but it depends who I run with.

R: Do you run alone or with others?

P2: I normally run with a friend. She's a bit slower, but sometimes it's frustrating. I actually enjoy running on my own. But ... because it's so dangerous to run on your own, I always has to run with someone.

R: What time of the day do you normally run?

P2: You know, whenever I can get time I prefer running in the mornings in summer when it's still light. But now it's starting to get dark so I have to run ... after er ... when my friend knocks off from work ... which can be anything from five ... six. Um, I don't really have a set time.

R: Do you include farklek in your program?

P2: Ja, I do that kind of stuff. Um ... you know, you can say that. Sometimes, I will run a fast five kay, see how fast I can do it. Sometimes I will start off slow and do the second half fast. Um ... what I like doing is I like warming up and then running for several, two minutes and three minutes fast. Which is how I race ... and um ... for me it's fast. I think I use my watch which also makes it more interesting. I've also been doing cross-country which is what caused the hamstring injury.

R: How many kays a week do you run?

P2: You know, not far, about 20. It's not far. But um like I say I do a lot of other stuff too. That's how I'm training now. In the past I used to run long distances, 10 at a time training, then do 21s and I did the JCE and that kind of stuff. Now it's called City-to-City. ... But um ... now I just run short distances.

R: What races have you run recently?

P2: Um ... I've run all the ... um league races last year in ten kilometres. Um, I haven't done a race so far because of the injury. ... Um ... I was planning on doing cross-country. That was my plan for year was cross-country running and that's just four kays and it's fast.

R: When does the cross-country season start?

P2: It's already started about ... it started in March. But they've got a longer season this year. We're already into it. I think they're trying to get more people to run and give them um more um opportunity to get league races done so that they can qualify for Northerns. It's ending ... the beginning of October with SAs.

R: Besides running what other interests do you have?

P2: Cycling and swimming.

R: How much do you swim a week?

P2: Well, er ... I sort of dropped it um, but when I start training it's ... it's about ... ranges from one kilometre to one and a half kilometres, sometimes up to three kilometres. ... Um, per time, about two or three times a week. Then the cycling um ... the Energade series is short, it is a race track, it's fast ... 600 metres swim, 20 kilometres cycling and five kilometre run. So the cycling is also ... if I can get it done in an hour um ... range from 25 kilometres to 20 kilometres. Um ... sometimes I go out with other riders, but then they go further. But ja, everything is short 'cause I don't have a lot of time so I shouldn't actually get injured ...

R: But you do.

P2: Ja well, um not this last one was because of stupidity, that's all. It wasn't because of overtraining.

R: When you say stupidity?

P2: Ja, I mean we had simple development cross-country races in the country and er I went to one of them and a whole lot of us were just running with the little kids and um the last laps the kids was finished, we sort of came ... starting to dice each other and the final sort of 500 metres it got full blast and it was stupid because it was even pre ... pre, pre-season. The

cross-country season hadn't started at all and we weren't up to it, so two of us pulled ... um hamstrings. ... Stupidity.

R: How would you personally define injury? ... Let me explain: some people who have a little niggle regard themselves as injured while others only regard themselves as injured when they cannot run at all.

P2: No, that's me. If I can't run at all then I'm injured.

R: If you were a bit sore, would you run?

P2: Um ... I might wait a day or two. If I find ... because I've had an ITB and I've had operations on both knees. So now ... if I ... if I feel something then um I will um just be careful. Um, I will maybe give it a break for two days ... I won't go for training, cycling or swimming. Um, but if it's hurting then I'll stop for a week or so. Um, but I'm only like that now because I had all the nightmares previously. ... I would go all the way and um then just bugger it up. I've learnt through mistakes. ... Um, I normally get highly frustrated if I can't run.

R: You said you have had this injury for about six weeks?

P2: Ja, for six weeks. Um ... hamstring ... so I've been doing strange things to try compensate like running in the swimming pool and um swim in a tiny little swimming pool forever ... swimming, swimming, swimming ... cy, cycling and that kind of stuff, but it's ...

R: Does your hamstring hurt when you cycle?

P2: Er ... I can feel it and someone told me you're stupid. You shouldn't do anything, but ... so I don't run, but I do other stuff. ... Ja, it's stupid.

R: What was your initial reaction when you realized you were injured?

P2: Well, right after the race I felt this terrible burn so I put on ice so it didn't get in and I helped them take off ... er move all the equipment and stuff. What I should have done is I should have put ice and everything. ... Um, I think ag, a few days and it will be okay. But the next day I couldn't even walk. I couldn't sit down or anything. It was, it was so painful. Um, it was like that for about three days, it became better and better, but I couldn't even walk fast. The next day also I couldn't walk at all. The day after that I couldn't ... I could sort of hobble along. Um ... even three weeks after that it wasn't ... try to run, I just forget I can't run and I tried to run, but I couldn't. Um ... my weight, my leg couldn't hold the weight. I never went to a doctor or a physiotherapist or anything like that. I normally do that, but don't work now. I'm not on a medical aid now so I didn't do all that stuff now. I'm just wondering what's going on. Um ... what's the question again?

R: What was your initial reaction when you realized you were injured?

P2: My initial reaction was to deny it ... it's going to come right. But when I finally realized what had happened and that I've messed it ... um, er, um ... I was very angry with myself.

R: How is the injury affecting you now?

P2: It certainly ... in a way that I have put on some weight ... um, a little bit, but that's not a problem. It's frustrating. I want to run, but my way of dealing with stress so um ... ja. It's frustrating

- R: You mentioned that you have had ITB and an op on your knee. Was that because of the ITB?
- P2: Ja, the ops was because of the ITB. I ... er ... that injury ITB was because I tried to do too much. And I would cycle a 100 kilometre on the Sunday and the next day go and run, go and run. Um ... I wasn't used to that kind of training. I was training for the ultimate, the Ironman. ... It's a series of long-distance events like long-distance running, triathlons, um rowing, you know paddling. I also do rowing. Um, it starts in January, finishes in in March. One of the things was a 180 kilometre cycle race, things like that. I could cycle, but I couldn't run. I did one event where we did a 25 kilometre off-road cycle which is quite battering and two hours after the we did the ... no it wasn't 25, it was 45. And after that did the 25km run. And I was already severely injured and I walked ... I er did race walking. I walked that whole ... that whole 25 kilometres. And um ... then I was walking faster than some guys were running. And I knew then, I had to go for the operation. And that was the final event, I had to finish it. And then I went for the op.
- R: Had it been bothering you for a long time before that?
- P2: No, it came suddenly. It was ... it was acute, it came suddenly and it didn't go away. ... So I had to st ... struggle through the the final event. Oh and actually um I was a front runner ... I was the the ... fifth event I came first with the ladies and with the men ... ag um I came ag ... ja, I just wanted to finish it. I thought after the operation it would be fine, like it wasn't. Um ... I came to the conclusion I can't run downhill ... down a hill.
- R: Even now?
- P2: Even now, I can't do it. So I don't think it was ... as such organic was the problem. The problem was somewhere else.
- R: Where do you think the problem is?
- P2: I think it's to do with my hip alignment. Um ... I will have to go to a orth ... what you call it? ... No, no um what's it ... a chiropractor ... I will have to go to him and find out. But um ... ja.
- R: How do you usually spend your day? Please describe a typical day in your life.
- P2: Well ... my ... my typical day at the moment is not so typical 'cause I'm not working at the moment. I um ... when I was working I would ... try and train in the morning. I would wake up at five o'clock or quarter to five, go for a run and get ready to go to work. I would even try and fit in something during lunch-time ... either be a cycle if I've run in the morning or cycle at lunch-time or er whatever, whatever my program said, but I would train in the morning, train in lunch-time and train in the er ... evening. Um, but it would be say run in the morning, cycle or run in the morning, gym. Whatever my schedule was, say if I had a lot of meetings around, say Gym N, I would go to the gym that time. But for now, it's because of ... I got even less. I thought I would have more time, but I've got even less time now. It's basically whatever I can fit into half-an-hour.
- R: So you have less time now that you are not working?

- P2: I've got less time, ja. I'm doing home school with my kids and studying. I thought I would have more time. Um ... but you know ... it's ... I'm trying to get to that again because I'm going to have to if I have to take part in the tri, triathlon series and still take part in cross-country. ... Um. I've actually filled my day with other stuff; because of the injury, of the injury I wasn't able to train like I wanted to. So say I will resort back to that. About one and a half, two hours training a day which is not much if you compare it to other triathletes. They train much more, but then ... they ... you know, I think the men have got more time to train because they don't have to look after kids. And naturally can fit in more.
- R: Would you say that leading up to the injury you were experiencing more stress than usual?
- P2: No ...no ... er ... it was true, it was ... it ... This injury was a freak injury, it was a freak injury. Ja, totally.
- R: Do you think your injury had anything to do with stretching?
- P2: No, stretch ... um, ja. I ... I stretch. I do stretch. Um ... um... especially because my proneness to for my iliotibial band to play up. ... You know, I was really ... I don't think it works, but um ... um it was ... This injury was a freak injury. It won't happen again.
- R: You'll make sure it doesn't happen again?
- P2: I won't see that it lasts ... you don't do that kind of stuff at the beginning of the season. It was stupid.
- R: Had anything in your life changed just before you got injured?
- P2: I raced in the pre-season ... I sometimes train on the track, but ... um ... that's actually when I feel these niggles in the hamstring ... now that I think about it. When I train on the track there's always this ... that niggle, but I never push myself to the extent that I get an injury.
- R: You say your hamstring was niggling before the day that you got injured?
- P2: Probably ... I never thought of it before. Probably because when whenever I do track training, actually short distances then, then the hamstring gets sore.
- R: You mentioned that you go to gym. What strengthening exercises do you do there?
- P2: Um ... um ... no, I don't actually do strengthening exercises in the gym. When I go to the gym I ... swim. But I do strengthening exercise ... um ... actually it's not much, it will be lunges ... it will be part of a strength ag stretching sort of thing that I do. It takes about 15 minutes so it's probably not sufficient. ... Probably not.
- R: You said that you are not on a medical aid. So you haven't had any treatment?
- P2: I haven't had any treatment. No ... ja.
- R: Did you have any treatment for your ITB injury before you had surgery?
- P2: I had cortisone injections, but it had absolutely no effect whatsoever. Nothing. All it did was make me feel sick. And probably it wouldn't, it doesn't have any um effect on me.
- R: Had you been for physiotherapy?
- P2: I went to physio, ja ... a whole succession of physios. Um, cortisone injections. No effect whatsoever. ... So, actually the first week whenever I start feeling the niggles, I now start to change my shoes. ... So ...

- R: When you go to a physio, do you go to someone with a sports background?
- P2: I go to KJ Centre. I've been um I forget the name ... but I went there.
- R: How long did you go to physio for?
- P2: I went five or six sessions.
- R: Did you realize then that you would have to have the operation?
- P2: Because it didn't work then ... even a cortisone didn't work. I mean the doctor said to me ... you ... could do that if you wanted to. I thought, well ... and the I went for it. I was ... disappointed when I got an ITB messing me around after the injury. Um ... it was long after the operation and it was just a downhill, downhill, downhill. Strangely enough I got severe ITB, I call it an ITB attack with the Spar Ladies and there's no downhill, but I had changed my shoe. And when I started again it, it wasn't there. Then I went back to the um people I buy shoes from and they said that it's impossible, it's impossible. It will ... that's what happened. I just got another shoe. So, um ... it got me no money because I mean I couldn't um have a refund or something like that. So I decided to stick to the shoe ... but they don't last. You know, Brand C don't last.
- R: How many kays do you get out of a pair of shoes?
- P2: Not much, you know. And I I um actually supposed to run ... I only get three months of running. You see, consider how long, how many times a week I run and the distances I run, they don't last. So I'm not oh ... quite annoyed with them ... so I actually changed. ... So I use Brand W. They don't believe me ... I mean they don't believe that it was the shoe.
- R: Do you get advice from specialists in running shops?
- P2: Ja. I do go to another shop before and er it wasn't satisfying me. ... And they tell you to run up and down and check if you pronate or stuff, but you think but you do pronate a little bit. Everybody pronates a little bit ...I'm not sure if if their um suggestions will work, the guidance they give you is good or not. The the previous, the shop that I went to just to to find out, they let you run on the treadmill and they out stickers all down your legs and then they take a video and then they show you. I don't understand any of it anyway. Um, it doesn't make sense to me. But I believed them ... because she was going to be cheated, not me.
- R: Were you happy with Brand W?
- P2: That's how I got ITB.
- R: You mentioned Brand C earlier?
- P2: Brand C works ... um I I use Brand C, but but they don't last. They really don't last. And now I run cross-country in them ... and you know they've got air in them, so if if you stand on a stone you lose the air. They say it doesn't happen, but I showed them this thing has collapsed. Okay, it's collapsed. So, okay run with Brand W you're not going to get the same problem ... I think when I walk in the door they ... want to run away.
- R: How are you treating your injury at the moment?
- P2: Um ... I'm just ignoring it.
- R: Just resting and ignoring it?

- P2: Ignoring it, yes ... I'm hoping ... I did put ice on initially. I don't think gonna work, er work anymore, but I did take um ... wasn't ibuprofen, was something else ... um some other what do you call those things?
- R: Anti-inflammatory?
- P2: Yes ... ja ... um ... norflex ... but I did take that for a while ... I'm hoping that it was just strained and not torn. ... Then it will come right after six weeks. That's what my logic tells me. If it's torn then I don't know how long it's going to take. I can't actually find information. When I was working I had access to internet and I could look up all of these things and now at the moment I don't have access. ... So I want to go and do some reading on it. ... If it's torn, what then? ... I hope it's not, the verdict's not going to be too bad, like no running ...
- R: But do you feel that it's getting better?
- P2: It has got better, yes! I can swim without pain, I can cycle without pain. Sometimes I feel it ... I'm not actually sure where it is, if it's in the mid middle of the leg or higher up in the bum. And sometimes when I sit, if I sit a long, sometimes it's paining there. I can ... it's sore, I can feel it. ... So, I'm just wondering where the injury's actually, where did it actually happen. Um, what part of the muscle is sprained or ... at the um ... aanhegings or is it in the middle or where the hell it is. Is it hamstring or it something else? I don't know ... I I also wonder if it's not, if the ITB and hamstring injury is not related because maybe I've been suspecting for a long time that my hips ... there's a, there's a, ja.
- R: Imbalance?
- P2: Yes and er if if it's isn't the same kind of thing. That's why I would have to go to a chiropractor and most of them are very expensive. So, ja, but eventually I will have to go. If I if I um run and it's not gone. But I've heard of somebody who tore er er um a quad, one of these (*points to her quadriceps*) so badly that wh when he is in the army it pulled up. It act, it actually pulled off and pulled up, and you can see it's like a lump (*demonstrates*) ... and they never saw it, you know when he was in the army, they never saw it. So now he he had a problem. I suppose they can put it right with in, ag with surgery and things and ... anyway.
- R: How long are you going to wait until you go and see a chiropractor?
- P2: Um, I'm going to give it another week, this week and then I'm gonna start running. If it's painful then I know I have to go to the chiropractor. Then, ja ... if ... I'll have to cross that bridge when I get to it. Um ... it would have total different story if I was working. Totally. I would have gone to the ... physio straightaway. That's what I would have done. I I'm mo more diligent about that than if um I had a cold or something like that. I would immediately.
- R: Is that what you would have done in the past?
- P2: Yes, that's how I would have ... I would have gone to a physio or something.
- R: The very next day?

- P2: Yes ... I would have gone from the er race to a to a physio. I would have gone to ... (*giggles*) ... to the hospital's um ... physio and said ... you know that's how finicky I would have been about it.
- R: Because you have been unable to go, what do you think has helped you recover up to this point and what do you think will further facilitate your recovery?
- P2: I think the fact that I've stopped running. Er, um I mean, I I couldn't run anyway. It was too painful to run. Um ... I stopped running. Um um I'm wondering if if it wouldn't have been better if I did absolutely no exercise whatsoever ... um, no swimming or anything like that, but it wouldn't have been good for the people in the house for me not to train at all. It would have. Um ... um ...
- R: Does anyone else at home run?
- P2: Yes, my kids run. Ja, they're actually enjoy enjoying it at the moment that I I can't run because I run with them and we train cross-country, I train cross-country with them so ... often now we just forget about them and training and then they would keep quiet about it. ... And I say, hey, you guys didn't train and then ... oopsie. You know, they don't remind me because then I would go out with them and we train in the park outside our house. ... But still they're also actually not ... been able ... they haven't been running as much as they should.
- R: Are they in high school?
- P2: No ... er one's in high school and er one's in er primary school.
- R: Do they just do cross-country or do they do athletics as well?
- P2: Cross-country ... ja ... well you see, they're not in school at the moment. They're doing home school. ... But er we do it to keep them in ... er some kind of sport.
- R: Earlier you spoke about running with someone. Are you still in contact with that person?
- P2: Ja ... ja ... what we do is I cycle and she runs. Otherwise, she's she's not going to do any training. She won't run on her own 'cause she's afraid. There's a lot of ... er ... um ... I live in Suburb E. So, there's a lot of er um a lot of people walking around um that could be a danger. Er, we try to avoid running on our own. So she runs and I cycle, but I spin. I put it er on the very ... easiest gear and my legs are doing that and (*demonstrates*) and it's it's not nice. I don't like it so. But she still runs. I normally run with her, but she's slower. She knows it so I can say it. It's frustrating, but ... ja.
- R: Do you ever run at your club?
- P2: I don't run at ... the ti time trials 'cause it's too far. They're in er the east and we in the er west. So I don't run the time-trials ... I actually er um did a lot of running for them for the ten kilometre league race ... er earned quite a few points but er now at the moment I'm useless. Hh.
- R: Have you run for them for a long time?
- P2: No ... about three years ... I only joined a cycling club, ag um a running club and cycling club and all the rest when I wanted to do the Ultra Man.
- R: Haven't Club X got a cycling section?

- P2: They have, ja. ... But er I didn't join them again because I cycled. I don't really take part in cycling competitions. I just do the triathlons and it wasn't worth er ...
- R: You don't have to belong to a club to do triathlons, do you?
- P2: You don't have to belong to a club, no.
- R: Do you swim on your own?
- P2: Ja.
- R: Do you belong to a squad for triathletes?
- P2: No ... no... I was actually thinking of it. I was actually asked by Club T to consider it. Um ... two years ago I think. But then I had such a bad season ... that um ... I didn't join them but I had a very bad season that season so ... I didn't pursue the matter. I didn't think they would be interested after my bad season ... and last year I had a good season, but not good enough. But ...er ... ja. It's not that important for me anymore to ... um ... My motivations for why I train is sort of ... sort of changed ... um I'm not that competitive anymore.
- R: So do you just do it now for enjoyment, to relieve stress?
- P2: Yes ... ja. ... Although that's what I say but as soon as I take part in, as soon ... er the gun goes off then ... (*claps hands, imitating the sound of a gun*) Forget it, it's competition.
- R: What's your best time for a 10 kay?
- P2: Um ... 50 ... 50.08. Not to too good, but not to too bad either.
- R: What would you say is your best distance?
- P2: ... Umm ... the five kilometre.
- R: In a standard triathlon is the run five kilometres?
- P2: Ja ... but I'm I'm not that bad on running because I often I run to get ... to make up especially when I have a bad swim. Um ... and then on the bike part ... when it comes to the running, I consistently take, overtake. Consistently, so ... I don't think um the running's that bad. But takes if you got five kays, if you got ten kays ... I never do well because I just do short distances.
- R: Do you get a lot of advice from people because you are injured?
- P2: Ja ... when I run in a race ... you can see with the ITB, you can see them ... the way they start running with a stiff leg and stuff like that ... 'cause I was there. And they say, come on it's not so bad. Keep on going. Um ... but you can't. You should actually just not even take part. Um ... or they'll say, strip put put a strip around your knee, you know um that ... and you know they don't help, that stuff just doesn't help. Um ... or you must drink this or you must drink that, that's really irritating. But what really annoys me is when you are injured along the road and then they tell you, ag it's not so bad, come on. Keep going. It really irritates me ... because if I could run I would run.
- R: Do you get advice from others about what you should and shouldn't do to get over an injury?
- P2: Not that much. No, I normally ask for advice ... er especially not only the injury and stuff like that ... you know, when I'm injured I would say, hey it's there, anybody out there that has

advice for this and they would stream in, but when I ask for it you see. Then I would sift through everything. But a lot of their advice doesn't work.

R: Are you referring to websites where you can make contact with other runners?

P2: Yes ... there's so many. There's so many.

R: What about runners you come into contact with at races? Do they tell you what to do?

P2: Ja ... they're full of ideas.

R: Do you find that some runners tell you not to run at all and others tell you not to worry, it will go away?

P2: It's not so bad ... don't worry.

R: Who are you more likely to listen to?

P2: You know ... I don't take an injury casual anymore. ... So I listen to the alarmist. Um, you know ... if, if somebody says to me, I've had ITB, then I will listen to them. ... Er, that's why I had the surgery because one of the guys that works um ... he was in the Ironman, ag the Ultraman and he showed me. He said look at, you see I had um surgery. Look at, look at, look at um the cut, you know. And then I remember him saying my my ITB um ligament was as thick as my finger. You could see it there and eventually that were the only thing that worked. Um ... so I actually listened to him.

R: How long did it take to recover from your ITB operation?

P2: ... Ooh, I can't remember. I think it was eight weeks.

R: You mentioned earlier that there was a time that you didn't run for about three years.

P2: Oh, that was the previous, that was along time ago. I started taking running um ... when I was in my early twenties and I didn't compete or anything, I just ran. Out of pure frustration I just ran. Um ... wherever ... around the rugby field, around and around and around until everyone thought I was crazy. Then I started running out. Um, when I came to Pretoria um I noticed that there was competitions and things and then I started. And then people said, no man you if you haven't done Comrades you haven't done anything. So I'm gonna run Comrades and that's when I got an injury. Then I just stopped.

R: Did you run Comrades?

P2: No ... I did the er City-to City, it was then the JSE. Then I did something, they called it the Crocodile Marathon. It's in Nelspruit. It's up and down, up and down and think the downhill ... um ... I went and ran a race and halfway couldn't couldn't um run anymore. Then they, you know, when they come and pick you up along the way. All the er injured runners. And they put you in a van and er um that was too much for me. I just stopped running (*chuckles*) just stopped. Then um I started ... I actually started walking again ... and then eventually, you know, when you walk walk and eventually start running.

R: What is the longest race you have run?

P2: In my life ... I would say um the JSE. It's 50 or 56, something like that.

R: What do you find particularly difficult about being injured?

P2: ... Er, can't run. I hate it, ja ... um, not being able to run ... you feel useless.

- R: Earlier you said that the benefits you experience because of your involvement in running are related to stress relief?
- P2: I think I'm a little bit addicted to this endorphin thing because I seem to run for about two or three kays and then then I got the, they call it the runner's high or whatever, um whatever. I just run for a short while and then ... and I think that's that's it. ... You know, if I haven't ... and that sort of gets rid of stress. You always feel so much better afterwards. ... I can have a headache, go for a run and come back and there's no headache, nothing.
- R: What disadvantages or negative consequences do you associate with running?
- P2: Injuries (*laughs*) Um ... I suppose it would have um ... if you overdo it, you know long, long distances ... they say you could have ... I've heard you can get arthritis. I don't believe it. Um, I don't, actually I don't believe in disadvantages anymore. No ... um, the only disadvantage is if you go run and get mugged or you get an injury because you're stupid. That kind of thing.
- R: Have you learnt anything about yourself and running because of this injury besides not to be stupid and race in the pre-season?
- P2: To be creative and find other kinds of er ... I mean you can run in a swimming pool. You can tie a pull-loop around your waist and you can run. It gets my heart rate up to ... Um, ja um to be cre creative in all others of other ... I can walk very fast you know because I've had to walk and not run.
- R: Do you feel your injury when you walk?
- P2: Um ... sometimes, ja ... not so much anymore, not so much anymore. Um ... I can walk quite fast. But still it's not the same as running. I start ... I've learnt to be creative with other training and to to ... learn to control my er frustration. Because I can't run I can't take it out on my kids. I just have to ... do something about it. When I can run, I just go and run. Now I can't. I have to control it ... which I don't like doing. I want to run.
- R: Is there anything else you would like to say about running and injuries?
- P2: I think most injuries are due to stu ... stupidity, to being um ... to put it only a bit more in bigger words, is being irresponsible ... not taking notice of those niggles or ... um things happening to you and just pushing through. That causes an injury. I think if you if you are more aware of it.
- R: You said earlier that you don't regard niggles as injuries.
- P2: I don't regard them as niggles, er as injuries. I only regard an injury as an injury when I can't run, but I do pay attention. I will put on ice when I get home. I will take an anti-inflammatory if necessary. Um I will ... my daughter is in high school, in Grade 8 now. She's not in school, she's in Grade 8. She ... I taught her to massage. So she will massage whenever there is something. I will do things like that. ... But um, I take notice of them, but I don't think they are injuries, if you get what I'm saying.
- R: Do you what to add anything else?

P2: No ... I don't believe if you haven't run Comrades you're not a runner. It's a stupid philosophy.

R: But many people in the country almost expect all runners to do the Comrades.

P2: Ja ... to be a runner you must do the Comrades, to be a cyclist you must do the Argus, to be a swimmer you must do Midmar and to be a runner you must ... to be able to paddle, if are you call yourself er a canoeist you must do the Dusi. I haven't done any of them. And you want to be a triathlete you must do the Ironman. The first thing they say if if you run, oh have you done the Comrades? No, that's too easy for me. (*laughs*) But did you see that advert, advertisement on TV where it said where it said every South African should run the Comrades at least once which is ... so wrong. I feel it's so wrong because there's so many people who can't run. You know, um disabled people. Um, not everybody can run that far. And it's, a lot of people say, okay I'm going to do it and then they get injured. It's the physiotherapists and doctors and all those people happy because they get money out of it.

INTERVIEW WITH PARTICIPANT 3

R: How long have you been running for?

P3: I've been running for let's say ... since since er about 1986, 85, 86, ja. And er in 1996, I've been running on and off, you know, for half-an-hour, 45 minutes. And in 96 I decided to ... actually 1992 I er registered as a member to a local community based club and in 96 ... I decided to tackle the Big C. The Comrades, ja.

R: When we spoke on the phone you mentioned that you ran for Club D. Have you always run for them?

P3: Ja, all along, ja ... so from 92 onwards.

R: Why did you originally start running?

P3: I ... er funny enough, my mom is a cardiac er patient and I decided that er that normally that the that the hereditary er could could kick in later in my life and and the way to strengthen my heart was to start running, you know.

R: Why did you continue?

P3: I continued for er the same reason, you know. Ja.

R: What benefits do you experience (*participant interrupts*)

P3: Benefits ... lots lots of it. Er, stress, ja, er work related er stress. You know, the stuff you might encounter with having children and being married, wor and er work and so on. So, so that is like er an opportunity to spend time on my own and and and er go out in nature and blow it off and you know. Ja, so so that's basically. And also to get to know people because since I started running er no race is at the same place every weekend, you know. So you get to know lots of places in and around Pretoria 'cause I'm based in Pretoria. Yes.

R: How often do you run every week?

P3: Er ... well, normally if if I'm looking at preparing for Comrades we at least look at three to four runs a week, you know. And that er and that excludes your, your, your races on Saturday. So let's say four to five times a week.

R: How many kilometres a week do you run?

P3: Um ... it's ... once again with the objective of running Comrades you...

R: How much do you run in March, April and May?

P3: Ja, a week. March, April, May. I would be moving towards 80, 75 to 80 kilometres a week. Ja, including your weekend runs.

R: And during the rest of the year?

P3: The other times. After June, after Comrades there's like normally er four to five week layoff. Then ... you go out twice, three times a week and you start at races such as er City-to-City, then there's the Volkswagen McCarthy in October. City-to-City is in September, in October you've Volkswagen, then you have 10, 21s and then also the Soweto Marathon in November. So, tha that's the part of the year would be basically to go for shorter runs, but a bit more quicker and so on. You know, not the long distance runs.

R: Do you vary your training program?

- P3: Er ... well, I run as I feel, you know at ... but with no specific objective presently.
- R: So, you don't follow a specific training program?
- P3: ... As they say in the book you go and you say, right you build up, you say you go. You do build up, but I don't. For instance, I know what I'm supposed to do is probably go for one long run in a week and then go for hill training and go for fankleks, you know. And a bit of variation ... er like tempo runs and so on, ja. That's ideally speaking, you know. So what I do is ... ja, what I what I normally would do because time I would have for myself er in the mornings would be when I go for my run would be to to to go for maybe a 10 kilometre or 12 kilometre loop that has hills ... So you would be doing, you'd be sort of doing a bit of of ... of hill training, a bit of speed and and and tempo.
- R: I suppose living in Pretoria one hasn't a problem finding hills.
- P3: Er ... ja, ja I agree with you yes. I agree with you 'cause where I live there's there's quite a number of places that one can do a bit of hill training. Ja.
- R: Do you train with a group?
- P3: No, no because one has to go out in the morning about five and er finish off by six. Make sure you help the wife with the kids. They have to get to school after six. Quarter to seven, they should be ready you know. You ... ja, I I do it in the mornings rather than ... because at work you don't know what time you finish. And it gets darker quicker. And that's normally the time that you sta ... you need to build up in terms of your mileage. March, April, May until Comrades. Ja.
- R: How many times have you run the Comrades?
- P3: I've done it 10 times.
- R: So this is the year you are going to run with (*participant interrupts*)
- P3: With er my green number. If if everything goes well ... compared to the physio um treatment that I get.
- R: Do you go to a race every weekend?
- P3: I would love to. I would love to, ja. Again, strictly speaking every weekend because er one element of running er is to train, the other is to to to and become race fit, you know. An and the benefit of being race fit is that er you push yourself beyond what you would normally do and you train. Because when you train time is a constraint. Normally you can you can relax and walk it off and start over again. But with running ... time ...
- R: So when you go to a race you go out to (*participant interrupts*)
- P3: Not necessarily race, but at times the challenge is ... ja, you would normally go faster. You always go faster than if you run by yourself. ... And I think that that that er er discipline ... causes one or or is the cause and effect of this type of of thing er tends you to get injured, you know. Because that discipline er adrenalin pumps when yo there's a lot of people around you. You you know who which people that you can er pace yourself with and if they're ahead of you, then you'll try and sort of challenge them or chase them, you know. Ja ... even if you look at the pace you say, no I'm I'm running too fast and you say, okay I,

just just another two kays and I'll relax, you know. And it would just be over-exerting yourself and towards, especially an ultra or 50 kilometre, here between 42, 43 then you start struggling you know.

R: Do you think that's one of the causes of injury?

P3: It could be one of them. It could be one of them.

R: Would you say that is a reason why you got injured?

P3: Look for myself, I've got that problem you know. Even having done Comrades 10 times ja, ja. Because last year I was running my tenth Comrades and on 1st May I ran the Wally Hayward, okay. I ran I ran a very good time. Er, it was a marathon, but the last three kays I pushed myself and no, four kays. And that in itself um sort of pushed me beyond er, you know to a limit where where where I was prone to injury because what I furthermore discovered was I went to work in the garden. And when you work in the garden you stretch your muscles. And that was immediately after the 42. That was the afternoon I had a thigh injury that I couldn't shake off.

R: What's your best Comrades (*participant interrupts*)

P3: My best ... I I I ran ran a 8, 8 um 8.50. Was my best times and those days Bill Rowan wasn't really part of your ... incentive, you know. Ja.

R: Do you prefer the up or the down run?

P3: The up ... ja ... the up is a better run. It's uphill, but ... the recovery after the up is er much quicker than the down. ... Much quicker. ... You're hurting more for the down especially the last, let's say towards er from 70 onwards. Ja.

R: But isn't running towards the sea very motivating and inspiring?

P3: You see it, ja. That in itself also helps.

R: What about the support from the crowd?

P3: That's also another thing. The support is bigger towards the finish because you're moving into Durban ... than when you do the up, when you're moving into Pietermaritzburg. Er ... Harrison Flats can be quite quiet. You get er sort of a dry patch when you do the up compared to when you go the down.

R: Have you enjoyed the Comrades?

P3: Yes, I have. I really ... it's it's it's it's ... it's a mixture between not ... It's something to do with with the challenges in life, the psychological barriers that you have to go past, you know. Because it's beyond the physical. You you have to er ... you run with your mind after after 70 kays, you know, 65 kays and ... this is what puts you through: your head.

R: Have you run the Two Oceans?

P3: Yes, I ran the Two Oceans. Ja, it was also a good race. Um ... I think er um it's a bit earlier in the year. You're not as fit as you are when you do Comrades. But but that's a good barometer, you know, when you move towards Comrades because if you have a good Two Oceans then you're going to run a good ... provided you don't get injured, ja.

R: What other interests do you have besides running?

- P3: None. ... Apart from running or apart from being the chairman, chairperson of the club, I think there's er an element towards upliftment of of of um ... the unemployed or the the youth. You know, to keep them busy and keep them um er motivated and er keep them away from them doing the wrong things because I think that running in itself is is also a way of life. Er, you would have er a stimulus towards these people. Er where there's talent you can unearth, ja , you know community based. And ... so that's one important thing, ja. And ...
- R: What about the negative? What disadvantages and negative consequences do you experience because of running?
- P3: WELL! Huh. Disadvantages would be er races are normally in the morning. You have to wake up early. You're not going to enjoy your ... your Friday night that you would as a normal person would, you know. And you have to go to bed early. And er big races normally er is a bit far-off, not in Central Pretoria. And you know, maybe you go do Om-die-Dam. You have to be up three o'clock if you don't stay over the previous evening. Two Oceans also, you have to be up very early because the race starts at six o'clock. And er basically that's one one thing that that er that er you have to condition yourself. So you have to hold back in the previous ... you know, from maybe over-indulging the previous evening especially in the ultras, ja. The Comrades. Once again, if it's a down run you have to be up early and er then you have probably two o'clock up so ... ja.
- R: I believe there was terrible traffic congestion at the Comrades last year.
- P3: Yes, yes I I actually ... (*laughs*) ... I actually ... Er, what happened was we drove a er jeep. Um, my brother-in-law. My wife was on the route because it's a down run so he had to take us through to Pietermaritzburg, you know. And then er about 12 kilometres before we get there we realized hey the petrol won't make it. So we had to zip off, you know. But when we came back, the there was like congestion and er ... I had to disembark and we had to run three, four kilometres to the start 'cause that's how congested it was ... and we continued running. (*laughs*) We had started already ... we had done 15, 20 minutes already.
- R: How would you personally define injury?
- P3: Well, I think injury ... could be a result of er over-exertion of ... Injury in your terms or in what I understand is probably muscle that get hurt or and and the central nervous system kicking in then, alerting saying, hey listen, something is wrong.
- R: So if you just felt a niggle would you say you're injured?
- P3: No no no.
- R: When would you regard yourself as being injured?
- P3: Well, I ... quite interestingly speaking I had a chat with this lady, the physiotherapist who said I'm more of the old school. We ... if you feel an injury, then you you you say, okay maybe I should just slow down, but not stop okay compared to the youngsters if they, if they anything they feel they go for treatment. Okay. And if I feel ... for me injury would be um if I feel my muscle is sore and it sort of doesn't go away within two to three days then I say, no

that's definitely not, something's not ... and I would normally go and ice it and so on, you know. If, if it if it ... continues then I know, listen I must go for treatment because the injury that I currently have er is the result of me ... having done a 32, running a 16 and walking the other 16. And ... wrapping my er wrapping the knee so to speak because that's where I got injured for ... about one and a half weeks, go running again and still have that discomfort and then realize, listen I must go for treatment and I haven't run for four weeks.

R: So you have rested for four weeks?

P3: Ja.

R: What have you done in those four weeks? ... Do you miss running?

P3: Well er ... I do, I do miss it. Er, I try to stretch, you know and so on. But I don't go out physically on the road then and plod, plod ...

R: But how do you feel?

P3: I I'm going to get unfit, ja. I'm going to lose my fitness levels ... that's one, that's something in my mind, you know.

R: So you have had this injury for quite a long time?

P3: Ja ... it's it's been since February, the second week in February. Um, the second Saturday.

R: Earlier you mentioned that it happened during a race?

P3: The Bronkhorstspuit ... it was quite wet and and and and er cold.

R: Do you think that the weather conditions caused or contributed to the injury?

P3: It contributed because the logics here what I experienced or after discussion with the physiotherapist was that um ... Well ... er a week before that I went for a two and a half hour run, slow. But I ran with my old takkies. Okay. And then on the Saturday that I ran the 32 it was wet as I have mentioned and I discovered, no er listen er I'm not going to use my clean takkies. I'll I'll run with these. Ja and I ran. Ja. And after 16 kays I felt ... a bit of nigglingness on my knee. I said, okay let me just stop a bit ... rather er put Vaseline on and continue. I hardly ran another kilometre. So I walked literally the last ...

R: What does the physiotherapist describe your injury as?

P3: She said ... er ... stretching is one of the causes, you know.

R: You weren't stretching enough?

P3: No ... er, I did not stretching enough. Any stretch shorter than 30 seconds is not effective. So ... er I really er ... What I mean, what I recall was she said my muscles was very, very tight. There was knots in them. Okay. And she also asked without me telling her it was cold and wet there, was it cold and wet? Did I feel the pain when I was going down ... I said, ja it started there. She said, do you know why, 'cause your hamstrings, right, were contracting, because they were basically doing the braking power and if you're not stretched enough and warm enough, you know. Er, it resulted that the other associated muscles, neh, that comes to the joint of your knee also got inflamed.

R: So is the injury behind your knee?

P3: On the side of my knee. On the side and she said it's ITB related as well.

- R: How is she treating it?
- P3: She's ... she's she's um um mobilizing the muscles. She unknot or untied the muscles' knot sort of.
- R: Has your physiotherapist got a running background herself?
- P3: Er ... she treats lots of runners. She she knows ja and explained me a few things and gave me a couple of er exercises. And ... er with my myself, one downfall is I ... must try and get into a gym, you know because your overall um exercise with the body ... er er er can can can improve will improve my running and ... minimize injury, you know, because I'm not getting younger, I getting older, I'm a veteran now. (*laughs*) And er ... I started realizing and also the healing process is a bit slower.
- R: What was your initial reaction when you realized you were injured?
- P3: I thought, no maybe er I must just er rest it and ice it, you know. And and it's just because of the old takkies that I ran with. I said to myself, maybe the takkies collapsed, you know. That's the root cause and let me leave it and rest it. But afterwards, after the four weeks or so, I mean the additional four weeks. A week thereafter I ran a very tough long run, okay. I think two weeks, two weeks thereafter. Er, and I realized, no. After seven kays it started burning again profusely. Then I stopped and said, now (*hits table*) this is the point where I must er rest it a bit longer and there's this for six weeks um ... mindset that, you know, that I've heard of that if you rest it for six weeks then ... then it will come right.
- R: Could you have run with it?
- P3: I could ... I I could. If I wanted to. Maybe. But not as regularly as I would prefer. So it's it's one thing to try and run because I wanna I wanna keep fit. It's another to rest it totally and ... er then have a better base to run from.
- R: How is the injury affecting you now? Do you think you will be ready for the Comrades?
- P3: That, that's the sad thing. The Comrades ... I ... I I'm not sure. You know, I'm not sure er because there's quite a number of races building up that I've missed. You know, I've got a few programs ... die Om-die-Dam, there's a 42 that I've missed, you know. And now, okay I'm not going to do the Oceans, but there's a ... 22 April there's the Loskop ... that's coming. Today or tomorrow is the last day for entry, you know. So ... um I don't know, I don't know how I'm going to ... to to to deal with it. I went for a run yesterday. And um er ... there's a bit, you know, er inflammation coming through, you know. A soreness, um especially when I go a bit down. There's a suggestion I try and keep level. You know, try try a flat route. But on the uphill, no problem. I felt okay. But it's just going down, I feel ... just slightly tender on the side.
- R: Have you been injured before?
- P3: I've been injured before. I er ... I think last year I had a thigh injury as a result of going into the garden after a 42 er and I think two years before that I had an achilles. Er ... and it was also one of the injuries that I've encountered ... which I rested for a time.
- R: Did you go for physio?

P3: I went to physio, I went to physio, ja. At work. You know, there's a general physio there. But I've said, no listen. Um, based on what I've heard from a lot of people is that people um er er you know, you're you're new in running. You open up the phone book or you just ask people in general. They refer you to a physio or a neurosurgeon, not a neuro er an orthopaedic surgeon. Right. And I er huh I always believe that the word surgeon is under, I must underline because the sooner these guys get an opportunity to cut and you indemnify them, they will do it, you know. I I know about two or three guys. They went to er er orthopaedic surgeons and you know within the second or third appointment they were st stuck to their knees and so on, you know. So I said, no that's the last thing I will do. I will not have myself cut or opened. Ja. So, er I try stay away from from those people.

R: How do you usually spend your day?

P3: Okay, a typical day. Um, starts, wake up about 4.30, leave home, go for a run, maybe from about ten to, quarter to, five to five, de depending on the day, you know. And go out for an hour, come back home, er take a shower, prepare sandwiches, lunch for the little ones wh while the wife prepares them, getting them dressed. I've got a six year old son who's just started and then a daughter who's turned 11. Um and then drive off to work, get to work about 8.30. Er ... I mean after that get dressed myself, drive off to work ... er ... be involved at work. At times ... I'm supposed to leave at about fiveish . Normally I get out of there about quarter to six or so, depending if a meeting hasn't been scheduled, get back home, help the wife with the er homework of the kids because nowadays, you know, you're doing, you're doing, you're doing the teacher's job as well, you know. (*chuckles*) And then umm before you know it after seven, eight o'clock, must have supper ... I think the problem is I have er late supper and that's not good and then by ten, you're in bed, you know.

R: Were you experiencing any more stress than normal just before you got injured?

P3: ... It's it's a good question. It's a good question. Er ... when looking at that er ... I would say ja, ja. There's been some stress, there's been some personal stress, you know, 'cause my wife's and she thinks that um I don't spend enough time in looking at at the daily chores, you know. I'm concentrating on the running too much or maybe because I'm involved in in er ... at church. There's a, there's a ... finance committee. I'm chairperson apart from being chairperson in the running club. Those things add on, you know. And er, ja, I mean, that like you say if you look at it ja. That that also could contribute to to to ... injury, ja.

R: Had your training program changed in any way before you got injured?

P3: Er, no. Not really. Not really, no.

R: You spoke about old shoes earlier. Would you say that old shoes are a major factor (*participant interrupts*)

P3: It's one of the factors, ja. One of the major factors in running injuries.

R: How long can you run with a pair of shoes?

P3: I I go um I go ... a year, s full year and a bit with shoes. I'm quite light on shoes.

R: How many kays, would you say, you can get out of them?

- P3: I would say umm close to 2000 kays, 1500. Let's say 1600 because like the build up to Comrades is the bulk. And I also make sure that I er have er a replacement pair. I have two pairs.
- R: Do you alternate them?
- P3: Alternate. Normally, the older pairs I will use for shorter distances which was not the case this time ... and that that ... that was the sort of difference, you know.
- R: What do you run in?
- P3: Brand A. ... It's a, it's a good shoe, it's a very good shoe. Ever since I've used them I've never had problems with my feet. You know, ja.
- R: You mentioned that the physiotherapist has given you exercises (*participant interrupts*)
- P3: Stretches. Stretching mostly.
- R: Has she given you a gym program?
- P3: No ... no ... no... no.
- R: How often do you have treatment?
- P3: I ... I'm ... seeing her about every second or third day. Er ... I had my third session today. So, the next one would be on Thursday. So, every three days.
- R: When I first spoke to you on the phone, you spoke about going to an orthopaedic surgeon.
- P3: Yes, I spoke about er Dr X. And er I actually felt that, you know, after seeing the physiotherapist here I'd rather hang on and not seeing him and see how I progress. That would be my last resort, to go to him. Ja. I mean at the end of the day there is some um I would say er I'm happy with the explanation and the logics and the er massages that I get. And, you know, the treatment from the physio currently. I've seen ... I've seen the benefits now ... I would rather stay with her, ja 'cause ... and I I've started thinking that th the that logically speaking in future any advice I would give to all, the advice I would give to a runner is to if if they've got problems, that's it. Let them see the physio first and thereafter they can go to an orthopaedic surgeon ... if it doesn't improve.
- R: What do you think will facilitate your recovery?
- P3: Er, er ... I think stretch exercises. Right ... coupled by intermittent rest, neh. Er and and and you know probably going to the physio once a week, you know. I think that that would aid recovery and speed it up.
- R: I gather your wife doesn't run.
- P3: She's not a runner ... She's not a runner.
- R: Does that cause problems?
- P3: That that sort of creates ... you, you can't compare us, you know, or... I always pick up that ... She's she's complaining about weight, you know and er and er and er and being putting weight on the side too. (*indicates hips*) And I said to her, maybe you should start walking you know. And thereafter maybe strengthen your knees and so on and then ... 'cause I'm sure it will also er eliminate stress because she is a person that is very er ... she she worries

about everything and she always also have a you know. She thinks will ... this is what can go wrong, you know. Always worrying what can go wrong. Ja. I think er ...

R: Does she understand your injury?

P3: Not really ... because er based on ... so called she's not a runner and she feels er running takes a lot of of of er the time that we share as a family and me focusing on other issues that's not important to her, you know. Er ... and ja. It's it's it's kinda kinda difficult and I've made with peace with it 'cause I'm married now for since 92 for ... ja 13 years getting to 14 years and er ... to an extent when we sit and we, you know, we are involved in some couples' evenings where we talk about marital life and and pressures and you know things that we think maybe are unique to us. We also discover, no it's basically as common as most of the couples will have. Ja. Ja. And um ja, but it it I have to accept it the way is. She must also accept me the way I am.

R: Even though you are injured, being the chairman of your club you are obviously still in contact with other runners?

P3: Yes, yes ... yes. I am.

R: Do you feel that you are missing out because you haven't been able to run?

P3: Ag ... ag, I've felt like that you know because the physical ex, I mean the personal experiences is is better than being told about something, you know. And this is how we ran and Om-die-dam was like this and so on.

R: Does it make you envious?

P3: Ja, I ... I ... I'm just saying, ja geez guys ... I wish I was along, I was along with you guys.

R: Do you find that you get a lot of advice from other runners?

P3: Yes, er ...

R: You know, from those who always have a better injury?

P3: Oh, oh, better advice. Yes, I have picked that up and er and I picked up ... There's quite a number of guys or in general, you know. I can't pinpoint on that exactly, but er you would get advice ranging from what type of shoes to use, what sort of stretching exercises you must do before you run an and and and maybe if you you encountered this, this is what you must do and so on. But er um I pretty er ... conservative when it comes to that ... I would take advice such as ... take take that I've got from the um physios. You know, stretching exercises.

R: So, you wouldn't pay much attention to other runners' advice?

P3: Ja, no. You would see a guy doing som some sort of funny stretches and er okay. I said to myself, this is what works for me, I'll stick to it. Basic hamstrings and your calves and your thighs because they start this is the part of the body that works the most. Ja.

R: I suppose they tell you about their injuries too?

P3: Ja! Ja! I mean there's a friend of mine who has a, an Achilles now and it's swollen. You know and er, ja, I mean if it swells you know something not quite good, you know. Ja and er I said to myself, maybe it's because we're probably putting up too much mileage number

one or the other thing is the shoes that you use, you know. And maybe doing too much hillwork could also result ... Ba, but I wouldn't say the advice I give you is the the only, is the right and only. But I would say, right! Rather go and see this person or that person. Ja.

R: Do you find that advice comes in the form of two extremes? Some tell you never to run again and others say, don't worry.

P3: Ja, there there are some instances where where where would say ... or I hear them talking.

R: Who are you more inclined to listen to?

P3: I would say midway. I wouldn't say er I will definitely go with the guy who said, never run again totally. Or say, listen it will go away because I'm of the belief that um if you feel pain ... er ... it's a signal, it's it's your body tell talking to you, telling you there's something, you know. I can't just ignore it. You know, I will even going through books and read a bit and phone a few people that's more knowledgeable, you know.

R: What do you find particularly difficult about being injured?

P3: The fact that er ... recovery is slow...

R: That you can't run?

P3: That I ... ja, you know ... I ... I I ... it's it's pretty frustrating, ja when you say after two, three days. The guys are really adding to to the mileage and they're getting stronger and I ... I must just plod along, you know. But then over the years I realized that no you're probably better off being undertrained than overtrained.

R: Have you learnt anything about yourself and running from this injury?

P3: Ja ja ja. I mean er ... a few things come to mind. The one thing being um ... running with old shoes long distances number one. Um, the other thing is stretching. You know, if you don't do stretching. And also the third one being you've got the injury, you do do the home remedy and ice it and so on, you know, and it didn't go away. And and the last thing that the older you get the more prone you become to injury if you don't do the right things first.

R: Is there anything that you would like to add about running that you think is important?

P3: No ... I think er er if I look at my reasons why I started running um er er er for whatever it's worth it's it's one of the best decisions that I made in my life, you know. And er if I look at guys my age ... how fat they look um, you know. Because they go there and take life as it comes and you know. Don't give the body enough rest and drinking and you know becoming fat and so on. It's something that will prolong er life, you know. Ja. Ja. And and and secondly also, when you look at um er de-stressing, getting time out there. It would be one of the best things to embark on as a human being, you know.

INTERVIEW WITH PARTICIPANT 4

R: How long have you been running for?

P4: Well ... er I've been I've been exercising and running since I can remember, but er long-distance running I started in 91.

R: Why did you originally start running?

P4: You talking about distance?

R: Yes, why did you become involved in long-distance running?

P4: A friend of mine that er ... well we were involved in in soccer. Er ... he was one of my officials at the time and also a player. And then ... he started started the athletics club, Club D and er ... well, I wasn't involved in the original phase of it, but after ... they registers and everything I I started running with them and er I registered with the local club.

R: Club D?

P4: Club D.

R: Do you still run for them?

P4: Ja.

R: How often do you run a week?

P4: *(Participant does not respond; looks confused)*

R: How many times a week do you run?

P4: Basically ... sssix days a week. Er, that's if I'm not injured.

R: What distance do you cover every week?

P4: Depending on the time that I get home er during weekdays and also taking in consideration winter er ... I can run everything between six and 20 kilometres.

R: Everyday? ... For the whole week?

P4: No, no ... my, my ... for, for ... depending my preparations f for Comrades. Er ... from January around between 50 and 55 kilometres a week. Er, February I up it to about 65. Er, March and April it's anything between 65 and 85, 95.

R: And May?

P4: Well, May is basically one of those months ... slow, taper a bit. Not doing any heavy running, but still ... er in May there's a 50, the Jackie Meckler 50 kilometre that we run. So it's one race that we sometimes take as er part of our practice and then the Wally that's er just passed. Er, 42 kilometres. But then, before then I run er 60 kilometres ... just ... er ... to keep the body going.

R: Did you run the Wally?

P4: I've got injured on the 4th er ... March. ... Er so ... I'm not feeling well about it because er ... last night er I start thinking I must still get myself to such a point that I can go run the Jackie Meckler next week, but the deadlines for the registration for Comrades is Monday. So ... I ... don't know if I'll er be ready to run 87, 89 kilometres ... without my March, February and May normal training sessions that I used to do.

R: When did you get injured?

- P4: I read somewhere that wh when you get injured, it's not really that you get injured on the DAY. ... The injury doesn't occur on the DAY. It's actually something that happens before, something that is there. But on 4 March I started feeling this pain ... er in my calf, but er ag it's more in my tendon ... achil
- R: Achilles?
- P4: Achilles tendon, ja. (*pulls leg of pants up and moves hand up tendon*) It'sss over here. Ja. It was even sorer ... I was on a few tablets and so ... only for the week I used the those tablets. I've I've been using er I dunno. Somebody told me Tablet B ... some sort of ... anti ... inflammatory. I've used that er all along. ... This week, Michael gave me 16 bluish tablets, I'm not sure what it is. ... Er and the the the sw swell ... whatsiname it's gone ... it's not swollen so on. It's those tablets I think. Or maybe it's my mind.
- R: What does your training program involve? Do you have a structured program?
- P4: Ah-ah (*no*) I ... I don't follow er structured program 'cause ... I er my training route is such is that I have my er hills, I have my er straight runs or flat runs. I have my downhill. So I work my runs out in such a way that on Mondays I'll go in this direction, er ... which will be er a easy run, on Tuesdays I will go and do much other. Wednesdays, Thursday, I will go easy again 'cause Friday I rest. Saturday if there is a race that I do, I go do the race. And I normally go out on a Sunday afternoon, 12 o'clock especially er April, May, that's before Comrades. I go out at 12 o'clock to do a two hour run.
- R: In the heat?
- P4: Ja.
- R: Living in Pretoria, you probably haven't got a problem finding hills?
- P4: Ja well, there's a lot of them.
- R: How many times have you run the Comrades?
- P4: Er ... so far only four. ... Er er ... when I initially started my running I I ... it was just some ... something just for fun. So, I'm telling myself. Er, I didn't go any further than a 21 kilometre. ... Then the Monster once bit me and I started with a 32 and after that I started a 42 and then a 50. But that's why I say ... and um I had ... I had a little hiccup. I think it was ... I'm not I'm not I'm not sure about the exact time but up to three years I didn't run. Er ... it was just something that go, that left me. One of our ... this current set of physios I've got, she's er ... a nurse. She never ran, never did any sports in any way. She ... er ... only walked, I think she was working near Wilgers. She walked from Wilgers to Eersterus on a daily basis, going in, coming. And that was her sort of exercise and she started running. She finished Comrades ... twice or thrice and then ... that was an inspiration to me. So I said to myself, er I well went with them once the Comrades distance and SMSed her then. She answered, this is for Peter. And then ... well as I said I think it was 2002 I ran my first Comrades. Or was it 2001? Ag, I dunno. That was what happened in any case.
- R: Was the Monster you spoke about the Sunrise Monster?
- P4: Sunrise Monster, ja. That's er a good conditioner.

- R: Have you enjoyed the Comrades?
- P4: My first one ... I was excited, I I enjoyed it, I had a good run up until the 70th, 70th kilo kilometre. Then the cramps started killing me. I think my finish time 9.38. Er ... I wanted to run a sub nine. And that was the time that I er had it in me. My training and everything was good. Um ... my second one was also fairly good. My third one wasn't that good ... I had a flu three weeks prior and it didn't stop. Even the morning when I left here my doctor told me not to run.
- R: But you did?
- P4: Ah, well.
- R: And the fourth one?
- P4: Last year's one wasn't also that that that well ... I got injured in the day before the race 'cause normally what we do is have a talk. Get together in the morning before the race. Just go out two, three kilometre jog just to get a feel ... of the temperature of Durban and we sit and have a little talk. And I got injured on that day. And I still went out and ran the race the next day, but it wasn't ... er ... I think that's where the injury comes from 'cause I think it's something that was there all along.
- R: Do you prefer the up or down run?
- P4: Up ... up.
- R: What other races have you run? Have you run the Two Oceans?
- P4: I've never run the Two Oceans. ... As I say er my plan was never to run anything beyond a 21, but then ... Even up to 40, but if I run a 50 kilometre it's when I get to 42 um not tired as such, I just feel that now I want to get finished.
- R: You've had enough?
- P4: Ja, I've had enough.
- R: Have you run Om-die-Dam?
- P4: Quite a few times, ja. That was one of my first er 50s that I did.
- R: Do you enjoy the Jackie Meckler?
- P4: Jackie Meckler I only did once. O only ran it last year for the first time ... because er normally during this period er I go to er Mpumalanga ... with my wife. Go on holiday for a week or two and I I train on those er hills and so on.
- R: And Loskop?
- P4: Loskop, twice. I've ran Loskop twice ... it's quite a good race, ja. Loskop er I think Loskop and um Om-die-Dam is still the best ... for me. Loskop er Loskop is a better er route, but er not a better er er er event than Om-die-Dam.
- R: Do you enjoy the Comrades?
- P4: Ja ... I do, I do. ... Ja, so up to now I'm still in a puzzle. My mind is on ... two things now. Er ... I know I'm not ready to run the Comrades, but I want to.
- R: So the injury is affecting you badly?
- P4: Ja.

- R: What benefits do you experience because of your involvement in running?
- P4: Personally ... I er er ... I have a very stressful job. Er, I use it to ... what's the word?
- R: Download?
- P4: Download. Um ... family-wise sometimes it doesn't go too well ... I mean ... er I suppose that's in all families. But then what I do is I put on my running shoes and I go and kill the road ... and then ... er ... I think it helps me a lot to get rid of my frustrations and it's good. ... Er, in a sense er ... The doctors once, not once, about two and a half years ago diagnosed me and said there's something wrong with my heart. I went for the necessary er tests and they found there's nothing wrong. Er, then the guy even said er he thinks it's because of my er training. I'm not sure. I'm not sure but but but for some reason my my ... I applied for a ... policy. I bought a new house and had to to get a policy test and stuff and my blood pressure and my heart pressure and my everything wasn't well, so I was sent to the doctor and and another doctor for his opinion. And he couldn't find anything wrong.
- R: Did the doctor say it was because of running?
- P4: Ja ... well ... they said I'm I'm I'm fit, physically fit.
- R: Are you scared when you run?
- P4: I'm not sure ... because er remember ... no, no, don't say remember. Now that I I'm ill and I went to the doctor, my blood pressure is, well is quite high, er my heartbeat is not normal. Er ... and er those ... in in the gym ... those ... treadmills and stuff that you run on that says er your heartbeat should now be 134 and yours is on 150, 153 ... that that scared me a bit. But what I did now, two weeks ago when I was there, I upped the tempo ... and I did it for 20 seconds just to see. ... This thing keeps on saying, so you're going to ... it said, it said I must I must keep down the speed and I must get my heartbeat down to a certain er er beat.
- R: Do you think those heart rate measurements on treadmills are accurate?
- P4: Well, I never used them. What I do is when I when I run on them I don't use those things. This was the first one that I really looked at then and noted what it was saying. And and because of my condition ... er um I mean I'm not running regularly anymore as I would like to. I'm not feeling that good so ... I started thinking maybe this thing is ... this machine is er talking the er truth. And that's it.
- R: Have you ever run with a heart rate monitor?
- P4: No.
- R: What do you see as the disadvantages of running?
- P4: Ja ... er ... It's an expensive sport. Er ... lots of sleepless nights. Well, not sleepless nights, you er you don't you don't get proper sleep. If if you serious of of running, ob obviously the proper distances, maybe 50 kilometres and that. Obviously you need to put a lot of rest in which you don't get. There's a er you spend less time at home 'cause I mean if I go out and run a race in Loskop, er the Loskop race I leave home at half past three in the morning. I must be asleep on the Friday evening very early. So let's say I go to sleep at eight o'clock ... I deprive my family of ... some joy that they deserve. Er, as somebody said, running is a

selfish sport ... that is why I try to get my wife and family in so that they can do it with me. The children started and they stopped because they don't like it. My wife started. She stopped because of other commitments. Er, but like if I go to Comrades, since I started running Comrades I take one week full leave. I book me somewhere for that week and myself and my wife go and spend time there.

R: Does your wife understand your need to run?

P4: Ja. Yes, she does. In fact, she's very encouraging at this point in time.

R: Does she ever feel like running with you?

P4: No, no, no. Not really. Although although she'll ... she's especially the times that there was a, if you go run the er Loskop and you leave that time. Er, if you are two, three guys who travel together in one car ... some of the guys run for five hours, some for six hours. Then afterwards we normally get together and braai a piece of meat. Er ... as you know how these guys are, we are. There's ... a bad box of eggs somewhere and we get home four, five o'clock. And then you're tired. You don't want to hear or see anybody.

R: Does your wife understand your injury? Do you feel she's giving you the support you need?

P4: She is giving me the support. Yes. Er, it's just that when you say she she understands it ... she understands it in that sense. But she don't understand why it should be so long, why it's taking so long because she knows what this means to me. She is trying quite a few things to assist me. Er ... she's trying to motivate to go and register on Monday even if I don't feel right. ... And then she help me with ... if by say, by second week in June I feel that I'm done ... she encourages me to go. But what I'm telling her is yes that's fine with me that I I might feel good to go down, but physically I'm not prepared for that cruel ... cruel distance. If it was a shorter distance, yes.

R: Do you feel that if you did enter for it, it would pressure on you? ... Like telling yourself, I have to be better by ...

P4: Nay, I've I've put pressure already from the word go definitely. 'Cause I had an injury, I couldn't walk properly, I rested for two weeks. And then I was already registered 'cause Om-die-Dam was took place on the 18th ... and I was already booked in at er Mount Amanzi for the weekend. ... So I left the Friday, put my stuff ready the evening. I got up the morning, I got dressed. I was there in the start and after three kilometres I felt um um, this distance will be too long for this injury ... so I stopped.

R: Earlier you said one of the disadvantages of running is the expense. What about running shoes?

P4: That ... I'm I'm on my second pair of running shoes since January ... although I didn't run much. That's so the the what happens because somebody told me th that running shoes you using causes the swell. You must get one a bit harder. And I got harder ones. And there's no difference. ... Now now the type of shoes that I've been using; in fact, I've never used the same shoe every year when I go and run Comrades. ... I'm I'm a bit heavy on shoes. Like other guys can buy a shoe in December and they can run with it up until the

end of December. I took out my shoes last night except for those that I've given away already. My running shoes at home, I've got eight or nine pairs there. They all look good ... but three or four pairs I've been ... I took to the ... shoemakers or whatever to fix them. This is what happens. (*demonstrates how shoes wear, mainly on heels*) Ja, this is what happens ... all of them. In two, three weeks time the heel is gone.

R: Have you tried to use shoe patch?

P4: I've used that. It it it ... but it works for a week or two, but I'm I'm very heavy on my shoes.

R: Do you experience any negative consequences because of your involvement in running?

P4: Negative in what sense?

R: Let me rephrase that. Do you think that because of your involvement in running you have suffered any negative things in your life? ... Let me give you an example: Ex-rugby players often say they can hardly move when they get up in the mornings because of all their old rugby injuries.

P4: Nay ... no, I'm not doing this as a professional so it er er won't negatively affect me. Okay, obviously if you have an injury ... it's very important for me to get to my my work even no matter in what state I am. It's the place that I should be. Er er ... I have to be. And er ... if I have other problems er er I'd rather see to that first because that's where I get my bread and butter. An an and if I'm not at work I can't look after my family. And ... and I can't see to my needs. That's one thing that I I want er that. Any other things are second.

R: Do you have a stressful job?

P4: Er er it's not it's not that stressful. It's that for the past three months I've er been assigned with additional work. I I have I have um people working, doing the work. I'm actually assist ... I'm a deputy manager supervising er in a certain subsection. Er ... but it's just that we've been assigned er um more work and it's very difficult sometimes to ... to assign the work to to dif different people. Everybody is not on the same level if you know what I mean. Huh! Er you get the ones that moan and groan and do nothing. And er um um I'm at the moment busy with um one or two of them which I feel ... I rather be without them ... 'cause they of ... of no use to me. And have less stress. Because I think they causing the stress by not doing the work and I can do the work.

R: In other words if they were not there you would be doing the work anyway and you would (*participant interrupts*)

P4: Ja. I must leave the work to them. If it's done is it the correct and if it is done I must in any case er er correct ... so it's of no use. But then again then again the other thing is er er ... people are looking at those type of people. Like my supervisors are looking at me saying I'm protecting people, but you can't be hard on people who's got a family. ... Or maybe my reasoning is wrong. Er ... they should get something else for these people to do. They like want to ... to to to mould d d this thing in the direction where the people should lose their jobs because they're not competent. Er ... I feel that losing your job, go and sit er at home and not having income is just going going to cause more problems, not only for this

person, but for the society. I mean we have er a lot of unnecessary break-ins, killings and all those things so so ... you don't force a person in that direction. But I'd rather try help the person. But then again some people can't be helped.

R: How would you personally define injury? ... Is an injury for you just a niggle or is it when you can't run at all?

P4: ... An injury is an occurrence of er ...

R: Too much?

P4: I ... er I just want to get the correct word to use um but er ... I suppose you will work it out.

R: If you want to speak Afrikaans, please feel free to do so.

P4: Okay. 'n Besering vir my is iets wat ... of pyn kan veroorsaak er of dit kan veroorsaak dat jy nie kan gemaklik doen wat jy doen nie, wat jy dan weerhou er er van dinge wat jy graag wil doen. Dit is wat ek dink is 'n besering.

R: So, in other words, if you are not running comfortably that's an injury?

P4: Er ... because er er as gevolg obviously van een of ander er er effek ... effect.

R: Did you have problems with your achilles before?

P4: To be honest n no no. The only thing is that er for the past six, seven months after every run I would feel sore on that er ... Ek kan nie lekker trap nie. Ek moet eers my been laat warm word, my spier eers warm voor ek reg kan stap in die oggend as ek opstaan. En en maar dit het my nooit gepla nie. Ek het gedink, oh wel die is net seker een van daai dingetjies wat gaan oorbly ... en nou my gevang.

R: So has it been bothering you for a number of months?

P4: It's been there for quite some time. It's just that I wasn't worried.

R: What was your first reaction when you realized what it was?

P4: As I say it happened on the day of the Monster. I reg registered for the 32, but because of other commitments I could only do the 10. So at the first kilometre I felt the pain in my ... kuit ... in my kuit en er nog stadig aangegaan en op 'n stadium gestop ... probeer kyk, voel waar is problem, daar's trekkings so aan en um na so twee, drie minute weer so stadig gedraf. ... Toe val ek weer in my pas, jy weet op daai stadium was so 4. 14, 15 per kilometer. En er toe op nege kilometer gekom toe voel ek nee hy raak nou erger want ek kon nie lekker op my haak trap nie. Toe begin ek maar stadiger, my bier toe klaar gemaak, er onmiddelik huis toe gegaan en in'n bad geklim en iets aangesmeer en hom gestap. So as ek gese het ek afspraak vir negeuur er wat ek nie sou kon maak as ek die 32 gedoen het. My plan was so om net so onder die drie uur in te kom op die 32. ... Geen gedwas dat ek dit nie gedoen nie. Er maar er maar daai dag was dit baie koud ook gewees. Ek weet nie of jy kan onthou nie. Dit was lekker koud daar agter en ... so deur die dag wat dit baie moeilik om op my linker haak te trap.

R: So how did you feel when you realized (*participant interrupts*)

P4: At that time?

R: Yes

- P4: No ... my mind was already on the day of Comrades. Will I be properly healed in two or three weeks time? Will I start my my normal training program? Will I start running my normal times that that ... I thought of and and that kept me ... occupied for quite some time. Two weeks as I say an and in two weeks I didn't do anything. And then in the third week ... no the fourth week ... that up to two weeks I was to run the the the Om-die-Dam and then I left it. And after that I didn't run again ... I think for two weeks and then I started my training again, a five kilometre, a six. And last week I did a ten kilometre er this Monday and I did the Tukkies 10 last weekend and it wasn't feeling er bad. I ran about 55 minutes. But then on Tuesday I felt it ... back again.
- R: So have you cut down your running?
- P4: Ja.
- R: Have you run since the Tukkies race?
- P4: Nope ... nothing. Yesterday I think I ran about a kilometre. Just er ... around my house, another house, another guy, one of my colleagues' house. Just to get a feel ... it's not bad. Er, as I say it's not swollen anymore. That's why I tried it. But er I can feel won't be won't be ready er for Comrades. I think it will be a good thing er if I ... close my mind as far as Comrades is concerned.
- R: For this year?
- P4: For this year. Maybe maybe a rest up until end of June and then after that start a slow comeback all over.
- R: How does that make you feel?
- P4: ... I am going to Durban. My my booking is, has been made already. As I say myself and my wife has made that booking in September already. Er ... I was thinking of getting somebody to buy this ... holiday from me and go 'cause I I said to myself I won't go to Comrades if I don't run it.
- R: Will it make it worse?
- P4: Er ... um ... ja.
- R: You don't want to be a spectator?
- P4: No, no. I don't want to be a spectator.
- R: What other injuries have you had since you started running: not only since you have trained for Comrades, but since you started running in 91?
- P4: Er ... er ... er ... I have this on. (*shows bandage/leg warmer around his calf*) because I have er this muscle of mine. (*points to calf*) I think it's the same as muscle (*points to achilles*) And from time to time I feel it ... you know pulling and so on. I have this on just to keep it warm. I started in January al also running in races with this.
- R: Does it help?
- P4: Huh ... you know ... huh after I've massaged it bit and I've put this on. (*lifts leg and points to bandage again*) it it ... as I say just keep the the muscle a bit warm. But ... I think the real ... maybe it's all in the mind, I don't know. Just keep it warm makes me feel better.

- R: So you've had trouble with your calf?
- P4: With my calf!
- R: Do you think your achilles injury is a result of that?
- P4: Ja ... from that. And then er I had er an ankle injury ... last year ... I think it was in January ... I slipped on the stairs. And the other thing is what I told my physiotherapist the other day. I'm not sure whether it was ... I can't remember even if, was it the left leg or the right one?
- R: So you aren't sure if it was the same leg that is now injured?
- P4: I am not sure if it was the same leg that I have a problem with. I can't remember.
- R: Earlier you said that last year you didn't have a good Comrades because you got injured. Was that also your Achilles?
- P4: No. No. That was on on the ... you know, I hurt this badly. They insisted we must go and run barefoot on the beach (*laughs*) ... for three kilometres. Okay, slow ... but I don't know what I did.
- R: So what did you hurt?
- P4: My ankle ... but that was the left one.
- R: I have heard that running on the beach strengthens the ankles if you are used to it.
- P4: So it's better not to do it ... although it can be a good training also.
- R: Why do you think you injured your achilles?
- P4: Why?
- R: Yes, was it because of a lack of stretching or (*participant interrupts*)
- P4: Well, er er I must be honest, I'm not stretching as I should, as much as I should ... as much as I used to.
- R: What stretches did you do?
- P4: Er ... wh what I normally did is er before any any run I would ... just in my yard, on the grass just run slowly, a few times in a circle and then do basic stretches, you know.
- R: Calf stretches?
- P4: Calf er these muscles here as well. (*points to quadriceps*) I concentrate on my calves and on my, this thing ... What you call it?
- R: Quads.
- P4: Ja.
- R: And your hamstrings?
- P4: Hamstrings is fine.
- R: You said you have done much stretching recently?
- P4: No, not really. ... You know, when I get home from work the first thing is take off the clothes and er get on the running clothes and then ... start running. No stress. And even coming back sometimes you pressed for time 'cause I must go to this meeting or I must go there. Get into the shower.
- R: There's no time?
- P4: No ... get dressed. Gone.

- R: Do you think there's any other reason besides stretching that may have caused the injury?
- P4: ... Maybe my body couldn't just take all this anymore. Um er otherwise I don't think there's anything else.
- R: How do you usually spend your day?
- P4: A weekday?
- R: Yes, a weekday.
- P4: I normally ... er, once I'm up and I'm awake by quarter to five in the morning I don't get up, take the phone. I phone my two kids to find out if they are awake because they must get ready for school. I just give them missed calls, let the phone ring two times. Er, then they know they must get up. Er ... I must get up about quarter to six, wash. Er, sometimes I have a cup of tea or er some what's this ... weetbix or something to eat. Sometimes, not always. Most of the times I don't. Er ... I leave home quarter to seven, get to work, stressing in this terrible traffic. Supposed to start work at half past seven. I'm normally there between 7.40 and 7.50 ... if if ... 'cause what happens is I still drop off my kid and then I drive back and that's also in Pretorius Street, oh not Pretorius; Schoeman or in Skinner Street. It just gets terrible in the morning. Er, coming from that side in the morning, doesn't matter which road you take, it's it's ... I dunno. And then you still get taxis that drive on that side of the road. If I don't get a heart attack 'cause I think I'm killing myself. I get very cross with these things these guys are doing. ... And then obviously when I get to work it's ... no it's not the same everyday. Depends. Sometimes I get to work, I take the newspaper and I sit and read first. I just go through it for ten minutes. Sometimes I have to prepare for a meeting or sometimes I ... sit and just er get through work that I had the previous day that I have to complete. And my lunch is from half past 12 to one o'clock, but er nobody checks on me what I do and how I do it so to me lunch is something that I do when I'm hungry. If I'm hungry at 10 o'clock I eat. I go out and eat something. If I have work to do between a normal lunchtime then I work ... er, as long as my work gets done, that's important to me. I leave work at about four depending on the load of work I have so I leave normal work. The time to leave is four o'clock. I leave anytime between four and half past five and er then when I get home then I ... my work clothes go, my running kit that comes in and take a run, come back, sit with the family and watch TV. My wife wants to do something else, I will do whatever she ... planned. I will take a drive to her mother's place, sit and eat. Sometimes I take a book home of work and sit and do something and eat. While I'm in bed I sit and read and do work. Or I'll read a book.
- R: You mentioned earlier that you have been under stress at work. Is there any other stress you have had leading up to this injury?
- P4: ... My wife was a a bit ill ... and um things were not so good, going very good, things were not going that well at home, er at my parents' or my mother's place. My father passed away 12 years ago. So my mother's on her own, then I have a sister with two kids staying there with her ... who left school and not working. ... Er, it's things that I thought wouldn't

bother me a lot because I tried to to keep that out of my mind as well. It keeps coming back 'cause er if my mother has a problem ... I have I have to explain them. They are in Potchefstroom so. And er I have two sisters. The one sister is staying with my mother with the two kids. She's a single mother. And then I have a sis sister who's divorced ... three, four kids. She's staying on her own. But also not going that well ... so as I say er something that I thought that I can keep out of my mind and er, but it always keep a way of slipping in ... and it's all those things that affects my mind. I'm not that much worried about er my sister and the kids and so on. But my mother is more worried about the kids. Do they have something to eat ... and she would try and give them what she don't have. ... And then obviously I get all the complaints. There's not this, there's not that, there's not this, this happened, that happened ... I try to play the hard line: don't give them ... I know there's no other way.

R: Do you think that the extra stress in your life has contributed to the injury or not?

P4: No er er I can't have that much knowledge of of these type of things 'cause I er ... but I know I've heard and I've heard somebody saying once that you you you might not think about it that way, but there's there's some other factors that's influence er certain things in your body. ... It's possible, I I think it's possible that that that all of these factors can influence or might have had an influence on injury.

R: Had your training program changed in any way before you got injured?

P4: No.

R: What about the running shoes you mentioned earlier?

P4: I think I think th that they are not really the factors maybe. As I say I have this different running shoes. Look they can they can still be used, it's just that it depends where I'm using it and how I'm using it. But to repeat this one, I'm definitely going to reuse them. Er er I have to. But this is a new takkie.

R: How many kilometres have you run in them?

P4: I I didn't run up to now, I didn't run up to 120 kilometres in them.

R: What shoes are they?

P4: Brand E. But as I say I never ran, I cannot run 120 kilometres in them. And this is soft. This is a soft one. The hard one that I got now is Brand Q ... then I have a Brand F, then I have another Brand E, then I have a Brand I.

R: What do you think are the best shoes you have run in?

P4: There was this Brand K ... er ... I'm not sure which one it is. There was also this aahhh ... I can't this name, but it was discontinued some time ago, but it's back again.

R: Brand K?

P4: Brand K. That's it! My Brand K xyz was was Brand K xyz that was that was my best. I got myself er er another one last year, but er I wasn't interested when they came back.

R: Are you having any treatment for the injury?

P4: At the moment?

- R: Yes.
- P4: No ... I went to the physiotherapist for I think it was two weeks and I had about six six sessions. But I didn't feel any relief and and the other thing is er last year my medical aid was exhausted er I think it was just before September and and it's very different especially when you have a family ... if your medical aid is exhausted. So I stopped it for that purpose.
- R: Did the physiotherapist recommend anything? Did she make any suggestions?
- P4: She that er er ... in fact, what she said to me with before my last session was that if if I have the same pains and it's still swollen she wants me, she wants to send me for a scan first and then see ... get get other er er er get other advice, try something else ... with another ...
- R: Earlier you said that you ran a race recently. So do you think the injury has got better?
- P4: It got better, but it's still there. Still there. It's not properly healed. I mean er I I I thought of of of when we have the cross-country tomorrow in Eersterus ... We have a cross-country tomorrow and and we are going to be busy from about half past eight. I I was thinking of trying my legs and going and doing the 32 ... although I didn't train.
- R: The Agape 32?
- P4: Yes. Er er ... I know my body will will tell me ... I know my body will tell you're not ready for this but just to test the leg. Will it last three hours of running and then my idea was to register for Comrades on Monday and go go do Jackie Meckler next Sunday.
- R: And then see?
- P4: No er I've I've registered already then for Comrades 'cause Mon Monday is the last day.
- R: Okay, so if you run the 32 and it feels fine you will register for Comrades?
- P4: Register, yes.
- R: And if it doesn't feel good?
- P4: Then I'm not going to register. And if it doesn't work then also also then I won't register, go and do the Jackie Meckler. But it's still something, I'm still ...
- R: Confused?
- P4: Ja, I am confused.
- R: It is a difficult decision. ... What do you think will help your recovery?
- P4: Rest ... rest and treatment. While I'm at home I do this hot-cold treatment. I do my own hot-cold treatment. I have this icy ... what. Ice ... that gel. That the ... help me with.
- R: Icy Hot?
- P4: Something like that. It's a gel in a in a container. ... But that's what I do. I have er um ultra-light that I use sometimes. Er ... I also use that.
- R: Do you find that it works?
- P4: Ja ... I've also wondered.
- R: I have seen it advertised: Treat your own injury.
- P4: No, no. After I used it for ... I think after the third time I realized what people go through that keep going through chemotherapy. Er because like now I can walk at this stage. The other thing I sort thought ... is it must be terrible. And then I used this light for 10 minutes or so.

Feels fine. Go to bed. The next morning when I get up ... stand, can't walk with it. Then it takes another day or two before I can walk on it. Now what I said to you that like ... using it dit help die bloed selle of wat maak dit loss of weet ek nie wat noem dit nie en dan kandie bloed beter vloei. Dit help my met die besering. But it hurts before it heals if I understand the thing correctly. And the other thing is er I I'm I'm not I'm not working with these lights. I'm not sure if I'm using it correctly.

R: You spoke about going to cross-country. So you are still in contact with others who run?

P4: Ja.

R: Do you get tips and advice from other runners?

P4: A lot! Not not a lot of the correct tips and advice obviously.

R: Do you find it confusing when one person advises you to do one thing and another tells you to do something else?

P4: Th ... that's what I said earlier. I I went and bought another set of shoes because somebody said maybe these shoes are too soft. That might have caused the injury and I went this ... the the the F Sports Shop and he said whoever told you this isn't true. I I I can tell you the truth. This the the shoes is not a problem. I can sell you the the the shoes. It's not a problem, it's money for me, but that's not your problem. Here we got people who like stretching and also who taught me you punishing this muscle or this muscle. A lot of running er ... what happens after some time?

R: It shortens.

P4: Ja, it shortens. So what you should do then is you do long stretches. He taught me to some some stretch techniques, some stretches.

R: Have the people you run with also told you about their injuries as well?

P4: Ja ... like Michael has this injury which I can't understand ... I think he's talking the other day stupid. He has that injury which he complains about ... around his knee. Ja, he has this injury. There's a league race, he go and run this race and er said he's going to take it easy, but then go and run er 42 or 43 minutes and come back and say it was an easy race. And then after two two days, he's complaining it's painful again. So ... ja that's one of the things that I've learnt that sometimes you listen to people, you take their advice and then you think ... now this is over. When I go out I I I decide I'm not going to go faster than six minutes a kay. But then the past Saturday because I was feeling better, I felt I'd do it in just under six minutes a kay. So my plan was about 57, 58 minutes, but then I say I finished in 55 minutes.

R: I suppose there's always a danger that when you go to a race with an injury, you run faster than if you had run on your own.

P4: It's because of the people ... it's because of people that's why that's why I said said to myself it would be better to to to if I going to my training sessions than than races. You feel obligated. You run better times or but you decide. If even even on the 10 kilometre race places were I felt I was going to pass then I slowed down. But then there's still somebody that comes and says, hey come come with me. And you stick with this person, more or less

the same pace that you were going, but then after a while this guy starts going a bit faster. You can feel it. Sometimes you don't realize it. Er, but I think it happened four times on the road that I had to tell somebody, no ... after a while no you can go. I'll carry on at my pace.

R: What do you find particularly difficult about being injured? ... What's the hardest thing for you when you're injured?

P4: To see people running. Ja.

R: And you can't?

P4: That's why I didn't go to any races in the time I was injured. ... That's why I don't want to go to Comrades. Although as I said the the place is booked where I go. And I'm also using this as a holiday so I suppose I have to go.

R: Have you learnt anything about yourself and running while being injured?

P4: Er ... as far as running is concerned they say ... even at the time I was playing soccer I used to go out running before I went to to tra train with the guys. I ran between 6 and 10 kilometres at a time. Er, three times a week. So er, as far as that is concerned I don't have a problem. I don't think I feel bad about it. I don't regret it. I I I just ... the thought that crossed my mind is why didn't I start earlier with this and stop the soccer. ... Er, but otherwise I enjoy it. I'm I'm not myself if I'm not running. That's what I know about myself now. I'm not myself if I'm not running

INTERVIEW WITH PARTICIPANT 5

R: How long have you been running for?

P5: I've been running now for four years, ja. Four and a half years, ja.

R: Why did you originally start running?

P5: Um ... for health reasons.

R: Health?

P5: Ja, um I lost the usage of both of my arms and um I ... started with the Body for Life training for three months. I was overweight and stuff like that. So I lost a lot, I lost about 17 kilograms in three months. And my arms got going again. And I was ... from a training point of view I was just sort of going to the Body for Life training every now and then. And my wife started running and she said, just come for one run. So I did the Menlyn um George Claasens. It was my first 10 kay and I got hooked.

R: So your wife runs?

P5: Sh she, well she's starting to run again. She actually stopped for quite a while. I've got more seriously into running where she like walks and runs. She's not as comp um competitive as what I am. So ja.

R: Have you regained the use of your arms?

P5: Ja, no problems anymore. I couldn't turn the steering wheel, I couldn't lift it up. The doctors couldn't find anything with it and it was ... something to do er I was eating and ... obviously unhealthy food and stuff. And when I cleaned up my systems that was sorted. I was very very unfit at the er tender age of 20; I'm in mt thirties. Nou ja.

R: How often do you run a week?

P5: I run er ... six days a week.

R: Six days?

P5: Ja.

R: What does your training program involve? How many kays a week do you run?

P5: Well, it depends on with what I'm training for. I'm sort of a Two Oceans runner so I run umm in peak, we peak at about 100, 110 kays a week. Um at the moment I'm suffering from of an injury point of view, but normally about 90. We do... on a Monday I would do um speed work. That would be about 10 kays or so. Tuesdays would be a easy run, just a recovery run of about eight to 12 kays again. Wednesdays would be hills; that can be between eight and ten kays to 12 kays or 14 kays sometimes, depends on where you are and then Thursdays is a easy run again, about 10. And Fridays normally is about er 14, 12 to 14 kays. And Saturdays, depends on your long run. It can be anything from 20 to 40 or whatever the case may be.

R: Who do you run for?

P5: Club W.

R: You spoke about the Two Oceans. Is that (*participant interrupts*)

- P5: That's my race, ja ... That's what I wanna ... Er, I've done two now; this year's my second one. ... Every year I pick up an injury in Two Oceans. So I'm very disappointed. Now I've got the will. Now I'm going to do it. Well, I thought I'd run a sub five, so I was on pace at 42 this year and er ... my ITB just left me. ... So so that was it.
- R: Have you done the Comrades?
- P5: No. I actu, I actually want to move towards Ironman ... so I've been swimming as cross-training and I've been er spinning and stuff like that and um ja I actually want to move towards that as a endurance, a more endurance thing. Ja, Two Oceans and Ironman.
- R: Have you done any open water swims?
- P5: No, no. I've just, this year for cross records, for Two Oceans I wanted ag I just changed my training program little bit for the cross-training point of view. So I picked up my kays in the swimming pool for my ... I went to about 1.5, 1.25' that's kays at a time and then spinning. I was spinning once a week, twice a week just to that gains for cross purposes. And then I did a lot of gym work and so forth.
- R: So you haven't done any triathlons as such yet?
- P5: No. I'm gonna do my first one now in September. It's the Energade one. ... That's the reason why I joined Club W.
- R: They have cycling too, don't they?
- P5: Ja.
- R: What other races have you run?
- P5: Long ones?
- R: Yes.
- P5: I've only done four, eight er ul er marathons and ultras. I've run er Deloittes, I've run Om-die-Dam this year, I ran Pick 'n Pay, I've run um ... let me think I've run Johnson's Crane ... I did Two Oceans and ... ja, that's it. And then I've run a lot of 30s also, the Monster and er Bronkhorstspuit and those kind of things, ja.
- R: Besides the Two Oceans, which race ranks as your favourite race?
- P5: Um ... of the one I've done I've enjoyed Om-die-Dam actually. It was a nice run for me. And Pick 'n Pay I also enjoyed.
- R: That's the one in Bedfordview?
- P5: Yes ... that's the one. But I I um wanna like er still try and do the Long Tom and I want to do Loskop and ... I haven't had a chance to ... I haven't been running on a Saturday. So I still want to do all of those.
- R: A lot of runners rave about Loskop.
- P5: Yes. I want to try that. Actually, I wanted to do it after Two Oceans this year. It's just that normal ... run and um obviously I couldn't run this year again 'cause of injury. So I'm not going to run Two Oceans next year. ... I'm going to take a year's leave of the Oceans and then sort of run Loskop and Om-die-Dam and all those things and then the following year go and do Oceans again.

- R: Have you any intention of ever running the Comrades?
- P5: Um ... later on, yes. Er ... what I've learned is okay maybe I'm dumb, but I've learned that I must strengthen my body much more than ... 'cause I never ran at school. So um ... yes.
- R: Many experienced runners would agree with you. They say one should not run the Comrades when they first start running.
- P5: Ja, so that's my ... that's what I ... and if my ITB gives me problems in Oceans every year ... In my my mind saying if I run a good Two Oceans, a sub five Two Oceans without injuries, I think that's the year I'll run the Comrades. That could be my ... that I would know I'm right.
- R: Besides running, what other interests do you have?
- P5: Um, I play golf. Um, I ... obviously rugby, I'm involved in coaching rugby. Um, you see my children are at school so I'm very involved there too. So it's ...
- R: Did you play rugby yourself?
- P5: No. ... Well, at school yes, but not pro professionally, no.
- R: Okay. I just wondered when you spoke about not being able to use your arms.
- P5: No ... it's just an in internal thing. Muscle, where it joins the muscle got swollen up and the doctors couldn't tell me what's causing it and then as you would turn your arm it sort of stopped it ... um on that, in that range. So that was the problem.
- R: Earlier you said you were hooked to running. What benefits do you experience because of your involvement in the sport?
- P5: Um ... I think the camaraderie um between runners. Um the fact that you you you know if you're fit , then you're strong, you've got a lot of confidence in the commercial world um for a business perspective, feel good about yourself. So I think from that point of view you you I I think that's the value running's given me. And it's also given me the ability, especially if you run the long ones, mentally to to know... I always think to myself if somebody has run past 42 in his life then that guy's got guts. And there's not a lot of people. So mentally, it made me mentally strong also ... in tough situations. So from that ... that's why and then obviously the social around running is very nice.
- R: I suppose that during hassles a runner is able to say: it's okay, I'm a runner, I've got endurance.
- P5: Ja, yes. And and the pain that you go through, undergo at that time. Your body says you must stop and you still go on and ... Take this year's Two Oceans, my body wanted to go home, but I finished. And if you could just push yourself through that ... the pain when you needed to stop at th that point.
- R: Where in the race did your ITB start troubling you?
- P5: At 42, just before Constantia. Er, my splits were perfect, I was feeling good, everything. And it just went (*claps hands*) My leg just went up and it just pulled. And that was that. And then it was physio station to physio station.
- R: Running or walking?

- P5: Um walking and then the last ... as I er walked up the final stretch. And, of course, that was terribly sore and then um as I got to the top I started to sort of stroll a little bit and then the cramps would start again and then run; of course, obviously you start compensating ... so, ja.
- R: What time did you finally do?
- P5: 5.28.
- R: What is your best time for a 42?
- P5: Er, 3.40, 3.47, I think, this year.
- R: And a 21? Have you done a lot of those?
- P5: Ja, it's about 1.36, I think um. But I've still, I've never had ... What happened is I ran for two years and then I said, um I've I've got to run the Two Oceans this year and I got involved in a group that, sort of a training group that's structured training and so forth. So I've never had the opportunity to race a 21 or because I've never just had enough time to prepare. So I just have to qualify or just run the long ones and so forth. So ... but ... and obviously now with ... when I get and last year after I got the injury I only started running er um constantly every day in a structured program this year, last year November. So I basically for that and then now again, I got a picked up an injury and um but it it looks like it's it's sorted now.
- R: Do you find it beneficial to train in a group?
- P5: Yes.
- R: From a social point of view or running point of view?
- P5: Structured point of view. So there's a structured training pl er er er running ... what do you call it? Er, a training plan and the we all run to that, to our own pace and stuff like that, but ... So I know today the group, we al always run in the afternoons, but if I can't make the afternoons because of work or whatever the case may be I go and run in the morning.
- R: And you know what they are doing?
- P5: Ja.
- R: Do you experience any negative consequences because of running?
- P5: Ah ... no ... er ...
- R: What about disadvantages?
- P5: Ag, I must be honest, from a disadvantage I've I haven't picked up any disadvantages. The only thing that that frustrates me is the injury. And it's it's it's a mental thing to get of. I get negative because I was very fit for Two Oceans this year. Now I feel I've lost three weeks now ... I'm running five kays, six kays just rehabing to get back into this process. But I've never had this opportunity just to go through and just continue. So that's my frustration, but it's not, I haven't picked up any negativity and stuff like that.
- R: How would you personally define injury? ... Let me give you an example: some people say they are injured when they have a niggle while others only regard themselves as injured when they cannot run. Where do you stand?
- P5: If it prevents me from running that's when I say that then I've got an injury.

- R: Prevents you from running altogether or prevents you from running the way you want to run?
- P5: Prevents me from running totally. So, it forces me not to run. So I can't can't get into my takkies then I've got an injury. And if the the doctor says wh when they look at my injury and say, no don't run, then that's an injury for me.
- R: You said that you picked up the ITB injury in Two Oceans. Was there any warning beforehand?
- P5: No, look I I picked up the injury last year and then with the physio um A and Dr H; I've worked with them and they solved the injury and I had no problems in the build-up. I actually had great long runs, no pains, anything. It just came out of the blue, this year. I did all my stretches. I did all my preparations, everything. So, it this year it just came out of the blue. So it was recurring from that point of view. I don't know why and stuff like that.
- R: What was your initial reaction at 42 kays into Two Oceans (*participant interrupts*)
- P5: I wanted to cut my ITB out. (*laughs*) That was my initial reaction because otherwise I was perfect. I had so much energy left so no that no ... I wanted to trade it in somewhere.
- R: How is the injury affecting you now?
- P5: Um, well fitness-wise it's obviously taken a dip um and you you can't I can't get up to that level quick enough, so from a ... you can't train a much as you want to.
- R: And how is it affecting you in other aspects of life?
- P5: Ja ... um so so, other aspects I I I sort of work in a very tense environment, so I mean to use that as an outlet so I um ... unless you getting it rid of it more regularly you're getting frustrated more regularly and stuff like that, yes.
- R: Earlier you spoke about swimming. Have you done any?
- P5: Um ... I must be I must be hon, oh the other thing is what I must also mention is with an injury I tend to get lazy because I'm not in a structured program anymore. So I so I don't train 'cause it's not the case. So I didn't get back to swimming and I didn't get back to all of those things. So er ... which I should actually do. So if I get back into that structured discipline then again I think it will ... 'cause it's easier to pop out now than when you're you're running obviously, when you're training for something.
- R: Is ITB the only injury you have had?
- P5: Ja.
- R: So, in the four years you have been running you haven't picked any other injuries?
- P5: No. What I must also say from an injury point of view is I tend to go to the physios once a month just for a check-up, just if everything's okay, rub-down, if there's any problems with muscles and so forth and then if there's nothing, I continue. So I'm very proactive from that point of view.
- R: You go even (*participant interrupts*)
- P5: There's nothing. I just go for a check-up.
- R: Do you do any gym work?

- P5: Yes.
- R: Prescribed by your physios?
- P5: Um ... it's jus, that's just because I use to gym and um with the with the doctors your core stability and all those sort of things they said, okay I need to improve that. So I'm I'm training according to those those training programs at the moment, yes. When I get back to the gym that is.
- R: You've given that up too?
- P5: *(laughs)* ... I do some work at home like you er, she's given me sit-ups, a certain way to do sit-ups and your back and strengthen your er er ITB exercise, that's ... I'm doing that at home. I'm not doing that in the gym at the moment. I do some little bit of weights at home, but nothing serious gym work at the moment, no. Sort of maintaining.
- R: Where do you go to physio?
- P5: At at School F. Behind the main pavilion there's a physio and there's a gym also there. I must actually go to the biokinetics there. They've got a program for eight eight sessions where they train you how to do improve your core stability so you can use that in the future also.
- R: You seem to emphasize core stability.
- P5: Yes and I I think the reason for that is just because I wasn't um running at school so I never had that base to work from and I just wanna create a base I can work from in the future.
- R: Why do you think you picked up the injury?
- P5: Like I feel overtraining ... this year... 'cause I ran the Monster, the following week I ran Akasia 42 and the following week I ran Om-die-Dam.
- R: Did you race them or just run them?
- P5: Um ... I must say the Akasia one I ran a little bit faster the last half of the race ... sh ... shouldn't have maybe and then Om-die-Dam I just ran easy and and and monster this year was a tough one with the Menlyn car and stuff like that. But I never raced it. It was an easy run for me. So um I think I should have run the Akasia 21. I did the 42, after came the 50 afterwards. So that's my theory. Overtraining, that's my feeling.
- R: Because the three races fell over three consecutive weekends?
- P5: Ja ... I should have broken it up then.
- R: Do you rest on a Sunday?
- P5: Yes. Yes, I rest on Sundays. ... Ja, no I rest on Sundays. What I tend to do if I've got time I might go for er a easy swim. On a Sunday.
- R: Why do you think you trained too much?
- P5: Because I wanted to achieve my goals too quickly.
- R: How do you usually spend your day?
- P5: Er ... a typical day would be if I got meetings in the afternoon I would um wake up in the morning ... at er run run in the morning, do my training for the morning, then obviously go and do my day, depends on my f ... Look Mondays and Wednesdays, I coach so then

Mondays I go and coach or I must rather say on a Monday in the morning I would go to the gym and swim or whatever, do my day, coach in the afternoon and run from school or run back home. That would be my Mondays and Wednesdays. Thursdays is recovery run so I would then gym maybe or do spinning. When I used to spin, I used to spin with the Ironman guys. So I'm spinning on Tuesday mornings and then run in the afternoons. Thursdays I just run, Fridays I just run. Fridays I would do some gym work at home, sort of just do a bit of weights, sit-ups, stuff like that and then on Saturday your long run. That's it.

R: Would you say you were experiencing more stress than usual just before you got injured?

P5: No, it's the same ... yes.

R: So you don't think stress contributed to the injury?

P5: No ... it's the same kind of work environment. No.

R: Earlier you said that you had overtrained. Had anything else in your training program changed, that you should possibly not have done?

P5: I would, I would do, I would have done more hills and I would have done more base training. Er ... and then, um well I didn't, I don't think I did enough of that. But earlier earlier in my training this this, Om-die-Dam was moes at the end of March. So that's three weeks. I would've done, I would like to do that sort of November, December, January. So th that at my high hills, high base, I finish my base training ensovoorts and then p peak on that. But, ja.

R: What about shoes?

P5: No ... shoes I had problems er I used to run with um Brand G. I had problems with, I moved to er Brand J 234. Um and they worked for me and then I tried the after, I tried the Brand T 564 and my injuries just sort of just ... um they don't go away. It actually got worse. I went back to Brand J 234 and it obviously it's it won, it was fine. I'm still running with them. So I haven't got a ...

R: How many kays do you normally get out of a pair of shoes?

P5: About ... on my logbook um I work on about ... 700, 800 on a set of Brand C.

R: You can't get any more kays out of them?

P5: No ... er I I run my shoes out internally, not externally. If my bridge in my shoe goes then I know it's pop.

R: How often do you go to physio and what does your treatment involve?

P5: With regard to this injury?

R: Yes.

P5: Um, I went now, since I got back I went twice a week and then um they did I dunno what it is. She obviously does that needle that they put into your leg.

R: Acupuncture?

P5: I have acupuncture there. Um she did um that; you know they've got those little machines that they put on to you that sort of stimulates the muscles and stuff like that. And um ... then obviously they rub it and put their elbows into you and (*laughs*) It's a lot of pain, yes. (*continues to laugh*) And er I went twice a week and I actually finished with my treatments

with her now this week. And now it's just really um now I must just run eas easy runs between five and eight kays at the moment. ... And then picked it up from there.

R: So you have done exactly what they have told you to do?

P5: Yes.

R: Have you used a cybex machine during physiotherapy?

P5: No, no they haven't. ... What was interesting, maybe I must mention this. They measured my um ... my alignment and when I got to the physios the first time um 'cause I went to a few physios before I went to A at School F. Um and the one said doctor, one said shoes and the one said this and the one said that and um I got to M and they measured my alignment. Dr H and both of them. And they saw that my legs weren't the same line. And er they picked up, they asked me if I have lower back pains which I had at the time. They could pick up that there was spasms in my back. They worked on that and for the first time after that treatment I could that I've got rhythm, my rhythm back and I felt much better. And then after that my alignment went. My one leg was taller than the other one and so I'm a, I think my right one is a little bit taller or longer than the other side. Ba ... and since then it was fine. And again they've released my back again now and on my first run: no problems. I could feel my rhythm is again there.

R: Did they also give you back exercises to do?

P5: Umm.

R: You mentioned that you have been to other physios. Were you not happy with them?

P5: Well, I didn't get results. Um and there er, the one said it was my shoes. So I went to the shoes and I changed to Brand T and it just went worse. I started again. Pains over my shins, I started to get pains all over the place and the reason was my ITB. So I went back to and then I went to the Dr H, she's a sports doctor also and then she said to me um why did I do. B by that time I also w-ent back to what I knew worked for me. And um other physios sort of jus just did normal treatments, they said they must look at it and so forth. And Dr H and A both specialize in sports injuries. ... So ... and obviously I started to get results from them. And they gave me the right training programs, right stretches.

R: And you trust them?

P5: Well, yes because I got results there.

R: Do they have a background of running themselves?

P5: Dr H does, runs herself. She runs um she does the Ironman and um sh she runs also. She's also a member at Club W. Er, A um does a lot, looks at a lot of sports. She does, she was the physio for the, you know, for some cricket ... She's got the pictures up for cricket teams. Um she was X's physio. Um, some of the rugby players go to her. Obviously with School F being there she picks a lot of er expertise. So, I think from a, from how I look at problems um she's she's got a lot of knowledge around sport ... injuries and so forth. So yes. And I've referred a lot of people to her also and they all come out with er great results and stuff like that.

- R: You don't think your injury has anything to do with pronating or (*participant interrupts*)
- P5: No ... I think the science around that, to be honest with you, I think the science around that is so good. If you go to J Sports Shop, they've got a video camera there and they can see if you pronate or you don't pronate. If you go to J they know exactly, they've they've got so much experience in that. They stick those tapes on the back of your leg and they measure if you pronate or you're neutral or whatever the case might be. So I don't think that ... um ... what was interesting for me was the back spasm. Um ... that I think was just one of those things that happen. But I think if you look after yourself, ja the science for that is too good.
- R: What is your feeling about going to chiropractors for treatment?
- P5: Chiro ... ja, I haven't got a problem with chiropractors. Um ... I get the same benefit at the at the physios. They work on my back and it also goes CRRR (*laughs*) and there's just more pay involved. But ja ... I I would suggest sport physios, people who, I've always said if I go to a doctor for personal health, I go to a doctor who's also a doctor like Dr H as well, I went to there. And A who who gets a lot of sports injury people coming to them because that just increases her experience on sports injuries. But if you're a physio that just sort of does general work, you're not going to have a lot of knowledge around sports injuries or running injuries and so forth. But if 80% of your practice or 90% of your practice is just related to sport, I think then you have a very, more experience around sports injuries than others.
- R: Have Dr H and your physio, A told you not to run at all?
- P5: Yes ... um A said it to me after Two Oceans now ... That I'm not allowed to run at all ... I wasn't allowed to run at all for two weeks and I can start running now again.
- R: How did that affect you?
- P5: Well er it's bad for me. (*laughs*) I would rather get over my injury in three weeks time than than battle with it for six months like I had happened last year.
- R: When you can't run do you feel negative?
- P5: Oh yes. Ja.
- R: Do you ever fear that you may not be able to run again?
- P5: Yes ... you always fear that.
- R: What factors do you think will facilitate your recovery?
- P5: Um ... some ... I must be disciplined, obviously do what they (physios) say and then and then the advice they give you er I think is ... um strengthen your body, do the ITB exercises, make sure that your injury and try to prevent that. Um and I'm sort of a person that sort of works proactively rather than reactive, so. And yes, I would would take it slowly now and slowly, but surely build myself up. That's why I decided in my mind that I won't run Two Oceans next year again. I would rather take a extra year's rest and then sort of run it the following year. Um ... and see if I can't strengthen myself and get continuity on the 42 and maybe run one ultra, two ultras next year, something like that. And to make sure that I get my body strong enough. Because I spoke to um ... an athlete, he's he he runs the, he came sixth and

tenth in the Comrades already and he's won a few ultras and so forth in his life and he said to me um, run a lot of 10s and 21s first before you start running the long ones. And that advice and of course strength, obviously it strengthens your body. He said to me, get your body strong because he also he also never used to run at school, but he started running in his twenties and er um he said to me he did a lot of 10s, 21s before he actually went. And he was a triathlete also. He was South African captain for the triathlete team. He just to do like a lot of tens and those kind of sp and their bodies and to strengthen and me starting to run so late in my life I actually ... can see why he's been saying that. Um, so ja. I would rather run I would rather run until I'm 70 than have to stop running at 50 if that makes sense.

R: Yes, it does.

P5: So ... and there's nothing chasing me. I don't don't wanna become the winner of the Comrades or I don't wanna become anything like that. I just wanna be fit and healthy, that's the ...

R: And enjoy it?

P5: Ja ... I've got two young boys so I can run onto a rugby field with them and play touch rugby with them. I can run onto a tennis court with them and play tennis with them at the moment. So I haven't got ... it's that, it's those benefits also. That fitness.

R: You mentioned earlier that your wife runs, but not as much as she used to.

P5: Um ... no, not a lot. She she actually had a er injury in her hip at a stage. And she didn't want to go to doctors and stuff like that. She just stopped and um she slowly, but surely she walks like one day. She started to run now like 5 kays a day and so forth. She's not as as keen as I would be.

R: Does she understand your injury? I'm not only referring to the facts.

P5: Yes ... yes.

R: Do you feel she's giving you the support you need?

P5: Ja, no, absolutely.

R: Are you still in contact with the group you normally run with?

P5: Oh definitely. We have a leader of the pack, F. Anyway, but through with him he, this training group used to be with P ... I don't know P's surname now. P moved to the UAE and we just continued training. So, so I sort of keep in contact with them and say to them what my progress is and so forth and ... what do they suggest etc.

R: Do you feel you're missing out because you're not out there with them?

P5: No absolutely ... 'cause there's a, I run with a black guy called D. We train together and um he he goes on for the Comrades. I do, we normally do all our long long runs together and so forth. And I would like to have just continue with that. And he's sort of moving away from me again and I must catch up with him again.

R: So you would have trained with him until he went to Comrades?

P5: Ja, I would not I would not do, I would not do the 60 kay long run, but I would do all the training with him and so forth. We're always been training together for that.

- R: Have you had any tips or advice from other people who run?
- P5: Yes.
- R: Do the opinions and advice dif (*participant interrupts*)
- P5: Ja, I think with any sport it's like that. Um, there's a lot of opinions ... what people say from their experience. I tend to ... open my ears up to the old guys. That's just the thing that that I've learnt out of life. Um, I had a lot of problems in the beginning with um ... supplementation wi on your long runs and um ... and som there's some of the guys you can hear they've done research and they know what they've done and so forth. And then I would listen and I would try it. And if it works for me then I would use it. Um ... but yes that's, I would take from the older and people who've got a lot of running experience. Um, but ja. And and I've got an argument: if a super athlete runs the Comrades in 5 hours 30 minutes, he doesn't know what happens to your body on 8 hours.
- R: And he doesn't know what happens in 12 hours.
- P5: Yes ... so, so um so I would th then listen to the people who's who's done their 10 or 20 Comrades and what happens to the body at seven or ten or eight, eight hours or whatever the case may be.
- R: That's valid. However, did you initially find all this advice confusing?
- P5: Yes.
- R: Do other runners relate their own experiences with injuries to you?
- P5: Yes ... ja, no absolutely, ja.
- R: Do other runners' stories about their injuries frighten you?
- P5: I listen to a lot of people talk about, a lot of my friends are doctors and and they say to me, if you go and they also used to run and er they say to me if you go past your ultras' time, your ultras, your 50s you tend to, your body takes a lot of strain. So that's also maybe why I've never sort of looked at the Comrades. From from a that perspective. Same as, again coming back to what I'm saying I'd rather run until I'm 70. I might run one Comrades in my life ... for the sake of it. But I won't be a Comrades runner, no.
- R: So you obviously don't share the view of many in South Africa that if you don't run the Comrades you're not a runner.
- P5: Not at all.
- R: What do you find particularly difficult about being injured?
- P5: ... I think the fact that you can't be in your normal routine because I'm a very routine person so I'm missing out on a lot of routine everyday. That's frustrating, ja.
- R: Have you learnt anything about yourself and running from this injury?
- P5: Oh absolutely, ja. Er, um I think from a self point of view it's it's to control yourself. It's not to push yourself no more. Um ... because I've got this attitude: if I run I I always run a hill, I never walk a hill, I never walk a hill. Um and to walk to me is ... I just don't want to walk. So now if the pain comes, I have to walk. So it's it's, I've learnt I I've I've started teaching myself to listen to my body, um especially if you're still young um you and sort of be more

disciplined from that perspective. So I think that's ... that's the lesson I have learnt out of this. To control yourself more, take time, be patient, all those kind of things. 'Cause I never was. (*laughs*) So I think that's the strong, er I think that's the positives out of it.

R: So you don't subscribe to the idea that you must incorporate segments of walking when you are running?

P5: I, when I started to run for the first time I downloaded a ... er training program from the Old Mutual website and that said walk, walk three minutes, run for six minutes and so forth. And I started on a program for two weeks and I just said, there's no way, I'm running. So ... to me if if you walk, you're gonna walk in races. If you wanna improve your time I gonna tell you ... and I must say I do. These people come to me and say, I want to start running, I would say, listen ... do this for two weeks and sort of feel yourself out, but don't to prevent injury again. But then from there on decide what you want to do, but just don't start running a 10 kay or don't start running a 21 for the first time because you you're going to get problems. So ... but um but my opinion is is if you're going to walk in your training you're going to walk in your runs. So, how you train is how you're going to run. That's my feeling with this and in a race also, if you start to walk that's how it starts recurring. If you run it, it won't.

R: Even if you're tired, you won't stop running?

P5: Yes ... ja and that's why in training if I see a hill, I run it.

R: What percentage of runners do you think suffer from injuries?

P5: Overall?

R: Yes.

P5: I would say ... quite few, 30%.

R: Do you think the other 70% will never have an injury?

P5: I think I think more people are more prone. I think a lot of people start running later in life. That's why I ask you what age. Um ... a lot of people who started running earlier in life like maybe at school or in their early twenties tend not to have so much injuries and also it depends on how they manages it. I'm I'm seeing a guy, there's a guy in our club who's run 300 ... six ... I dunno how many marathons and ultras and stuff. So look at him, I say to myself, I never want to go there 'cause I can see he battles. He ran his Two Oceans this year, I think it's his 23rd or 24th Two Oceans. He ran it in 6 hours 50 minutes. ... He made the cut-off with ten minutes. But when I look at him he battles. Um, so from that perspective um I would 30 to 40% if they start running late in life. But if you've managed yourself throughout life then I think you're pretty okay. ... And there's not a lot of people who goes past the 21 mark ...ac according to me. That's what I see at the races. I am starting to find faces that I see at the long ones and so forth.

R: Yes, if you go to a 10 and 21 kilometre race, the majority run the 10 kay.

P5: Ja and then and then and then if you go to your and not a lot not a lot of them go past the 21 mark also, the 21 runners. Um if you look at your 10s, tend to sort of have races of about 1200 people, 900 might or er 800 might do the 21 and percentage wise it just gets smaller

and smaller and smaller ... to 42s, to 50s and so on. So that's why I think about 30% of your total running group maybe pick up injuries. ... That's my reason.

R: Do you regard anybody who runs as a runner even if they jog around the block?

P5: No ... to me if you're ... you're a member of a club and you've got a licence, you're a runner. ... To me if you you're registered with a club and ... your intention is to run. So if you run the club runs, ja. But er you still ... but maybe the definition should be if you in a training program every week and you run at least four or five times a week and you run your races on weekends. Yes.

R: Is there anything else you would like to say about running or injuries that you think may be of value?

P5: Ja ... I th I think there's two things: you're proactive and you look after yourself and you're disciplined from those perspective, I think you can prevent lots of injuries. In ITB I I know, what I've learnt out of ITB in speaking to a lot of people that say ITB is too many kilos too quickly. ... Um that's why you get ITB injured, er ITB injury. And if I look at my background that makes sense.

R: So you did too much too soon?

P5: Umm ... too quick, the long ones was too quick. I should have wa, I should have actually started with my long ones this year.

INTERVIEW WITH PARTICIPANT 6

R: How long have you been running for?

P6: Seriously from ... 91. I did my first races in 87.

R: Why did you start running?

P6: As I grew up I had to run where I wanted to get. There wasn't money for anything else ... so ... And then at varsity ... I ... um had a girlfriend that was into long-distance running ... and that's how I got involved in ... road running as such.

R: How often do you run every week?

P6: I actually er don't ... er ... peak training I do 10 to 12 sessions a week.

R: In a week?

P6: Yes ... I would would train ... um ... Mondays, Wednesdays, Saturdays. I would do double sessions. Tuesdays, Th ... and Thursdays. And then Tuesdays, Fridays single sessions. Sundays, rest.

R: And how many kilometres a week does that involve?

P6: Peak training, 120 kays a week. Um ... on average I do about 60 kays a week in a year, but then I take a couple of weeks off. My work is such ... that I can't always do what I want to do. ... Um ... I very very seldom go over a 140. I try to do ... a couple of weeks around 100 plus a week ... with um hill training, with speed training etcetera.

R: What does your training program involve? Could you please describe a typical week's training.

P6: Typ typical week would be ... morning runs ... comfortably. Um, that's just for extra distance, clear the mind; those type of things. Um ... Monday afternoons I would do speed-work, Wednesday afternoons I would do either hill training or a long run. Thursdays, time trial... or ... hills if I didn't do the time trial. Saturdays would be a race or a long run.

R: Have you done the Comrades?

P6: Yes, I have done 12.

R: What other races have you done?

P6: I've done a couple of 100 kay races. Er ... I've done Oceans a couple of times. I've done Long Tom. ... Er, my favourite is Om-die-Dam. I've also done 12 times. I've done Loskop. I've done City-to-City. ... Er, I've done 40 other marathons. In in total I've done more than 100 marathons and ultras.

R: Have you ever done the Washie?

P6: No ... er er I haven't done the 100 miler yet. That's ... was part of this year's planning. So I ... that's now moving onto next year.

R: What distances do you prefer?

P6: Two distances, 15 and 50. 50 seems to be my absolute best distance.

R: And 15?

- P6: 15 ... I don't know why, but I've run ... a number of very good times over the distance. It's it's not as hard as a ten kay and it's ... um, but it's not as long as a 21 so ... it seems to be a very good intermediate distance.
- R: What is your best Comrades time?
- P6: I haven't had a good Comrades. My best is a 7.22. Um, but I'm supposed to be able to go much faster. I've done a 3.56 Oceans, I've done a ... 3.22 at Om-die-Dam which is a 50 kay race. Looking at that I should be able to do at least a sub 6.45 Comrades, probably around 6.30, 6.45.
- R: And your best marathon?
- P6: Um ... on a standard course 2.48. I've done ... re results say a 2.45 at Elandsvallei. I don't count that. ... It's it's not a recognized course. It's an aided course. The variation in altitude is too much. It's more than four to five metres per kilometre on average.
- R: Besides running what other interests do you have?
- P6: Sports wise, I don't do anything else. Um ... but I mean I've got a lot of other interests, but that's as I say unsports related. ... Reading ... um ... birding etcetera. So.
- R: Do you incorporate gym work into your training program?
- P6: I did previously ... I simply don't have the time. Um ... until 2001 I just used the gym at Centre ZZ ... I was a member there until 2002. ... Um, then I left the club ... after about 15 years.
- R: Club E?
- P6: Yes ...um, I was chairman there for four years and deputy for another, it's about four years. Um ... but ... I don't have access to a gym at this stage, but ... I mean ... I do power training and plyometrics and those type of things, but that I do at home. So I would do push-ups, I would do crunches, I would do sit-ups, er ... um we've got um ... parts of tree trunks er so I can jump over and onto and those type of things. I use steps.
- R: What does plyometrics involve?
- P6: It's basically bounding exercises ... like that (*demonstrates*) which means it's it's pow ... power exercises. It's it's more typically your sprinters and er your hurdlers that would use it. Um ... but traditionally I've been very strong on the hills. There's nobody that runs my type of times that can stay with me on a hill. They can catch me on a downhill and maybe on er a flat, but not on an uphill. Um ... er those are the typical exercises that strengthens you. I also do a lot of running over hilly routes. So, that makes a difference.
- R: What benefits do you experience because of your involvement in running?
- P6: Well, it's the best way to sort out your problems. You go ... I I can really if I'm absolutely frustrated I can go out and I can kill myself on the road within ... 18 minutes ... being one of my shorter routes, about just over five kays. Um ... I'll be completely wasted. I'll probably finish with a pulse of ... close on 190 ... and when I finish I'll stagger around literally for half-an-hour before I can catch my breath ... but ... I'll feel so much better. And also if you go for a long run. I mean the longest runs I've done on my own is 68 kays.
- R: On your own?

P6: On my own ... and ... it gives me a lot of time for yourself which I don't always have. Not with my work, family and er all the other commitments as well. ... And I get the benefit that I'm ... reasonably competitive. I'm ... I do sometimes make top ten etcetera. Um ... out of town races I've had ... two second positions, a couple of thirds, a couple of fifths etcetera. So ... it does make a difference. And ... I mean ... I'm I'm turning veteran this year ... so I can get back to speed ... so I'll um be um um ... top three in my age group category quite regularly.

R: What do you see as the difficulties and disadvantages of running?

P6: ... The only thing is probably time. ... It does take you away from other things that are sometimes important. Um ... although it's it's not important for meee in that sense anymore because ... for the last close on two years I've been working for myself and from home. Which means I am there. It's not as though I leave home at seven in the morning, or go to work, get back at five, say hi and bye, go for a run, get back at six and everybody's upset. I'm there so in the afternoons ... when my wife has to take the children to their extra-mural activities, she'll always leave one or two with me. So, she doesn't have to take them all along. ... That's made a very big difference so ... Disadvantage ... I really don't see any.

R: Have you experienced any negative consequences because of running?

P6: Well, previously when I was ... not working from home we did have our fights because my running was taking up too much of OUR time. Um ... which, I then started to run in the mornings. ... Um ... but, as I say, it's not a problem anymore.

R: Moving on to injuries, how would you personally define injury? ... Some people regard a niggle as an injury while others only see themselves as injured when they cannot run.

P6: Okay ... ob obviously you have different degrees of injury which um ... that's from, while it depends on who you read, from one to three or from one to four or ... even to five where you have something that niggles you and you say, er maybe I should just take a rest day or whatever. Um ... something that ... that goes away after a couple of days once you ... and then you get those type of injuries where you simply cannot run. Um ... I haven't had those ... much in my life. I had an achilles ... um ... in 1998 which took me off the road for ... I think six weeks I couldn't run at all. Um and ... each time I started doing hard training it came back until about two years ago and I believe that's ... finally gone. And ... on two occasions in the last seven years I've sprained an ankle during running where I ... um ... where a rock gave way or whatever and then obviously you're out for a week or two weeks and then now with this stress fracture. I've been off the road now for, tomorrow will be 15 weeks. So ... um ... up until ... in my running career I've been off for um 22 months at one stage with a knee injury, but that was caused by wrestling, not by er road running. It was something external.

R: If you had a niggle would you regard that as an injury?

P6: No ... no... it it might sometimes you you you'd find that the niggle persists, that okay fine I should take a rest day or two or even um have um a very easy week or something like that, but no it's not an injury.

R: Is it only an injury when you cannot run?

P6: ... You have to see how serious it is. I mean if you can't run then obviously it's an injury. Um ... but you you can feel that um an injury that something is starting to happen and if if you don't look after yourself then something will happen. Um ... so ... I mean even with this injury I was, the niggle was there and it was persistent so I backed off a bit and then I started to run just twice a week and everything and ... Obviously it wasn't good enough and then it finally gave way and I ... couldn't run.

R: You've had it for 15 weeks?

P6: Umhmm.

R: You spoke about a niggle. Don't stress fractures just happen?

P6: No, no but I. No, I I felt ... a double pain in my tibia and ... it didn't go away so I backed off a bit. I just ran a time trial and a race. And and not even racing, just as a hard run. I mean I was doing ... last year I was running 37, 38 minutes in a 10 kay and I was running this year comfortably 41, 42 minutes. So it was not as if I was racing. Um ... but then on 4 February I I did run a race; I ran a 38 anddd after that it I just couldn't run anymore.

R: Did it happen during the race?

P6: I was very much aware of it during the race and ... I did a route race course that um ... well we did the practicals that day. Um I had to be on the bicycle and it was with me all the time and then after that ... I had to go for x-rays and found that that I was probably lucky that it was just a stress fracture, not a complete fracture ... because if you look at thee um x-rays, that I was with Dr F you find that if your tibia is let's say 25 millimetres, the crack that actually went through was about 20, 21 millimetres so it was very close on a full and complete break.

R: What was your initial reaction when you realized you had a stress fracture?

P6: ... I didn't realize it initially. Um, the symptoms were really um shin splints um symptoms. So I thought, okay we'll give it three weeks and start again and ... when after two weeks I'm still very much aware of it I felt like making an appointment with Dr F. She was fully booked for another two weeks so it took four weeks before I could get there. It was then it was um ... identified as such. And typically a stress fracture is supposed to take about six weeks to heal. So I thought I've got two or three more weeks, no problem. Although I had already been missing some of my key races 'cause I was really going for a good Oceans; I was going to try break 3.55. Um ... and ... um ... then the whatever a lipid gram is in English um ... and ... it showed that the stress fracture as such had completely healed. There was no more radioactive um radioactivity in in the area. Um ... but a bursa had developed as well so there's now still a problem with the tendons and so, um probably attached to them. So er ... I started running last week but it's literally ... We live opposite ... um one of the

municipal parks. And I would do a couple of rounds jogging around the park at ... I started at about five minutes a kay and at least now it's down to four and a half minutes a kay which for me is still slow. And I haven't even done four, five kilometres in a sin single session yet. And I only do two or maybe three sessions a week. It's still very very much ... I have to be ready by the time of Comrades because I'm going down with friends. I'm seconding her. But she's walking. She's a power walker. Er, she's walking Comrades and her husband and I are going down to second her. But it means that once we get onto the route I have to go in a couple of kays, meet her and get back, get to the next point. So, I'll probably be doing 30 or 40 kays of that. So I have to be ready for that. Obviously it's not it's not running hard or anything. Part of it I can walk ... which I'll probably have to do. Um and then I I still hope to be ready in time to make the um AGN team to the SA Cross-Country Champs which I did last year as well.

R: Is seconding allowed in the Comrades?

P6: Yes. Stand and hand to the guys. No vehicles, no bicycles or anything. So you can drive to one of the points where you can get access from um the highway and then you can stand next to the road and hand. That's no problem.

R: And run with them?

P6: No, I can't ... I may not run with them. Um or not more than I think 20 metres. But I can run against ... the oncoming runners, go in five or six kilometres, give her her stuff there and then her husband will be here (*demonstrates*) which means we actually get to her twice within 10 kilometres. Then I'll I'll get back, but I won't be running with her. I'll be running ahead of her, behind her or whatever, but I won't run with her. I don't want her to be ... disqualified or anything, then we'll go to the next point and we'll do exactly the same. Which means she should never be without ... um something for more ... maximum 25 kays. And that, um ... well for that she can carry whatever she whatever she needs.

R: Are there a number of power walkers who do Comrades each year?

P6: There are four of them that are going together this year. Um, they're all from AGN. And there will probably be a couple from other provinces but I would be surprised if there are more than 20 or so that are walking ... I mean it's, power walking is tough first of all and secondly, you don't have that much time to complete. I mean ... Comrades you have to dooo ... just just about eight minutes a kay ... the whole distance ... and there are not too many walkers that can do a ten kays in under 1.20. I mean you have to do that nine times in a row on a tough course. Not many can do that. But I mean she does a 58 minutes on a 10 kay. ... she's a master.

R: What other injuries have you had? You mentioned your achilles earlier.

P6: I I had the achilles and that was simply ... overtraining. Same as now. Thought I was stronger enough to ... well a little bit different, where I was simply going up too fast. I was going from 50 to 70 to 80 to 100 to 120 ... Obviously, then er things went wrong. Um, other than this now all the other injuries that I've had um were not running in or running induced

injuries. I mean it's ... er spraining an ankle, that type of thing, but it's not overtraining or ... something like that. Um ... what happened now I've got a theory. I ran the Sani Pass Marathon last year. Um ... I ran ... from the top the first seven kays in that. In those seven kays you probably drop 1000 metres which is very steep. And remember with, we've already done 21 to get to the top before we turn around. And I ran exceptionally hard at that stage to first of all overtake somebody and then get a comfortable distance between us. ... And I believe I injured myself there. After Sani Pass I didn't I didn't really run much. We were overseas for a week and a half and after Sani Pass you feel worse than you feel after a down Comrades anyway. Um ... so, I had about a week's complete rest. Then I ran a 10 kay race which I jogged with some of my friends. That was a slow race, it was about a 41. It was over 40 minutes anyway. Um ... then for the next week I think I did a single session of about six kays. Then we went overseas for a week and a half. Over Christmas etcetera I didn't train much. And then January I stepped into excessively hard training after Sani Pass and within three weeks I was injured. ... So ... I suspect I got the injury at Sani Pass. I hadn't completely recovered and then the hard training just ... worsened it. Because I didn't think I would be injured within three weeks ... of doing just over 100 kays a week. Not considering that my average from July up to end of October was about 80 kays a week. And when I st when I did my training in January I didn't do any speed training, I didn't do any hill training specifically because I was star starting to do longer runs. Just easy ones.

R: Earlier you spoke about clearing your mind when you run. How is that affecting you now that you cannot run?

P6: Um, it's it's affecting mee ... very much in the sense that I simply don't have that at this stage. And also the family has gone through a torrid time because er my son had to go for a heart operation, correction of the aorta etcetera. Um ... which means I've had a lot of ... additional stress that ... I actually needed to get rid of and now my running is adding to my stress instead of taking it away. Um ... also working for myself I mean I don't know if I'll have money tomorrow. It's ... whether you've got work or not. And then if you've got work, will they pay you? Um ... so I'm under that type of stress as well. So ... in that sense, yes, I really miss my running. Um ... I've made peace with the the fact that I can't run at this stage. It's simply ... it doesn't help to ... fight against it. Um ... it was very tough around the time of Om-die-Dam. I mean I lay in bed the morning of Om-die-Dam and I looked outside, said lovely weather for Om-die-dam etcetera and I knew I would have been able to run it in a good time if ... I didn't have an injury. Um ... so ... yes, it's yes it's it's ... in in in that part which was after about six weeks it it really started catching me and I mean ... we had already booked and everything to go to Oceans and ... we did go down 'cause otherwise we would have lost the deposit and everything. But ... um ... the day before Oceans we started driving back. I didn't want to be there. Um ... I was at the Jackie Meckler last weekend last weekend ... um because I'm also registrar of the club and there was some people that still

wanted to register. And it was good seeing the people. Um, I miss that ... but ... I tried to stay away from that because it just ... upsets me.

R: How do you usually spend your day? A typical day?

P6: For me it's a very difficult question because it depends entirely on what work I have or don't have etcetera. Um ... probably three or four out of every five days I'll be at home the whole day. And sometimes I need to go out to clients, Jo'burg and further. Um either every day for two weeks I travel to Durban, Port Elizabeth, Cape Town, on a relatively regular basis and then I'll be out for three days, two days whatever ... which of course plays havoc with your training program, that type of thing. I mean at this stage where I'm going to be I stay at the same place or try to stay the um same bed and breakfast every time and I've ... I've already got a couple of running routes (*laughs*) there that I know quite well. Um ... but typically um I'm not an early riser. I'm I'd rather go to bed at one o'clock and get up at 10 o'clock if I could. I typically get up half past sevenish and then I will go for my run ... because most businesses don't open before nine o'clock. Then I go for a run, half an hour, hour, get back, shower, have a decent breakfast, start working. Um ... in between ... I break every hour or so and do a couple of household chores which is another advantage of working at home. So ... I can pack the dishwasher, washing machine and those types of things. Um in the afternoons again I go for my run. Um, I've got a lot of meetings in the evenings because I'm very involved. In athletics I'm on the board of AGN's ... and I'm um manager of the club. Um, I'm also I'm I'm on the church council and lots of committees. So ... um in the past two weeks and over the next week I'll probably have ... two or three week evenings at home. The rest will always be a meeting somewhere. Some of them might finish at ... eight o'clock, some of them finish at 10 o'clock, some of them finish at half past 11 ... And then when I'm at home in the evenings I'll either sit working or I'll spend time reading. Friday evenings, where we try to play board games or something like that. So.

R: If you look back, had anything changed in your typical day just before you got injured? ... You mentioned that you had been running hard around the time of Sani Pass.

P6: Um, I mean that ... okay, we obviously said we would have holidays. So we were taking it relatively easy. Um ... I really didn't have much work to do over the December holidays. There were, there were little odds and ends that I needed to tie up etcetera. Um, but in general it was a very relaxed time. Um, I said we were overseas for a week, a week and a half or so. Then after that, still not too much to be done. I had three or so days that I had to do a lot of work. And then January, first week or so wasn't busy either which was part of the reason I had a lot of time to travel. Um, in hindsight I mean I started to do too much too soon after Sani Pass ... I think I started with 50 kays, then a week later 70, then 80 for another two or three weeks and then went on to a 100. I probably just jumped in too soon.

R: What did you do?

P6: January, I started with a 100 plus.

R: Why do you say you jumped into it?

P6: I had, I'd done a lot of training from after Comrades. I mean I was fit from Comrades etcetera even though I'd had a terrible run. But um ... I felt strong. I mean I made the AGN team to SA um Cross Country Champs for the first time. I was running times that I had not run for six, seven years. Um ... I felt strong. I mean, I had done the training. And I thought I could just then go on to extending my long runs. Um, I very deliberately, as I said um cut back on speed work and hill training because you can't go longer and do those at the same time. And ... I did quite a bit of my running on the sidewalks; when I say sidewalks I'm not talking about paved sidewalks. Specifically to stay, to try stay off tarmac etcetera just so that I have that little bit of extra push.

R: When you speak about sidewalks, are you speaking about sand?

P6: Well, on grassy ... whatever is in the area. Obviously it varies quite a bit. But definitely not on concrete sidewalks. That's the worse. Let me rather run in the road. It competes for two and a half times hard as tar.

R: How many kilometres can you get out of a pair of running shoes?

P6: Quite a bit. I'm one of those lucky ones that get over 3000 kays on a pair of shoes. I used to run with Brand X and I could get about 3500 a pair, then they went off the market and I was trying around between other running shoes and never getting more than 500, 600 kays a pair. And then I met up with Brand U and I can get over 3000 kays a pair. But the shoes that I was wearing in um January are virtually new shoes. They probably had a 140 kays on them. So it cannot be because I was wearing old shoes. ... My experience with Brand H is not being very good. I've tried three different pairs of Brand H and I had problems with all of them. So I'll never buy, wear Brand Hs again. As for Brand P, I didn't have a problem with them, but I couldn't get more than 600, 700 kays out of a pair. I had, I enjoyed my Brand X, I enjoyed my um Brand L which I wore as racers; I mean they weren't racing flats, but they were much lighter and a neutral shoe than I would normally wear because I would normally use a supportive shoe or one which is um anti-pronation because especially my left foot pronates quite severely. My feet instead of like that arep like this (*demonstrates pronation using hands*) Not like this. So this is neutral and this is pronating. Um, but then I then A.G. ... put me on to Brand U and I wear the what is now *12 if it's not the next model already. I mean my previous pairs were the *5, I skipped the *6, *7, *8 and *9 ranges. But what I do is when when I have a shoe that works for me I buy a couple of pairs. And I'd rather put them in the cupboard ... for two or three years and then ... use them because then I know I've got shoes that works for me. Um ... and it is a shoe which is officially for a heavy runner ... doing high distance. Now typically when I'm fit I weigh under 70 kilograms so you can't really call me a heavy runner. And I think that's part of the reason why I get such a lot of distance out of a shoe. Wear the shoe for somebody that weighs 90 to 100 kays.

R: Have you had any treatment?

P6: Um, I was actually on crutches for a couple of weeks. It was that bad. Um, just to try and take any pressure off it. She originally put me on medicine balls and ... it just actually

worsened it um which shows how ... far it had developed. So I was taken off those, it was crutches for a couple of weeks. And er I went through three full cortisone treatments. First, um ... it was five days where you have two pills in the morning and two in the evening. Then I had two injections and then I had another cortisone um five days.

R: Did it help?

P6: I don't know. I'm not ready for that yet ... I don't know where I would have been if it wasn't for cortisone.

R: Did you only have cortisone? Were you given any exercises?

P6: Um ... she she also gave me extra calcium tablets. Can't remember the name. I think Calcium S. I specifically asked her what's the difference between two kinds and she said the that Calcium S, in fact, was the better product, but it's lasting which makes it. Um ... and I mean she gave me some exercises to do which I then, when I was put on cortisone I left it there.

R: Do you normally take supplements?

P6: When I'm training hard, yes I do. Um, I take er um vitamin B complex and then before a big race I would start loading magnesium as well. Otherwise, as in ... now I haven't taken a single supplement since January.

R: And you've stopped taking calcium?

P6: Um ... I've actually forgotten about it. I mean I I took it for ... the time that she told me that I had to take it but I've got a couple of, I've still got a couple left. And obviously it can't do any harm just to take it, but then as I said the sonar had shown that the um bone has healed completely. So I mean there's not really any need to do that. Um ... I also ... love diary products so I I consume a lot of milk, cheese etcetera, so I I get in much more than my required daily allowance required calls for anyway.

R: What factors, besides what you have done up to now, do you think will help facilitate your recovery? ... Earlier you spoke about seconding someone at the Comrades and making the AGN cross-country team. What do you think will help you to achieve these goals?

P6: The first one which I think at least I've done is you you have to be at peace with yourself because you you can't rush it. If if I start training now the way that I would like to start training I I would beee injured again within two, four weeks. It means I simply have to be mentally prepared to take it very very slowly. And physically as well because I mean once you've been off the road for more than three weeks, you really start losing your fitness, very quickly. And I know that it's going to take me two weeks for every week I was off the road to get back where I was. Considering I've been off the road now for 15 weeks it will take me another 30 weeks if I can start training now to get back to where I was. ... That takes me right up to the end of this year . Um, that's the thing why I'm looking at cross-country because first of all it's a softer type of um surface. Secondly, it's a short distance. I only need to 10 kays. So, I won't be doing 30 kays, 40 kays, that type of thing. So ... um and you can prepare for a 10 kay from scratch within probably 16 weeks or so. And I don't think I

started from scratch. So ... I started very close to that but um it's it's not as though I haven't been active or anything in the last five years or ten years. So, I'm not starting from a completely unfit position. Yes, when I do run my three to four kays in the park at this stage ... I'm aware of it, my legs are aware of it. But I mean there are many people who can't even run that distance. And as I say I've got it down to just under four and a half minutes a kay. So, it's not too bad.

R: Are you the only one in your family who runs?

P6: Um, okay my wife doesn't run at all. My children would sometimes once I'm finished running go for a jog with me around the block or round two blocks or something like that. My son was very very keen on starting cross-country this year and two days before his first league race he was identified with his heart problem. So, he's completely out. And we'll have to go back in September and um look at how well he's recovered because there's also problems with some of his heart valves. And at this stage he may not exercise at all. I mean he can carry on with normal life and climb trees and get on the swing and those type of things. But he may not exercise per se. So yes, he's very keen on running, but I'm not sure whether er medically he will be able to do it.

R: How many other children do you have?

P6: I've got three in total. ... So, he's the oldest and er I've two daughters. He's 12 and there's one of 11 and the other one just turned seven.

R: I suppose being on the management of the club as well as on the AGN Board you are still involved with people who run.

P6: Yes, yes I am. Um, I'm also coaching a number of people including this lady that's going to walk the Comrades now. Um ... so yes, I'm I'm in constant contact with them. Er, I'm also the club statistician so I know exactly who runs what, where, when, what times. Um ... so yes ... my name is conspicuous in its absence for races run this year. *(laughs)* So.

R: Do you find that difficult?

P6: Well, I think I've made peace with it. Um, I know I can't do anything about it. At one stage I was seriously contemplating buying one of these bags that I could just ... hit and lash out at, but I didn't. Um ... so at least now I think I've started to improve now. Just just the simple fact that I can go out, even if it's for five to seven laps around the park. ... It really makes a difference.

R: Did it take you a long time to make peace with it?

P6: Well, as I say the first week or two weren't too bad because I thought I would get over it quickly and then when I realized it was not going to be that quickly ... um that was terrible. It probably took me another six weeks to really peace with it. Um ... at this stage it's becoming frustration again because the six weeks and even ten, 12 weeks that you would think you would recover fully um ... have passed and I'm still not there. Um ... now it's becoming frustration again because I know that I'm supposed to be able to run now. Medically there's not a reason why I shouldn't be able to run now. But I can still feel it. So

I'm aware of it ... I don't know how much of that is psychosomatic and how much is actual physical. Um ... but, for instance, yesterday after I ran I was more aware of it than I was before I ran which to me says it's not 100% yet.

R: Have you had tips and advice from other runners?

P6: Not too much because I don't really have that much contact with the runners as such. Um ... when I meet them at our management meetings etcetera, there are very few if any that have the knowledge that I have of running. I mean I've been a coach now for ... what seven, eight years. Um, I've read quite widely. Um, there's one other coach on the committee. He's about the only other one who would be able to say anything. Um, but he wisely keeps his counsel to himself.

R: I think a lot of runners who have injuries get confused with the bits of different advice they get from others.

P6: I know you often get that. Again, um um th there are many people on the road that know me than I don't know them ... because first of all I've been involved for such a long time and when I say involved it's not only running. I've been involved in management and coaching and on route management and all those type of things. Er ... and having been chairman of Club E for so many years and having grown it up from when we started it, 300 members to by the time I'd finished as chairman to something like 650 members. Um, I mean a lot of people know me and they know my background, they know my knowledge. So they are very few of them that would give me advice because I probably know more than them.

R: Earlier you said that you are now a member of Club V. How many members does Club V have?

P6: We're pretty much down this year. We ... 253 members now whereas last year we were about 330. But from speaking to other clubs it seems as though the um membership on average has decreased quite a bit this year. Don't know what the reason for that is. Um ... one thing as far as our club is concerned that I think has made a difference is that ... we pressed very hard at the ... annual general meeting last year that we're going back to what the club actually stands for, why it was started in the first place ... which means that if you're not a Christian, if you don't believe in God and that you're called for that, then you don't belong in this club. We're a Christian club. Fullstop. And I think a couple of people took offence and left. And frankly they should never have been in the club. I mean last year we even had a Muslim in the club. I'm sorry but ... I don't have a problem with her. Um ... we're even friends today, but it's not a club for her. It's a Christian club.

R: Some runners believe that people should only regard themselves as runners if they run races regularly? What do you think?

P6: My perception is ... you turn a runner from a jogger the moment you believe you're a runner. ... It doesn't matter whether you run at eight minutes a kay. If that's running for you, you're a runner.

- R: So it doesn't matter if you run 1 kay a day or even only around the block?
- P6: It's ... the the difference between a runner and a jogger ... is as far as I'm concerned 100% in your head. If you see yourself as a jogger then you are.
- R: Have you learnt anything about yourself and running from this injury?
- P6: Probably that I'm not as young as I used to be. I can't just ... do what I want and like I could when I was young. I mean ... I ran my first marathon in 1988. What was then the Pretoria Marathon, the Phobians one but still out on the old road and then you came through Waterkloof somewhere. It was quite a tough race. Um, in the preceding two months I had probably run about 70 kays in total ... which included three races, um 10 and two 21s. Um, I went through the halfway two minutes outside my half marathon PB ... and then obviously had a very very bad second half of the race. I think I did ... I went through halfway in 1.33 and finished in 3.39. ... The rest of Saturday I couldn't walk, Sunday I couldn't get out of bed I was so sore. Wednesday night I ran a 63 minutes on a 15 kay ... that's youth. Now then no ways. So I think it's it's if I did exactly the same running that I did from let's say July last year until end of January this year ... if I did that ten years ago I would have been ... So, it's, one has to deal with that aspect. You have to become, but you can't necessarily train harder or you can if you you if you eventually get there, but you have to take it slower and you have to look very definite at what your training, where you train, how you train ... I mean this this friend of mine that's doing Comrades now who's a walker, um my biggest fight with her is getting her to NOT overdo it. She's walking some walking some weeks 136 days a week ... and I mean she's walking. In the morning she's walking with one of the er older walkers. Er, that's relatively slow, that seven and a half minutes a kay. That's good because that's the pace she'll have to walk Comrades. But in the afternoons it's lots of speed work, it's hill work, it's long distances and it's only just over six minutes a kay. But even then, I mean my average training speed is ... if I look from the first time I started keeping a diary, I've done over 40 000 kays since then. My average pace, whether it's race, whether it's training etcetera is 4.15 a kay. Now 4.15 a kay compared to her six minutes a kay, the time that she spends on the road, she's not going to get injured. But she's been training over many years, okay. Road walking doesn't have that same impact as you have with running. It doesn't have the same stress, but still ... 136 kays walking a week. I won't be told that it doesn't stress the body. ... But I mean I'm I'm bringing it down to every fourth week or so just 50 kays, just to have one good solid rest week and then she'd go on again, so.
- R: Is there anything else you would like to add about running and injuries?
- P6: I don't think so so because norm normally you you can feel that injury progressing. You, you, it starts out as a little niggle, then it becomes a bit more, then it starts to worry you etcetera and this ... it never follows it what I would call a standard pattern. It's like it was there and still and easy one night and the one minute it ... snaps. So.

INTERVIEW WITH PARTICIPANT 7

R: How long have you been running for?

P7: 19 years.

R: Why did you start running?

P7: Okay, I just start. I see the Comrades on ... on the TV and each year when Bruce wins and then I just feel I wanted to be one of these people there. And then the one year in 87 ... no er the end of 86 my my roommate at at college, she call me and says she wants to run in 87 the Comrades and I said to her, but I also want to run it. So ... we start in 87. And I still run.

R: Is that why you originally started?

P7: Yes.

R: Did you run for Club U then?

P7: No, I was in Alberton. I run for Club F.

R: When you came to Pretoria did you start to run for Club U then?

P7: Ja, we ... er I was ma. Er, at that stage I was married and we moved er because my husband's work from Alberton to Pretoria and then I decided to join Club U so. From 90 ... I think it was in 1990 that I ... 19 1990 I start or 1991 I start with Club U, somewhere there.

R: And you won the Comrades in 1992?

P7: Yes.

R: I suppose that was the most wonderful feeling?

P7: Ja, ja, no it was my highlight of my ... whole running career. It was as ... it was the sixth year of my ... six running years. It was the sixth Comrades because I start 87 January running and then I run the Comrades. That year was my first Comrades. I run it each year so it was like a ladder I climbed. Each year I better my time. And then in 91 I was the fifth lady and in ... So I was ... thinking at that stage I could actually get gold. So I thought I thought, okay if I get up two, two, three better then it was gold. So I I decided to train for gold to get gold in 92 and gold was not like now, ten. It was only the first three ladies. Not ten like now. So I had to be under the first three and then I was lucky to get up first. So it was a ... very nice moment and like I said, the highlight of my career in running.

R: What was your time?

P7: 6.51.

R: How many silvers have you run?

P7: Just the previous year was my first silver. ... And er then in 92 I win the Comrades and that was ... I don't know why I also land up with choices because was I winning the year before I didn't have a choice to make. But the then in 93 was the government changing so it was the first time we can participate in the ... 100 kilometre world championship. And then we we not allowed to run Comrades and the championship because it was just a month out of ... out of what uitmekaar uit. So er ... I actually didn't um run Com, I had to choose. Run for your country or run Comrades. So it was a very, that was my ... worst nightmare to choose because I was desperate to to defen what defend my title. And then it was an opportunity

of a lifetime to, you know, to run for your country. So I chose to go to Belgium. And 94 it was the same choice because then we had the 100 kilometre in Japan ... but then the choice was easier because I didn't have to defend my title. (*laughs*) Then I go to Japan and from now I don't still know if I did the right choices but um oh well I had er ... it was nice to run for my country and in 95 I ran in America, in Dallas in Texas. And um in 96 was the first time I run Comrades after my win. And then I was a veteran and then I run not gold, but a silver. I run ... 7.21. ... And that was my last ... silver. Um ... 6 ... ja 96 I was my last silver. Then 97 I train again for silver and there was the first time I get a injury. So it was, I was lucky to get 10 years, ja nearly 10 years ... of hard running. Each year I had a long run, a hard long run and I had never problems with injuries. Er ... small niggles, but I run it away. But in 97 was my first real big injury. It was my achilles and I was on ... full schedule, but after my achilles it was too close to Comrades. So I couldn't run Comrades 97. And after 97 I run each year Comrades but ... not any silvers anymore, it's just bronze and um this new Bill Rowan. And um ... the injuries is ... each year I battle with some injury, each year another or a different one from then.

R: I suppose you have run races from 10 to 100 kilometres. What other races have you enjoyed?

P7: Ja ... you mean the distance?

R: Yes, the distance (*participant interrupts*)

P7: You know I I also in the first ten of my running years from 19, from 87 'till 97, it was clear to me that I I was good in the er er ultra distances. I was loved I liked the long ones and I was good on the long ones and I loved ... It wasn't for me a problem to go on a 42 or a 56 or the Comrades or the 100 kay. It was ... I enjoy it the most. On the moment I think I I now I like the 10s. (*laughs*)

R: Have you done the Two Oceanss?

P7: Yes, I've got 11 two Oceans.

R: Have enjoyed it?

P7: I enjoy the the Oceans very much, of the beauty of the scenery, but I never raced in in the first 10 years of my racing. ... I will say the first ten years of my running career was my racing years that I wanted to do good and I went there sometimes, but not every year like Comrades. Comrades was my goal. I just run for Comrades. Not now, but the first 10 years. But I mean I was just running for Comrades. So that was my main aim, to do well in the Comrades. So I run Two Oceans and I enjoy it. I just do it for a long run. And I en enjoy that scenery very much. But the one year I end up sixth. And my best position in in the Two Oceans is six in 3.11. But also then it was in this first ten years, I didn't think six was then gold. I don't know why it wasn't but I don't think I got a gold there.

R: What other long distance races stick out in your mind as being special?

P7: Oh, now on the moment the last three years I did the Mont-Aux-Sources, the Mont-Sources er mountain race. And er nowadays I love the the mountain runs, I I love nature and I love

... the beauty of the scenery. I love ... Er, er it must be, when I get tired it must be beautiful, er the countryside and so. Then I love it. So I love mountain races. In my early days of my first mountain race um will always stick in my mind. It was Der Vorst in Switzerland. Er er and dit was oor die Alps. You run just literally over the Alps. It was a amazing experience and it was really um um ... beautiful. So that I I always said I want to do that race again because it was ... breath-taking. The trees, the whole concept. Everything.

R: Have you ever done the mountain race in Rustenburg?

P7: Yes, yes a few times. The 25 one?

R: Yes.

P7: Ja, ja. Nowadays I I try to do it each year.

R: What did your training program involve the year you won Comrades as well as during the years you ran the 100 kilometre world championships?

P7: Um, um ... I think ... I I came from the farm and maybe so I love um, hoe se mens, die eenvoud? Wat is eenvoud in Engels?

R: Simple.

P7: Simple. I love things simple. I don't want ... and I'm not a track athlete. So I was very uncomfortable to do track, anything to do with track training. So ... I I end up with K S. He when then ... when I moved to Pretoria I I start training with his group and he was like my trainer. He's he's a old-fashioned guy and very simple ideas. Um, he's also he run five gold in his days and he end up, his best once was second. So, I was lucky to end up with him because ... um I think er I can relate with his training. It was not track training, not repeating hills. We do once a week one day's Klapperkop. That was our hill training. Not not up and down. No repeats. And we do like um ... um Thursday nights we're going to K's home and we do our midweek long run like 18 kays or 20 kays. Er, in Irene he stays so it's really nearly flat there. At um Tuesdays, we're going to two days a week to him, Tuesday afternoons and ... and Thursday afternoons. Tuesday we have a short session of like 40 minutes with ... up er warm-down, what! I mean warming up and warming down. It's including in the session, 40 minutes. And then we have, he he go with a bicycle with us and then he ... blow the whistle. Then we run hard. Then when he blow the whistle again we run slow like ...

R: Farklek?

P7: Ja, like farklek. Um.

R: How many times a week did you do that?

P7: Only Tuesday. Only Tuesday. We're going only twice a week to K. Tuesday, then we do this and Thursday when we do the long run. And Mondays we going to do Klapperkop. Er Wednesdays, at that stage Wednesdays was the time trials. More or less changed now to Thursdays and and Tuesdays, but at that stage the most um time trials was on um Wednesdays. So I go to Club U's trial time trial on Wednesdays and er normally at Saturday we do a marathon or a 32 in a ras er race er with ... to train and um we do a lot of for Comrades a lot of 42s. Um ... it was ... I I remember when I go at start line at the Comrades

at 92, I was thinking by myself, oh 42 is like a short run for me now because I was so used to do a 42. But we not really do really very long ones. I do one 60 and um that was the most. So now I hear that people run 70s. I said, why you run 70 kays a week and then er er at one session. It's too long because I run my furth the further, wat die verste wat ek hardloop het run was a 60. One 60, not two. One.

R: How long before Comrades was that?

P7: That was a factor. I think er a month before Comrades. Um, at that stage it was on Wally Hayward. We do the Wally slow and then we do extra. That was a marathon and then we do er another lap. And um ... I and at that stage the Comrades was end of ... May. So, the Wally was like the 1st or something and then the end of May was ... the 31st was Comrades. So it was like a month before Comrades and it was your last long run. Then you cut down.

R: How many kilometres did you cover a week?

P7: Okay er ... it really difference because I had only for that year only really three high weeks. The three high weeks was ... the last one was a month before and the three before the month. You know, before, the week before the one. It was like 160, 170, 180 and that was the last.

R: And now?

P7: Now I ... on the moment zero because for the last few months I didn't run, but um ... I know I battle now to get 60 or 80 a week (*chuckles*) when I start training um um. I really battle to get 100 now. So I I try now when I go to Comrades like last year I try to get a few 100 kays a week ... I did it, but ... now it's a problem. (*laughs*) but that stage er when I trained in my in my my competitive years it was easy to run 100 or 120 kays. I was ... you know, at that stage, not now, I was always see when I ... because we ... just trained for Comrades. I just had a specific training program for Comrades so I I do three high weeks and the other weeks was like 100, 120 and I never really run a 140 a week and going up to 160, 70, 80 for the last three weeks. The other ones was ... rou roundabout er I will say a 120, but only from April. At January and February we ... K er S believes you have to get your kays late. You don't go over 100 kays. But now I can't get over 100 kays before Comrades. (*chuckles*)

R: Why is that?

P7: 'Cause I'm old. I'm not um ... wanting to compete anymore. I just want to enjoy it now.

R: Has your program ever included gym?

P7: No, it never. I don't like gym at all, never liked to go to gym, but then but on the moment I also didn't like to go to gym, but like um ... two years ago (*whispers as though talking to self*) two ... two, one year ago. Ja, I think one year ago ... all, with all my injuries and every year I've got a injury, I think I go to Centre PH. Um, my ... my doctor, GP said to me I must go there because then I'm suffering with my hamstrings. And then um er I was there. I het aangesluit toe daar om my hamstrings bietjie te versterk want hulle het er ... I've got a lot of problem with it and it got injured quickly and so so I know it will be ... maybe if I always gym I didn't end up so many, that's what I think, with so many um injuries now. I don't know.

Maybe I'm wrong, but that's what I think. I think to run well you have to do gym work to keep your body strong. But I was lucky. The first 10 years of my running years I just put on my takkies and run. I didn't do anything else, but run. But I think it was maybe not the best thing to do.

R: Nowadays many people cross-train. What are your views on this?

P7: Ja, but I never cross-train. But but I will love to have a bicycle. I love ... on the farm where I was raised um I had my own bicycle and and I do bicycle and I do horse riding and I do everything, but I I'm not ... willing to try with a bicycle, ride a bicycle in in Pretoria. I'm too afraid so that's why I didn't have a bike. If I be on the platteland I'll, one of the first things I'll buy a bike to to to train on. But but I'm too scared here and I don't like gym work and er I don't like to be on a bike in the gym. I can't do it. Er, I can't sit vas. When I was at the gym at Centre PH last year and a half I, sometimes I try, but I can't go longer than five minutes on the bike then er I ... I can't. So if if I get to the platteland I will I will definitely do bicycle.

R: Besides running what other interests do you have?

P7: You know, not many. I I love the nature and I love to travel. I love to travel to new places and see new places. I love people and and I love to see how they live in a lifestyle. I was there with a running trip and I love to mix my my um my races, er wat is ... trips to other countries, to different places with some road race. Because if you going to a road race like I was in Hawaii and I just walk with my running takkies and the people said, are you going to do the Honolulu Marathon? And then you get friends. You end up you've got the same type of mind and you've got friends and you talk with them and er I love to see the world through my running shoes.

R: Have you ever run the New York and (*participant interrupts*)

P7: No, I never did New York, but the biggest one I did was was Honolulu in Hawaii. And then I like smaller races. I do the Der Vorst race. Er ... I don't have the desire to do the New York or Londen. I think it's too busy, too many people. I don't think ... I'll I'll go to Der Vorst if I have courage to, if I think I'll go over the mountain I'll go back to Der Vorst.

R: Have you ever done Kilimanjaro?

P7: No, no. I didn't do that one. Er, but I also do a mountain race in Cape Town, call it the Pass and you start at er ... and you run over the mountain and you end up in the Water Front. So, but that I did twice, I was so, I want to do that one as well because it's beautiful view to see, but I also think I won't make it anymore. (*laughs*)

R: You have spoken about nature. That's obviously a benefit you experience because of running. What other benefits do you experience because of running?

P7: While I run?

R: Yes.

P7: Oh, a lot. Running is my ... my life ... although I didn't run the last two months, but um it um ... I love the free feeling. I don't like anything in ... like a gym. I don't like to gym because it's it's feel I couldn't get air. Er, I want to be free. I want to be outdoors, you know. Er, er in

nature, I love to be in nature. Maybe it's the way I was brought up on the farm. You're never in the home. You're always in a tree or on the horse's back or somewhere in the mountains or somewhere. You're not in the home. So I love to be outside in the nature and the running, you see that feeling. The other thing ... er if I've got any problem I just get a run and after the run it's if I can see it clearly. If it's ... it's um 'n sielkundige waarde vir my. I think it's like er I don't have to see a shrink. Just running help me through all my problems. Any problem. I just go and run and while I run I sort the problem in my, you know, mind. If I come at, if I go for my home running and I think, ag I've got such a big problem today, I don't know how will fix it and I will do it and I come back it's sometimes I've got an answer ... while I run. So if I'm cross, I will love to put on my takkies and go and run ... and when I come back I'm feeling much better.

R: And now, that you can't run?

P7: Oh, it's it's different. Er, I don't like my life this last four months that I don't run. It's not ... I sleep late. I sleep 'till ... I don't er wat is die wekker? The ...

R: Alarm clock?

P7: Ja, alarm clock doesn't wake me up because when I run I always had to wake me up, the alarm clock because I had to run early in the morning before work. So now I sleep. I had ... the alarm clock doesn't. You know, I sleep 'till 'till I wake in the mornings, then I'm up. It's such a lazy ... er lazy life. I don't like to be that. Er, I want to be ... And the other thing when I come back from a run I've got more energy to go back, to go through the day. But now I ... I dunno. I don't like the way I live on the moment, but soon I will be in my takkies again.

R: Do you experience any disadvantages because of running? ... Some people, for example, say that the problem with running is that they can't socialize as much as they would like to.

P7: Oh no, I socialize. I I can go on. The people I know knows I can run and talk the whole 41, 42 kays. (*chuckles*) So, no I socialize my running if I want. Sometimes I love to run a race on my own and talk to nobody. It's when I really want to race hard. I don't want to talk to anybody. I really don't. But when I train, the most of your long runs you train in, then I love and talk and ... socialize with the people.

R: But do you see any disadvantages with running?

P7: Ja, all of those flipping injuries on the moment that I had. It's it's like a drawback. It's like ... I want to run, but it's not comfortable, it's not. ... On the moment I can run, but ... then I'm cripple afterwards and it's not, I don't like it.

R: How would you personally define injury? I'm asking this because some runners believe they are injured if they have niggles and others believe they are only injured if they cannot run.

P7: I I ... Must I choose one?

R: No. What do you think an injury is?

P7: No, I'm definitely one I'm cripple and then I say I'm injured. I always, because if you race hard like I did for ten years and you always sometimes have a knee ... doesn't feel right or er er a hamstring pulling, but you never want to talk about it because you you scared it is an

injury. I remember my first injury, real injury, the achilles I told you about in 97. I was hurting then and I, when I come at the school I walk like cripple at school and er the the teachers ask me what's happen. I say, no I just have a niggles ... something here. (*indicates where injury was*) And the one lady said to me, are you going to run this afternoon? I said, yes ... when I run I'm not cripple. But that was the first time I run in the afternoon and I couldn't run. So, so I had to stop. But other way ... I know when I train hard there was sometimes that I couldn't walk. I know I can't explain it, but I know I can remember sometimes I walk like in those ... at school, but I walk cripple because something's not right in my leg, er especially that er week you do the high mileage. So when I get my takkies on and I run, I'm not cripple. Then then this niggles away. So that's what I thought that year when I get that Achilles as well. But the Achilles you can't run with it. (*chuckles*)

R: You have a problem with your plantar fasciitis now?

P7: Yes, I've got it from March last year. So it's ... this year it was a year since, wat is ... April, Mei, Junie ... hoe lank?

R: Fifteen months?

P7: Laas April, Mei. No. Ja, first er it was maybe vierteen, fourteen months on the moment. But it's still not 100% right. And I never run ... Maart, April, Mei ... four, no three months. I didn't run for three months and it's still not right. I can just feel it when I walk on ... in my home.

R: When you realized it was an (*participant interrupts*)

P7: Injury?

R: Yes, when you realized it wasn't just a niggles, but an injury what was your reaction?

P7: Ok , so er er I think to explain what I said just um in the previous one. Um I've ... last March I was starting feel my heel is sore, but I didn't talk to anyone about it. I didn't think it was an injury. I thought it's just this niggles. And I thought, er just next week it will be going away. So I think maybe that's why I suffer so much ... er it couldn't get healed because if I realized I I've got a injury ... It was maybe after a month that I had it that I ... my doctor, er W train with me and then I said to him, you know my heel is sore for nearly a month now. I thought I step on something, I thought I step ... on a rock and er it will be fine but it doesn't heal, it get more sore each time. And then he said to me ... I think it was more than a month that I was injured. He said to me, it's not er er you didn't step on something. It's a injury. It's your plantar. And then it was maybe in one in April, somewhere in April he said to me I've got a injury. So, I had the injury more than a month before I realized it was a injury. But but I didn't er I didn't think it will strike back. It didn't go. It's just a injury. My first injury who who can't go away. It doesn't want to go away. It just be there. I did everything ... in Tim Noakes' book. I had a night stretch strip, I sleep with it. I've got a inners made from from, special inners in wat is orthopediese, er orthopaedics. I've got this in my shoe. I I've cut a hole in where is it, where it's sore like I read the Runner's World or Tim Noakes' book what they said the plantar fasciitis. And I did everything in the book. And he said if you suffer after a year

with it then you have to cut it up. That's why I stopped running because I I won't cut my foot. So, I will stop running 'till it's going away.

R: Have you been to any specialists about it?

P7: I wasn't at a specialist, but I was at a er a a I had a sonar and um ... er I mean a platte, a scan or what. I did sc, the er ... At some stage I thought I had a er stress fracture. So I had this platte ge geneem van my voet and um then it wasn't a stress fracture. I go for a sonar and then he see they see it's the plantar ... er wat geontsteek is. And I had in injections. I've got two injections, but before last Comrades, ten ten days before the Comrades I had my first injection. That's why I could finish the Comrades last year. Er, it wasn't bad. I could feel it the whole way but it doesn't, it wasn't going more sore at the end of the Comrades. But I was always aware of it, it's not 100%, it's a little bit sore. But after Comrades it was coming back when I start training again.

R: Why do you think you got injured?

P7: Ah, I I can't I can't er ... explain why's it's coming because at that stage when I I when I thought back when I start feeling my foot my heel is getting sore it was er me and W and X going to Tuks on a on to do 400s on er a track. But er it was a grass track. But we did the same. They didn't get anything about it. But just me get this injury. So I don't know if it can be that. I bought new shoes. I dunno. I thought maybe Br I always run in Brand R ph and I believe the last few phs was when I put it on it's as if I can feel my heel is a bit lower. Now I don't know, I I don't know if it's the shoes, but ... but that was the first time in all my running years that my heel was ever sore. I never had problems with my foot. So I I my, if I can tell you maybe this is wrong, I think it's this flipping ph, but I bought other shoes meanwhile and try and run with them, but it's still sore. But but I wasn't happy with the ph when I got the injury. ... But now I've got er other shoes an and er it's still sore. So, I don't know. I got an inner sole. I've got everything. But ...

R: Have you been to any physios?

P7: Yes, yes. When it was sore I was a lot to S and she put on this ultrasound and ... other machines on. ... And then when I was at the physio it was a little bit better, but when I trained it came back.

R: Did the physio give you any exercises to do?

P7: Yes, I did it and I put ice on it and do everything, but I'm not. Say on the moment I do nothing. I just rest because I was like ... failing. Geemoetig. I couldn't even er, I had to ... to pu put such a lot of time to treat my foot that I don't want to treat my foot. (*speaks very slowly*) You know, I was too too many times to ice it, to roll the bol, ball to do all this exercise. It was just too much time and then you don't feel the benefit of it. So I stopped. That's why I really stop running. I just do nothing on the moment. Just nothing. I didn't ... you know, I sleep with the er the night strip and I walk with the inner sole. That's ev, everything I do now. Only thing.

- R: And you don't want to go to an orthopaedic surgeon because you don't want an operation?
- P7: Ja, but I won't. Er, ja, I won't er cut my foot. On this stage I haven't er another title in sight. I'm too old now. So, so I rather stay out of running for the year if I had to, but I don't want to cut on this stage. If I maybe was in competition, yes, if it was so important to get healed to run again. But now I just want to run to have a healthy life or I just enjoy running so I want to run.
- R: This injury is affecting you badly?
- P7: Ja, ja, er it affected me badly. My, I don't like my ... hoe se 'n mens 'n lewenstyl ... the way I live. But I cope well with it because I um ... read this Paula Radcliffe ... the book, the biografie. I'm read it on the moment so it's helped me a lot to cope scraping the Comrades and scraping the Two Oceans.
- R: So it's a good book?
- P7: Ja, for a, I think I think for a outsider would find it um ... verveelig because she told about her races and stuff. She didn't ... I expect more er of her of training program, but she didn't give anything of that.
- R: They never do.
- P7: *(laughs)* Ja, ja but but it's very um ... What helped me a lot on the moment because it's it's really heartsore for me to moes skip this Comrades. The Comrades is always something special to me and from ... This is the first year I decide to don't go to the Comrades because they always invite us as VIPs and I did think it will be very heartsore for me to there and I know my, my body's not ... um strong enough to do it this year. But I was there when I was running in Belgium and an and Japan, I was a a Comrades athlete there. I do go also there and I was heart sore when um the gun go off that I couldn't be part of this lot of people running, but the heart sore away quickly because I was fit. I was ready to run. I can run the Comrades at that stage, but a month later I've got a different race, another aim. But this year ... it's it's different. This year I can't ... I'm not fit. I can't do any other race. I can't do Comrades.
- R: Earlier you said you had had an Achilles injury. Why did that happen?
- P7: That happened, also I think, er what I think that year, I think my shoes was I didn't um ... You know what, I was running for 10 years hard. I didn't um ... my shoes was old. I think my shoes was too old 'cause um er ... I was log, before that I was logging my kays and I know if I got 1000 kays on the shoes I must put it away. But that year I ... I just run. I er I was on another stint. You, you get comfortable. You think you can just run, you don't get injured. So, so that's ... I really think my shoes wasn't ... was the problem that stage. That's what I feel. I I'm not sure. I can't say it was it, but that's what I think 'cause my shoes was, when I get injured I I read and shoo but my shoes are old. I run more than 1500 in this pair. So, maybe that is, that's why I get it. I'm not it was that, but that's what I think.
- R: You say you normally only get 1000 kays out of a pair of shoes?

- P7: More, but a 1000 hard kays. You know I I I then just use it for training. Then I just go for, when I go quickly a 10 kay in the morning, I put it on. Then I don't race anymore with it. I won't race with it. I won't run a 30 or a 42 with a shoe over. Then I buy a new shoe, a new pair of shoes. I train with it still.
- R: Up until when?
- P7: ... Okay, now I can't tell you anymore because now I I I did. I know on the moment. I can't remember what I did ... earlier, but now I run like er three pairs in a year. I buy one in January, just one before the Two Oceans and er just one before Comrades.
- R: Do you alternate your shoes?
- P7: Ja, then I train with the other ones. When I, January's shoes when I buy a new one when I go to Two Oceans because I always believe if I run Comrades or Two Oceans I have to have a new pair. Not like brand new but just with a few kays on it.
- R: Can you describe a typical day?
- P7: When I was training or now?
- R: Both when you were training and now.
- P7: Okay, when I was training now I was standing, my alarm clock was half past four. (*speaks slowly with emphasis*) It's going off each each and every morning from from Monday 'till Sunday. And maybe sometimes at weekends earlier er er depends on where the race are, so how far must I go to drive for the race, to be there in time. So some Sat Saturday mornings is alarm clock is before half past four. But the normal days half past four my clock going off, stand up, drink my coffee; er the enige only thing I had before I run. Then I go out for my run. And then I come back ... er clean me up and bath and go to work. Teaching and working with the kids and then ... Nowadays I didn't train twice a day, but when I was um ... the first ten years competing, competitive I run like um two days, two times a day on Tuesdays, Wednesdays and Thursdays. So three three days in a week I had I run two times. But now one time is enough. I can't do two times anymore.
- R: Would you say you were experiencing any stress before you got this injury?
- P7: You mean ... um er a stressful life?
- R: Yes.
- P7: ... Oh no, I can't remember what was last year's ... No, I I don't think so. ... I can er tell you why I maybe stopped running because I hear what you say ... I've heard someone say a doctor told them you only stop running when you had a ...
- R: Stress fracture?
- P7: Stress fracture. So, I want to agree with them and I think why I stopped running now, we, our family had a terrible terrible thing happened with us last, end of last year. But then I still had the injury. So I think, I think by myself if maybe this didn't happen with our family I I will still jog ... with injuries too. Because I I I can never ever in Tim Noakes' book, he said you must stop running. He said you must stop doing hill work and speed work, but you can still run. But I I er and my doctor also said to me, go and run. But I, myself, decided to stop run because

my brother's child, 29 is killed in a terrible accident last November and I think I'm still battling to get over it. And so when I I going for the marathon in in PE this year in February, the 12th of February I was running and er it wasn't a good run. And I was cripple at the end of this injury and I come back and I don't know if it's courage to try again, to just keep on trying you will get better. I just ... gee moed op en now I just want it to be 100% away. Then I think I will start again. But I think this gee moed op it's the first time in my career and I think this is this death of this lovely son of my brother's so early. So I it was very terrible the accident was so. I think at on the moment I think that affect me because I really think a lot it and it come to my mind often. (*eyes full of tears often*)

R: Don't you think it would help you if you ran?

P7: It will help if I ran and I think I was running while he was in the accident and and he was like 39 days in the ... intensive care unit and I run through that stage and I run through his and and then he died and I run through his um the the begrafnis, what funeral and I I still don't er feel it. You see it was a lot , but then I ... ek het moed opgee nou. I I think my body, I I feel my body wants a rest. I had to rest now. I'm I'm drained. I'm ... my brain is drained. Er er my running will be good, but I try after his death and I was ... And your head is sore and your or not your head, but your heart is sore. So, so I think, but otherwise I won't give up the Comrades, but but this year I just give it up. I I think if this terrible accident didn't happen I won't give up my Comrades this year. I will still try and do it with this cripple foot because I can run. It's just not so comfortable (*tearful*)

R: So the only major injuries you have had are this one and the Achilles?

P7: Er ja, I had in this competitive years I had niggles. Um, but you know wat short ones, not not really an injury like this one. It's more than a year and it doesn't go away. It's the first time I've got a injury so long like this one. But the achilles also was not very long. I did everything in the book what you have to do and it was quickly over. But it was just before Comrades. So it was just after Comrades over and I couldn't do the long run if this doesn't ... right on the moment. But er ... I do have a heel ... Er, I I remember when I run in Japan, the 100 kays for South Africa, the my heel was very sore the last few kays like the last 10 kays I starting feeling my heel. But not the heel like now. It was it's the bone. And maybe it was a stress fracture. I dunno what was it but when I crossed the line that day I was ... hopping on one foot. I couldn't step on my other foot. But at that stage er my er I've got a very um strong willpower so if I want to do something ... I do it. So there was nothing that I will stop in the last 10 kays of a 100 kays and I've got my green and gold on. I will have I will crawl, but I will finish that race. So I finished and er not too bad time, but um um er I wasn't able to walk for long, but then it wasn't necessary for me to run or walk after the race. It was just 'till the race. So I had to rest for the rest. So I rest for one or two months and then I start running again and then the heel wa was fine and I never had troubles with the heel. Like this is now my plantar and it feel likes my heel, but that one outside of the outside of the heel that that time. But ... like I said it doesn't affect any of my races ... and er ja. And I got er my

hamstring's pulling a lot. Um, not now but almost certain times. That's why I started doing gym work because I thought. They tested me at at G and they see my hamstrings are very ... weak. Weaker than they should be. So, so I think that's maybe and I must say in that year I was at the gym at G working on my hamstrings, when I was running it wasn't sore. So it it was definitely helping my hamstrings.

R: The achilles and now your plantar fasciitis injury. Is it the same foot?

P7: Oh, I don't know. I can't tell you. But but if I look in in my um ... I will do look in my book and see. There was a spinnekop wat er 'n spinnekop wat my een jaar opgebyt op Comrades. Toe was my voet ook seer. En die volgende jaar het ek er ook 'n besering gekry daar waar die spinnekop my gebyt het. Dit was seer.

R: Really?

P7: Ja.

R: In the middle of the Comrades?

P7: BEFORE the Comrades. I think it wa were, net hier waar jou sokkie waar jou sokkie sit. (*indicates*) Ek dink dit was in my sokkie of iets. Dit was net daar. Toe was hy seer en ... toe ek klaar Comrades gehardloop het, kon ek amper nie op my voet getrap. Die volgende dag het hy so gestaan. (*indicates size*) Toe gaan ek dokter toe want ek weet nie wat is fout nie. Toe is dit 'n spinnekop. En die volg, toe gaan dit weg al, die volgende jaar toe kry ek soos my achilles was. Hier (*indicates*) tendonitis. Hier, op hierdie tendon daar, net waar hulle gebyt het. Toe se dis die um ... er ... wat is die goed wat agterbly? Die scar ... tissue scar. En dit het nou weer ontsteek. Maar ek het, dit het my nie, dis wat ek se dit laat my nie in die kop invat ook nie. Ek hardloop net stadiger maar ek doen ... want dis nie ... ek het nooit 'n stress frakteen gehad nie.

R: Now you are resting. What else do you think will help you get over the injury? ... What else will help your recovery? You said you have been to physio and followed Tim Noakes' advice down to the (*participant interrupts*)

P7: Ja, everything except the operation. No, I think if I stay long enough, don't do anything it will hea heal. But I think on the moment it's my heart and my body must heal. Both I think.

R: So you feel your body needs a rest?

P7: Ja, I ... not, ja my body and my heart, I just feel ... Ja, I think um because my brother's son is not in a normal accident. It it it's a very weird and sad accident, but you can't think why it happened. So I think, now ek kry my broer en sy familie baie jammer ook. Dit is, dit is baie sad en die kind het vir my kom kuier. Er, hy het die dag wat hy die ongeluk het, het hy die dag by my kom eet het en als die dinge, dit is net ek dink vir my te veel. Ek ek kan nie glo. Dis so so iets iets, dis ... Ek kan nie glo dat dit gebeur het nie. I can't ... (*tearful*)

R: Was it a motor car accident?

P7: Ja, he was. Dit dit was in die koerant. Hy's in 'n car gesleep. Hu hulle het oor hom gery en toe haak hy vas onder die kar gesleep om hom. So dit is nie. Dis dis wreed, dis nie menslik moonlik. En nou a sy ongeluk as ek gaan hardloop het, was ek so bang vir die karre ek het

nie in die pad gehol, ek het daar in die bosse gehol en ek was te bang dat 'n kar ry my om en hulle sleep my ook en ... Ek was sielkundige ... maar dis net 'n paar maande, dis nog net eers 'n jaar nie. 'n Mens moet, ek dink, jousef kans gee om dit te kan verwerk. Jy moet ... moet ... moet ... (*very tearful*)

R: Give yourself a chance to work through it?

P7: Ja, eke k dink dis hoekom ek nie nou want sou ek Comrades gehardloop het want ek met almal behalwe daai een achilles nie Comrades gehol nie.

P7: Are you the only one in your family who runs? Are you related to I B?

R: It's my brother's not; I've got two brothers. But er, I B is my peetkind. It's my brother's, my other. Not the brother whose son has died. This is my oldest brother whose son has died last year, but I is my younger brother's child. Ja, my my godchild and sh. I'm very proud because she said um she always going when when they were small they coming with me to races and that luckily in the days I win a lot of races. And it was so funny every time they come with me and they watch at the Comrades when I win and we going at the platteland and everywhere to race. And luckily every time they're with me I win the race, the ladies' race. I mean not the men's race, the ladies' race. But so they were small and they think, the peetma always win. You know, the godmother, the peetma. And she said when when I know er on the er ... wat is onderhoude in Engels? The ...

R: Interviews?

P7: The interviews they're they're got when she starts running good. They ask her what what inspire her to run. She says, ja she was always there when I run and they give me water and ... cold drink ... you know, from the side. She said, and it always looks so nice. So she tried and it's really nice for her also. This is really fun. So it was proud for me to ... to let someone else and she's really talented. She can run very good.

R: Are you still in contact with other runners?

P7: Not so much but er as I know Bruce. Er Bruce Fordyce was, er I was not so caught up with him. But we had this Comrades, ex-Comrades winners' races er often ... Er, each year Bruce get a few old Comrades winners together when we ru run ... a aflos um ...

R: Relay?

P7: Relay in Jo'burg. This March we did two there. It's ... there a, you know, a Comrades winners' team. You know, then we're like a team. And so er Rae Bischoff and I, dunno if you know who's Rae Bischoff. She's the last South African lady winning Comrades. Me and she is nearly the same age so so we. And she was with me in Japan. We start knowing each other when we share a room in Japan for this 100 kays we run there. So, um er er me and Rae are very big friends. So I've got contact with her. Not so much with L because I I didn't train with her or ... and now the few months I didn't er run I didn't see her because I see her always on races. But I'm not going to races anymore so I don't see her.

R: Before you stopped running this year, were you training with others?

- P7: No, er the last few years I trained by myself but only this. On some Wednesday mornings I'm was going to W, this W wat my dokter is. But it's just for me. We do a 15 kay loop. So some Wednesdays er I go there. Er, like last year, I go there some Wednesday mornings. But all the other mornings and stuff I run on my own. But I run at Club M on Sundays and I run Saturdays the races. But the races is more for me for practice, not for a race because I don't want to run a 21 on my own so I go run a 21 race. That's why I run nearly every Saturday a race because that is my ... Then I'm not on my own when I train. But then from in the week I train ... totally on my own.
- R: So you haven't had any contact with the people you run with at Club M since you have been injured?
- P7: No. No, no, no.
- R: Have you had any tips and advice from runners re your injury?
- P7: Advice from them?
- R: Yes, about what you must do.
- P7: Ja, I I I will remember one day an at one stage, you know Jackie Meckler? He was moes he's al also a former Comrades winner and and ja and the race named after him I saw once, a few years back at that race. And I said for, I said to him like you ask me now, don't you have any tips for me because I'm starting battling to keep up running. He said to me, jy weet you want good, if you want to run a good Comrades you have to train twice a day. But I don't know how ... er er like er I dunno ... I think for some people it work and for some not. But because he said to me that and I believed him because when I was winning Comrades I run, but not every day, three days a week I run twice. But like Rae Bischoff, me and she became good friends after Japan. So we had very, like yesterday I spoke to her two times. So we I've got very ... And sometimes she also. We and the same things. When I'm sick, then she's sick, then I'm injured, then she's injured. So so we had a lot to relate and we all both was Comrades winners so we know what's to run in front. And now it's it's like a battle to run at the back, but that's all you can do on the moment. (*chuckles*) So you do it and er. Nou ja, ek weet nie wat ek wil nou gese het ... wat het jy gevra?
- R: What ad (*participant interrupts*)
- P7: O o okay. Jackie Meckler said to me twice a day training. But Rae Bischoff win the Comrades in a very good time and she only trained once a day. Never two. So, so I think ...
- R: It probably depends on how strong you are.
- P7: Ja ... I know Madaleen Otto also trained once a day. Although she didn't win Comrades she had a few golds, I think and she had a gold or something at Two Oceans as well. But um she she also run just once a day. She always said she can't run two times a day because she's got a kid and stuff. So I I don't think that the ultimate.
- R: What about advice regarding your injury?
- P7: Huh! Everyone had to say something about the injury. I dunno. Roll the tennis ball and put ice on. Ah ...

R: Do you get a lot of different advice?

P7: Different?

R: Yes, do some people tell you to do one thing and other people tell you to do another thing?

P7: Ja, they they ... there is a lot, but it doesn't affect me a lot. I ... I dunno. They ... Most of the the things they said is the things I already did or ... um, you know, like they said I have to ice it and I did en ek moet die balletjie rol en dit het ek gedoen en weet ek moet dit doen and they said. But they some they said to me I had to go to R H. I don't go to him because I won't go to Jo'burg to see somebody. Um and ja, they they can can't wanting to, like now I'm not in, not there so ... they won't give me any ...

R: Don't you miss socializing with other runners?

P7: Er, not so much. I can't say I didn't miss it, but er I have other my other not running friends become now more part of my life because I I er skep hulle af as ek hardloop en they moan baie want as hulle bel en ek se, no, no I cannot come for this tea. I have to run a race there and there and okay jy is altyd aan die hardloop. So they know me as a hardlopende girl and everytime they call me for something. And now they call me and I said, no I didn't ha run, I will come. Then they say, really? You don't running. Whow! I'm injured. Okay. Then they don't ask me where or what. Injury doesn't mean anything to somebody who didn't run. They don't tell me what to do. They don't even ask me what is sore. Sometimes they say, where? In my foot. Okay. And that's fine for them. So, you know I I like to to have this running people and not running people. But like me and Rae Bischoff we are both Comrades winners and we never talk running when we're together. We talk other things. We're not really very into running. We, maybe when we're at the Comrades together we will talk a little bit of ... but we normally talk about something else.

R: Do you find that a lot of people tell you about their injuries if they know you are injured?

P7: Ja, if you said ... ja, er when my foot was in the beginning sore and after a race I put ice on it I go to the ... In the beginning when I actually recognize it's an injury and not bumped my heel or something, then I get ice at the end of the race, put out my takkie and put ice on my heel and then the people said, yes I got also this and this. And I remember some of them said to me it was one or two years they struggle with it. And I said what? So long? And I didn't believe them. But er now I believe them. (chuckles) So they said and what. There was a few in the beginning who said to me, it was so, it took so long to heal.

R: What do you find particularly difficult about being injured?

P7: ... Ooh, in the beginning it was the running I miss. But on the moment I'm fi, I think I'm fine on the moment be. But but I don't want to know about the running, what races is on. Er, it's better for me. That's why I didn't have contact a lot with Club U or Linda or ... because I don't really want to know what is, what races is the weekend on because the first month I stop I was going, ah I want to run that race. Oh shame, they are running now. I thought I'd make myself mad to think that. So you cut out. You don't run it. Don't worry what the

other people say. So now I'm I'm good to cut me off something. I want to cut me off 'cause I think I've got a strong mind and a strong will. So, so I just cut me off ... So, so on the moment, in the beginning it was a little bit. But the Loskop was like a heartsore story for me because I did 15 Loskops in a row without skipping any year. ... And this year w will be my 16th one and this is the first one I skip. I thought I will do fif 20 in a row, but now I just do 15 and then ... So, so then I was heartsore and then I thought I must do something. I can't think every race, ag shame, this race I miss or this race I miss. So now I I don't worry. I don't even know what races is there tomorrow and ... I don't mind to know.

R: Have you learnt anything about yourself because of the injury?

P7: ... Yes, the last m three months I learnt ... you, you know what you must take the cards coming to you. If you get bad cards, you must accept it. If you get good cards, you must accept it because you always get good and bad. So I just accept what happened to me now because it doesn't help to try and don't accept it. You must just, if you can't run a race, just accept it. Don't try and do it in and you're injured and you're going and you're cripple and afterwards you're more cripple than you start. You know so, so I think you must, in life you must just because there's so ma many unfortunate things happen to you. You can't do nothing about it. So, I think if something happen to you that you could do nothing about it, just accept it as good as you can and go on.

R: Did it take you a long time to accept it?

P7: Ja, I think the first month or two I was ... you know, in what race and then I ... ag, shame they're running now. They're busy. I wonder when they will finish. Okay, then they finish it and I call W and said, what was your time? Now he call me and he said to me his time and I said, what? How long was it? What did you run? You know ... at first I call him, now he call me and he said, O er he go to this Warmbad 28 race. I love to go to that race because it's in nature. You don't run in the road. So, we always going there every year. Then he call me after the run 2.30. I said, gee but it's a stadig, what's it, a 21? He said, no man it's a 28. Ek se, ag shame. Ek het gedink jy het stadig gegaan. Maar ... it's better that I didn't. That's why I don't want to go to Comrades. I don't want to. I think it will be too ... too emotional this year to go there because I'm not fit and I can't. But I dunno, but on the moment I don't think I will go.

R: Have you any other words of wisdom about running?

P7: ... I think anyone who wants to or loves running must go on running until he can't run anymore because er I think it's so healing for your soul. It helps you through life. It helps you. Because an an you know there's some ... One of my brothers did the Comrades once. Because of me he starts running. My brother's daughter running ... because of me um. And I will love to learn this niece habit. I always said to the people, I'm ek is verslaf aan hardloop and it's better to be um ... Wat is verslaf in Engels?

R: Addicted.

P7: Addicted to running than to anything else. To smoking ... er drugs or anything. So be addicted to running is it's better for everyone around you. For your soul, for yourself, for your health er and um ... Um and there was some people in races telling me also I inspired them to run and er that's what ... If there is only one I could inspire to run that will be ... help for me. It will make me proud. Somebody to come and run not just one race and stop. It's a way of life, it's your style of living. Or not only run. I've seen it's ... you know, if someone er to er er prefer the bike before running. Or it's it's the same. But I think sport must be. But there is sports you can't do then when you're old. But running is one you can do when you're old. But I think um ... I will ... be glad. I I um I'm a child lover so I'm working with child so every child must have sport that ... and and because one thing to to er participate in one thing ... training you in most things. That is important I think. It's self-vertroue, confidence, self-confidence. From ... before I was running I I didn't have much self-confidence. The running gives me lots of that. But running makes my lif life much easier, much ... It gives something to me. Ja and I think any anyone who runs gets confidence from it because you can do ... except a race like Comrades. If you do it, just once, then you know you can do it. You can do 90 kays. You've got ... um ... confidence.

INTERVIEW WITH PARTICIPANT 8

R: How long have you been running for?

P8: Well, about fif 15 years I think. ... Ja, because I've done 12 Comrades. This this one I won't run ... and two years I haven't run. So it's 15. This year it's 15.

R: Why did you originally start running?

P8: ... Ag, I always liked type of sports. I played rugby and tennis afterwards and then at university I've got a friend that started running. On that run then I started with him and I kept it going with friends at Club G. I just enjoyed it.

R: You said you've run Comrades 12 times. Did you run it in your first year of running?

P8: Ja, the first year, ja. Because I've gone and joined Magnolia and they like was well at that stage everybody did Comrades. So we started training with a group and er did it the first year. Or, I er ja, I I joined the club and in the first year. Ja, I'd done it in, like my first Comrades was 10.38. It was still 11 hours. I think my time was 10.45. *(laughs)*

R: What is your best?

P8: My best time?

R: Yes.

P8: 8.07. Look for me, time my time ... I, because I'm not actually a runner. I'm too big for that, but I enjoy it still. So for me that was a good time. Ja.

R: When was that?

P8: It's about ... 2000 and ... 1 or 2 about. Ja. But that year me and J we had bit, quite a bit of time off. At least I didn't have to go far. I worked close to Pretoria so we could train a lot. So it's that's the difference. If you can train a lot you, even if you don't have that much ability you can run a good time. Um ... I'm traveling to Jo'burg and back. I don't have the time. So the times show it. *(laughs)* Ja.

R: How often do you run a week?

P8: Well, if I'm not injured we run er at least ... at least five times a week. Saturday, Sunday and at least two times a week or perhaps four when we have big weeks. ... Friday we normally rest. Friday we don't. On the other days when we don't run at least I go to the gym or spin or something like that. Still now when I'm injured. Cause now um I'm not running every day. I can't. So every other day I run and then I go to gym to ... practise this muscle. *(points to lower abdomen)* Get a six. *(chuckles)*

R: Do you think spinning helps?

P8: Well at least it's not er aggravating the injury that much because I I'm setting the seat a bit lower so that I don't have to stretch it. So, at least you get your bit of ... It's not as compounding as running hard to th the running. So, er in the ... but when I had the injury he said I can't cycle or swim or ... 'cause you stretch it with cycling. Your legs do that. *(demonstrates)*

R: What injury do you have?

- P8: It's this groin because I had an operation ... 15th of December. But I struggled with it. It comes now about for more than a year about, ago nearly two years that I, cause I stopped and then I just didn't run and so did some that um ... What's that other type of doctors that give you that, test you on this machines? To test your muscles, um ... biokineticist.
- R: Yes.
- P8: Okay, yes. He first give me exercises. He said it will, they will first try to with the muscles to ... like to train you, um try to get that muscle strong again or whatever. But the tear, but when I started training again that tear just got worse or aggravated again. So they had to operate it and stretch it to fix the the torn muscle. But it it's not sore from the swimming itself because I couldn't swim er 'cause of the swimming kick or or ...
- R: So you couldn't even swim?
- P8: No, because I had to ... When I when I had the injury before the operation I had to with that other thing you put between your legs just to you afloat, your don't sink.
- R: A pullbuoy?
- P8: Yes, just to er swim with my arms. So you don't use the legs. So I did some of that things to try to get fit sort of or stay not unfit. ... Ja, it's bad when you athletic. (*laughs*) because you want to something and you can't.
- R: What does your training program normally involve? ... You said that you train three, four times a week as well as on the weekends. When you aren't injured what training would you do?
- P8: The type of training?
- R: Yes.
- P8: Okay, Wednesday we'll normally go for a bit of longer run like 15 to 18 kilometres. And then Tuesdays we do a time trial or try to do some sort of short sprints and at least one or type of hill session. It's not that complicated. We try to do something something around the club where's there's lots of different hills like at Club H, that hill there or what or Klapperkop perhaps, and do a bit of hill work. And then Sat Saturday we run a race or something. And then Sundays there's the club run. It's just at least to keep going.
- R: Do you do any farklek?
- P8: Ja, well that year we we we actually had more time to to train. We had like a off week. We came to I to do short sprints. Even now we we we with J there in Marais Straat in Brooklyn we did er 500 sprints or a 1000. So we did repeats of that for for speedwork because we couldn't. In the past we did when it was still er KU that J took it over there at the Fountains Circle, that campus there. We did er track work there, but it's now part of J so I don't know if we can run there anymore. Ago, but we did 1000s on the road. But maybe we can because sometimes there's nobody there. Ja, so sometimes in on Saturdays or whatever when there's nobody we run there, but then in peak time there's a lot of er er athletes

there. But we are we did some er at least some structuring at times when we when we can.
(chuckles)

R: How many kilometres a week do you do?

P8: Well ...

R: Let's say two months before Comrades.

P8: Well the that. Well, we try at least to do 120 or something like that a month. Ja, we might do 140 or so. But normally we try to do at least 80, 90 a week for and then three or some good weeks 120 or something. ... But it's it's a lot. (laughs) You can't do more because then you are too tired at work and er stuff like that. ... Ideally it's to to run two times a week, ag two times a day. But that was Freddie. But he's just working here here in the city, so ... Then if I go in the mornings with him, then I work and he run in the afternoons again. But I can either train just in the mornings or in the afternoons. But it's bet, but but that year when I worked in Pretoria we did times a week, er two trainings a day, in the morning and in the afternoon. Then you don't have to do one long 18 or 20 in the afternoon. You split it up. And that worked quite well. It didn't feel so bad on your legs if you run two shorter ones. Ja ... (chuckles)

R: Do you do any gym work?

P8: Ja. Well I ... I go to the gym so I swim there and do spinning some once or twice a week. Now at this stage er at least two times a week I go to the gym just for my legs and that new type of ball exercises. But before I even know before this (points to lower abdomen) I I go to gym, but now I must do that lower stomach muscle type of ...

R: With those big balls?

P8: Balls and stuff, ja.

R: Is it helping your injury?

P8: Ja. In the beginning I thought it's not working, but that things is that is quite strenuous, if you you think ja it's easy, but er it's it's ... because if you're working different types of muscles. Because with the normal sit-ups that you do and the normal you you are actually ... normally train more the upper type of muscle, but they. It's more your stabilizing muscles that they want to train. It's more part of your, on the sides. Ja, no you actually see how weak you are when you train on that type of. It's not just the ball. There's other ones as well. But the ball is at least to sta, to learn your muscles to stabilize yourself because you must move around and you use them. You must tighten your stomach muscles. And then you must er balance yourself on that ball so it's working actually that type of muscle where the injury are. (chuckles) So I bought myself one 'cause last year we worked overseas for six or nine months, but then I got injured. So I bought a ball and take it with. So I trained there. So then it was, it was quite good again, but then I come back and trained hard again, it just came back again. Then I had to do the operation. (chuckles)

R: Besides the Comrades what other races have you run?

- P8: Well, I did a bit of triathlon. I did er we started with the short Radio 5 type of things what's now the Energade Series. Then we, then we did them. Because all them is in Benoni and Rynpark. That Half Ironman distances. And then I did the three-quarter one and about two years ago I did the er, not in the sea one, but before the PE one started. I did the full Ironman distance, but it was here in the Vaal Dam.
- R: Have you done Two Oceans?
- P8: Ja, la ... last year I think. Ja, before then I've done just twice and this year the 21 because my injury I couldn't do the other one. So I just did the 21, but it was two and a half hours. *(laughs)* But I wasn't fit. I couldn't run. It was my first one since the operation in December. So I just ... We had er um planned everything and all the things arranged now. I was staying there at. So, I er just walk and run. It was not actually a run. Just just to do it because I was there. *(chuckles)*
- R: Did you enjoy the Two Oceans?
- P8: Ja, no it was because the previous one, the last one we did was was the old route or the the route so I did one of one of both. Ja. Ag, but there's not like the Comrades much more better for me, the Two Oceans. Ag, nice to every two few years to do it. Take a bit of a holiday. Ja.
- R: Have you enjoyed the Comrades?
- P8: Ja, no, no. Have a good time at the Comrades. Well, you struggle there, but at least you run it *(chuckles)* you know.
- R: Do you prefer the up or down run?
- P8: Well, I'm more sore from the down because I'm heavy. I'm 84 whatever kilograms. But because I'm heavy I'm I'll I'll, my best time was on the downs. So at least I'm sore afterwards, but on the down at least I can keep going. *(laughs)*
- R: What is your favourite distance?
- P8: ... I I like the 50s. You know, the Loskop and Om-die-Dam and stuff. 'Cause I'm not that quite speedy to run like sub-40 tens and stuff. So at least with the 50 you can get ... Ja, I dunno.
- R: What is your best marathon time?
- P8: Ohf, not that good. About 3.14 or something like that. I've done a few sub-90 half-marathons. And 50, it's about 3.57 at Loskop. Not at Om-die-Dam. *(laughs)* Loskop is is much easier than than Loskop, ag Om-die-Dam. Loskop is 20% less difficult than Om-die-Dam.
- R: What benefits do you experience because of your involvement?
- P8: Well, benefits ... Well, at least ... I I just sometimes when I'm just um 'cause I like to ... But that's phys, physical type of sports 'cause I tried golf and stuff but doesn't give me that satis satisfaction afterwards. Then I played tennis. Tennis was also good, but I did it with the running. So normally some Saturday mornings I run and Saturday afternoons I play tennis. But er running, you know, for a short distance and 'cause I sit a lot at a computer. The

whole day I sit. So at least when I feel um ... You you just feel more energized and alive. *(laughs)* And lots of friends and opportunities because with the running you always have away away weekends and stuff that we we wouldn't have done if we didn't run. So personally and with just jis your whole life gets better, but it works with running. It can with other sport as well but where we chose now running.

R: Do you experience any negative things because of running?

P8: Like for example?

R: Early mornings?

P8: *(laughs)* Oh ja ja ja like that ja. And normally the people that normally are at work they say, ja ... normally there's like a heart attack at some races, you know, and you're always there. Ja, you runners. Check what happens to you, but they don't see all the other stuff. Ag, sometimes when especially with the cycling perhaps the motorists ... you know and so. Kom en klap. They don't, even if you drive in not in a bunch and stuff like that. So you always, always ... jis, always have to check out them. I always worry because when I train for the Ironman I train alone. I didn't drive in this cycling bunches because I do do my own thing. So I had to ride on my own to Bronkhorstspuit and Delmas. There was a 150 kilometres loop I did on weekends. So it just feel unsafe.

R: Have you got any intentions of doing the Ironman in Port Elizabeth?

P8: I've done the Ironman distance, ja. Ja, that moes 180 cycle, 3.8 swim and marathon run afterwards. It was just Ironman distance her in Vanderbijl Park. Two, three years ago. Ja, but because I I wanted to go this year to Pe, but when I started training last year in October, November, it started to get worse. And I stopped a bit and when I started again, it was just bad. So if I'm here er er getting on now and can run long longer then I plan to do it next year because I have a three year contract and next year's the last one. Perhaps they will renew it. But it's the last last one for this current series. And running is also for me um 'cause I'm a believer in Jesus and stuff so for me it's nice just go out and sometimes when I run just ... gi gi just feel relaxed and free. Just praying and ... Even with the cycling 'cause ohf you cycling seven hours on my own, by myself. *(laughs)* Imagine. So for me it's just time off, it's it's time that I bid, speak with the Lord and just talking 'cause you're on your own and just thank for a able body and for friends and opportunities. 'Cause running give you lots of op opportunities. When I went overseas and I ran there in the Middle East then we and there was some races like that. I went to Dubai and did the Half Ironman there with some friends. So I took my bicy er bicycle with. So, at least no, sport gives you er at least some opportunities.

R: Did you run any races overseas?

P8: Ja, just where wh in er Bahrain, there was a marathon and half-marathon and 10 kays. Because running er they don't in the Middle East because there's not lots of sports. But because there's lots of western types of people and Asians so they have some er races organized. Very small, they don't go for anything big. Just drink water *(laughs)* But luckily G

G sent me some er ... Some of his friends was there and he he and they told him to send me um some sweets and stuff. So they sent me a lot of stuff. So I could run there.

R: So you don't really experience anything negative?

P8: No ... Okay, well injuries and stuff that negative, other negative things. Er well if I had more time I'll I'll do more still. (*laughs*) The negative is that I haven't too much time.

R: How would you personally define injury? ... What does injury mean to you?

P8: Well er I I can't ... I want to to to do something, run or cycle or swim or whatever like har like hard as I can and I can't. Because it's very frustrating now. I can a bit, just safely a bit ... er standing at this stage. So I as ... everything that keeps me from from doing ... my 100% what I can.

R: That's an injury?

P8: That's an injury, ja. Well even though it's sometimes normally well I've got lots of like hamstrings and stuff you going to the physio. I struggled also with my right. I dunno because that's what I decided 'cause my right ... um ... hamstrings giving me problems. Now it's the right so 'cause all the muscles is is like intertwined or whatever so I think it's, ja, so. For me an injury is like anything that keeps me from training as ...as I should, as as I would have if I don't have anything.

R: So you've had this injury for a long time?

P8: Ja, this one is now about coming now about two years now. That's because we first tried to fix it. And it was coming right, but then it was ... torn again because he, the doctor said in the end it was ... it was too weak for this. Ja. So they had to. Ag, it's like a like a stitch when you've had an operation there. They had er they had to cut it and there's, you see there's three layers of muscle in that and and and the bottom two they had to stitch er it separately 'cause it was now open. So, it it was taking too long to to heal on its own, ja. It's like the groin. You know you normally hear rugby players they've got this groin groin injury. And they have off a bit. At least they get ... trained.

R: When you realized that the injury wasn't getting better and you would have to have an operation, what was your reaction?

P8: ... Er normally, it was frustration. (*laughs*) Because you want to do something you like and all the other friends and stuff is doing it. So you have to sit on the sideline and just sit the whole day and at night. Just sit. You feel so frustrated. You've got lots of time on your hands when you come from work. It's just frustrating because you sit the whole day and you want at least to to train your body somehow. And ... you feel like powerless, but at least ... I've got lots of other things to ... to, not be glad. What's the word? ... To er ... dankbaar. What's it in English?

R: Grateful?

P8: Grateful, ja. To be grateful for for that. So er ... you know if you've just negative and feel sorry for yourself but you you have to look at the whole picture, what the Lord provides for you every day and all the other years that you did well. So at least I did that from that point

of view and thank Him and ask Him if it's possible I'll do it again in the future ... and if it's in His plan and thank Him for the other stuff and for the time I've been. So even if I have to do without maybe I can do short things. Ja, I'll just have to accept it. (*chuckles*) I hope not. Pray not. At least I want to do one Ironman in the sea because I did one in the dam. That's actually the only one thing I want to do still.

R: What about Comrades?

P8: Er, no look I'm not setting a goal when when er if I'm not injured or stuff I like running. So I'll run every year when when I'm able because there's no reason for me not to run it. I like it. So if I comes to 20 and I'm now 41. Claude did it last year and he was 61. So, I will easily make (*laughs*) easily make 20 because I'm now on 12 so so I'll easily make 20. No, when I'm not injured I'll keep running. At least during the year it motivates you to to keep fit and the rest. Because when you go stop training you know it's ... just sit the whole day and get fat. And you don't feel good. Jis you your whole outlook on life is different.

R: For how long were you unable to run?

P8: Ja, okay from now after the operation it was like, I started just before Two Oceans. Two weeks about. Just to ... be sure. Check if I will be able to do the distance. For four months of doing nothing. No gym, no swim, no r, nothing nothing.

R: So you couldn't even swim?

P8: No, no can't swim. It was very sore because for the first week Freddie and Claude did night, day. I was just lying like that. If I cough or something ... It was a very sore operation. That was ... ohf it was terrible. No, it was, I don't if it was a sensitive place or whatever. No, it was. And I can't even walk or drive for ... jis, I think I didn't drive for 10 days or something like that. I couldn't, couldn't ... couldn't drive. So I, before the operation, then I went overseas. Down there I didn't think I'd stop training. But I train with the balls and gym work. Er, but I didn't run for about two or three months. Just to check, to get it back. Then I just do short, short, short distances. In fact, that seems to work ... 'cause it didn't get worse. So we had to you know the town where we stayed we had a small gym outside with a treadmill and er and um a spinning bike. So I st started running again but when I came back and train like harder then it ... it sort of tore, torn again torn again on that same same same spot. Ja.

R: Had you been to physio before that?

P8: Before the injury?

R: Before you had the op.

P8: Ja, no. There's that er in Rosebank, there's that sports clinic. Ja, with the physios and er the biokineticist and the er who's that doctor that did the operations? You know that umm ... I don't know what type of doctor that is, I forgot the name. But we went to him and he and that biokineticist working together. So, they decide first to try to try the exercises. And er, and when I er but that's before I went overseas. So when we got back I went to went to see him again and then ... 'cause he know my history. So he said, well if that didn't do it the next because it's it's it's at that stage it was the same bad stage it was the first time it was ...

It got better but it was worse again. So he said, no then we, the only thing is to operate ... Just to just to bind it, er hy moet heg ... dit moet bymekaar ... to put it together.

R: So it was badly torn?

P8: Ja, it was badly torn. (*chuckles*)

R: Have you started to run again?

P8: Ja, I started to run again. So, now I'm starting ... So, last, actually this weekend is our first time from ... December that I I run two days because we run Saturday 11 kilometres and now yesterday the Sunday run. (*laughs*) So it's normally about ... It's back-to-back, ja back-to-back but it's just a short distance. But at least I starting to move forward. After five months.

R: Do you feel it's better?

P8: Well I, in, if I take a bit of ... I try to now at least now in my run just to get a bit faster in the middle or so. Just warm up and just, and sometimes in the next day I can still feel it. So I'm still a bit frustrated because I can't train full out. I must still hold myself back the whole time, especially on the downhill because you tend to give longer er steps or what. Then it's sore the next day. Even when I step, ja when I stand up and walk first, the stitching is like that. (*demonstrates pulling*) So I don't know it's just er type of friction or what or whatever. But I'm seeing the biokineticist the end of June again. Because he must er test my strength muscles on that machine. So I'll ask him if if I can still ... It's a long time still to feel it because it's five months now after the operation, nearly six months. So it's frustrating to not be able to ... Er, when I had the operation it's was sort of healing, but if you, if it was healed properly at least in this ... er in supposed to be pre-match. (*chuckles*) But after six months and jis the year's coming to an end and now you must get fit for next year. So if you feel under pressure if you are, if I'm going to be able to to run ... which is not get injured. feel not getting well, but that's fast. So ...

R: How far are you running now?

P8: Well, about three times a week, 12. Less than 50 kilometres a week. Just 10, make it two times 10, 30. Make it 40. Ja. It's four times 10.

R: You said you still feel it?

P8: Ja, when I ...

R: Are you getting used to it?

P8: Ja, this is what I'm going to ask him, if it's because when you normally get a cut or the oper or the stitch, you know there's something like hard ...

R: Scar tissue.

P8: Scar tissue. Ja. That's the word. He said, I'll get some scar tissue. In the beginning they, the physio massage it just after the operation. That was very sore to get that scar tissue out. So, but he said I could still or still feel it er because I'm running and it'll twitch and er what's the word again. Er inside it will cause friction it's now hard hard. So I'll just ask him if that's happening. If it's just that I won't worry that much. But I'm just concerned because I'm not

running long. It's just it's just, you know, I'm still feeling it the next day. So er ... I don't know if I'll be able to ... just because I need to run like 32 or something at some stage before the end of the year just to ... if I want next year just to do the Ironman, Comrades or whatever. You must start doing longer things. ... It's keeping me a bit back still. So, I suppose I'll know more after the winter time ... To make a decision because I have to start training hard er about October. Run, some cycling because you need to do long cycling because the Ironman is in March. So?

R: Can you swim now?

P8: No, I haven't started swimming. I'll start swimming after we come back from Comrades. But I'll still start with the pull-buoy between my legs for a week or two and then I'll see if I can increase it. And then from then, 'cause he give me some exercises up to now and then he will tell me what I must do.

R: Why do you think you got injured?

P8: Ag, perhaps it was an imbalance in my in my um ... muscle ... er strengths because I told the biokineticist and that doctor me you can't get that type of operation, that type... Er 'cause I told him we did lots of stomach exercises and stuff. And he said, ja, but you know, you know if it's just that one he'd agree. For one part of your muscles it's strong but then the supporting muscles on the lower side it's so er ... I think you concentrating on one because you don't have the knowledge to do all those ... You see all those people doing the balls and you think, no it's for sissies or whatever. (*laughs*) Hey, I tell you when you starting doing that they you feel how sore you get when you do those things. So I so he sent me to it because they tested me on those machines.

R: Cybex machines?

P8: Ja, cybex machine and there was some other thing as well. So they saw my supporting muscles and stuff was was in comparison. It was like your hamstring must feel like two-thirds from your ham er from quads or whatever ratio. So they said my supporting lower back muscles and stomach muscles was was was weak in comparison. So. Well, that was the 'cause of the injury. Because he said they my my back and this bone (*shows hip*) it moves too much.

R: Your hip?

P8: Ja, hip because that hip muscle that sit at the, support the stomach muscles he said it moves too much 'cause when they saw on the graph and those type of things. So when it it must be stable when you when you run or swim or whatever. 'Cause mine made like that (*demonstrates movement*) so it was lots of more er friction or whatever to and that causes the ... ja and they never take the lower core muscle.

R: So it was the deeper muscles?

P8: Ja and it's that that deeper muscle that tore because there was three layers he said and my lower two was er was torn. He said normally you you ... so he said er stomach muscles

you must do like sit-ups and things that you lift your legs and stuff to do that other part as well. More stabilizing type of ...

R: This is what the biokineticist prescribed?

P8: Biokineticist ja together with that er doctor that did the operation because he said that he said he's got this guy, he's doing lots of it.

R: I presume he's a sports doctor?

P8: Ja. ... Because I was here at the physios and she, B. I don't know if you know B. BS. Where is she now? At the H ja. 'Cause I was there with them and they told me ... I think at some stage I got some ... um ... what this in injections? I think it's er ...

R: Cortisone?

P8: Cortisone things. This that I do to do something and she referred me to them 'cause she had also a runner in the past and this that K it's just like a sport, a sport centre for for people. For sports injuries type of thing.

R: What other injuries have you had? You mentioned earlier you had had a hamstring injury?

P8: Ja, I've still got the hamstring and I dunno. It's quite stiff and sore normally, but I think when I'm doing more stretching and cycling a bit, stretching help. So I must. (*chuckles*) So I'm struggling a bit with with my hamstrings still, but for that the normal physios I normally get ... go there for the hamstrings.

R: Have you had any other injuries?

P8: The one year I've got this er um ... it's just behind your knee. That soft ... soft er thing behind your knee. I don't. There's, there's also a name for it.

R: Baker's cyst?

P8: Ja, cyst cyst. Yes, cyst okay. Then there was this other doctor here at K. Also, a woman doctor. I also forgot her name. But I will ... But she was the sports doctor here at K at that stage. So I also got her and she also got me this injections. But this, that year also because it was so sore. That that ... it was very ... ja, no that soft tissue, but it was very sore. So I also got some cortisone injections. That that year also I couldn't run Comrades. I think that was about my third third year. And from there it was, I was fine. Ag you know, the normal muscle things, but up to two years ago. Ja, ja I've got no major things. So, I actually had a good running running day for all those years. We actually trained very hard. It was sort of injury free.

R: How do you spend a typical day?

P8: The whole day?

R: Yes.

P8: Well, normally I work. Depending how late I'm going to work. Sometimes we when we work work at the other side of Jo'burg we normally leave about quarter past five in the morning so it's a bit then ...

R: Bit too early to run?

P8: Bit too early to run. Jisee. So I try, but 'cause we work like complete hours we can be flexible. I don't have to be there eight to five. So so if ... Or what I sometimes do er um um went early and then stop there at um um ... Gym A, there in Midrand. So um ... At the other side there's also a gym, there on the other side of Jo'burg and do whatever. I go to one of those gyms. So I arrive early there, gym and then go to work. So we had to be so like early in the mornings like now I'm normally at work already. So then I ... then I leave because just before the traffic. It was, it it ... If I was working here I would there at half past seven at work so. But if you don't leave like a bit early then you like just after Centurion that that N1, then you sit for an hour and a half. That's that's what happened. An hour and a half, two hours just to get to work. So we rather leave at five, be there at quarter past six and work and leave like four, half past four. But now I'm working now at Midrand so it's not that far from to go now. So, so it depends. If I'm running in the morning then I'll work a bit later in the afternoons so I'll go early and leave half past five, then I'm running in the evening. Yesterday I ran so tonight I'll I'll go to gym. So it will be now either a gym day or a or a running day. 'Cause it's now cold for the next two months I rather go early to work and go and run in the afternoons. Because they're not running now after Comrades, they're training for Rhodes. They're doing long runs so I'll just keep on for myself.

R: Are you going down to Comrades?

P8: Ja, with G and H and Z. Ja. Because H's not running also. (*chuckles*) Ja, ne next year we will. At least me and him and M and who's not running? Y's not running also. So next year we will run again. So, ja, so we will just. He had like also one year. Four or five places, so when we go to Rhodes we will wait for the people. (*chuckles*)

R: How does that make you feel?

P8: Ja, well I did it, also in my third year I was running I was injured. But at least you still have the experience and be with your friends and stuff. So, at least from that point of view you can just ... not running. No I ran there, bit short. Well I ran just on my own the day before me and H. At least I can run. That's a huge support and from December to ohf March, it was like ... When you're running four, five days a week, well training at least 'cause you sit. Well, at least now perhaps I can't, well won't be able to run long for a couple of months. Well I'll see. At least I can run and enjoy enjoy the running (*chuckles*)

R: Why I asked you that question is because some injured runners don't want to go near Comrades.

P8: Ah no no! Ja okay, but like I say I'm I'm grateful for all the other things the Lord provides. So, and and for the years I could run. So er it's ... No, so I still enjoy my friends and the stuff 'cause that's what running is. It's not for my I like it a lot or like or it's not like um I don't have hope. ... I rather keep conventional distances if that's what the ... rather than injure myself again. Because I could have entered and tried to do 12 hours, but that will defeat the purpose. Perhaps aggravated that thing again. No, so it's. Ja, so.

R: Would you say that the injury had been building up for a number of years?

P8: Not a number of years, but like two years because um because we trained quite hard for that Ironman here in Vanderbijl. Did lots of cycling. But I don't know why it didn't happen before. It was, other years, maybe I'm a bit older. Other years we trained a lot more. That year when we went just over eight hours, me and Freddie, um we trained a lot more kilometres running running wise 'cause we did like 140 or something some weeks. So, perhaps it was just on a point or you don't know, sometimes it happens just, got a weak point because it keeps going on and on and on and then it just get to ... It got worse so. But at least at least I've got a reason why it happened 'cause I could see the results when they tested me. And they actually ... When they start you can see jeez those one leg is totally out of like 30% the strength than this left muscle where it tore. You you can see wh when they showed the graphs on the computer. You can see what, what's the reason. You can fix it. You know what the reason are and try to work at that. So that's a positive thing like I know I can do something about it.

R: Do you think stress contributed to your injury?

P8: Well, I don't think so because it's not like ... But at least running helps you from stress.

R: You said that you picked up the injury because of an imbalance in your muscles.

P8: Yes.

R: Do you think you may have overtrained because of extra stress?

P8: Well, norm. No that. Oh, there is a lot of stress in our work like when at some stages when they had to make people less and stuff. And perhaps you train a bit harder the afternoon because er running is a stress reliever when you go out or whatever you do at least you feel better afterwards. But er ... I don't think this specific one. Well perhaps ... It's because of the training that I got the injury. But er at least running helps you with the stress at work because if you just keeping, keep it inside and don't get it out with some sort of physical exercise. *(chuckles)*

R: You mentioned going to a biokineticist. Were you given exercises to do?

P8: Ja.

R: Were you told to go to a physio?

P8: Er, because they had a physio there after the operation I have to come up for follow-up sessions. So, at some stage, well he said he done his part. You know, I must just er because ... You know, they have all those machines. But he said I must go to the biokineticist because he can't do anything. The biokineticist is the next guy. Him and the guy that did the operation, they visited after the operation. They must actually now test me again. So, actually I had to see them before, earlier on but I was too afraid. *(laughs loud)* I want to give myself more time to get the muscle stronger. I don't want them to tell me. No it's not looking good. So I keep er pushing out the dates. Ja, so you see all the time you want good news. *(chuckles)* So I rather keep going a month or two because I I actually trained er that er exercise they gave me because it hurts too much in the beginning because he said some people um the operations got a more influence on them. So I trained a bit less. Um, I

decided I'd rather train longer because it's the same, you get the same results 'cause I don't want to ... train er three sets of those stomach exercises and be sore the next every time. So I rather do about 20% less and then um take it longer. Cause it's winter now I I rather give myself a bit longer time 'cause it's been coming now for two years this thing. So I rather keep it a bit longer and try to make it stronger.

R: What factors do you think will help your recovery?

P8: ... Well, I must not overtrain at least or start training too quickly. I want to because er everybody when we run on the road they also run full out and then they run to get me, but they must now do it. So it's frustrating, but I I know I must be di disciplined to like overtrain because I won't be able to run. But, but on the other hand, there's time is of importance. You know, if I wait too long again I won't be able to compete in long distances next year. So, it's a bit tricky. I must I suppose I must do my exercises what they gave me. I must be disciplined in that. And ... ja pray. *(laughs)* I think that's the that's the most important one. *(laughs heartily)*

R: Are you the only one in your family who runs?

P8: Ja, my ... one brother is a doctor. He he ran a bit and cycling a bit, but he's not like that committed. But sometimes he starts off now. *(laughs)* But at least he's doing something. And my other brother is doing this long-distance horse riding. So he's not a ... his wife is walking in this all this routes and stuff. But they're not running. But um at least they're also doing some some sort of some sort of stuff. Sports stuff, I think.

R: You mentioned you have been in contact with other runners. How does that make you feel?

P8: Due to er er injury?

R: Yes, because you can't run and they can.

P8: Ja. Well at least because you know all the runners and you um have seen them in passing. You knows lots of them also that pass have run lots of years, also have some injuries. You don't see them a couple of months and then you see them. So you know it's not just you. It happens to lots of them. And I've read that book of Hansie Cronje. And also there they spoke of injuries and they, on that level that they get. And if you think ... miss the Comrades or a race, they have also er miss lots of races. And your friends also, you know, they have lots of injuries and they can't run. So at least you know now if you feel sorry for yourself, it's like what I said earlier, at least you have you still have in the company. You still, is you still have all your running friends even though you you can't run. You can enjoy the activities, festivities and all the stuff. It's still not not lekker to be able to join them 'cause it's okay to watch them, but more fun to take part. *(laughs)* So er ja, but that's I suppose the way it goes. It's not not lekker, but ag well it's ... you must accept it. But I mean you must be cautious for the future. But I sure I'll I'll be better because um that guy told me he's done a lot of people operations.

R: The same type of operation?

- P8: Ja, same type of thing.
- R: And they're running now?
- P8: Well, ja, but you know some people run, they run, like for them a 21 is the ultimate. So they run *(laughs)* I'm running now 'cause I want to run. So, it depends how how well the recovery goes if I'll be able to run ... long again or whatever. So, I'll still have to accept that. It won't be ... won't be er nice to accept that. But ja ... but hopefully not.
- R: You said earlier that a lot of people have injuries; that they have been there before. What percentage of runners do you think have injuries?
- P8: Well, perhaps not like ... others that's for a long time, but about everybody got. Knees or ham er hamstrings that's off for a few few weeks. They can't can't compete or run now. Lots of them. Ja, lots of them. I dunno. Can't speak of professional guys. They perhaps get more specialized help so they don't get injured that much. But the normal guys, lots. *(chuckles)*
- R: Fordyce once said that for every runner in the Comrades there's an injury.
- P8: Ja, no er because the normal ones is always the foot or the knee or one of those muscles, the hamstring or whatever ... and and the lower back, also quite. I also struggled but er I went to this er, what's it, chiropractor, P. He's there at Club H. I know lots of runners who went to him there. You actually feel better. You must get the right one I think. I won't let anyone or a normal doctor because they didn't learn how to do it. But my neck and ... 'cause I think because of my work type of thing. I sit the whole day so I think that stress on my lower back ... 'cause at some stage it was so sore in the evenings when I sleep I woke up from my lower back. And when he started er ... when I'm going to see him ... it's much better now. So, once in a couple of months. But he's also for for long-distance runner you you always running like on one side of the road and you run skew like that. *(demonstrates with hands)* So you get out of balance.
- R: Have you had any tips and advice from people who are not doctors?
- P8: *(laughs)* Telling you what to do?
- R: Yes.
- P8: Ja, because some people have got their own diagnoses in the past. Ag and at least you know every ... there's that tips in Runner's World. Or they said if you read that or the internet now. No, no at least if you're got something, you can find guys at the club or at running, they will give you the same story. But at least some help or type of new stuff, stretches. 'Cause one guy showed me one of those when you lie on your back with your er ... What's a handdoek in Engels?
- R: Towel.
- P8: Towel. *(chuckles)* when you lie on your back and stretch it. So it actually works for me, that type of stretch for my hamstring. But now it's just my hand that lift it like that. *(demonstrates with hand)* No, you get, at least a runner's not afraid to give you some help. *(chuckles)*
- R: Do you find the advice helpful or is it confusing?

- P8: Well, you must get all of it and and and and try to do it. Some people have got an injury and that type of one works for them. Well, at least try it because everything works for some people. Perhaps go back if it won't work. Some say needles won't work, but for me I had this stiff muscle in my back. Then he put those needles in my back.
- R: So you've also had acupuncture?
- P8: Ja. That actually er works quite well. You can feel it gives you the relief even though it's lekker sore. Jeez, it's hell. (*chuckles*)
- R: Does it make you scared when others speak about injury?
- P8: Their injuries?
- R: Yes, especially if they paint a negative picture of what happened to them when they have had similar injuries to yours.
- P8: (*laughs*) No, I'm not, no what. I'm, it's actually nice to hear about people's things because you know they are, at least, trying to be helpful even though perhaps sometimes it's foolish. But you must take all the information and and decide what's good and bad. But normally I don't think they will ... they give bad advice. At least, it will come out of the heart. (*chuckles*)
- R: Have you learnt anything about yourself and running because of this injury?
- P8: Ja, well er I learnt you must not take everything for granted because all the good years, you know, you just you feel like ... not invincible, but you you feel as like you see those people just doing the 10 and/or 21 or whatever and now you're you're (*laughs*) or you're in the gym waiting for the treadmill. They're just walking on the treadmill. You think those guys are just wasting your time when you're waiting that 20 minutes for the treadmill. And there's a queue waiting for that treadmill. So now you know it's not ... Now you do it yourself. So you know it's, you don't know other people's situations. You think that guy's just looking this healthy and he's walking on the treadmill or just doing a 10 kay run. So at least you're ... Ag, but running you learn to, at least what you'll be able to do and you know you're going to have some vasbyt or whatever. And the injury ja just teaches you just not to be hasty. Just accept it and give it time because normally you don't do it. You get hurt and the next day you just run again.
- R: Do you think that it's important to rest or does it depend on the injury?
- P8: Well, ja well. From now I will say you must rest even if you are healthy because that's what keeps you for a long time. You won't be able to or you won't get injured then if you rest enough. Even if you're healthy you must rest. The problem is you don't want to miss out. (*chuckles*) You must for that logbook. If you want to do 20 and you only do ten, you're under stress. You want to pick up. I'd rather have a few injuries and run than not run at all. So you used to run through a small injury.
- R: You don't think that's a problem?
- P8: No, it's not.
- R: Would you like to add anything else about running?

P8: Well, er you either like it or you don't like it. It's like a big ship. I dunno ... You just feel free and be glad the Lord gave you the ability and the friends the opportunities and all this stuff to run. Because what else would you have done with your with that times. Lots of experience you get with that. So it's it's a joyful life.

INTERVIEW WITH PARTICIPANT 9

R: How long have you been running for?

P9: About four, five years.

R: Why did you originally start running?

P9: Um my husband has been running since we've met. That's about 18, 20 years ago. And he always tried to motivate me to run. But I've never felt the urge to do that. Then about four, five years ago I just ... I just wanted to run. So I started. I I and I won't say run. I would rather say walk. So, um then I started to walk or participate ... in events. So every Saturday morning we would drive somewhere and go. Johan would run and I would walk. So that's how it all started and ... ja.

R: How often do you run a week?

P9: Um ... I would say between four and five times I would do a, I've got a five kay ... um route that I do, but that's more ... at the moment walking more than running because of the injury.

R: But normally you run four or five times a week?

P9: Yes.

R: What does your training program involve?

P9: I don't have a very structured program. I just do whatever I feel like. I like to go um running or walking and I go to the gym as well ... when I'll do the circuit. And we did the Midmar Mile as well ... so I swam a little bit as well.

R: So you've done a bit of cross-training?

P9: Umm.

R: How many kilometres do you run a week?

P9: ... Well ... um I got the route that I do is five kilometres. So I would say five times four in the week and then on a Saturday I would usually do a 10 kay. So that gives you about 30 kays a week ... on average, ja.

R: Do you find that doing the circuit at the gym helps your running?

P9: Mmm ... I really don't know. I suppose it, it's supposed to help, but I can't say that I've seen anything, any drastic improvement.

R: And swimming?

P9: ... No, not on my running ... It must help with the overall fitness.

R: Have you done any triathlons?

P9: I would really love to do that, but I don't have a bike at the moment. It's the only reason I haven't done that.

R: You mentioned you have run 10 kay races. Is that as far as you've gone in a race?

P9: No I've done, I've done 21s.

R: What races have you run?

P9: For the 21s ... The first 21 that I did was the Two Oceans. Ag, but I finished just out of the ... the cut-off time. At that stage it was still two and a half hours. So I didn't make two and a

half hours. Then I ran the Knysna. It was, the cut-off time was three hours, so I made the cut-off time of three hours. And then after that ... I can't remember. At the beginning of the year I did one in Atteridgeville, but then my knee was already giving me problems so I couldn't run the whole time. ... And then I did one in the nature reserve in, at the beginning of the month.

R: Have you run a lot of 10 kay races?

P9: Yes, we do that almost every Saturday. ... My husband trains for the Comrades so we, he would go and do the 21 most of the times and I would do the 10. So that would be almost every Saturday.

R: Are there any races that stick out as being very memorable?

P9: For the 10 kays?

R: Yes and the 21.

P9: Mmm, ja obviously the Knysna was very nice, running through the woods. ... Umm ... for the 10 kay ... er, last Saturday we did the Ou Voetpad over the ... mountain there. That was very nice. That was actually more rock climbing than running. So that was very nice, ja.

R: Did you do the Marcel van 'Slot?

P9: Oh yes, oh ja, but then I did the 5 kay because Jo Johan wants to go and watch the rugby. *(laughs)* So I didn't bother to do the 15; I did the five.

R: You said your program is not structured?

P9: No, I just do whatever I feel like.

R: When I spoke to you on the phone you said you were a member of Club O. Have you been a member there since you started running?

P9: Ja, since I started running I've been a member there.

R: Besides running what other interests do you have? ... You mentioned swimming and circuit training at the gym.

P9: Mmm I don't have any real other interests except for the family. *(chuckles)* So, um when my kids were small I took care of them. I worked ... so there wasn't much time for anything else.

R: You said that you didn't run for many years while your husband was running and then you started because you felt like it.

P9: Yes, that was the one thing and the other thing was also the children were bigger then. So when they were very small, it's very difficult. What do you do with them every Saturday morning? You can't phone your ... sister or whenever every Saturday morning at five and drop off the kids. So when they were older they did the five kays. So that was very nice. Johan did the 21, I did the ten. And in the beginning I did the five kays with the children. So that was very nice so the whole family got involved. And that made it much easier for me as well. You can't have a small child *(giggles)* on his own. So. So, when they were big enough to start running with us that was very nice.

R: What benefits do you experience because of your involvement in running?

- P9: Mmm, well I would say it assisted with weight loss. I have joined Weigh-less so so Weigh-less and running, the combination of the two really made a difference. Mmm it's nice to get out ... and er ... go for a run so ... For your state of mind it's also a benefit. And um it's something we can do as a family together.
- R: Do you experience any disadvantages because of running?
- P9: ... Mmm, injury is definitely a disadvantage. ... But apart from that I really can't see any any disadvantages if you do it in a balanced way. Only if you overdo it and later on you don't have time for your family and the responsibilities anymore then it will become a problem.
- R: So you haven't really experienced any negative consequences because of your involvement in the sport?
- P9: No ... ahah, except for the injury there has really been no other negatives?
- R: Is this your first injury?
- P9: Mmm.
- R: You mentioned your knee. What exactly is the problem?
- P9: Well ... um ... it was at the beginning of the year. We were sup, well we did go to Paris in April and that would have been my first marathon. So I started to train for that. ... Um, I was fairly fit at the time. That was in January. And then I increased the mileage and the amount of running that I did because up to then I ran a bit and I walked a bit and I ran a bit and I walked a bit. So I wanted to increase the running and then my knee started to give me problem. And I went to the GP and he said that there was ... er ... a ligament or something that is ... not vasgeknyp. He gave me an injection and said I should run through the pain. I couldn't run through the pain. It was as if my whole leg became lame. I couldn't physically run anymore.
- R: Your quad?
- P7: No, my whole leg. I cou couldn't keep on running any more. And then I went to the CPH and they said, no there's also motion here and they gave me medication and ... um transact plasters to put on. And they, then they said the quads aren't strong enough. I should do some exercises. They gave me exercises to do. I did everything. All the strength of all the muscles increased. Everything should have been perfect. Every time when I start running I get the same problem again. So then they said, no maybe the GP was right and they gave me another injection and said, okay now this is it. If it's, no if the injection doesn't do the trick, then I'll have to go for an operation. But I don't want to do that because it's only when I'm running that I'm experiencing the problem. If I'm walking or cycling I don't have any problem. So I don't wanna go for an op ... if ... if it's not really ... a disadvantage for my entire lifestyle. It's just when I'm running when I have the problem. Only then. It's sort of a deep-seated thing in here. (*points to knee*) ... But so the pain starts here (*points to knee again*) but if if I continue running my whole leg ... is numb after a while. I I physically can't run anymore.
- R: So it stiffens up?

- P9: Ja. It doesn't want to move. I've got I've got to drag it along. (*stands up and demonstrates leg dragging*) So it's not as if your toe is sore, but you just keep going through the motion even if your toe is sore. I can't physically RUN anymore. I've gotta stop, start walking ...
- R: Can you feel your leg?
- P9: I can still, I can feel the pain but it doesn't want to move like it's supposed to move. I can't really control it. I can't go through the motion of running. Then when I've walked for just a few steps, 5 or 10 or 20 steps, then the pain goes away and then I can walk normally. So if I continue walking then I'm fine again until I start running again. Then it just go from the start again.
- R: And you saw your GP?
- P9: Yes. ... So he and Dr N at the Y in the end did exactly the same thing. So it cost me a lot of money to go to Y and a lo of time and a lot of this and that and a lot of blah, blah, blah, but in the end it didn't make any real difference. I'm still stuck with the same problem.
- R: Did Dr N also say you should have an operation?
- P9: Ja, she said a op. If if if the cortisone injection doesn't do the trick then I must go and have an operation. And and there was no improvement whatsoever. She said if the injection ... if there's an improvement as a result of the injection, it means I can get another injection. But there's no improvement whatsoever. Not the exercises, nothing, not the injection, nothing. There's no improvement. So ... um ... I don't know what I'm going to do.
- R: Did they say it may be your ligaments?
- P9: Yes ... it's caught between something, but all the technical details I don't know.
- R: Have they been able to tell you why you don't feel it when you cycle, swim or walk?
- P9: They don't know. ... When I went there initially they said, no it's going to be fine. When I did the exercises they said, no it's going to be fine. And they kept on asking me while I was doing the exercises, do I feel any pain? And I said, no! I only feel the pain when I'm running ... And they the biokineticist said they will have a discussion with Dr N and ... they can't understand it. They ... So, ag because there was real no improvement I didn't bother to go back. If there was a slight improvement I would have gone back to them ... But ... there's no improvement. (*speaks softly*)
- R: You said that you did the five kilometres at the Ou Voetpad Mountain race?
- P9: Ja, it's actually more walking than running.
- R: So you're walking more than you are running?
- P9: I'm walking now ... yes ... I say I'm running, but I'm actually walking. Ja.
- R: How would you personally define injury? ... If someone asked you to explain to them what an injury is, what would you say?
- P9: I will say I will say an injury is if you feel consistently every time that you run or or move around pain at the same place. Because to me pain is a warning sign. There's something not right. So and if it was physically possible for me to run through the pain as the GP said

because I think sometimes you do get a pain and if you keep on running it goes away. But this pain didn't go away. It just increased up to a point where I couldn't ... move. I couldn't, ja I couldn't move like I should move when I run. I couldn't go through the motion of running. ... So it's not like ... Like for instance if you if your toenail is giving you problems you can still go through the motion even if there's pain. But I couldn't. I couldn't physically run anymore.

R: So you define injury as something that causes consistent pain and prohibits movement?

P9: Mmm.

R: What do you think about running through pain?

P9: ... I think you've got to be very careful. But in instances if your doct, if you go to the doctor and the doctor says, um there's no real problem there if you you can run through the pain, then I think it's fine if you can do that. But to me pain is a warning sign. So, if you keep on running through the pain you are injuring yourself ... all the time so it just becomes worse ... And I don't wanna have an injury that starts as a minor injury that in the end means that I can't live an active life anymore because I've got so much pain every day I can't move around.

R: Have you ever been injured before?

P9: I got one under my foot, plantar fasciitis. I went to the doctor, he gave me an injection, it was very sore and then and he said I should get new shoes which I did and then it went away. So that was so quick I don't even regard that as an injury.

R: Has anyone said that your present pair of shoes may be the cause of the problem?

P9: Ag that, er the last time when I went there, when they gave me the injection they said, ja maybe it's the shoes, but personally I think they don't know what they ... They just ...

R: Grasping at straws?

P9: Yes. ... Er if they really thought it was the shoes then surely they should have said that at the beginning. I don't think they really ... They're grasping in the dark. So really ... I can do that on my own account. I don't have to pay them to ... to er maybe this, maybe that. No, ag no.

R: Have you tried someone else?

P9: No, er ... Apart from the GP and the Y I haven't. I'm really considering going to a homeopath.

R: What was your initial reaction when you realized you may have an injury?

P9: Extreme disappointment because I was training to run a marathon in Paris. We were going, the tickets were bought. Everything was sorted out. We're going to Paris. I'm going to run a marathon through the streets of Paris. And then I've got this injury. I knew I wasn't very fit at that stage so I knew it's gonna be a touch and go whether I was able to finish the marathon in the er within the cut-off time. But that's a, that's a risk I was willing to take. It's a challenge. I was willing to do that and with the knee I couldn't train ... like I was supposed

to train. So it ... physically precluded me from training like I should. So it was extreme disappointment.

R: Did you go to Paris?

P9: Yes, we did. My husband ran ...

R: And you watched?

P9: Yes ... it was very painful. (*giggles*)

R: How did that make you feel?

P9: Ja, ja. It's extremely disappointing.

R: How is the injury affecting you now?

P9: ... I would still like to do triathlons. I would like to do the Ironman, but it's very difficult to do something like the Ironman if you can't run ... I would like to do that 50 kay thing at Mont-aux-Sources. You can't do it if you can't run. There are huge portions of that race where you have to walk and where you have to climb, but other at least I should be able to run for lit for little bits every now and then. So I can't do it if I can't run. And I'm not a walker where I want to walk in the street up and down, and up and down, and (*mimics power walkers and laughs*) I would like to do more adventure racing and the only way I'm going to do that is if I'm able to run. Even for a little bit.

R: So you're disappointed and frustrated?

P9: Yes and I feel it's not as if I expected it to go away by itself. I went to two diff different doctors and I didn't get any results whatsoever. And the my GP is a runner and a cyclist himself ... So it's not as if he's a poluka when it comes to running injuries or sports injuries. I went to the Y. Surely they should know what they're doing and I didn't get any benefit whatsoever. If there was even a small increase ... a small improvement then I would have said, okay do more of this, do more exercises. Strengthen the quads and all the other muscles even more. But if you go through all that, strengthen all the muscles, but you've got no improvement whatsoever ...

R: You have been struggling since January?

P9: Yes. It tells me maybe that's not the problem.

R: Did the injury just happen or did your knee get sore gradually?

P9: It just happened. It was like one day I was still fine when I was running and the next day I ... feel the pain.

R: So, you have no idea of what the injury is exactly and no idea why it happened?

P9: No, not really. A a week or two before I got the injury I did leg extensions at the gym. So er initially I thought maybe it's that. So, it is possible that the leg extensions I did at the gym could have injured the knee. But it only injured the one knee ... which is also possible. I mean you don't work equally hard on both legs. So and er I fell off my bike when I was still at um school. Then I fell from above on both legs. I don't know if that maybe there it was lingering there all the time and then when I started real run train very hard at the beginning of the year at ... So actually I really don't know.

- R: How do you usually spend your day?
- P9: ... Well, for the past few years I worked every day. So I went to work every day. Now that I'm a housewife I clean the house, I try to do something there. I go for a walk. I take the kids around to all their activities in the afternoon, go to the gym. ... That's about it.
- R: Could you describe your typical day?
- P9: Well, at the moment I would get up, get the kids sch ready for school. Then I would come back, do the five kay walk and then I would be around in the house or what go to the shops. Um in the afternoon I would pick up the kids again, take them around. My younger son is going to the gym. They've got a program now for kids. So I take him there and then most of the time I would I would be doing something like in the circuit. Then I would go home. The other son has hockey. So I take him there and prepare dinner and go to bed.
- R: And when you were working?
- P9: Mmm, I would get up a little bit earlier, take the kids to school, go to work. Because um I was a trainer I, while I was busy because obviously you would move around quite a bit and you would be on your feet the whole day, basically the whole day. And then while I was preparing my work, sit at my desk for mostly the entire day. Then again after work I would go pick up the kids. My husband and I do some spinning um fairly frequently so sometimes we would and spin. ... Um, ja.
- R: Were you experiencing more stress than usual just before you got injured?
- P9: No. ... Er, when I told my boss in December that I am gonna resign in the beginning of December I was like ... laughing. I was just finishing everything off knowing I'm gonna resign in a month or two so I didn't start anything new at at work.
- R: So, you were basically winding down?
- P9: Ja, there was things to do, but I wasn't stressed about it because I knew ...Ag, I still had to finish things, but there was no long-term stress if if I can put it like that. So, er the only thing I was stressed about was the marathon, the Paris marathon. That was my main ... aim at that stage. ... So I can't say I was stressed out at work when it happened because I wasn't. (*chuckles*) I was extremely relaxed.
- R: Because you were leaving?
- P9: Yes, I was leaving. So if there were political problems or they had problems with the training schedule for the year, I just sat there when we and I thought, mmm. (*laughs*) So that wasn't my problem. So I just finished everything I had to do. Er, all those political issues I didn't bother 'cause I wasn't going to be there.
- R: At the moment are you having any treatment for the injury?
- P9: No. ... One day I think I'm gonna rest. I'm not gonna for a month or two and then the other day I think maybe if I run just a small portion every day maybe that will work. So I actually don't know what to do.
- R: When they tested the strength of you're your legs did they find that they were weak?

- P9: They've got those machines, the cybex machines that they measure the the strength of your leg and they said my leg was a little weaker than it was supposed to be, but it's not as though I couldn't walk or something. And then er because of the exercises the muscle did strengthen. It was nearly where it was supposed to be. ... It didn't make any difference to my injury. ... It didn't make any difference whatsoever. ... Surely if that was the problem, if my muscles were strengthened 20 or 30% it must have made just some difference to the injury. If that was the problem, but it didn't make any difference whatsoever.
- R: So, have you lost faith in them?
- P9: ... If I go, go there again they're gonna charge me money. They're gonna say, no this, no try this, no maybe this.
- R: I suppose it can be expensive.
- P9: Ja! I mean if there was any benefit whatsoever I would go there again. I'm willing to pay anything if I have a slight improvement. But if there's no improvement whatsoever, why should I pay to go there?
- R: You said you saw a biokineticist. Did you also see a physiotherapist?
- P9: Yes, I had a physio as well.
- R: Did you just go to one physiotherapist?
- P9: Just one person. She was also there. So I saw three people there: the doctor, the physiotherapist, the biokineticist. I paid everybody with no difference whatsoever. ...
- R: So at this point you don't know what is going to help?
- P9: No, I don't know.
- R: You don't know whether to rest, run or go somewhere else?
- P9: No, I don't know.
- R: How do you feel when your husband goes running?
- P9: Well, I try not to think about it too much. If he goes running, I go walking so it's not as if I have to stay at home. It's not as if I can't do anything. I can still spin so we go spinning two or three times a week. I can still ... walk. I can, but I don't like swimming that much so I don't swim except when it's time for the Midmar Mile. So I don't swim at the moment. But I go to the gym; I can do the circuit so it's not as if I have to be totally inactive. So that certainly helps. It's only when I watch TV and see that race in the Drakensberg and I think, ag I would love to do that. Then I want to run, but I've got a problem. So, then it's very difficult.
- R: Would you like to run Comrades?
- P9: No, no I wouldn't like to do Comrades. I would like to do tri, the Ironman and eventually the one in the Drakensberg or Tip of Africa. Things like that.
- R: And the Two Oceans?
- P9: Ja, I would love to do that again so that I can get a medal.
- R: Did you go down to Comrades this year?
- P9: Yes, my husband ran.

- R: And it didn't affect you because you don't want to run it?
- P9: No, that didn't bother me at all. No, I don't have any um wish or desire to do the Comrades. That that doesn't bother me.
- R: Why don't you want to do it?
- P9: The Comrades?
- R: Yes.
- P9: I ... Er, personally I'd rather do something that has more endurance and more ... difficult a run. More of a ... challenge to me, than just running, running. ... But swimming in the sea, coming back, cycling for a 180 kilometres, then do a marathon, I'd like to do that.
- R: Are you still in contact with other people who run?
- P9: Apart from my husband?
- R: Yes.
- P9: Yes, definitely. I'm I'm on the management team of the running club and I see them basically every Saturday. Not every Saturday, but we're going away this Saturday, this weekend to Rustenburg for the race there ... I would actually like to do that, but I can't run, so. And if everybody is waiting back at the camp, then it's not gonna be nice.
- R: What percentage of runners do you think get injured every year?
- P9: ... I would say almost everybody has aches and pains. But may maybe an injury that mean you can't run anymore, I would say about 20% ... or that really makes it a battle to run.
- R: Have you had any tips and advice from people who run?
- P9: No, initially I thought my knee was ITB. So they said you should do this and do that. ... Ag, I didn't even listen to that because it wasn't ITB. It was this thing. ... Um, but apart from that I didn't really have any advice.
- R: Have you found that now that you are injured other runners have been telling you about their injuries?
- P9: Noo ... not really, no.
- R: What do you find very difficult about being injured?
- P9: The fact that I can't run and I can't do what I would like to do ... in the sense of the races I would like to run.
- R: Have you considered going to a chiropractor?
- P9: No.
- R: Would you consider going to one?
- P9: Yes.
- R: I suppose you would do anything?
- P9: Yes. (*chuckles*)
- R: Except have an operation?
- P9: Yes, I'm not going to have an operation ... because it doesn't impact on my lifestyle. Only when I'm running. So to go for an operation, all the costs involved and then afterwards you find, oh I can't walk up the stairs anymore. I don't want that. I'm not that desperate.

- R: Have you learnt anything about yourself because of this injury?
- P9: ... Mmm ... um ... I think I've learned that if I can't do one thing like running I will find something else to do like I'm still walking. I didn't stop completely. And at some stage I'm able to make a decision for myself in the sense that you go to a doctor who's supposed to be the expert, but at some stage you can't ... Maybe, they're not much of an expert. You, at some stage you've got to make a decision yourself and decide, this is not working for me, this is not the problem. You've got to find something else. ... So exactly what that something else is going to be, I'm not sure yet.
- R: Have you learnt anything about running because of the injury?
- P9: ... In which sense do you mean?
- R: Let me give you an example: some injured runners find they need to stretch more.
- P9: Ag ja, I've got lots of things that ... maybe I can do this, maybe I can do that. ... But if ... except for stretching. Now in the new Runner's World there's this new technique. You've got to lean forward while you're running. But then I've got to run to do that. And I don't know when I'm gonna, if it's worthwhile for me to run to see if it's going to work.
- R: Is that technique the one that emphasizes what part of your foot strikes the ground?
- P9: I'm not sure. Something like that. You've got to lean forward and it's not your heel you should touch with first. It's the mid-foot and all kinds of fancy things. I don't know if it's going to work.
- R: Where do you see yourself going from here?
- P9: ... I will definitely try some new solutions. Either go to a chiropractor or somebody else. I would like to go to a homeopath as well ... and see if it makes a difference. But I don't think I'd like to go back to ... the normal doctor again because I didn't get any benefit there. I want to try something completely new.
- R: Why do you think runners get injured?
- P9: I think sometimes you start too fast with too much. So you put strain on your entire body. So I think that's definitely a factor. And I think if you have a previous injury or get hurt maybe years before and now you're putting strain on those muscles or ligaments or whatever then it might result in an injury.
- R: Why do you think runners overtrain?
- P9: Because suddenly you have a goal and you want to achieve it and sometimes that goal can get a little bit too much for you.
- R: Had you increased the distance you were running just before you got injured?
- P9: Yes, but if that was the reason it should have gone away by now because I'm not running.
- R: Is there anything else you would like to say about running or injury?
- P9: No, I have no words of wisdom.

INTERVIEW WITH PARTICIPANT 10

R: How long have you been running for?

P10: About 25 years now, but like not continuously. On and off, you know. But but like 25 years. After varsity, when I started flying basically. I was flying overseas for a while and that's the only sport that you could do, you know, that doesn't entail being in one place. So ja, about 25 years.

R: 25 years.

P10: So now you can see why I have an injury. (*laughs*)

R: Why did you originally start running?

P10: Basically because of the that. I was like very involved in like sport and stuff. And then when I started flying, you know, you're not here. You can't partake or participate in a ... team sport. So, then ... it was quite an amazing, my first run was at Elandsval airport ... or not airport, at the hotel. And it was like 300 metres and the guy said at the time, now that was your first run. I said, no but you know I'm not even tired and he said to me, that is what you should always say after you've had a run. And I said I absolutely wanted to do more and he said, that is exactly how you should feel after every single run in your life. Ja, so we started off with 300 metres at Elandsval.

R: You said you have not run continuously since you started?

P10: You know, er if I say not continuously, you know there was injuries, there were injuries and there were illnesses and stuff and then I was sick for a few days or 40 days or mumps last year er at my age. I was off for a month and er you know um ... And children and you know all kinds of stuff that's in my logbook. Um, but ja it's been it's been a long time. There was a time where I was much more competitive where it was like very important. And then like now it's just for clean clearing my brain. I need the wind through my brain on a daily basis. (*chuckles*)

R: Were you ever in a position where you didn't run for a whole year?

P10: No, never. No, never. I've always ... Ja, a week or two or whatever illness might have taken. I think this is the longest time that I'm off and I've been off running six months now.

R: Obviously not now, but how often do you train a week?

P10: Um, definitely six days a week. One day off ... But I I don't run far. You know, I'm I'm I also feel like a five kay run. Just 25 minutes a few times as a daily run. But then I go fast over five kays. I don't I don't ... like long distances on the road. You know, many kays and ... I don't like ... I'm not a Comrades runner.

R: You've never done it?

P10: No, no I haven't. I haven't an urge to do it and I don't think I'll ever want to do it. I've often said I'll do it, but I won't train for it ... which is stupid of course (*chuckles*) but it just takes up too much time.

R: What races have you run?

- P10: Well, the Barberton I've done for the for the Two Oceans, 56. I hated every single second of it. I did a couple of 32s which I really enjoyed. I did a couple of marathons which I didn't really enjoy. Um and then I've done lots, many, many 10s and 21s.
- R: What distance do you prefer?
- P10: The older I get, the shorter it becomes. (*laughs*) I like the 21. You know it just before it like really hits you one shot it's over. And 10 kays is very hard because you really, like right from the beginning you're pushing it hard. A 21 is good, but I mean I've changed in terms of how I approach my running, you know.
- R: What do you mean?
- P10: I mean I used to be quite competitive. Um, I did do quite well in running and then you know it just passes you by and you wait for another birthday. So you fall into another category and you like really go for it again. Um um but I just like do it you know nowadays for fun. I like to you know to either like go the same time or better than the last time I've done. I'm not competitive anymore.
- R: So you're running against a stopwatch?
- P10: Mmm.
- R: Not against people?
- P10: No, no.
- R: Did you once race against particular people?
- P10: There was a stage that I was like running competitively. I used to win races and stuff, we had to, you know. ... Ja, that's what like it was all about.
- R: Are there any particular races that stick out in your mind as being the ultimate?
- P10: The ultimate nice one?
- R: Yes. The ultimate one in terms of enjoyment and the ultimate one where you ran very well.
- P10: ... Where I ran very well was um, it was a night race, it's a 15 kay race at whatchamicallit now Thabu Tshwane. That was in Gauteng North and I ran a good time there and er I ran well and I was just like you know you know that feeling you could just run forever and and I did a good time. And that was a fantastic race. The worst run I've ever had was Two Oceans. Um, everybody said, ah you'll never get tired. You can look at the ocean. I never saw the ocean. My personality like, I like to do something, I give 150% and then er it must be over. Then I want to do something else where I can give 150%. So, you know. You asked something else about the best race?
- R: Yes, you've told me about a race where you did your best time. What about races where you didn't necessarily do a good time, but enjoyed tremendously?
- P10: Okay, Long Tom 21 was one of the most ... Oh, there were actually two. Long Tom was ... amazing. It was just so beautiful. It was just you know ... um and it was kind of an easy race because it's downhill for 18 kays and then it's like flat but it feels like you're on a mountain as from there. That didn't bother me because I just ran it because it was so ... so different and it was a privilege to run there because like you as a woman can't run there freely if you

want to, but there was like you could. Then the other run that was ... extremely wonderful was the Mabespoort ... um ... because you've got such a funny race. Looking that way it, the one way it was uphill and then the other way was also uphill. (*shows*) You had to stand and see which way it was going. So I think it was a gas race. But it's the most beautiful race I've ever run. I love being close to nature and ex experiencing it ... it on in that way. It's not as slow as walking, it's just right. (*laughs*)

R: You've spoken about being close to nature and letting the wind run through your brain. What other benefits do you experience because of your involvement in running?

P10: You know I find it so different to maybe gyming and all that. You need very little, in a way you need very little time. You put your shoes on and you just go and it's almost that freedom of of just being. And ... like something that I really do miss now that I'm injured I I didn't see the winter arriving. I didn't feel it on my skin and now I don't feel the winter on my skin. You know what I'm saying? So ... um it's just in a different dimension to the way I experience life basically. You know I I would if I could run every single run on my own, but due to the crime factor and all these sort of things you can't. But I love and also it's a very spiritual thing for me because that's my time with God, I talk, we send e-mail (*chuckles*) and um ja it's, you know, er very creative when you're running, you're thinking a lot and that one hurts. And you know we also get away and it's just ... The best what I have is when I get back I can do so much more without realizing.

R: Do you feel you are less creative now that you can't run?

P10: You know definitely in the beginning. It was like slow. It was like gyming wasn't giving me what I was used to because you're always surrounded by people who like look what you're doing and ... Um , you know when you try swim, you would get the instructor up and down from the aqua. How many times? I just want to be left alone and ... you know, you can't really be creative when you're surrounded by people all the time like, you know, telling you things to do or asking your questions. Um ja, I need my own time. And ja, definitely I wasn't able to have it as I ...

R: Is that what you miss at the moment?

P10: I miss the er ... What do I miss? The miss the ... I don't know, the rejuvenation of what? I dunno. It's just like, it just feels so ... much better. You know whether you run five kays or 10 kays or 15 kays you just feel good. ... and that is what I miss.

R: Do you experience any disadvantages or negative consequences because of running?

P10: How do you mean?

R: Let me give you an example: some people say running interferes with their social life, others say there are no disadvantages and others reckon injuries are the only disadvantage.

P10: Oh ... no. I don't I don't think running has disadvantages. Yes, sometimes we are at a braai or something and the next day you running. You know you keep on like watching the clock and you know you must be up the next day. And yes, I don't sleep well at night, but it's not like ... You know, also lately when I do go to a place and it's very nice, not now, but before,

I would actually say, okay fine I'm not going to race tomorrow. I'll sleep late and see what ... you know, go and run later. And, but yes in a way but I also think it depends on how your family works with you or against you in terms of that. If you've got a husband that runs it just makes it so much easier because the whole family decides everyone is getting up. If you don't have that support it's more difficult, yes. ... So, there's a little disadvantage to your marriage as well. You're throwing a sign that we must go home and ... um ja and and and you know it's actually not worth it ... if you're running the way I do.

R: Your husband doesn't run?

P10: He used to, but he got injured. *(laughs)* And um, ja no he can't run anymore. He loves to and and he would love to but he's got knee problems so it's not going to work ever again.

R: What did your training program involve before you got injured?

P10: Okay, it was um a six day week, right. Um, sometimes I only did five days because I sometimes felt by the fourth day I really just can't. But um I'd say a six day week, a six week program and a week at leisure with active rest, like six kays a day, just like to recover. And I found that if I didn't do that like one week recovery, I would really get like sick you know like flu or something something. Um, but it would be on a Monday it would be like hills or um ... ja, normally it's hills or a hilly route. On a Tuesday a flat ... 12 roundabout, ordinary roundabout 12. On Wednesday is a long run. On a Thursday it used to be speed, um either track or a or a er tempo race. Friday, rest. Saturday, a race. Sunday's a long Club M run and then ja ... But I would normally throw in other stuff because that to me is quite boring. I like to do different things.

R: Like?

P10: For example, when we do track-work and they do ten 400s, I will do four 400s. There's a hill at the track. Then I'll hit the hills, go back, do two two two 400s, once up the hill again and come back and do like two 200s ... just for variation, you know. Or say, for instance, they are doing five 1 kays, they would do the same thing five times. I don't do that. I'll go with them, I'll do a kay with them, then I'll do my own little kay down Lynnwood Road, I'll do one kay at Phobians and then I'll do the last kay on the way home. I like to be different. You know like ... I play when I run.

R: How many kilometres a week were you doing?

P10: Um, er roundabout 80 ... 80. Eventually it came to ... As the injury got worse it became 60, 50, 40 and I think then eventually 35 and then 0, 0, 0.

R: Have you always run about 80 kilometres a week?

P10: Um ... ja. I struggle to get over say ... I've done more. I think one week in my life a 100 which was very nice, but I mean you basically run useless miles. I wa like between 70 and 80. That that just like gives me my little daily injection ... and I do the races okay and if I train harder then I do pick up things. And is 110 kays a week worth it for three minutes. I don't know. *(laughs)*

R: Do you find you get injured if you do more?

- P10: I think I get mentally injured. I just don't have the er I I just don't want to go again the next day. You know what fascinates me about these people who run so far, like if they do the Loskop, that's 50 kays now. Then the next week they'll do 42. Um, I don't have that in me, I don't have the strength. I don't know what it is ... I don't.
- R: Back-to-back runs of 40 kays on consecutive days seem to be favoured by a number of runners.
- P10: You see that I can't do. I guess I can do it, but ... I I don't know. It would be hard for me. It would be a mental struggle basically. ... No.
- R: Do you always train in a group?
- P10: Um ... no, I don't ... because my group is very um ... they just do the same. I mean I can run every single day, I can run the other way and I'll meet them. So, you know that's not me. I can't handle. I've ... got a friend that used to be a South African champion in er Stellenbosch and he like used to sms me my little program and that's like intense. You know, you do your hill and speed work, but differently. And you would do your tempo run, but differently. They ... Er, we've got one specific person in our group that if you decide to ... um say sprint all the way up to a hill, she would like say, where are you going? What's you doing? What did you have for breakfast? (*mocking tone*) I want to enjoy it.
- R: And have variation?
- P10: Ja and you know like when I decide I want to do the whole hill, I want to do the whole hill because that's also a barrier for me to overcome. I don't want to go halfway up and have water. I didn't want to do that. I wanted to go the whole way.
- R: So do you usually run on your own?
- P10: No, I generally run on with them, you know the longer runs, but the the fun things I do on my own because they never do it. Look there's long runs, the Wednesday runs that I always do with them once a week. And er, the 12 kays flat I don't do with them. I just do my own thing. And also on a Thursdays if they go to the track, I'll join them like go out with them, but I do my speed work on the road. You can tell me any day to do 21 minutes or 32 minutes or whatever I love it. It's fast, quick. It suits my personality like whow! You just go.
- R: Do you run with a heart rate monitor?
- P10: No. I think I think it's a self-inflicted barrier. Um, I sometimes say to people in my work, listen you can train with a heart rate monitor, but please don't race with it because I think you you like hold back quite a bit without realizing it. It's also like this whole barrier about trying to race a 40 minute on a 10 kay. You know, the moment you run without a watch somehow it's like hey, jisliaak, here I go. 39 minutes and 30 seconds. But with the wa watch you know you you just can't seem to do it. So, I I find people are so scientifically orientated that they forget that you can actually feel and when that feeling's gone you, it's just like something's on your arm giving you telling you information. And I think you take it away a lot by who you are, what you are and how do I feel running this race in this state, you know.
- R: Do you find it difficult to understand runners who use all these gadgets?

- P10: I I I do understand them. Once I ran with one of those little things where it goes off every kay and then I'd also think, whow you just ran another kay. But I don't want to do it like that. I don't want to ... You know, sometimes you just want to be.
- R: How do you personally define injury?
- P10: ... Ja, that's a whole problem for a runner to define. It's like some say an injury is only when you can't run anymore. But it is when when you are eina at a point and it is a lot like a cut from a knife on a finger. It's like er, you know, overuse or maybe you just did the wrong thing. It is basically when you're eina. To me, that's an injury but now to define can I run with this injury or is it going to damage it more or is it going to benefit me or can you know run through it. Um, previously in my life I have run through the same injury as I have now and it went away eventually. Now at my old age (*chuckles*) I tried it and it didn't go away. ... But I think a person knows, you know if it's really serious and you know when it's ... You know when it's a proper ITB and you know when it's like a funny feeling in your knee. Um, never happened before, never, you know you like continue running to say after a week and you realize, jiz you know it's getting worse and it's not going away and physio is not helping and what not, what not.
- R: Is this the worse injury you have ever had?
- P10: Well, this is the first time that ... Er yes, I guess so. I had an achilles tendonitis that also kept me off the road for a few months um which was, in a way, you know, you're still I dunno. You could run if you had to. But with this it the pain is so excruciating I can't. I just can't.
- R: You mentioned that you have had this injury since the beginning of the year.
- P10: Ja, er in one way, I've had it since the beginning of last year. Then it was just a distant pain, it's a dull ... pain um ... that goes away while you run and it comes back. But it wasn't like you can't couldn't walk. ... Now some days it's like I can't walk ... you know ...
- R: You said it really got you in January?
- P10: Ja, it basically what happened, I know happened, it just like jumped from one leg to the other leg. Well now I've got it in both feet. And, you know, they the doctor found it quite funny because normally you only have it on one side. And um ... I dunno.
- R: What was your initial reaction when you realized that this injury wasn't going to go away so quickly?
- P10: You know what I did. I found found and I've had injuries before and like the previous time, you know, last year's mumps at my my very old age. I always say to people I didn't ... You know the Afrikaans saying, "Sy het nie in die dood ongedraai nie, nie by die dood, in die dood.. That's where I turned it around. Coming back from the mumps, I was off for four weeks, no six weeks. It hit me hard hey. And um ... what did you ask me? How did I know ...
- R: What was your initial reaction when you realized you were injured?
- P10: ... You know it seems like kind of, okay fine. So I'm restricted to the gym and then the other thing is, thank God. I've still got the ways and means to train. And now I've still got

everything now going for me. Others can't jump and go. I can still do everything else. It's difficult to, you know, break away from the little group that actually irritates me. (*laughs*) It's difficult to break away from them. It's difficult to see people you know that run with you and hey, where were you this morning? You don't want to repeat the fact that you've got problems, you know, like an injury. And um it's it's you have to adapt and I think I did have a little bit of depression for a while. Not like major depression, but you know kind of why must this always happen to me, you know. And and that kind of thing you know; you ask a question and you don't get an answer. But ... you know as I say I am quite creative in what I do in terms of my training, now even. And ja. You have to adapt or die.

R: So if I asked you how the injury is affecting you now, would you say that you have adapted?

P10: ... I would say I have adapted, but I wouldn't say I wouldn't like to get back on the road and run. ... I did a walk of eight kays this morning and everything was like, whow! It I was like outside, people thought I was going to the track and then they didn't pitch. Only one pitched and said, everybody cancelled because nobody wanted to do track. So I thought, okay let me go do ... some walks. I walked fast and I loved it. It was outside, I was on my own. It was outside, I was on my own. Um, you do that but but you do miss it. ... You know, it's almost like the death of a person. You you miss the person, but you do adapt. You have to.

R: Earlier you spoke about having achilles tendonitis years ago. Have you had any other major injuries?

P10: You know, the only injuries I ever had were on my feet. And the reason why I suppose was when I was very young, seven years old, I fell through a glass door and I cut my whole achilles. And I had to learn to walk properly again. And I've got a strong mind and I just decided I will walk properly. I used to do exercises and I'd do it again. And then I started walking and fine. And therefore, running to me is kind of a gift, you know. And I love it. And I was a good little runner when I was like ... I went to school at five and I was like a very good runner in in our area and what not, and was in the newspapers and stuff. And I think I could have given Zola and all those names a go (*laughs*) if it didn't happen you know. Um, if, um you actually run ... because it was not the achilles that was hurt that gets injured, it was the other foot. And fu funny enough this injury also started what I thought was the stronger foot and then it went over to the weaker foot, ja. I suppose it comes from then.

R: Did you run at school?

P10: Um ... when I was about Standard 3, you know, I started. I was good. I enjoyed it. I loved it. But I made sure I came fourth in the sprints so that I could run relay. I didn't er like too much stress. It was like that, but I loved the the relay. So I made sure I was fourth in the, you know, like in the 100 metres so I could do that.

R: Did you run other track events like the 400 and 800 at school?

P10: No, never. It's cause I could hardly run around the rugby field. I was very fast over short distance, like the 100 metres. But I I didn't like it either.

R: You said you felt this injury coming on gradually. How did it happen? Why do you think it happened?

P10: You know that's a very, very sensible thing you're asking me because I thought in the beginning it might have been my shoes and you know like the kind of shoes I was wearing 'cause I'd worked quite hard and er you know I put in a softer inner sole and that made it worse. And then it became, you know, like now I have to do the icing and everything and I don't know what brought it on. I can tell you what the doctors say because I've got, I did the, I've done now everything. And they thought it might be high cholesterol which is extremely funny because I am healthy. And what they say is like sometimes the cholesterol is like affecting your blood circulation under the feet. It is actually like, you know, where's there's now, where there is normally like 10% underneath the feet, there is now 0 and that's why it just doesn't want to ... And then they'll say, well thank goodness you running has like saved you from a heart attack. Then I say, ag ja weet. Oh my gosh.

R: Do a number of doctors say that it's high cholesterol?

P10: One doctor I went to, er er a sports doctor said, you know when last did you have your cholesterol measured? So I said, you know I don't think I've ever done it and if I have done it, I'm not aware that anything is wrong because no one has ever come back to me on it. And then I happened to bump into the doctor that did all these funny tests and he like actually said to me, how high is your cholesterol because it is funny that you're getting it in both legs and because you're too light to have an actual foot injury, you know. Then I went to another person who threw his eyes up to the roof and said, you know, he's never heard anything like that. And then I went into the internet and sometimes they say it depends on what article you read on the internet, but the internet kind of confirmed that that if you do have high cholesterol it could ... eventually ... cause problems down ... okay. ... You know it's it's the same with someone else I know who has the same injury and she's also got high cholesterol. ... Another guy that's got the same injury in my group that we run with, both feet also got high cholesterol. So we think that maybe there's some connection there.

R: That's a very interesting connection.

P10: Ja, ja ... well it makes sense doesn't it?

R: Yes, it's a very interesting connection. ... How do you usually spend your day?

P10: Well, I first get up and take my daughter to school. Then I've got until 9.30 in the morning to do my own thing. And that is normally my time out. I run, I gym, I whatever, I see patients until er about 2.30 er 1.30. Depending on how my daughter's pro er er situation is, like I see if she's got sport long enough for me to see someone I do. Um if she hasn't like er sometimes like with the tennis I have to be there because it's er ... dodgy area, not dodgy area but you know. So I sit there and wait and do some reading or I write reports or whatever. So that's that. Evenings I see patients depending what evenings it is. Others I just sit in front of TV and feel lazy. And ja, that's it.

R: You spoke about cholesterol. Do you think stress has anything to do with that?

- P10: Oh ja, I think so. ... Er, with the cholesterol?
- R: With the cholesterol and the injury?
- P10: I don't think with the injury as such. I think maybe the cholesterol, yes um because I'm not working on what I should be working on, my PhD. And and it's like that. You know, you start dreaming about what you are supposed to be doing. I don't, on the one hand I want to give it up and on the other hand, I don't want to. Just as I think I'm going to give it up, a new patient comes like to talk and what not, and I think if you can be introduced with a little bit of a title, it will be better. You know, you do have, um what is it? ... Ag ja, whatever. And you know South Africa how it works? You a something. You really know, now you're cool. But I don't know. Then on the other hand, I think to myself I'm doing, what I'm doing, I'm doing well. I love what I do. I don't want to go wider, broader um ... But you know, it's like always. But then you think, but you know you've got the opportunity. And I believe in opportunities. And and it's such a struggle for me to get someone to say like do that. I should actually use the opportunity, but I'm not ... and it's bothering me.
- R: So would you say that there is a link between high cholesterol and stress, and therefore, between injury and stress?
- P10: I could say that. I could say that there could be a link which is the high cholesterol as such. The running kind of ... You know, the other thing that happened now was like I spend hours at doctors. Like now you know all of a sudden it's now the heart as well. Um, now I have to go on Monday, the thing was made like three months. I'm seeing this man. I spend hours at doctors which I really ... you know if you're if you're a person who's like a healthy person, but now as they say you may have a heart problem. Imagine? Can you imagine how I am stressed now? Ja so, you know I might have cancer as well so go and see. Um, so ja, it's all stress.
- R: Had your training program changed just before you got injured?
- P10: Before I got injured, on one leg? No, no. No, no, I always had. What I didn't do so much was like the speed work. It was like, you know, I fell into the trap of running with the group again and that was frustration. So, I didn't do as much speed work as I used to and that to me was quite funny because normally they say speed work causes it and er, nothing else.
- R: What about stretching?
- P10: You know I always do so. I always have my little program that I do. But as the doctor I went to said, um 20 years ago with four pairs of shoes she never saw any foot injury. She saw other stuff like you know a knee injury or whatever. She said she's seen freak injuries like a crack and she said the shoes are ... they either make it too scientifically or I dunno.
- R: How many kilometres do you get out of a pair of running shoes?
- P10: Um ...I ... I I, you know they always like say keep a book in terms of how much. But I just like, there's like a funny pain that starts in my knee and then I realize, no wait maybe you should like start looking for a new pair of shoes. And and I don't know. It it ... maybe like I can't say six months. Anything about six months. I don't know. I looked at my shoes the other day

and there are many shoes now because I've tried different shoes. (*chuckles*) And I looked at them, brand new Brand D that, also those that like started off the injury, not the injury but just like a little niggle. Maybe they were a nightmare pair of shoes. And then it's true, then I should change. You know people will say, you know I've done my 800 kays with these shoes; I need new ones. I don't go that way. I I do a little bit more, I use my body. ... I've tried everything. The gel shoes, you know Brand D gel shoes; eventually you see pieces of gel on the tar. Those shoes were the ones that really made it worse. Then when I put in the softer soles, inner soles it really made it worse. ... So ...

R: Have you been to a physiotherapist?

P10: Oh yes. ... Is it here or, all of them like to ... I've been to a physio.

R: And it didn't help?

P10: No ... I think maybe, maybe...

R: You said you've been to a sports doctor and a physiotherapist and are going to a heart specialist. What else have you done?

P10: Oh, you know the splint that you sleep with, I've done that. I've done the rolling of the ball. I've done the rolling of the ice. Um ... I've worked on my core stability. Um ... I also went to a Chinese doctor when I met this other doctor who made the appointment with the guru of South Africa. But I know ... Oh yes and I had one foot injected.

R: With cortisone?

P10: Yes, which is the worst thing I could have done. Because that ... And eventually I went for a sonar and they say it's an atypical plantar fasciitis. Not the typical plantar fasciitis. I thought, no wonder the things that they do. Oh and I went for a special little things that they, you know the orthotics. And that hurt me so badly because it really irritated me. So, I dunno.

R: And acupuncture?

P10: Acupuncture's the needle?

R: Yes.

P10: That was the Chinese doctor. I was on my way and then someone said, wait. Oh and then what I also heard that my next step that they actually shoot, like you shoot the kidney stones. You know, you know that machine that breaks down kidney stones. I have to go to the guru now. Let's see what, like phew maybe I've got arthritis or something else. But it's not arthritis.

R: Did the physio give you exercises to do?

P10: Um, she basically said use a er what do you call it, a shin splint. Not a shin splint. That's an injury. Um er er er a foot, you know you sleep with it on. It's like a boot. Can you imagine me with two boots? (*chuckles*) He um suggested that and the ultrasound. You, but but I don't know. I didn't find. It's the worst, it's the funniest thing. Sometimes you don't feel anything. Then you talk about it and it all starts burning underneath your foot. It's like, you know, you can't believe it. Someone will say to me, how's the injury? I would say, it's

amazing, it is like actually healing. And then the next four days will just be so eina again. It's like walking on a piece of bone inside. It's strange. I dunno.

R: What factors do you think will facilitate your recovery?

P10: Mother Nature, time and patience.

R: Do you think that with these three things it will get better?

P10: It will have to because I think all, I think the body can heal itself. Er, I think already I've listened, you know, because everybody has an opinion and they can just tap your shoe and show you what they've done.

R: Are you talking about runners?

P10: Other runners, ja. And you know, it's fine because like sometimes it is fine. I've had injuries where and it started in the foot, underneath the foot and in a day's time it was gone. I've had, but I think it's a little bit more ... you know, like. I I just ... You know, I gave myself a year and maybe like if it takes another year not to run, I'll become a good swimmer. You know, that's it. It it will heal itself. I know it will. I I believe nature healing. You know, it's time is your best ... Mother Nature, she will.

R: Do you think it has improved by resting?

P10: ... Ja. It um, you know, like when I get up in the mornings it's not that excruciating and walking around Brooklyn, I walk around with a bit of a smile nowadays, not like (*pulls face*) you know, mouth down. So ja, it has to come better. ... It it just depends on what I do as well. Sometimes if I walk on the treadmill and you know, I put my heels down hard because the treadmill is a bit soft, you know then the next day it's eina. But I feel it if I run in the water without touching the ground it ... it's fantastic that evening and the next day it's so sore I can't believe how sore it is. So I can't say to you that this is good and this is bad and and ... Two weeks it was fine and last week it was so sore I didn't know what I did.

R: So you haven't done any running besides running in the pool?

P10: I can't, no ... It's just too sore. What I do now is walking-wise what I would have done running-wise. My little one plays hockey on a Wednesday for about an hour and a half. Then I would take that time and I'll go and walk which I found nice and refreshing and all that kind of thing. Um, so what I'm starting to do that. You know then I look in the newspaper the other day, a whole lot of winning times. Oh my goodness, look at winning times. Then okay there is another sport I can like start doing. Swimming is definitely not for me, that I realize. But maybe walking just to enjoy it.

R: Are you the only one in the family who runs?

P10: Um ... yes, yes. There's only three in the family, but yes. (*chuckles*)

R: Do they give you the necessary support now that you're injured?

P10: ... Um no, I don't get any support. I, I don't but I don't talk too much about it. I think my husband uses the accounting saying: you know, what the hell? Even when we went down to Cape Town and his secretary had to book us back he said to me, I have to tell Dawn whether er what day you're running the Two Oceans? So I said, you know haven't you

realized that I haven't run since January? So you know he doesn't really know because like I don't talk about it. I also come back from a race and joke. Nobody will ask how it was unless I happen to win it. Then it's how much money? How are you going to spend it? But they don't really ask. No. My husband, definitely not.

R: Would it be easier if people asked you about the injury?

P10: No, I would hate that. I would hate that. I don't like that. You know ... it keeps on keeping that that flame alive. It's the same when I run, I'll do it, I'll do it alone. I'll suffer. But I'll suffer on my own. I prefer that. Don't don't come and like, you know, like say something you don't mean or whatever. I don't like that. You know, you go girl. *(uses a gruff tone)*

R: You mentioned earlier that you are still in contact with the group you run with and you also indicated that runners tell you about their injuries. Do you experience this a lot?

P10: Oh yes. They talk about their injuries.

R: And compare them to yours?

P10: Comparing them to mine and how long it took them to um ... to go ... you know how long it took their injury to go away. Like for example, you know when you run over Klapperkop *(giggles)* and just as you turn into Klapperkop I asked the guy a question, just a normal question and I thought, ah today he won't answer me because he likes talking about his injury. Ah, Klapperkop at the top. Ah, down Klapperkop. But like can't I do this on my own? I didn't ask for that information. I really didn't want it.

R: Was the question related to injury?

P10: Ah, ja. Ja. It was. It was. I actually asked him ... I can't remember what I asked him. I asked him who did he go to, I think. Then he started like, you know, when it all started when he was about 20. So it took a l-o-n-g time to finish the conversation. You see that's why I want to be on my own. I don't want ... Here I get information. I don't want more information there.

R: Do you find all the bits of information confusing especially if it's different and contradictory?

P10: Um, you know I've worked it out myself. I think I know it will go away if I look after it properly. And yes, maybe when someone says, don't get the green insoles, I would go and buy the green insoles and like put them in for five minutes and then see I've made a mistake. And you know this one will say, he wears this in his shoes and I'll try it and if it doesn't work straight away, throw it away or I will I will like discard it. ... Um, what I've realized with an injury you have to go, you know, to maybe one person, to just that person, whether it's a physio, realize that is one you can trust. And um I was doing that for a while and then all of a sudden I started going to different people, different doctors and what-not to see and um, you know, but that is like my own ... I'm not patient with it.

R: I suppose that if you go to one person they may refer you to someone else?

P10: ... Well, they then refer me to um their physio. You know, their little group that work together. You know what I'm saying. One doctor will refer, this is the only person that can deal with it. And ... then like ... er the one who like who heard I wanted to have these shots

or whatever. (*chuckles*) Um, he knows um like this guru and you know I think, I suppose I should have seen him long time ago, but then again previously ... um he didn't really help when I had, you know, the foot injury and ... But ja, you know, I think he but he couldn't fix this. But I think once the thing is inflamed and it is like, you know, it is a continuous thing. But the front foot thing wasn't inflamed or anything. He built in this huge orthotic right there. I ran a 32 kay with a huge blood blister, we came second, our little team in Ironman and I've never had a problem again. So you know, I think you must also know at the time who to go to. But it does, it is confusing. ...

R: What about the advice you get from other runners?

P10: Ah you know you go jah, jah, jah, jah.

R: And you take no notice?

P10: I don't now anymore, no. No.

R: Did you before?

P10: When I was, the first time when I had the same injury when I was younger I did. And you know I would listen to all the little stories and you went to all the people they referred you to. But now when you older, you realize, you know ... ag all these tablets, all this money, all this everything. ... Ah, I forgot to tell you I also had it strapped ... like strap, strap, strap so hard it feel like um with what's these white things?

R: Transact plasters?

P10: Ja, that helped. That helped a lot. That was just straight after the injection and then like you know it helped and then I don't know if it was the injection or what happened there, but then then ... But that helped. The strapping. It didn't take the injury away, but the strapping helped.

R: Are you not using them anymore?

P10: Ag no, it was just such a schlep. When when you done a run, not run, when you've like done something at the gym and you have to shower, either keep both feet must be out of the bath or you can't like shower properly because your feet get back. Then you have to redo the whole thing. Ah, it's a schlep hey. I think that if the pain is as excruciating as it was, I would still have done it. I actually did it last weekend, just for the day. So think if the pain's really there I would go back to it even if it's a pain in the neck.

R: What do you find particularly difficult about being injured?

P10: Um ... I think it's basically not to be able to ... what you love doing. And you know the question comes up when is it going to heal? And if I, like say it's like two years time, three years time, will I still want to run? Or and then I think to myself, is it a way that someone up there is showing me, you know, me something. Same with my flying, I didn't want to stop flying. You know I loved it. I didn't ... Then I fell pregnant and I always say is if I have a child. I would stop immediately and I gave 24 hours notice and that is the only way I would have gone out of it. But now what my question is is, you know, it's actually good for my soul I think so why can't I continue with it? You know what I'm saying? So you know you start

questioning it and I don't know. I don't know. I believe everything's got a reason. But what the reason is?

R: Have you learnt anything about yourself and running because of the injury?

P10: I have learnt, yes, that I am a very strong-willed individual. Sounds like now I'm blowing my own horn now. But I am strong and every time I do come back. Doesn't matter how bad or how ... you know, um. And the other thing I don't just like go back to what I've done, but like I find other ways. And but you can hear I am actually a person doing my own thing, wanting to do it on my own, kind of thing. So yes, I think there's a lot of inner motivation and maybe ... again it's just like proved to me I am a strong person. I know someone else who's crying because of the same injury, but I refuse to cry. I've still got my whole body. So I must be thankful for that.

R: Have you learnt anything about running because of the injury?

P10: Yes, that it it um ... yes, that it can take up a lot of time. That your friend can become running. I don't want to really become like that because I must say I'm part of the group and I'm not really. You know if if you're with them now they just talk running. And they live from one day to the next day like that which ... Well maybe I haven't like seen it now only, I've I've seen it all along. But you just become aware of it. Maybe because you're not. You know they like go to a race and okay there's how did you do? But then they're already talking about the next race. And you know you stand a little bit outside the group and you realize running can ... you know, just eat up your whole life.

R: Is there anything else you would like to add?

P10: (*chuckles*) Didn't I say enough? ... No, you know, I think they're days when I take my hat off to ... Natalie, what's the name? Natalie, the swimmer?

R: Natalie du Toit.

P10: Yes, she could have actually said, okay this is it. This is the end of me. And she did it in a different way. And I think you can. In any way you can do things in a different way. You you just have to find avenues to um satisfy what you're looking for.

INTERVIEW WITH PARTICIPANT 11

R: How long have you been running for?

P11: ... Er ... 12 years.

R: Why did you originally start running?

P11: Because I was overweight and I wanted to lose weight.

R: That was the main reason?

P11: The main reason.

R: Why did you continue running?

P11: Well, then I got the bug. *(laughs)*

R: How often do you run a week?

P11: Now I've decreased significantly. Last year, er the middle of last year 'till now. Um, I now run if I'm lucky three times a week and present kilometres, about 20.

R: So, at the moment you're running about 20 kays a week?

P11: Mmm.

R: How many were you running before you got injured?

P11: Oh ... um, at least 45.

R: Did you run virtually every day?

P11: Ja.

R: What did your training program involve?

P11: Um ... well, I used to run marathons, um ... and half-marathons mainly. Very few marathons. And it involved running, I had a long run on a Saturday like 15 or 16 kilometres. Um and then I would run at least three times a week, ten kilometres at about a pace of about five and a half kays, no five and a half minutes a kay. That was my best ever ... because I'm slow.

R: Did you have a set program with things like hills and speed work?

P11: Oh yes, farklek, hills, ja. It's um, that we'd do on a Wednesday. We'd either do hills or farklek.

R: You speak about we. Did you train with a group?

P11: Ja, er a bunch of people at Club M in Bryanston.

R: Did you belong to Club M?

P11: Yes, I still do and I run for Club T.

R: I was under the impression that if you are a member of Club M you have to run for them.

P11: No, not necessarily. You don't have to join their club. ... You see, what happened was that I was just merrily running away with Club M. I started doing fift, you know 15 minutes and then built up, built up, built up and um then I, soon as I was able to run 10 kilometres my coach, because we were very lucky to have a coach. He was a Comrades runner and he was building up for his tenth Comrades, tenth Two Oceans. So he took me under his wings and said, right. Now I am going to train you to be a proper runner. And I screamed and ran away for the first couple of months. But then he got his hands on me and he actually said, I'm going to make you run Comrades. And I couldn't believe it and um then I started.

That was in 97 and I ran my first, my only Comrades in 2000. So he got me going slowly, but surely. And then in 2000 um I ran ... several marathons. I ran Two Oceans Ultra and Comrades. But then what happened since then is that work took, my whole career changed. In 2002 my business died. I used to have my own business. And then um I had a year where I did sort of very little. Um and then I decided to be an estate agent and I actually started working in ... February last year. February 2005. So I had two years where I was fiddling around. I tried doing insurance but um that didn't work. And then I became an estate agent and that's where the problem started. ... Because I ha, first of all I no longer was able to get to my Club M group because as an estate agent you have to take people to see houses after hours ... and um I did have an injury. I had an injury. I've always had this sciatica problem, even when I was doing Comrades. Um 10 days before Comrades, I'm sorry I'm jumping around.

R: That's no problem.

P11: Ten days before Comrades I got runner's knee. And I ran Comrades with runner's knee. Um and it started five kays out of Durban. It was the up run. But I got through it with pain killers and patches. Nobody was going to stop me running my Comrades. And I did it in 11 hours 33. I think I could have done it in a much shorter time, but ... with this injury. And I've always had, ever since then and every year it's being getting worse, is my sciatica. Down the left leg. And it sometimes on the longer like Om-die-Dam 50, um I'll start at 35 kilometres I'll get a floppy foot. It just didn't want to lift and run. It feels like it's unconnected. Anyway out of that ... er um um came another injury. A piriformis problem. Um, it's all connected to my lower back ... problem. Um, physiotherapists who do x-rays told me I have spurs on my spine and that's the seat of the problem. And a couple of years ago I started doing core exercises. And ... I had to do them every single day. And that really solved my problem. But as soon as I became an estate agent I couldn't do them every day because it takes at least half, 40 minutes to do them and um I just didn't have that time. So, my core started getting weak I suppose. Um, my employer said that I wasn't supposed to run. They didn't want me to run because I had to er ... I could run at six o'clock in the morning if I wanted to. But I don't I don't want to run at six o'clock in the morning. I like to run in the evening. I run early in the morning on the weekends and I still do. But um ... my three nights a week for my 10 kays or more would be my normal. And they stopped me doing it. And so gradually I got less and less fit and ... Then I left them and joined another company and I was with them for six months and she fired me. She tried to call it um ... retrenchment, but it was actually ... it was being fired. She kicked me out! ... With no reason, just that she had changed the operational requirements and structures of the business. That was in February this year. I mean it was like cutting me off at the knees. Er because as an estate agent you have to work six months before you start getting any rewards. ... Um ... and ... you know it put a huge dent in my life. *(tearful)* Huge emotional trauma ... and ... I'm still emotional about it. Anyway I took it to the CCMA and I taking it to court. But it takes a year to get there, to

labour court. And I've got a very strong case. And she's still attacking me because I left her, well had to leave her, found another job in February this year and ...

R: Also as an estate agent?

P11: Yes, with another company. Um ... and then I broke into Fourway Gardens for them. I was working in Fourways Gardens with her before. And I broke into Fourways Gardens. I've been working extremely hard. Um and I've only been had time, honestly, to run 10 kays on a Saturday morning and er my five kays twice a week, maybe three times a week. And I can't go to Sunday races because I've got a show day every single Sunday except for two since then.

R: You said that you ran the Comrades in 2000. Did you enjoy it?

P11: I loved it. It was the best day of my life.

R: Would you like to do it again?

P11: Absolutely.

R: Why didn't you do it in 2001?

P11: Um ... oh, I had um I had a bad injury. I had um ... ITB. I was just starting to build up my training in January. And er ... I got this terrible ITB and I had to have the operation. And um I it took me four months to heal. And then it was really starting again. ... And then at the end of that year I had another operation which stopped me running for about six or seven weeks. So that was 2000 and 2001, 2002. Beginning of 2003 we moved here. And that was another disruption. Um ... my husband has got a problem with me running distances like Comrades though. He doesn't want me to because I lost a lot of weight. I was ten kilos lighter than I am now. ... Um ... and he said I was stringee ... and didn't think I was feminine. And er he now says no he doesn't want me running marathons. ... Um, they are bad for me and I can only run 21s.

R: When you ran Comrades how many kilometres did you do in the build-up to it?

P11: Oh ... we did in all 12 ... just over ... um not 1200. Just over a 1000 I think.

R: The six months before?

P11: Ja, but um. Typically we'd do a 25 on a Saturday, um a time trial of eight and then three. So that's 25, 35, 25, 55. About 65 kays a week.

R: You spoke about core exercises. Have you done any other gym work?

P11: Ja, ja. I used to do gym as well. The nights I didn't go running I went to gym. And I'd do 40 minutes on the treadmill. Um, that's on a Tuesday and a Thursday.

R: That's also running?

P11: Ja, also running. Um ... and then ex, you know, circuit or weights and swimming as well. I used to swim twice or three times a week. I used to do about er four kilometres.

R: During the whole week or each session?

P11: Ja ... um, but then I was super fit.

R: Did you find that weight training helped your injury problems?

P11: I didn't do it long enough. ... Again time. I didn't jus, I didn't have the time. Swimming helped enormously with breathing. Um ... but now ever since I've started this job as an estate agent ... this year I've got I've picked up an injury which just won't go away. I've had acupuncture, I've had the guy who does the yellow pages, SA. He couldn't get rid of it. He's a physio and a kinesiologist. A got me through me through Comrades with runner's knee. I swear he did. But he can't get rid of this. What it is I've now got is um ... it's er where the hamstring meets the bum bone. And it's literally a pain in the arse. And it's got so bad that I can um I have difficulty lifting my left leg. Every time I lift, try it once, it's painful ... and that was when I first spoke to you couple of weeks ago. It was it was at that stage. Since then I've been to see S twice. I've had some acupuncture and I've been upping my running. ... And this is totally confidential I've decided to change my job.

R: To something else besides being an estate agent?

P11: No. Another estate agent. But now big corporate instead of a one man band because I've been caught out by a rather unethical boss. The first one fired me and stole my my sole mandate which she gave to her other agent ... and did me out of a lot of money. And this one, now I've opened the estate for her ... because I normally have three or four show days a week ... she now says, oh no no no, you share in my company. So you have to give your colleagues, you know the lazy ones who haven't got a show day. I have to put them in my show day ... and they earn half my commission ... if the per, if they get a buyer that day when they are sitting with their bottoms in a chair on my show day. I negotiate the deal, I write the ad that attracts the buyers, I get the show day, negotiate the show day and I've got to give away half my commission. And I I said no. She said, you're your colleagues don't like you because you're mean. ... Mean? It's just I've been working so hard and now the fruits of my labour have come after six months and I've got to give those show days away. And she said the only the only time you can have a sitter. Because that's how other agencies work; you have sitters you employ. Um and you know they just look after the the prospective buyers and show them the house. You train them. But they earn a salary. And they earn a portion of your commission, not half. Um because ... for example, last weekend I put one of my colleagues in one of my houses. Er um somebody came in and wanted to buy it. She showed them around. She didn't know they wanted to buy it. They left and then they phoned me. Right. Because my name's on it. We want to buy the house. I have to negotiate it and er she earns half my coms just for being. The only option I have is I can use my husband as a sitter. So it's another pressure because he is forced therefore to work for my boss. Um, otherwise he must run the risk of me losing half my commission to one of my colleagues.

R: And you have to have a sitter?

P11: Ja, because if I've got four show houses I can only sit in one, you see. But I mean I've been completely demotivated and that's when this injury got really really bad and I could hardly lift my leg up when I was running.

- R: So you feel that there is a link between injury and stress?
- P11: Ja, definitely. ... A mental ... how you feel about yourself, how you feel about your work, how motivated you are. It's all linked. It's all definitely linked.
- R: When you've been able to run as much as you like, what benefits do you experience because of running?
- P11: Um ... I'm very happy with my body and my weight. I felt great. Um ... I wasn't prone so much to drink alcohol as much as I do now. Um ... I was... lighter in spirit. ... Then you know I'm also one of these people; I'm afraid I don't think I'm that great at working. I would rather not work, but I have to you know for financial reasons. Um I I get very motivated when I doing something either, I mean when I wasn't working I collected money for the SPCA. But I used to run raffles and get prizes. You know I loved the negotiating thing. So I wo, I you know I benefited from that. Um, just everything in running is like freedom. It gives me a feeling of freedom.
- R: You spoke about the Comrades as being the greatest day in your life. What other races stick out as being great?
- P11: Om-die-Dam ... Two Oceans.
- R: I believe that is beautiful.
- P11: It's wonderful. Um ... Om-die-Dam ... Oh ja, Eland Elands marathon, I loved that marathon. Um ... and ja, all the marathons. You know they all seem like such a challenge. And what I enjoyed very much was seeing my time come down.
- R: What is your best marathon time?
- P11: Um ... 4.28.
- R: What's your favourite distance?
- P11: Now ... It was 21, but I'm not 21 fit anymore. Now I'd say 10, 10 or 11. I ran ten and a half this morning. It was great. I just ran the whole way.
- R: And to race?
- P11: Um, to race ... I think um 21 or 32.
- R: What is your best for a 21?
- P11: Er ... just over two hours.
- R: You have spoken about the benefits of running. Do you experience any negative consequences because of the sport?
- P11: Ja, I got very wrinkly and I had to go and have um, what do you call that um ... lazer treatment. Um ... my skin is not terribly elastic and when I lost the fat I had this hanging skin which didn't which ... I hate getting photographs of. I stopped getting photographs because it's always damn ... They catch my skin running behind me, you know. Um ... other negatives, my husband remarked that I've become very closed in terms of interests, you know. But like I ... running was my life. Every day was running. ... The most important priority was my running. Um ... I didn't want to go to a book club. I didn't want to go out for a

drink. I didn't want to do anything. I just wanted to go and run. And then if there was time after, I'd go out and have dinner or drinks or whatever. Um ... ja, both were disadvantages.

R: What other interests do you have?

P11: Well, I used to paint quite a bit. Um ... and if I didn't work I'd probably spend much more time painting. Um, in fact, when I wasn't working, I went to art classes and I loved it. ... Um ... and I went to art school as a youngster. That was my training. Um ... and other interests? Well, I read. I don't like TV. So I read. Um, animals and animal charities. Um and I like belly dancing ... I used to do pole dancing and tap dancing ... lessons in the last couple of years, but that's a bit strenuous now for me.

R: How would you define injury?

P11: Pain.

R: Pain?

P11: Ja and it stops you. It's a pain everywhere. It stops you from doing what you enjoy. ... Um ... in my case it's a pain in the bottom when I sit too long. ... It's a constant reminder that it's there. Um, it's dreadful. It's er a occupational hazard if you run.

R: If you feel any little niggles when you run, do you regard that as an injury?

P11: Nah.

R: Not?

P11: Ahah ... I had, they had to ... actually hold me back from running when I could hardly run 500 metres with ITB. ... I carry on regardless unless it's really ... You know like my ITB I had to stop 'cause I was like limping ... at the beginning of the run an ...

R: So would you regard it as an injury when you cannot run or when the pain starts to get bad?

P11: When pain gets like Tim Noakes says: you go through level one and you think, okay I've picked something up. And you think, ag it's only a niggles. Then it gets to level two and you leave off running for a couple of days. Then it gets ... to level three and it's every day, every run. It gets worse and worse and worse. Level four for me is when it actually stops you. That's when I'll stop.

R: And that's when you will call it an injury?

P11: Jah.

R: Do you get concerned when you feel niggles?

P11: I do. Ja. And then I try and stretch more or ... um ja, stretch more during, before the run and after.

R: When did you pick up the injury you have now?

P11: ... March, April. About then.

R: Did you have any warning signs?

P11: Jah. You know I started feeling a bit stiff ... in ... the bum and I thought, ah it's the piriformis again because that one I had it that badly when I was starting to train up for Com second Comrades. Um, I had the ITB. That hit me at Om-die-Dam. But in the January um I got very bad piriformis after doing a time trial very quickly. And that actually stopped me walking for

a couple of days. Um, but I thought that was just again this year and it's not. Definitely the attachment of the hamstring to the bum.

R: So basically the tendon?

P11: Yeh, but I think that there's some other problem as well, but only that it's it's all connected to the sciatica as well and lower back. But that only comes up at about 19 kilometres if I'm doing 21. And I've only done one 21 this year which was Dischem ... and I did that so slowly I didn't get any injury ... 'cause I was running with a friend who had just started.

R: So you think it's connected to your lower back?

P11: Mmm, I do. But it's interesting that it's now become ... You know, it became acute for a period of time. And it was really, really, really bad. Um ... and that was about the time that my boss, you know, told me about this new rule. About having to share my show days ... and that was like, I couldn't believe. Not another mistake I've made. Not another company I shouldn't have joined. ... Ja. Whew!

R: Do you find that when you are under stress, like the unethical behaviour you've experienced, that you tend to want to run more?

P11: Yeh, I do but I can't because my job is so demanding in it. There's not enough hours in the day to get all the things that I have to do, make all the contacts I should. Um ...

R: How would you describe a typical day in your life?

P11: Um, typically I'll get up in the morning at about seven. Um, I normally take the dogs for a quick run around the park here 'cause we're lucky to have a park which is only about two kays. Um, then come back, have breakfast, get washed and dressed. Then I start; either call and come in, and I've got a little study here. And I tend to get involved because I work around here. Either take out people from here or on the phone here. And I only er, other than that I've never gone into the office before 11 in the morning. And sometimes only at lunch-time. But it's not that I've been goofing off. It's that I've been working here or taking people out in this area. Then I normally stop for a salad, take a salad with me. Um and then do my calls, phone calls, work. Um, I usually go and canvas um ... 'till about seven twice a week. Um, normally once a week I'll have to take someone out for an appointment after hours. Mondays, I used to go belly-dancing, but now I'm helping someone set up a company so I have to go to that instead. So I only get back about 8.30, have dinner ... and a few drinks. Always a few drinks. And um chat to my husband, go to bed. And that's every day. Um, my running days I will specifically stop working at five o'clock and get the hell out of there. No matter what. Only if I have to take someone out to an appointment or take an offer ... um do I not run on a Tuesday. And if I don't run on a Tuesday, I try desperately to run on a Wednesday as well as a Thursday. Fridays are slightly different because I have to do the shopping, some shopping and um, you know, um personal things. So I normally do that Friday morning, go to the office Friday afternoon and err ... Saturday is a running, I run in the morning with my mates in summer at 6.30. Now it's 7.30. Then I normally have appointments, take people to see houses. Um and then Sunday is a show

day. So I normally sleep in a bit on Sunday. Then one day in the week I do. Um, sleep in until about nine, go and make my husband and I some breakfast, prepare, get for my show day.

R: So it's quite heavy?

P11: It's hectic! You know, I've got to the point where I haven't had time to go and buy clothing. ... So I think, oh well that's good you know. In a way you're saving money. But by the same token I can see that my presentation is fluttering a bit, you know.

R: Does your present boss mind if you run?

P11: No, she's says you mustn't stop running. She's happy because her son is a runner. She doesn't mind me running.

R: Unlike your last boss?

P11: Jah ... not the last one, the one before that. She said I couldn't run. 'Cause I worked one um for two months. I was head-hunted by the woman who then fired me six months later. She said, look you can run but I was, I spent time trying to build the business and so cut my running down voluntarily ... um to twice a week with the Saturday morning runs. And um ... she didn't care if I ran or not. My current boss, she expects you to work late, at least twice a week. ... Um, so if you go and run twice a week then she expects you, to see your face, you know, after hours at least twice a week.

R: What was your initial reaction when you realized you had another injury?

P11: Ah! ... Horror. Now I'm going to put on even more weight. Um ... because nothing is as effective in terms of weight control. When I've been injured before I I spin or I swim. Um ... but I haven't done that for so long.

R: Because of time?

P11: Mmm. But now when I I got this injury I thought, oh no. ... Um, I've gotta fix it. So first first thing was feeling really down about it. But then right make an appointment to see an acupuncturist ... um, as quickly as I could get to get it fixed. ... But, you must understand with this new job it changed my whole attitude towards running as well. Before nothing would come between me and my running. It was like a religion. I was gone, boy, five o'clock in the evening, come hell or high water. No way would I make an appointment after that time. But now if somebody says I want to see you at half past five, to see a house ... I've changed. I've I've become more, you know, I I will take them. I'm not such a fanatical runner as I used to be.

R: Do you miss not being a fanatical runner?

P11: In a way, I do, ja.

R: You mentioned having acupuncture and going to a "yellow pages" man.

P11: It did um, but he's so incredibly busy. But you know the ac acupuncture ...

R: Does he do acupuncture as well?

P11: No, I went to a Chinese gentleman, a Chinese doctor. A chiropractor. And he gosh, he gave me the needles like you won't believe. About six or seven. And it was really quite

sore. And um he kept on pushing me to go on this eat for your blood type diet. He kept on and on and on. And that ... hacked me off a bit because I don't believe in that diet. Um, but you've got to eat lamb and turkey only if you're a certain blood type. And he kept pressurizing me so I stopped going to him. And I thought let me go back to S because he helped me all those years ago. And the trouble is I went to S only once and it helped me enormously. It's helped me tremendously. But I can't get back to see him.

R: Because you're busy?

P11: Because no, he's busy. He um, I've asked his assistant for an appointment and she's just never come back to me. ... So it's in my mind to phone him on his cellphone on Monday and say, listen you know.

R: Does he practise full-time?

P11: Ja, but he's incredibly busy. He's ... You have to like wait a month before you can see him, you know ... unless you're lucky enough to get a ... a cancellation. It's funny. I dunno er um I don't think it's him because he told her. ... This was on about the 2nd or 3rd of August ... no end of July. He said that he had to see me. He told her he had to see me in two weeks. Well, that two weeks came and went. And er ... As I say it's on my agenda to phone him.

R: But you did say the injury had improved?

P11: Oh ja, much. It's much improved now. ... But if I run every day it gets worse again. ... I have to have a break. I can maximum run two days running. Then I have to have a break.

R: Have you been to a physiotherapist?

P11: He's a physio. He did a bit of physio. More kinesiology.

R: Have you been to any orthopaedic surgeons?

P11: No. ... This other bloke, the Chinese bloke, was a chiropractor. So he sort of ripped my bones a bit, but he did more acupuncture than anything else.

R: Please tell me about the other injuries that you've had?

P11: The ITB?

R: Yes.

P11: Well that was when I was getting ready to do Comrades number two. And I firmly believe ... that it's, that as a result of going to a flipping podiatrist who put orthotics in my shoes and who recommended I buy the top of the range of Brand A anti-pronation shoe which is the kk. And it's a really rigid shoe. And I ran um I ran Om-die-Dam in those shoes and that's when I picked up the ITB. Okay, maybe it was coming anyway. But that I'm damn sure did it. Putting orthotics and the most rigid shoe you can buy um when I used to, when I've always worn Brand O anti-pronation, but not the top of the range. I gave those flipping shoes away. They cost me R1300.00.

R: Then what did you do after that with the ITB? Did you struggle through it?

P11: Nah. I did. I tried to struggle through it, but it just got me. It was that bad. Um, I went to see this er surgeon. Dr M, MR. And he said, ooh ja. Definitely we're going to do the cut. So I had the cut. I said, well look I want you to do it as soon as possible because I want to run

Two Oceans. And it was um ... March ... 18 months ago. And that was awful. I used to drag myself off to gym and I started doing Pilates as well.

R: I have heard Pilates is very good.

P11: Ja, but it's just very expensive. Very expensive. Like having a personal trainer.

R: And the sciatica nerve?

P11: Jaa, that only bothers me when I step up my distance quite dramatically. If I was to step up my distance to doing three um 10 kays runs a week plus the long run on the weekends I'd get that back again.

R: What medical explanation have you been given for these injuries as well as the spurs on your back?

P11: Age. ... My podiatrist at the moment says that he can't believe that I run because I've got terrible bunions and my toes do that. (*uses hands to demonstrate how toes go into one another*) You know I've got a big bunion here and the big toe points there (*inwards*) instead of forward. And he said, you've got no toe-off. How do you run? That's probably why you're so slow. He thinks, you know, that could lead to some of my injuries.

R: Did he recommend that you have the bunions removed?

P11: No. He said, don't have an operation whatever you do. But my yellow pages man said I'm stressed out de luxe. ... That was from kinesiology that he's practicing on me. Um and he treats me for that. And just that one appointment felt and the weekend away, I had a weekend away as well in Cape Town and that was wonderful.

R: So you definitely have been experiencing stress?

P11: Ummm. ...

R: What about your training program? Had it changed just before you picked up the injuries?

P11: No, er my training program has diminished.

R: Had it already diminished when you picked up the injury?

P11: Yes.

R: So you are attributing your injury to stress?

P11: Mmm ... and unhappiness and emotional damage. I mean this flipping woman who fired me she's trying to, she sends me lawyers' letters saying I've defamed her. She told the estate management that I was given illegally a database of all the residents of the estate by um one of the security guards. Except that's a lie. I've no I've no such thing. All I did with that young security guard was to ask his boss one day if I could have a guard, hire a guard. I would pay him to come and sit with me because I had a show-house out in Bryanston out of er this estate and I thought, whoow I don't want to be sitting in one of these show-houses and have you know ... be exposed. Anyway, it's because she keeps on firing me with letters and I have to keep on reacting. I must be giving her a hard time ... in the market. I'm taking away some of her market share, but she just you know it's it's emotional damage. It's reminding me of that, of what happened to me in February ...

which um in a small community like we're in made me feel terrible you know. It looks to the outside world like I'm not employable.

R: Earlier you spoke about doing core exercises. Has anyone prescribed more of these exercises?

P11: Well, I haven't been back to that biokineticist. I went to a biokineticist with my own set of exercises because I kept on having this floppy foot. This was a couple of years ago when I was still running seriously. Um and I went to him and he said, all your problems stem from your lower back. It's weak and your stomach is weak. Your core is very weak. So you've got to do these exercises. And um, ja he prescribed these exercises for me. But then when I became an estate agent I didn't have the time to do the exercises and ... gradually you know it diminished.

R: What factors do you think will help your recovery?

P11: I don't know if it's possible as an estate agent but to have more balance in my life. ... To be able to do my three nights a week running. Or maybe you know I must come right in another way and try to run in the morning instead um ... so I can fit everything in. But the terri the trouble is I know from a Saturday when I run a ten in the morning I can't work at the pace I work at until seven that night, you know. Um ... but that would be the best thing for me, to have more balance, to work less hours, to have more running time and time to do a bit of gym as well.

R: Do you think that will be possible when you change jobs?

P11: Well, after the first few months because I have to prove myself there again. ... You see half my problem is that I could start running in the morning but ... it's ... I suppose it's stress on my marriage. You know my husband likes to sleep in the morning. He's just not an early riser. He works very hard and he works until, you know he'll work late in the evening. He likes ... he doesn't like to get up before seven ... really. And if I get up it disturbs him. 'Cause even this morning, you know, I put on a torch on and ah forgotten my flipping make-up. Got to go and get my make-up out the drawer. And the drawer creeps open and you know, I've got to get the toothbrush which means lifting up the curtain next to him and you know, I know that if I do that every morning I just know that we're gonna have a ... It it won't be comfortable.

R: And he doesn't run?

P11: No! He thinks I'm stark raving mad. *(laughs)*

R: He's never tried it?

P11: Yes, he did and er it hurts his back. He's a good runner. He started going to Club M with me and boy he was rocketing around that field. But um he just ... After a while he just said, no way. I'm not running. I don't like running. I think it brings back bad memories from when he was a kid. ... Being made to run cross-country and being made to run with a full army kit.

R: Is there anyone else like a close friend or the people who live in the estate *(participant interrupts)*

- P11: That runs?
- R: Yes.
- P11: Yes. Oh yes ... um, I've got a very good mate that I run with now. Um, she's a little bit slower than me, but she's getting there you know. And um, we she gets me going on a Tuesday and a Thursday. We keep each other going.
- R: That helps you?
- P11: Ja ... and then on Saturday morning we have a group and you know, you're expected there. So you've gotta get up.
- R: Are you getting tips and advice about your injury from those you run with?
- P11: Not really. ... But they sent me to the Chinese doctor ... um because one of my ... I used to with her at her pace. She's much faster than me now. Um, early last year I was running with her. She's now a real hotshot runner and she's got a terrible injury in her shoulder. She can't seem to get rid of this shoulder and it's from running. And she's a fervent runner. ...
- R: And she advised you to go to this doctor?
- P11: Dr K. Ja.
- R: I think that often injured runners may get very confused because of all the advice they get. Have you experienced this?
- P11: Oh ja. Especially diet and races.
- R: Have other runners made you scared when you've told them about your injuries?
- P11: No. All of my mates have always been very supportive. Um ... I'm just desperately sorry that my coach. He um backed off after he'd done his 10. And now he's put on like 20 kilos and he doesn't run at all. And he was the motivation. He motivated so many of us middle-aged women to to run Comrades. He got us together and it's sad to see him ... back off. He was very motivating. But I. No, everyone's been very supportive. Just one or two friends when I've had ITB said, do not run! We're not going to let you run and er ... Well I thought it would go away in a minute once you start running. You get these aches and pains and once you start running it goes away.
- R: I believe ITB is not the nicest injury.
- P11: Mmm, it's a killer. When it's really acute. I mean maybe it would have gone away. I don't know. Dr MR said it wouldn't. Now it's been perfect. Touch wood. Nothing. Not another pinge twinge. Nothing.
- R: What do you find particularly difficult about being injured?
- P11: Well, it's the lack of enjoyment and lack of ability to run. And it's pain when you are running.
- R: Have you learnt anything about yourself and running from this injury as well as the other injuries you have had?
- P11: Um, from the ITB injury I learnt throw orthotics away and do not believe in orthotics. It was a very very expensive lesson. Um, 'cause I reckon I would have done Comrades the second

year and if I'd done Comrades the second year I would be in a much more confident position now. Um ... what was the question again? What have I learned ...

R: Yes, what have you learned or discovered about yourself and running because of the injury?

P11: I've learnt that I am always going to be a runner. I will not give up my running because of injury. Um ... no matter how pressing and ... devouring my work is I will always run. Um ... and it's taught me that I can actually battle through with the right mental attitude ... I mean that runner's knee at Comrades was a build-up. ... Um, when I went to physio for the 10 days before Comrades every day to have it worked on 'cause it was really really really sore um ... that I did it and I learned that my mental attitude overcame that injury. I must say though that I wasn't able to run for a couple of months after that.

R: Is there anything else you would like to add about running and injury?

P11: Um ... injury I think ... I very much looking forward to the outcome of your research because I have a ex, I know that it's linked with stress and the way that you're feeling about life and the bad habits that you may have picked up like over-reacting and over-drinking. And those evolve as a result of something else. So, to be able to understand the chain that leads up to injury would be fascinating. And I believe that is can really ... Running is the most wonderful thing in the world. It gives just the normal Joe like me, it gives me a sense of who I am, that I belong, that I am an athlete of some standing. Maybe very low. But it gives me a place to understand where I am at. It gives me a confidence. It gives me something I didn't have before. Not only a reason for living, but makes me feel one of the team. It gives me the ability to to be a member of the team. Um and it's given me humility as well because there's ain't nowhere to go on the road, you know. You you're there with every normal citi citizen and you've just got a pair of shorts or a pair of trousers and that's you boy. And it teaches you to be happy with that. To be happy with less, you know. It's also taught me not to be afraid of cold nights. I'm not afraid of cold nights. That's when I love to go out. It's taught me to be more in touch with the elements, to be part of the universe in which I live. Isn't that wonderful?

INTERVIEW WITH PARTICIPANT 12

R: How long have you been running for?

P12: About 11 years.

R: Why did you originally start running?

P12: Um, 'cause my father started running about a year before (*chuckles*) and er I was very unfit and er err and it looked interesting and er I, ja and it looked like a good way of getting fit and er so I started running.

R: Why did you continue?

P12: I I enjoyed the races. Er go and do 10 kays. I started with ten kay races and I went to one that was like whow. It was like there's so many people that jog in the morning, run in a race and er it was part of this world that I never knew existed. And it also made me feel good fit-wise and 'cause I'd never really been fit. And I was about 23 years and I'd never been too fit. I'd always been a bit lazy. So I mean I found it it really got me going and er enjoyed the the races and then and then started the training.

R: How often do you run every week?

P12: Er, now the last race it would be Monday to Friday I'd run twice. Maybe three times. And then every Saturday, every Sunday. That be that became my formula. I er, you must tell me if I talk too much.

R: It's fine; carry on.

P12: I I've started running in about 95, ran a bit April and May, and then started again in August after the winter. And I'd run the 10s and I'd train a bit and go to ... October and ran my first 21 and I enjoyed it. And I ran another 21. I started learning, you know, what running's all about, road running. I knew nothing. I really started from nowhere. By January just by by luck I met up with the right people and I started going to the races on a Saturday. And all of a sudden you find out Comrades is the thing. And ... found a er marathon the end of February and just started running a little bit more, pushing my mileage up and ran a marathon. And and that was 96, February and er started running from there. Marathon, another marathon and it was like I must do another one and then I can run Comrades. And I think that's because in this country everything is Comrades. If you're a road runner and run the road running races everyone just talks about Comrades and it just came quickly and I enjoyed it so much. And maybe I was a student and I was single. You know, something that filled something and it was different. I got fit and my running was very quickly Comrades. From my first Comrades it was year in and year out. Everything revolves around Comrades. My running career revolved around Comrades from the beginning. And er so my training did and and so er I got into my routine of, you know, training during the week two or three times and on the weekend. That year I was a student. The following year I started working and with work it was easier to run more mileage on the weekend than during than during the week. And that became my routine year in and year out and and I stick to a formula. Once I had my formula from my first year I was sort of, I would tweak it

from year to year, but that would be my formula of how I would run up to Comrades every year. That was my training of um of of how I trained. And that's how I got into it and it's carried on going. Er, ja.

R: When you speak about a formula do you mean (*participant interrupts*)

P12: My training?

R: Yes.

P12: My formula would be for would be marathon at the end of February, early March. And then that would be the first one and then every year was a bit different. It maybe one or two ultras and a marathon. So get three or four long ones, marathons or ultras. And then Comrades I'd run about 1200 kilometres from January to June. My least I think was 1180 and my most was 1310. So you can see I'm very close. That's in nine years. This was the only year that it differed because of my injury. I I differed a lot. So that was and I stuck to that. I knew how my mileage more or less every month I had to do. Er a few years differed slightly, but I stuck to that every year. Qualified more or less the same time, ran more or less the same races, did more or less the same amount of running and to get to Comrades. And er then after Comrades a long rest. Start again maybe run in August Sukusa or something. Ran very little until the end of the year, put on a lot of weight, get very unfit, start again in January. And as I got older it got more and more difficult to start in January (*chuckles*) and er er but but that was my running formula. That's that's what I you know I I ja. Er er that was more or less what I lived like. Start in January, work my way up and resting in the second half of the year.

R: What did your training program or formula involve?

P12: Okay, I only jogged. I was I was a jogger through and through. I had no quality work. No speed. No. Hills? My my runs would include hills and that. But there was no farklek, no speed work, no nothing. It would really be Tuesday. It started off I used to run in the evenings like five, half past five or or and then at varsity. Okay, first was a bit different. I was at varsity so I could run in the mornings as well, but through my work career it was either five. Half past five in the evening or half past five in the morning. It was Tuesday, then maybe Wednesday and Thursday er and then that would be 10 kays, 10 or 12 kays. I'd just go out to run my hour. 'Cause I really run at six minutes a kay pace. That's my pace and er 5.30 if hard. And it would really be during the week of just do your 10 kays and do your hour. No matter how tired I was or didn't feel like it or even if I did feel like it, it was 10 kays or 12 kays. Get your 20 or 30 kays during the week. Saturday mornings 21. Sunday, 15 to 20. And that would give me 50 to 60 kays and on that I'd tweak it to get a little bit higher. Er on a public holiday I'd be able to run another 20 kays just to push it to 70 or 80. I always run between, in January let's say 50 kays a week and then from February between 60 and 70 kays a week. And that was it. Never pushed it up to. I'd get maybe twice, two weeks from January to Comrades I'd have 70 kilometres or more. The rest would be 60 kays a week and really by doing during the week those, getting in two or three sessions of ten and then on the

weekend a 21 or a 32 and then a er er er 15 kays on a Sunday. That would be my week and and I just pushed weeks. Get weeks of a close to 60 kilometres in a week as possible and er build-up. Easter weekend push it higher up. Public holidays, run a 21 or 15. Push it higher and that would add to my week. And that would get me to my 1200 kays.

R: So your aim was to do 1200 kays between January and Comrades?

P12: Yes, yes for Comrades. No no no quality work. I did get faster, I did improve my Comrades times. I made, I'm more of a distance runner. I, my, my 21 kay times were roughly on average one hour and 55, between an hour 50 and two hours. But you know that would be and I'd run around there. In the last couple of years I've slowed down to two hours, but mainly in my running career it was around there. In the last two or three years my average is closer to two hours. And I'd sometimes wanna do better and break one hour 50. But nothing really to go out and say I'm doing fast work or I'm doing this, I'm doing that. My 10 kay routes or my 15 kay routes would include Klapperkop hill and would include long hills. But no up and down a hill, now I'm going to do hills. Maybe ja I'm going to run up Sibelius Street today or I'll run up Herbert Baker today and it would be included in my run. But no no quality work. But I I got my times down and there was a stage where I I ran pretty good times at Comrades. My best time was 9.19, 9.29 and that that was I think just because I was training and I was fit. But but I always knew that to break say nine hours, I needed to think about training with quality. But okay Tuesday nights it's speed work or farklek or it's hills. And I knew I didn't want to do that because it wasn't part of the enjoyment of my running. My running was social. My running during the week was just to get mileage in and on the weekend it was a race and social. And I I never really needed, I didn't need those better times to do that quality work. I was an out and out jogger and I'd just go out and jog like that. And I enjoyed it. And we debated with my friends, yes we'd need to do this and I'd say no maybe next year I would do it. And I I never really did it and I never needed to and er er ja. So that's the type of runner I was. I was just a jogger ... er on distance. Time was not overly important for me. And another, I'm not a, I'm not really overly competitive. I mean I do have little competitions, but I'm not. I'm not the type of guy who always has to beat this person or has to do that. Er, my father is actually more competitive than me and sometimes it's important for him to beat me and that. And I'm just, you know, so er you know it's never really affected me. When I'm fit, I'll do better and when I wasn't fit, I'll do worse.

R: And it didn't matter?

P12: It didn't, not not that much. As I say there are one or two things I've got, but but generally I'm not, I would say I'm not comp. And that could have been a problem in my running that I wasn't ambitious or competitive or that. Er, yet I'm happy with what I achieved. I mean I think my, my best time I'm more than happy with what I did. But yes there I never really pushed it because the enjoyment I got out of it was what I wanted.

R: How many times have you run Comrades?

P12: Ten now.

R: Did you run it this year?

P12: This year was my tenth ja. I I missed one a couple of years ago. I got whooping cough. I was, I got whooping cough and it took three months out of my training. There was no way I could do it. But then I missed number three, but I needed to get my tenth. It was very important. (*chuckles*) And I and and this year I ran my tenth and this is when I got injured. This year my first bad injury. I've never had a bad injury. I've had little niggles. I I must say I've almost haven't had an injury. I've had the odd shin splints, but nothing. But I got my first major injury this year. It's er and that affected Comrades big time and I was lucky to finish it. Only because I I knew I'm was running out of time. My last three years I'd finished in 10.50, 10.48 and I was getting less and less fit every year. I could feel it. I wasn't I wasn't enjoying it as much. I was just doing it to get to number ten. I was I think I started running my tenth already after my seventh. I was already talking. It was my sixth and I was already talking about getting to ten. So it was really everything was built on this year and er and and the last three years I'd just been talking about okay eight down, nine down, just for my tenth.

R: Are you going to do another one?

P12: No yet, not for a couple of years. Not not not in a long time.

R: Don't you want to do 20?

P12: No! God, no! (*laughs*) Not at all. A friend of mine wants to do 25 so then he doesn't have to pay for his 26th. One of the rules is once you've done 25 you don't have to pay. But I I I'm I'm I'm happy. I'm also, my life's changed. I got married three, four years ago and that obviously changed priorities in time. Running was a major part of my life. So. And that changed my priorities. Er and it's become harder. So er ja. Er er I'm not going to do it again. I'm just glad it's over. (*laughs*) Ja.

R: Have you enjoyed the Comrades?

P12: Yeah, very much so. Not maybe the last. Oh ja, I've enjoyed every one actually. I've enjoyed every one. My my running's become a bit stale in the last two or three years, but but I've loved it. It's been, it's really been so brilliant for me and for I'd say most. My running life was wonderful. Er er amazing. Going away going away to all the towns to run the races. Er the big races: Loskop, Barberton, Cape Town for Two Oceans. Er even to run Hartebeespoort. Then to go away for the smaller races. I did that. Not a lot, but I did that. That was always fun. Weekends away. It was always fun, even with the family. It's nice to do that. Er ... ja, so I enjoyed that. I allowed it to overtake my life but er and and, but now I've got a kid. I've got another one on the way. I've got to put more time into that. It's very difficult on a Saturday to go out in the morning when there's, you know, a kid that needs to be looked after and that type of thing. So I'll do it again and er ja, I'm already saying 2010 if they make an issue out of it like they did in 2000. Maybe then. I have a, not that's it's important, a pact. Four of us signed this certificate. We promised that we'd run

Comrades in 2025. (*laughs*) We did it about four years ago. We said we'd all run it in 2025. But er so I don't think, ja.

R: Have you preferred the up or the down run?

P12: I used to prefer the up um because it was shorter. (*laughs*) I never found any any difference in difficulty. I er I was, because I feel I'm more of a ... stamina I can keep going. Strong to keep going and er everyone always said. I could run the pace I ran my 21s in I could run my 42s and my 50s and quite even split, but I could. It was almost the same pace. Just keep going at that pace no matter what I ran. Er I and up or downs did not make much difference er to me. Er, I used to prefer the up I think, but when I started getting less fit I'd start preferring the down because it's easier to run down when you tired than to run up and when you're tired I found you can almost fall down er like when you're running down. But the ups you've got to walk them all the way to the downs and er the amount of walking I did this year and last year. Er you've got to walk a hell of a lot on the Comrades you'd rather want the downs and and the running portion of it. Er. But ja now I don't. I thought just maybe the downhill is easier because the more downs. Er, but I think in the over the long period I think up, I preferred the up. Er, not that I found it easier. My my philosophy I think about Comrades is ... when you run 60 kilometres and you've got say 30 to go it doesn't matter if you're going up or down you're the same sore. And and that's, and so that's my answer that there's no difference. You're just as sore ten kays to go whether you're going up or down. Er I don't think it makes a difference. No.

R: What other races that you have run stick out in your mind as being great?

P12: Er Loskop I liked. Er ... what else? Ja, Loskop. Oh, the long ones. I I loved Jock. Jock of the Bushveld I liked. It was a hardish race and I used to run it in May when I was quite fit and er I enjoyed that. I used to try run that as easy as possible, but as good a time as possible. Almost test my fitness. Er and to feel good without doing too much damage and pushing for a better time. Er, ja those. Oceans, I've never. I I like Oceans. I, the route's magnificent. As a spectacle it's nice, but I've always found it hard. I've always found it hard to fly down the day before and and run this very one race and come back and carry on training where Comrades is the event and you you taper down for Comrades and you run it at your peak and you rest. Oceans, you don't taper. Friday, you have to take time off. You run this race, have a couple of days' break and you're back on training and it's and it's. So that I've always found it a tiring experience. It was a tiring holiday. It was a lovely holiday to spend time in the Cape on a public holiday, but it was always so tied up. Ja er and the 21s, there are lovely 21s. I used to love going to Skukuza. Er, Pretoria News is my favourite race. The one er in October when it used to go through town. It doesn't go through town anymore. They've changed it now to Lynnwood Road. That was because it was my first and my first 21 and my PB's on that route. I trained one year speed. The one year I trained in October to get a bit of speed so I did a PB there. So that's always been my

favourite. Ja, err ... I did a lot of races. Bronkhorstspuit. I liked running in the open. I liked the races that run out in the country.

R: Besides running what other interests do you have?

P12: (*chuckles*) Um, I l'm fan, l'm quite, watching sport, following sport. Cricket and rugby, l've followed all my life. Er, but that's more watching, not playing. Er, I played at school: cricket, rugby, soccer. After school I only ever played squash. Er um did a bit of gym work, squash, running. But interests. Very interested in cricket and rugby, national and provincial. What other interests? Ja. Er, ja normal, reading, watching TV. Nothing um nothing too big.

R: What benefits do you experience because of your involvement in running?

P12: Er, it's fitness. It's fitness and personal health. And social, you know, friends. You know I had friends from it and er we became good friends from it. Even people I knew from before running who or from school; one or two people I met again running and I became friends with them again and er it became, ja it was a circle and the fitness. Felt better, you know, felt more fitter and healthy.

R: Have you experienced any disadvantages and negative consequences because of running?

P12: N...o. Well, at the moment, but the problem at the moment is family. I've got a wife and a kid and one on the way. Um, I don't get the time anymore to go out or it's compromised and that type of thing and er it does, it doesn't take up a lot of time but especially on weekends it's difficult sort of. You know, it's it's not as easy as it was to to go to a race every Saturday morning and like train every Sunday. And that's er, so you know I can't race, go to the races I used to go to and do as much running as I wanted to or used to do.

R: How would you personally define injury?

P12: Injury, I dunno. Something that would ... stop me from running comfortably. Er, ja.

R: Would you carry on running?

P12: Ja, even if I carried on running but it would it would affect my running. It would affect the comfort in my running. So. It would. An injury is something ja that would er affect my running. It would either stop me or make my running less comfortable. Er, ja ... it would stop me from running comfortably.

R: When I spoke to you on the phone you said you had a stress fracture?

P12: Ja, my metatarsal.

R: What happened?

P12: Er, l'm not too sure when it started. Er, it could've now I think maybe end of January, early February, but I can't remember which races I was complaining. But I know I think the February race was ... I ran my first marathon this year middle of March. I dunno the Saturday, maybe the 18th or something of March. Because my marathons had been getting later and later because I was less and less fit. And I know, I remember then I specifically was in discomfort. And and I. Can't remember now, but I remember a race back, I think Bronkhorstspuit which is around the middle of February. I could've even been

in discomfort then on my foot because it was discomfort on my foot so it could've been middle of February, but I and that was already the middle of March that that I remember then. So I'd been carrying it then for a while and it was a discomfort on my foot. Didn't know what it was. Thought maybe it was from tight laces. Er, I could run a bit, but it was just sore. Sometimes I could run and it would disappear and other times it wouldn't. I'd only been running the most 21 kays at that stage. Er, I remember running my 10 kays, my training. It was always sore. Every time I went out was it sore? Oh yes it is. Sometimes it would go away, sometimes I would forget about it, but it was always there. It never really got better, it never really got worse. And er I always wanted it to go away so I did nothing about it hoping it would go away (*smiles*) and really did very little about it thinking it was tight laces. There's nothing you can do when you're a distance runner and and I just wanted to carry on and get to Comrades. Okay, that was still early stages. I just didn't want to stop. I was taking even longer to get fit so I couldn't afford a lay-off and er I could still run at least even though it was a bit sore. Um, you know as far as I can remember ran that marathon. I thought, oh well I got through that marathon. Even though it was sore, I got through it. It was under four and a half hours which was pretty much okay for my fitness at that stage. I just carried on. But it was always there and I got to Two Oceans. I think this year was the 15th of April. And I got to the week before Oceans. And I got to the week before Oceans. And the weekend before ran the 21 on Saturday and I was sore and I started thinking, hold on maybe I should try and find out what this is before I go to Two Oceans. Very last minute. Stupid. I mean I suppose you know all the mistakes like leaving it and trying to ignore it and all of that. But I pretty much knew what I was doing. I let it happen because I, you know, wanted it to go away and stuff. And on the Monday went to my doctor who knows, he's a house doctor but he knows the injuries and he looked at it. Went and prodded it and felt the foot and everything. Nothing. Felt no pain. No one could touch down. I'd been to physio already. I could've been to physio a week or two before that. Physio: no matter what he touched, no pain. No matter how he touched it there was no pain. Yet when I landed on my foot in a running thing or walking it was sore. I had to walk on it and if I landed under my foot, I could feel the pain shoot through. But no one could touch it. So and it's also maybe, phew didn't know what it was. You know stress fractures they also say gets worse when you run, doesn't get better. This one was sort of, I could walk it and that stuff. Anyway, Monday went to the doctor and he also prodded and that. And he said, wow. At least you've got to get ... You've got to see that it is not a stress fracture. You've got to try because if it's not a stress fracture they can maybe inject it with st. What's that?

R: Cortisone?

P12: Cortisone, which I've never had any cortisone injection before. But they've got to make sure it's not. So they sent me for er for a ultrasound. Nothing. The person at the er the radiologist said, you know what maybe we should do an x-ray. So they did an x-ray.

Nothing. Okay. Went back to the doctor, said it's nothing. Well, he said it's nothing. I don't feel it ... You know what, you know there's nothing I can do. So I ran Two Oceans and it was sore. You know the problem with Two Oceans is I landed up parking so far I had to walk about 3 kilometres to the start. And I, by the time I had walked to the start I was in such pain. Really. It was so, it was at its worst. I started Two Oceans after having walked for about 25 minutes and and that had caused, the walking was causing it as well. So I hadn't even started yet and I was already in discomfort. And I got through Two Oceans helluva slowly. And I was able to sort of um worked up my running style of trying to get rid of it and run on the side of the road. And I got through Two Oceans in 6.38 which is quite slow for me and said, I've got to sort this out. I've got two months to go to Comrades. There's definitely a problem. It's not going to just go away. ... And my mindset was once more and secondly, I've come as far as running Oceans. If you can run Oceans, you can run Comrades. No one can stop me. I'm just going to go through it. I'll run with an injury. I don't care. I can run it. And I I made an appointment the day I got back. It was, hey it was 15, 16, 17. Must've been Monday 24th. Stayed in Cape town a week. Er with a sports doctor at Q here. And I made an appointment to see her. She's a specialist sports doctor. Anyway, I went to see her. She pushed and prodded and couldn't feel anything and she said to me, hop on your foot. And as I hopped, it hurt. She said, okay there's obviously something there. But she said, can't er inject with er cortisone. Then she sent me for a partial MRI scan because I'd told her I'd gone for x-rays. Sent me for a partial MRI. Went that afternoon for a MRI which I thought was quite drastic. (*chuckles*) Er, went for a MRI and it came out a stress fracture in the second metatarsal. It was clearly there. And er ... said to her, well ...

R: Which foot?

P12: It was ... the right foot. The second, the second toe. It's on the, it's not actually on the toe. It's more on the foot. The metatarsals go all the way. It's the equivalent of there. (*indicates on hand*)

R: So it's on the top of the foot?

P12: Mm no ... well yes, it's the bone inside. If I point there or there (*indicates on foot*) I can take it as the second metatarsal but the second toe, er but it's not actually on the toe. When you say your toe, you know your your your foot, your things need to go all the way to over there. (*points to foot*) So it's because it was on my foot like there and every time I land, the pain would shoot through like I was getting a stabbing sensation through. And I couldn't pinpoint it. Wherever I went, when I went for my scan and the the guy who did the er, even before when they did the ultrasound. They'd say, where is it? I'd say, okay it's round about there. I couldn't pinpoint it and if I don't feel it, it's even harder. And when I do feel it, it's like a it's like a shooting pain going through. So it's not like and it's hidden, it's on the bone, so. But ja. And they found it, the tear or the cut or the stress fracture. Er, a odema they call it. I think the word's odema, o-d-e-m-a. Odema. And they found it and they said ja no it's there. So ... I phoned her up and I said, you know. She says, well he told me you've got to

rest for eight to ten weeks. Nothing. Then I phoned up the doctor and she says, ja eight weeks come and see me. Don't do anything. Come and see me and I'll tell you, you know then we'll decide how much more rest you need. You said the only way to check if it's gone is physical which I imagine is hopping and testing and that type of thing and but it's a long, long process. I said, I've got eight weeks to go. I can run even though I'm in discomfort. I can run. It's my tenth Comrades. I'm struggling more and more. If I stop, it's again next year. I'm not going to be able to do it. I want to finish this damn race, get the green number and not have the stresses of running and this because it's also becoming very stressful. I didn't enjoy my marathon this year and even Oceans I didn't enjoy this year. All the stress before and running. You know and all of that stuff. So I as I said I'm definitely running. She said as a doctor she can't tell me I can run. I said, okay you don't have to tell me. I said, I don't know. I'll go back on the treadmill or I'll I'll try find other ways of getting fit, not really knowing what I was going to do. She said, go see this woman and she gave me the name. Um ... J, she's got a swimming school up there in Suburb B. She she teaches kids to swim or she's got kids who teach kids to swim. But she also does rehabilitative injuries. Okay? I dunno if she's qualified or anything, but the doctor said I must go to her. And I know someone else who had been to her and said she was good. So I phoned up immediately. Er, it was just before the long weekend, end of April. I said I have a crisis. I have to run Comrades. You've got to get me, train now, from the last week of April 'till June and get me to run Comrades. And I went to see her and she started telling me how you run in the water with a belt. You don't touch the floor, different exercises and then I can do spinning as well and that type of thing. She gave me exercises for the weekend and then I went to her every Tuesday and Thursday at half past 12 midday. I would go to her for an hour session. And I'd do Tuesday and Thursday with her. Wednesday morning at the gym on my own and in the swimming pool. No, not in the swimming pool. Wednesday morning was cycling and a bit of rowing, and Saturday and Sunday was spinning class or cycling and the swimming pool at the gym. And I'd go to her Tuesday and Thursday. On Thursday she'd give me a program for Saturday and Sunday at gym. She gave me programs how to swim which strokes, running to do, backwards, forwards. She'd give me the program for the weekend and I'd come back to her every Tuesday and Thursday. And that's how it worked. Every week. Not running once touching the er floor. And and from already after the MRI scan, it was really about ten days after Oceans I wasn't feeling it walking in my foot anymore. And I believe it started healing already quite a while before. But anyway. You know, Oceans you can't say it was healing. I went to her for a week, two weeks and three weeks in the middle of May. And she said, don't run, don't even think about running. And yes, I sort of thought it was keeping me fit and I felt quite fit doing what she was doing and doing all this cross training which I'd never done. I'd hardly ever had time to cross train. I mean, here I was cross training, feeling okay. I felt quite fit and all of that. And she said, er it was about the middle of May and she said, I want you to do ten minutes on the step

machine. It was one Saturday morning. And I went on the step machine and after four minutes I felt it. I hadn't felt in two weeks and I felt it. Went back to her on Tuesday and said I could feel it. And and from there onwards every day I could feel it again in my foot. It was back. It was there again. Went back to her and she says, ja you see it hasn't healed properly. Because that's what happens with a stress fracture. You need eight, ten weeks to heal. You may not feel it, but it's still healing and the minute you check it again you're going to feel it. You just put your pressure on. So we carried on in the pool. Got to the end of May and I said, okay this is done. The end of May was two weeks after I had rested it. She said it's too close. She said, you're just not going to be able to run. We discussed it and we decided it was more important to get to Comrades injury free without having run at all than test it or try to get kilometres on the road but be sore. I could've put 100, 150 kilometres on my legs in the last week of May and June to try and get the kilometres, but then I would get injured. And she said it's more important to be injury free and have no kilometres on the legs. So I thought, okay fine at least I'm exercising. And on the 7th of June she said to me ... on the 7th of June she said to me, go for a five kay run ... er ... and so she said go for a five kay run. And I went for a five kay run on the 7th of June and she ... And and it was half an hour and it was (*chuckles*) ... it was a strain. I struggled with my breathing a little bit. I think it's because I'd been sick with a throat infection. Okay, foot was fine. Foot was perfect. Never felt it at all. But my confidence was shot. At five kays my legs were okay. I wasn't really sore. It was only five kays. Body felt fine and that. I'd struggled with my breathing and ... and and and how can I run Comrades if I haven't run since the middle of April and I started struggling. I started saying like how can I do this? Anyway I went back to her. She said, okay then you don't do too much running. On the weekend which was the weekend before Comrades, the weekend before was Saturday five kays, Sunday five kays together with the swimming and all that type of thing. So I ran five kays Saturday, five kays Sunday. I felt quite good, the breathing had come right, I had just had a bit of a throat thing and er two comfortable half hour runs and I did my other stuff around it to give myself what, two hour session: the cycling and the er swimming. The swimming is also therapeutic. I kept on saying, I've run five kays three times, how can I run 90 kilometres? How do you cheat, how do you cheat something so massive? You can cheat little things. You can get around and and and like you don't have to be prepared for things and you can get to it. But how do you get through the ultimate in running without having really done it and and by just, by not having run on my feet. Er er I'm not a a talented guy by nature. I'm okay with er a a runner physique. I don't have an athletic physique. I put on weight very quickly, I get unfit extremely quickly. I'm not one of these guys like my friends who can just ... and and now I've got to run 90 kilometres with having just done, by not having run. And that I struggled big time with my mind with that. I obviously told myself I am fit and I am ready and if I've done Oceans I can do Comrades, I've kept that fitness. But that was my biggest pain leading up to Comrades. Er, but at least the injury had healed. It seemed like it had

healed 100%. It seems like that from having like that. Um, there was no discomfort. I'd run two 30 minute five kay sessions. There was no discomfort. Er I'd blindly followed, I was almost blindly made following this thing. I was going, literally going from week to week enjoying the change, try trying not to think about it in May, trying not to think about the repercussions and sort of saying. 'Cause I was so married to my logbooks from year to year to year, my formula of 60 kays a week and er and at the beginning of May I would have er middle of May I would have run Jackie Meckler which is 50 and I normally run that comfortably. I used to do Jock, but now Meckler. I used to do that that 50 as along run an an and that would sort of say, okay well if I could do that and I felt pretty okay, I'm ready. I had nothing to test. Then I'd do my last 21 at the end of May. It was Brooklyn Square and I'd run it and I'd say, gee I felt pretty good. Wasn't even tired afterwards. All these little things that I had every year that I ... Er, it's my check and balances to give me confidence when I got all nervous. I had none of that er er the week or two before Comrades to fall back on, to say I must be ready or worst case scenario I'm ready or that type of thing. And er er and I had to approach this Comrades with er with this nervousness and and over and above that my tenth and this is it and I'm finally getting this green number and I don't have to run it again and I don't have to worry about or have the stress knowing I have to run it and finish it again. And this is all I have been working for and I just want to get this green number. And and now I had the added pressure of just finishing which is pressure in itself and this injury and will I finish it? I realized I wasn't going to finish it in 11 hours. Er, thank God they'd made the 12 hour cut-off which I not really in favour of, but this year I was. (*laughs*) Er er and thank God I had 12 hours or so I realized I must be able to finish it. I'd finished all of them under 11 so I, you know, so you know. I can walk a lot and there must be a way I can get to halfway. My biggest fear was I wouldn't really even get past, get to 30 or 40. It was the up run. A lot of uphill. The the first half of that race there's no gi, there's no real place where you can cruise down or run and that. And and I know about the hills before the hill and and you run. It's uphill between the big hills. You know, it's not just you and I know them pretty well. I'd already run five. I'd actually already run five, it was my sixth up. I'd run 4 downs because I ... So I'd run five ups already and I knew pretty much what lay ahead and what was and the hills in between. And it's not just Cowies then Fields then Bothas. It's in between. Even the start. And really I was pretty nervous. After 20 kays the wheels could fall off. I could be finished. I haven't run ... further than five kays in two months. How am I going to get to 20 or 30? Not even a normal 20. A hard 20 and a hard 30 and a hard 40. An and that was the fear of my mind. I actually realized if I got to halfway in er five and a half hours, normally I set myself five hours, five and a half hours halfway. I'd most probably make it. Because if I'm nearing that time in x formula and I know from experience then I'm fit enough to go through. But the fear was how am I going to get there? Is it possible for me to get there? And er and that was my mindset before. And er, ja.

R: Did your rehab exercises just involve running in the water?

P12: Yes, er the there's a buoyancy belt I'd wear. It's like a round thing. And and it was literally the running motion in the water without touching the floor. No pressure on my feet. It was normal running. Then it was scissors with the legs. And going backwards scissors, forwards with the legs, more down scissors, bending the knees up. There must have been five different styles of getting from one side to the other. Er and she would have a program like to five lengths scissors and then do five lengths sc er five lengths going backwards kicking like backstroke kicking. Do five lengths normal running and then the different speeds. Er go faster and faster, speed up or go slow. And then she had a very important thing which I struggled with which she was actually quite shocked how bad I was at it, by doing it without breathing. So so run halfway without breathing or do the exercise, do the half a length without breathing to to get the VO, I think that's what she said. To get that up. I was quite bad at that and and I I could never get right what she wanted me to do. She actually had to make it shorter. Er, like you know the different colours on the lanes. Do two lanes without breathing, two lanes with breathing, two lanes without br and and a lot of it entailed also the breathing was a big part of the exercise of starving er the muscles of oxygen and getting them stronger. And that's what it was. It was lengths and lengths and er.

R: Did you do any swimming?

P12: Not proper swimming, no. Just running. Er, she did for on one weekend she said swim 60 lengths which I found that a little hard. (*chuckles*) Like at her it was 40 minutes or 50 minutes of up and down with her telling me what to do. But then the Saturday and the Sunday would entail say either a spinning session or 40 minutes on a cycle machine. And she'd give me what to do: two minutes fast, two minutes slow. She actually gave me nice programs that I've kept because they're good if I decide to do it one day. And I'd go say 40 minutes either spinning classes and then in the pool, I'd be about half an hour, 60 laps, 70 laps in the pool. Doing different laps.

R: What was your initial reaction when it was confirmed that you had a stress fracture?

P12: ... I think I was, I I wasn't down. I'd never, I was actually quite, I wouldn't say excited but it was almost as if now I know what it is, I can move on. I wasn't sort of a oh my God my running's over. Well I'll carry on. I've had this injury for since March even February er and I've been able to run all the way, even Oceans. Surely I can go another two months. And er so but now I know what it is ... I I can deal with it. Er, it wasn't er it wasn't what am I gonna do, what am I gonna do? Or I'm in the doldrums. It was just a I'm going forward. It was just like when run Comrades. I'm just, carry on going forward. I'm not going, I'm not going to look around. I'll take this injury with me. If it was that bad that I couldn't run I would have to see. I couldn't run physically and I wouldn't have run. But I was prepared to risk injury, I was prepared to risk going in a cast. I was stupid enough to do that just to get that er that that I wouldn't have to run Comrades again. Er, that I wouldn't have the pressure of having to run it again. I'm sure I'll run it again and I and I understand one year I didn't want to run it and I actually ran it better and I had a better year than I thought

because I took the pressure off me and I understand how important because if I take the pressure off it's so much easier. And er if you just take the pressure off my mind that I don't have to run the marathon or I'll probably do it again. That's why I think if I if I , okay you see that I'm not that fit, but if I get a year where I start training and have the time to train I'll most probably run it just because I don't have the pressure to run. Er and just because I don't have to run that first qualifying marathon it will be easier to run it if if ... And I knew I needed to get rid of this pressure to run Comrades and I knew it was always going to be there.

R: To get your green number?

P12: To get my green number. And if I have to do this again next year, I'll have to start with a marathon, have to run an ultra and another because I at least have to do three long ones. It's er ... So when I heard that I had this injury it confirmed what I already knew so it wasn't a big changing thing. But it meant I'm going ahead. I'm going ... as long as I can run and jog and keep going like ... I'm going until it's really that bad, that bad. And if that day, if it's on the day of Comrades that I can't do it, well at least I've I've got there. I've tried my best and it's not for want of trying. Er, ja, so.

R: Why do you think you got injured?

P12: Um, I think it's because I'm running with a lot more weight and unfit. And every January I'm carrying more and more weight. My weight fluctuates a lot. I've put on quite a lot: five, six, seven, eight kilos ... fluctuation between January and June. I've already put on since Comrades about five kilos and I can feel it and it's bad and I'm struggling to keep it down. And I think every year I was putting more stress on my body because I was getting less fit and as I get older it's more harder to retain my fitness. So I'm getting my mid-thirties now. I get er I lose my fitness quicker. So I think I was starting more overweight and therefore, it was more of a strain on my body ... er when I was running for my training. Er ... and I'm a believer in what Tim Noakes calls running old and I don't know if that's psychological or whatever. But I read that after ten years your body gets running old and I'm a believer in that. No matter how old you are physically if you run distance running you've got ten good years. And and I even believe that I got injured because I told myself ten good years. This is actually my eleventh because I missed a Comrades so I messed it up at ... But I've had that theory and I always tell people about it and I always want to go back to the *Lore of Running* and find it and I never do because I think it is in there somewhere.

R: It is.

P12: And er er and and so ja why did I get injured? I think it was just ... tired, old. Ja, tired. The stress of the long periods of time. But more specifically maybe because I'm heavier and I'm running heavier and er something had to go somewhere over a long period of time. I'm told that it can happen to anyone and it just happens. Er, ja.

R: How do you spend a typical day?

P12: A workday?

R: Yes.

P12: Er, wake up. I mean I don't know how much detail you want. Ja, er ... get ready for work. I do sit down for breakfast with my wife for about 20 minutes. Er, we have a little one now. Um when I do exercise I do it in the morning. Er I'll wake up early and I'll go then. I enjoy ... I even go to gym in that period and I do it in the second half of the year and I'm going to stop doing it now. Then go to work. Then I'm at work for most of the day, come home any time between five and six in the evening. It really differs. Then have supper and watch TV.

R: Did you experience any additional stress before the injury besides the pressure of wanting to run the Comrades for the tenth time?

P12: Stress before the injury or during the injury? I'd say in June I was quite stressed in May. And there are additional stress. My wife's, life gets harder and harder, time gets quicker and quicker, more and more stressful. And work gets more and more, and time gets less and less from year to year, month to month and whether it's work or family life I think er it's it's the same with everything. I think it's more stressful. We have to do more and time goes quicker. That same theory applies with my work and it applies with the family. Er, you know another child on its way in a month's time. Just more to do, more stresses in my life, more changes in my life for my wife and I. And er and er, ja so every year does get more stressful. There's more and more stress, more and more strain. Er er ja, I think ja: I don't know how I handle it. *(laughs)*

R: Does running help you cope with stress?

P12: Does running help me? ... Er, this year it didn't. This year it it ... That's why my running has become more of a stress than anything else. The the my running has become more of a I have to do it, I have to, you know. My first marathon when I qualified was the McCarthy. I had to find a marathon. I had to do it. It was helluva stressful. Think of the days leading up to it. Normally it's nice stress. It's excitement and you know you get nervous for it, but it it was jus. The build-up of me having to do it is just getting more and more, it's getting worse. I find more and more pressure build up of having to qualify and having to because of this green number. I put an enormous amount of stress on. I I realize too much. Er , the US Open Golf was the same weekend as Comrades and Phil Nickleson .. had won ... I think he'd won the last two Opens or he's won the first two majors this year and he was going for three. He wanted to get three in a row, if it was three majors or whatever or a hat-trick of three US Opens. And they said to him, gee it's so stressful. This year you can win three. He said, ahh ahh. He said, I only have to win one US Open this week. I like every other guy. And this was the week before Comrades. I thought, I only have to run one Comrades. I'm not running all ten. I only have to run one Comrades. I'm not running all ten. I only have to run one Comrades and it was quite a relief to me because it was so interesting that I heard that because it shows how much stress one puts on one's self. It's a lesson in life that I'm no different from any other guy in the field. I thought, ja I putting all this stress onto myself and er it's my tenth and I'm going to get ten, but I only have to run one Comrades. So yes, I did

stress myself out with it. And and it's not something I, my running, I was often asking myself and I've asked myself the last two years, am I still enjoying my running? And and it was a lot less than before. I was. When I went to a race, even a 21 on a Saturday when I went out and I ran it, I enjoyed the event and I enjoyed being there and I enjoyed doing it. But the surrounding things of of er missing out on a late Friday night again or or having to go to bed early or not helping my wife with the kid or ...er saying no to an invitation when my family was invited out or whatever. You know, on Saturday morning leaving early or the baby wakes up during the night and I sleep or also coming home on Saturday late, those were stresses adding to it and and it and I wasn't enjoying that because it was affecting my running. It's all very well working, even when I was working in my career, being single where I could run whether 21 or 30 to a marathon on a Saturday, come home, lie on the couch in my parents' home or wherever and watch TV for the rest of the day. If I needed to go shopping, I'd run out for an hour, do my shopping, come back and carry on lying on the couch. Now there's so many other things in my life and other and running was such a high priority that it was affecting other priorities in my life. And that was the the big stress it has and and and and I'm glad, well I wanted to, I had to get rid of the running because of the other priorities. The question that comes out is er do I really want to get rid of that running? Do I really? Am I fooling myself in saying I'm getting rid of it? Or am I getting rid of something that's actually going to keep me sane? I I don't know. I've thought about that, but it's the only one that's got to give. My wife understands, she says you've got to keep fit, you're putting on weight and must go. But she also knows it takes away time. If I say to her, sometimes I say I'm going to gym, she says ag no. She's struggling, she's now eight months pregnant and that type of thing. And you haven't gotta another hour, an hour and a half, and that time. On the one hand she wants to support me. On the other hand it's a bit difficult because it also means I'm away. So, do I want to get rid of my running as a whole? No, I want to carry on running, I wanna carry on running the Saturday races. But I want to get fit during the week to be able to run and fit enough to do nicely. Um, without the goal of Comrades, will I do that? I don't think so because I blindly trained for Comrades saying I don't have an option. I can carry on talking, I actually enjoy that. You must tell me if I'm talking too much. I I don't have, when I ran Comrades people said you're mad. You know Monday's a public holiday, you're running Saturday morning. I'm waking up early on a Saturday morning and during the rest of the week. The rest of the week I was waking up at six o'clock, Saturday morning I was waking up to be somewhere else to start at six. Sunday, I'm going out okay and then any public holiday came and I was running say two hours. And and even if I was tired or I was pushing higher mileage I enjoyed and I never questioned whether I had to do it or not because I had to do it whether I was tired or not. Then if you take away that end result, you say. You know ... I I, since July, where we now, I I take a tog bag. I pack it on a Monday morning, I put it in my boot to go to gym after work. I think I've been to gym twice. Comes Friday I take it out of my car and I haven't used it.

But every day I've stayed at work till half past five or six and I've come home instead of leaving work a little early, say five, ten past five and go to gym for an hour. I, you know, I don't have to do it so I'm I'm. My work's more important and my family life's more important. So er I don't have to go to gym and I don't have to exercise. And er that's what loses out and er I'd like to do it. And er I think I will find time again. I know now it's difficult. So, specifically 'cause my wife's going to have a baby next month. Then it's going to be harder thereafter. But I'd like to in December start training again. We don't go away. Train over the Christmas period a little bit, go to gym. Start in January with the races. Maybe not do 21s, instead do 10s. Maybe not do as much without the pressure. If I find the time to do it I'll land up enjoying it even more. You know I don't think I'll ever run a marathon or certainly not next year. But I could also land up in a situation where I never find the time. And it's always too hard and I don't have to do it. If I don't have to ... Well you know we're going to Jo'burg Friday night, I won't Saturday. Or I'm a bit tired, I won't and I'll land up doing nothing. Er ... I don't know where I'm going to land up, but I would like to, I'd like to carry on running. And and I and I when I say I don't want to run Comrades again, I don't want the pressure to have to run it again. I'm glad it's over. But I do feel that it was an important part of my life and it should remain. And it kept me fit, kept me feeling healthy, gave me a release. I enjoy going up there and seeing the people I knew I know and that type of thing. And I certainly know I need it to keep sane. Err ... and there is a little bit of a regret in me that I won't run it. *(laughs)* Er er er that I won't, but I have other priorities that are far more important and no matter how much I liked running, that's what got to give. So ja, I do have a regret. But ja, I'm going to try keep at it. Ja. Ja. Ja.

R: Are you over the injury?

P12: I'm over the injury.

R: How did you get on at Comrades?

P12: Comrades was ... injury-wise was brilliant but ...

R: The injury did not bother you?

P12: It didn't bug me. Never came back. That injury never came back. In my stiffness of the two or three days afterwards the foot was a little bit sore in that spot and I could feel it and I thought, is the stress fracture back or not? I'm not too sure because I'm just sore all over. And I realized it was probably 'cause I'm just sore all over and it was a bit sore there. Never came back afterwards. Not, no. Then after Comrades I never ran for a month. Now I've run two 10s and I've run about six times altogether on Saturdays. That's it. But it's not there. And Comrades went went good, but I wasn't as fit as I thought I'd be. Well er I was as unfit as I thought I would be. And I got through it purely, you know I got through it because ... I was sort of fit, but I persevered. I know how to persevere. I know how to run the race on necessary sources. And I just looked after myself. And I walked a lot. And I never pushed on the hills. And I, the big hills I walked and the downhills I ran. And I ... I ran it on memory and it was a mind thing. I never once in the race, and I've had this for a couple of years

through experience, said to myself, I wish I was at the end. What am I doing here? No matter how good a runner you are and well-prepared, those first couple of Comrades: What am I doing here? I've run for five hours, I run 42 kays or 42 kays to go. Everyone goes through that and I went through it as well the first couple of Comrades. I thought, why am I doing this? Even the marathons you have that thought. You get to 25 kays, what am I doing this for? Nothing. I was totally to be on that road till five, half past five and I was strong. I don't know if it was ten years experience of Comrades. And I was strong and I knew I'd just carry on going. I had that at Oceans as well. And I and I never, at the worst part of the race say to myself, I shouldn't have done this. I was mentally strong strong and I kept go, whether it was walk, I could walk for long periods without saying, if I carry on walking like this I'm not going to finish. I knew I could walk for ten minutes whereas early in my career you walked for a minute and you think you've lost it, you're never going to finish. I knew, I knew I could walk, I knew stretches. I thought to myself, a lot of people must be seeing this and thinking, this is not a hill I know. Where am I? Do I have to go all the way up there? And they must be thinking, ag I'll get round there, I'll wait on the other side, I'll go down and it will be okay. It was the experience that kept me going. I was I must've been, you know my body was strong enough to get me through. And er I got there and I got to halfway in 5.19 and I and I knew I had roughly an hour 25 for every ... 10 kays. And I knew I could just walk 10 kays in an hour and a half. And I just walked a lot and ran the downhills where I could run and catch up a few minutes here and there. And and and and get through it and ja. And once I got to halfway I realized that I most probably make it and as I got further I realized I could definitely make it. I've just got to be mentally strong. You know all the mental things of Comrades that I've learnt over the years from listening to people: keep going forward. Don't waste time and this and that and the other. And I and I and I got ja, got me through um on the day by er ... I was more sore afterwards than I'd been with all my other Comrades. Not a lot but really I was sore. I was sore. Normally you're very sore the day after, sort of sore the next day and and you, the third day you feel your legs. Here I was really sore for a few days. My le, my body had taken more strain which shows I was less fit. I really was sore for a few day and it only started getting better then. I was less fit er ... but I had to get over and done with so I wouldn't have to do it again.

R: You spoke about enjoying the social aspect of running earlier. Do you often run in a crowd?

P12: Ja, er ... I ran a lot with my father. He ran a few Comrades and I ran one or two with him. I actually tried to help him through one. He would come to the races. You know I lived with my parents until I got married. But I had my own friends as well. He had his own friends. I had my own friends. So ... er ... so race-wise there was always someone to talk to at a race whether it was my friends or my father's friends. And as I've got slower the last couple of years I've found there was less people to talk to because everyone was growing apart in their running. But there's always someone to run with and to talk to. You know, training-wise

yes. There were a lot of times I'd start a season there was always someone who would meet me and run. It was normally with my father, but there was always someone else. Er like one friend was running there so we'd meet and you know, Tuesday afternoon, Wednesday afternoon. There was er always someone who would er join us. We have a crowd in the mornings, 5.30 who runs, quite a large group in Suburb X. That wasn't really close friends of mine but it was social, but I did have two or three really good friends in the running community. One guy was about three years younger than me, but I'd known him from school. Very friendly. We actually went into a bit of a business venture together. Then there was another guy from school who I was friendly with. My age. And I ran with him. And then we'd go away, once or twice a year. We'd find a race and all go away together er ... for the weekend and we'd run together. I'm not really the big drinking type who'd run a race and sit drinking for three hours afterwards. Not that type. But er it was, there was always a social aspect of it.

R: Do you miss that?

P12: Now I have got a family so I don't need it. You see I I at that stage it filled, I didn't have a void in my life, but it was a nice comfort thing that I started running, that I started getting involved, that it created a nice social thing for me when I was in my early twenties. It created a nice atmosphere for me and it was nice to be involved in as a social thing. So it was more important then. It was important and it helped me get through my twenties I suppose without having a girlfriend or a wife you know. So that was great, such a wonderful part of my life because it filled something I may not have had. Er ... that's why it was so wonderful. Er, now ... and I I used to say, I used to think that I'd like 20 Comrades one day because I'd never get married. You know there there was always that fear. You know that I'm only running because of my marriage type of thing. So I think it's certainly much better that I'm married with a family and that fulfills the needs of my running. And it certainly does. So ja.

R: While you were injured did you get tips and advice from other runners?

P12: Um ... not really. I know someone. Er er, a lady who I ran my first Comrades with who had a groin injury and she'd also been to J. And she also got through Comrades with pain and that type of thing. She she but I know her but haven't sat down with her and debated the issue. But she said to me, you can train in the pool. The fact that it had been done by someone I knew before and it, you know, to take the stress off her running. She used it as cross-training more than rehabilitation like I did. She used to run lengths to help, but mine was a full out, don't run at all. Er, but ... you know.

R: Do you find others tell you about their experiences with injury?

P12: I know people who say they were and this and that, but no one goes into the details. Ja. I was injured and I rested. I was injured and I did this. Ja.

R: Do you find runners are pessimistic about their chances of recovery when they are injured?

P12: I I think ultra distance runners ignore their injuries and just run through them or get injured and don't run. Most people who were injured say, Yeh! I was injured and and I carried on. Yes, I missed Comrades that year because of that injury and I couldn't come right. But jeez I ran for four months trying to then I stuffed myself up so much. I missed Comrades because I stuffed myself up, not because I was injured in the first place. But ja er, you know, most people just run through it or just run less.

R: Did any runners who knew you were injured make you scared about your chances of recovery?

P12: I've had people ... I don't know about runners. I've had people do that. I just ignored them. I was strong enough in my own view. I've run for 10 years. I've had people who have said to me, if you carry on running you'll have six operations. Oh no, I've had that. No, a stress fracture. If you make it real bad, they'll have to operate. You won't be able to. Oh, I'll have an operation after Comrades. I don't care if it takes six months or a year afterwards to heal.

R: Did you learn anything about yourself because of the injury?

P12: ... Er, I don't know. I I think ... I think I may have learnt enough about myself before the injury to get myself through the injury. I I think I may have because of my experience because of what I know to get myself through the injury. So I don't think ... because I was never in despair. When I I, when the reality hit and I I went for the MRI, and they told me it was a stress fracture it wasn't, oh my God what am I going to do? I never had sleepless nights. I needed a plan of action. I thought, I'm going to work out and I'm going to do it and I told my wife. But I need to find someone to help me, to train me. I'll pay them if I have to pay them, but I'm going to get through it and this is what I did. ... But er I I didn't have to learn that because of injury. I think I'd already learnt from Comrades about pushing yourself and all that. I mean I I am quite whowed by what I've achieved and what I've done and that type of thing. And it made me feel good. I was never a great sportsman, I was never good at sport. I played all the sport but I was never good at it. So Comrades gave me something. I mean by just finishing it is an achievement. I think I'd already learnt all of that so I just had to carry on with that. Er, ja. Did I learn anything from this injury? Perseverance and keep going and set a goal. But I knew this beforehand. I learnt it at varsity with studying. It just a case of doing something. That whole panic thing that I had two weeks before the race. I kept telling myself, at least you've done something. You've run in the pool.

R: Is there anything else you would like to add?

P12: No, I think I've said enough. My wife told me to warn you. But that's my year and how I got through it. Er ... ja. With an injury ... by hook or by crook, I'll finish this damn race. *(laughs)* And get it over and done with.

INTERVIEW WITH PARTICIPANT 13

R: How long have you been running for?

P13: Started in, my first race was in November ... 1992. I joined Club S in January 93. That's when I started running.

R: Why did you originally start running?

P13: Started running because um I'd gone off on pension. Er ... to give you a little bit of background I ... took early retirement. Er, in those days they weren't giving out golden handshakes. So, it was over a three year period that negotiations took place. Um, so I went on pension in at the end of April 1991. My first wife passed away in February 1991. The same year. They kept me on until we ... ended up doing other, you know carrying on at work. But I felt that I needed to get some exercise and I had a bicycle and I ... It was I suppose towards the end of 91 that I met my second wife and ... we ... both went cycling. We were staying in Sasolburg. We got married in '92 and the bicycles were stolen. So I felt that I ... still needed to do some something to keep reasonably fit and bicycles were expensive so I decided to go running. And the first race that I ran was here in Pretoria. We'd moved to Pretoria from Sasolburg. And it was the Sunset 10 Miler. Towards the end of that race somebody called out to me and said to me, oom as oom maar ordenlike skoene gehad het, sou oom baie beter gehardloop het. Er, I had a pair of these R 25 takkies. What did I know about running shoes? So um, but the bug had bitten and er ... that's how I got started.

R: Did you play any sport before that?

P13: Um, my first wife and ... I played bowls for ten years. Um, but bowls was taking over my life and I I tend to be very competitive. Um ... I'd had a very good year. At club competitions I normally got knocked out right at the beginning of the season, but this particular season I went through to the singles in the handicap and the mixed pairs in the handicap pairs and the chosen pairs and the mixed, ag and then there was the district competitions. And so I said I'm not entering any competitions for this coming year. And my wife said, well at least let's play the mixed pairs. So, okay fine I entered the mixed pairs. But the cancer took over and we had to withdraw. And um, so I just stopped playing bowls. I've still got my bowls. Whether I'll go back to bowls or not I don't know. Before that um raising the children I hadn't played sport from ... when I was newly married. That was in the 19 ... 50s, I played hockey and soccer and softball. Once you get married and building a home ... building a life for your family and your children, that tends to take a backseat. And um, we started playing bowls. And that's when I started playing sport again and that was about 19 ... 79 or so. We played for about 10 years.

R: How often do you run a week?

P13: Trying to go out ... four mornings training and a race on Saturday. So it's five days a week.

R: What distance do you cover during the week?

P13: Nowadays not distance so much. It's more um ... time. We get together at five o'clock in the morning and tend to be back at about ten past six. Somewhere around there. We've got er an old chap that runs with us. He's about 76. Very slow and we tend to walk a lot except on two of the days when we do speed training and we're supposed to do hill training. But Mondays and Wednesdays we we tend to take it easy. I've come to the conclusion that I need to build up my stamina and so it's a case of running ahead, doubling back, running ahead and doubling back. We did that yesterday and Wednesday is supposed to be an easy day.

R: What does your training program involve?

P13: We've got ... I've been doing this for quite a number of years. In fact when I joined the club the the then coach came around and spent two hours with me, talking to me er about running, gave me a program which I still basically use. Four days, Monday to Thursday and then a race on Saturday. Er, after he left I went and got the dictionary out because, you know, I thought you know for a Christian this is not the sort of language I expect. He was using words like farklek and a whole lot of other words which were completely new to me like pronate and supinate and those sorts of words. But that's basically the program I've followed since 93. Mondays and Wednesdays are relatively easy days. Tuesdays we do speed work and Thursdays we do hills. We've got different routes that we run. Um speed speed work we've got an area at Zita Park which is marked up to 200 metres and at the moment we're in the process of building a base again. So we do four. The lap is is is a kilometre. So we do um four laps of of 200 metres. So that's 12 sets of 200 metres and we finish off at the moment with one lap of 400 metres. So er and then the hills. We've got three routes that we use and it's not hill repeats. When we get to a hill we go at our own pace, push it up the hill.

R: How many kilometres do you (*participant interrupts*)

P13: On average a week?

R: Yes.

P13: The majority of races I do these days is ten kilometres. I do about five, five, I set a target of five 21 kays um a year ... I would say ... four nines are 36, 46, somewhere around about 45 to 50 kays a week.

R: You've mentioned running 10 and 21 kay races. What races have you run? ... Have you run the Comrades?

P13: I've done one up, one down, done the Two Oceans, the the Ultra Two Oceans. Done Loskop, done Elandsvallei, did the 42 and I did a 42 in Sasolburg ... maybe one or two other 42s. ... But a number of years ago um ... I was selected for AGN to run in the SA 10 kay Championships down in Port Elizabeth and that was the first time they had the 60 age category in them. And I ... the wind was that bad that it was headline ... in the PE papers. So you must know it was it was blowing. And we did three laps. Small field compared to our normal Saturday races. Started too fast ... and with about a kilometre to to go I was

leading in the age category, but the wind was from behind me ... and I couldn't run fast enough. You know I couldn't, my stride wasn't long enough and I eventually crashed onto the tar, tried to get up, fell down again, tried to get up and I fell down again. At that stage the marshals took me off. I was taken off to hospital, got a couple of stitches in my forehead. Counted something like 27 cuts and bruises, but I'd injured my knees ... and that was ... somewhere round about November ... end of November. ... Went down to the coast on holiday in December, but I couldn't sleep at night because of these injuries. My knees were hurting. Got back to Pretoria and I went and saw um a orthopaedic surgeon and he said I had a blood clot and would be back running within two weeks. I eventually started running about seven months later. I'd been a biokineticist, I'd been to a physio. I eventually got to see DP who's the knee specialist. He um ... examined me, x-rayed and sent me for a MRI and then came back from the MRI and he says, I know what your problem is. It's a build-up of fluid somewhere at the back of the knee. I can operate, but let's give it some time. But by August ... if it's no better then we'll operate. By the end of July I'd been off running for seven months at that stage and I started running. It was about February the following year that this knee problem started coming back again. So D operated in June of that year. But he's got quite a backlog waiting list there. Er and at that stage he said to me, forget about long distances; stick to 21s. And there's 10s, 15s and 21s. And that was more eight, nine, ten years ago and I'm still running.

R: Did he remove your cartilage?

P13: Cleaned it up again.

R: What is your favourite distance?

P13: ... Er, at the moment I'd say 10 kays.

R: What is your best time for 10 kays?

P13: ... My best time on on on 10 kays and bear in my mind that I started running when I was 58 and it takes time for your body to adjust to running um because about four years later that I started running reasonable times. Um my, I think I was 60, 62 when I did quite a number of 10 kays under 40 minutes. I think my best was 38 something.

R: What was your time at Comrades?

P13: Ah that was interesting. My first Comrades I did with one of my sons and after 10 kays he was developing tummy cramps. So I would run on ahead, sit on the side of the road, clap the runners as they went past, then run with him for a little while and then run up ahead and sit on the road and ... and that went on until we got to 70 kays and I said to him, son, we're not going to make the cut-off at this time, at this pace. So it was at that stage that he pulled out and um ... my time on on on ... it was an up run was 10.41. I've got a photograph in in in my study crossing the finish line arm-in-arm with Willie Loedof. Um, we're good friends. And er my down time was a terrible race. I I ... stopped thinking when I came to Fields Hill and I raced down Fields Hill, got to the bottom and I had to walk the last 14 kays. I

couldn't even run across the finish line. Um, from the hips down everything ached. My time there was about 9.41.

R: Did you enjoy the Comrades?

P13: ... I'm glad I did it. Let me put it that way. The the, especially at the start. The atmosphere. It's something that you need to experience. Um, on the road there's always company there. But my my my second Comrades I didn't enjoy as much as my first one. My first one I finished reasonably fresh because I'd been coasting. The I I I I tend to push myself rather hard. Um ... Two Oceans I finished in just under five hours. The Loskop I started off very slowly with a buddy of mine. He had to make a pit-stop. I finished in ... just under four hours I think. ... Ja, I was the first grand master to finish and as I crossed the finish line the marshals grabbed me, took me to the medical aid tent and put a drip on me. I I'd really pushed it over last, when I saw that I could, I think it was five hours, four hours. I dunno. Forget what it was. But er it it it was quite a reasonable time.

R: Besides running, what other interests do you have?

P13: It varies. Um ... we, I've been a member of Club S for 11 years, was registrar for ten years. I don't know how long I've been putting out the weekly newsletter. ... For the province I still do the league result processing. That takes quite a bit of time. At the moment I bought a software program that I can take LPs, clean them up, put them onto CDs into MP3 format. Um, I tend to do that as well. I get up at er somewhere at about three o'clock in the morning, work on the computer for a while. At the moment I er ... this morning I was busy with the security gates. I'm putting up shade netting for the carport. We caravan er ... I I don't seem to have lack of something to do.

R: What benefits do you experience because of your involvement in running?

P13: ... Er, the the one I can only praise the Lord for this. I'd ... run the Two Oceans quite a few years ago, about 96, 97. And on the way back I discovered blood in my urine. So it was panic. I eventually got back, saw the GP and he said, it's about time you started having your blood tested for PSA. So, regularly I had my blood tested for PSA. I went to see a urologist and eventually the urologist said, it's about time we did a biopsy. Did that. He said, whatever there is is benign. Don't worry about it at this stage, but we'll carry on monitoring it. And it was in 2000 that ... he said, it's time for another biopsy. That was in April. It was clear. I did the Wally Hayward 10 kay. That would have been on the 1st of May, two weeks later. That was in the morning. In the afternoon I experienced a pain here in my chest. (*points to chest*) Er and I went along to the emergency. So they did some tests and came to the conclusion that it was a kidney stone. I must get hold of my urologist. I couldn't get hold of him. Is there anybody else that you know? The only other one knew that I knew is AM. He's the, er his wife is in the club. So I contacted A and then Monday I went into to to to hos the urology hospital and they spent the day doing tests. And eventually late, late that afternoon they took me into theatre to do an internal. I think that was on the Tuesday. Came out, went home and then the following Monday he, his

receptionist phoned, said he wanted to see me. (*whistles*) Panic! Take my wife along, hold my hand (*chuckles*) because I know it's not prostate because I had it tested two weeks ago and er it must be something to do with the kidneys. We sat down there ... and when he'd done the internal he'd taken monsters as a sample as well. He'd done a biopsy. He'd discovered cancer there and ... huh I've never been so relieved to hear I had prostate cancer because there's nothing more serious er. So, ja. Er, I went in, had the prostate removed and um that was mainly due to the benefit from running. ... because I take that back to the Two Oceans. ... And er here I again, I I honestly had the Hand of the Lord ... because if my urologist hadn't been away overseas he wouldn't have taken a biopsy. The fact that I went to A. He decided to take a biopsy. So ja, I've a lot to be grateful for.

R: Do you experience any disadvantages and negative consequences because of running?

P13: ... I'll take a rain-check on that one because nothing comes to mind. (*chuckles*)

R: A lot of runners find that running helps them to clear their minds and alleviates stress. What about you?

P13: Yes, um ... what has happened on more than one occasion is I've had a fight with my wife and the next morning I've gone out running. Even though I'm in a group we don't always talk. Er er I find that quite often I'm still having this conversation pointing a finger. Then I've got three fingers pointing back at me. By the time I get home the Holy Spirit has done a complete circle and I go and apologise to her. And that's happened on more than one occasion. Yes, er ... it gives you time to think. It gives you time to share with with the group we run with. It's great.

R: How would you personally define injury?

P13: ... As far as running is concerned something that prevents me from running.

R: Do you regard aches and pains as injuries?

P13: As far as niggles are concerned and little aches I tend to listen to what my body is saying to me. Quite often ... I find that, for example, when I run too slow in the mornings my knees start hurting. I need to vary my pace and then also I tend to run up the side of the curbing and back just to vary the camber and takes the pain away. It doesn't stay there. Um ... it's something that works for me.

R: You said you take heed when you have niggles and aches. But have they ever stopped you from running ... or do you only stop when running is impossible?

P13: ... I I've never experienced that sort of thing. My injuries have been such that there's no way that you can run. ... Yes, I experience, like all runners who experience niggles and pains, you. Sometimes I've woken up in the middle of the night screaming with the cramp in my calf and committed to a race the next day. Two o'clock on a Saturday morning you're waking up with this tremendous ... Well, this happened this year. ... Calf muscle cramp whow is just terrible. From dead asleep with a wide awake scream er and when you wake up eventually in the morning the ache's still there. Not when you're running in the SA

cross-country championships in the afternoon. ... So, you keep quiet about it and at the start of the race you wonder if you're going to finish it or not.

R: Please tell me about the injury you've had this year.

P13: My youngest son is is is over in Germany for two years and we decided to make a holiday out of it. We toured Ireland for three weeks and Scotland for ten days. And when you're on holiday like that you can't run regularly. I I tried to run every second or third day for 50 minutes. Not the same as regular running. My son had entered me in for a a half marathon in Germany and er it was an incredibly tough course around a dam and a cycle track. I ran my second or third slowest time ever and I'd been running good times before we went on holiday. I then, that was like on the Saturday. The following Saturday I ran the Marcel van 'Slot. 15 kay. And Marcel van 'Slot has some very steep downhills ... and I suspect what I did was that on the second lap I must have done one of those downhills too fast. It's the only thing I can come to the conclusion. I didn't experience any pain or soreness at that stage or when I finished the race, but Saturday afternoon my lower back started hurting and eventually I couldn't even put down a cup of tea. It it it well ... went and saw the doctor. He said there's nothing structurally wrong and he gave me an anti-inflammatory that lasted for a week and then I went to EE, the physiotherapist. I can tell you about that.

R: Please do.

P13: I have a tremendously high regard for E. I've always used her. She's um, right from the time she started doing her thesis work. She lectures. She lectures physiotherapists. She's got rooms in a house with a couple of doctors. So E worked on me for one, two, three; that was the first week. One, two, three for the second week I think and it was at that stage I heard her talking about looking for a patient for a po post-graduate examination. I said do I qualify? She said yes. I said well I'm available. So I went along the following day for ... being a patient for this with two examiners, post-graduate student. This is an experience. Between the two of them they are discussing you as though you weren't there. (*laughs*) So they they ask questions to start with for the post graduate student. They ask questions and then they start examining you. You know, his one foot is pointing out that way and his one shoulder is a bit lower than the other. All these sort of things: prodding and probing. At the end of an hour er when I went out, E came and said, it's it's it's very good news. There's nothing structurally wrong. You've got er a muscle imbalance. Um, give you one or two additional exercises for for stretching in the mornings. And er that was it. That meant I I was off for ... about ... four weeks I suppose, four or five weeks.

R: That you didn't run?

P13: Couldn't.

R: What was your initial reaction when you realized you had hurt your back?

P13: Do something about it. Find out what it is. You know, it's the not knowing. So that was the procedure that I followed. I went and saw the GP first, had the x-rays done. And there was

nothing structurally wrong. And then the physio. Er ... ja! It was a case of doing something about it.

R: Earlier you spoke about the knee injury you picked up in PE. Did that just happen or was it caused by stresses etcetera over a period of time?

P13: The first injury that that really hit me ... that I became aware of injuries. I'd been running for about two, three years and I was now ready to take on my first 42. That was the Hyper-to-Hyper. Spoke to the club coach beforehand. He suggested I take a banana with me. In a starting field of I dunno, the best part of 1000 there was one poluka with a banana and that was me. At about 35 kays I I threw the half banana that was still left; I threw that away. I experienced a pain on my left knee. It was, I've got a photo in my study of myself finishing that that, just before the finish of that that 42. In those days we had sponges. I had a sponge in my fist and there wasn't a drop of water in it. It was squeezed that tightly. I had never heard of the term ITB, but that is what I found out I had. It was painful. Ja, but that didn't keep me out of running for, you know, for any any length of time. It was the first time that I experienced the er ... something very painful in running.

R: What other injuries have you had?

P13: Things that that that have kept me out of running. Um, the worst one was was my knee after the fall when I was out of running for seven months.

R: Was that injury a result of the fall?

P13: ... I hadn't experienced cartilage problems, pain. Okay. ... Now when I experience cartilage pain I know what it is. If I had experienced cartilage pain at that stage I didn't know it was cartilage. So, I can't answer your question categorically and say that I hadn't had cartilage pain before that. But it wasn't that painful that I couldn't run.

R: How far away from the finish were you when you fell?

P13: I was about a kay. One more kay to go.

R: How did you feel when you couldn't finish the race?

P13: ... Didn't feel anything. You know ... just sore. I don't think I was experiencing disappointment or anything like that. Um ... maybe; you know we're going back quite a few years. Maybe it was very much a case of um in the beginning, why did you start so fast? Ja ...

R: You said that when running downhill at Marcel van 'Slot you hurt your back? You mentioned a muscle imbalance?

P13: What er er ... As far as that is concerned, at a stage when ... it didn't settle, I went to a biokineticist. ... Er, C. I went to E. I was told, don't run down hills and from there onwards my whole training technique changed and er for the better I think. Um, I tend to shorten my stride going down, pull back when I'm training and when it comes to the hills, even when we're on a recovery run I lengthen my stride and I think that that has helped me a lot. ... Another thing that has kept me out of running of course is er the prostrate operation I had. ... I had a decompression operation on my shoulder. That me off, put me out of running for I

suppose two months, three months. And the following year I had to go in again because as it turned out he found there was a sliver of bone still there and when that was fixed I thought, well that's gone, that's sorted out. But those those are sort of major things that have occasionally prevented me from running.

R: You mentioned that you get up at about three o'clock in the morning. How do usually spend your day?

P13: I er ... I work on the computer until ... going out for a morning run. I then come back and make my wife some tea. ... We then pray together. ... This morning I was, have been working on the gates and yesterday I worked on the gates. The day before that I went around buying bits and pieces that I needed. Last week, when we got back from overseas we found that a dog had decided our front door was a place to go and do its business. So we ... we spoke to the neighbours about that. I stay in a townhouse complex. And so things went quiet for about two weeks and then it started again for two days. And then stopped again and then came up again. And of course the wife was getting very upset about this, that and the other things. I listened to this and eventually decided what I want to do. I want to know whose dog it is because I'd spoken to the neighbours a second time and they said it's not their dog. We're taking it out on their dog. It's tough. So, er I got some bits and pieces from ... one of my chaps that I run with and we arranged a alarm an alarm system so that the ... if the dog does come in through the security gates I've got some fishing line and it will just touch the fishing line, and this will set our front door bell ringing, non-stopping ringing. So um, tat was last week. This week, the gates. There's always something to do. It just doesn't stop. And of course, in between I try fit in working on these LPs. Er, my wife's talking about, we've only been away caravanning once this year and that was down for the Two Oceans when I did the half marathon. It's about time we went caravanning again. So, we need to go before the school holidays.

R: Were you experiencing any more stress than you usually do before you got this injury as well as when you have got injured previously?

P13: ... No. ... Not that I'm aware of. Um ... no. The only thing that was a bit stressful this week was that I sent out an e-mail to a number of people about the AGN 21 kay walking championships. And I referred to the woman that had done the presentation that she had a go and I put in inverted commas and ... in the nicest possible way. And then I went onto say to summarize what Z had said: if the sport of walking was to grow it was up to the walkers to do something about it. I didn't think it was negative, but I got a blast back from her in no uncertain terms. So I spent most of that day putting together a reply. And er I sent a reply to her saying that it's unfortunate that she sees my e-mail as negative, but I had intended it to be constructive and um I apologized to her for that, but I I didn't apologize for sending out the e-mail. Subsequently, I've had a number of e-mails. One was from Y. Very positive. ... Over the years I've I've, for example, I quickly get a. The AGN tends to have a quarterly meeting with the clubs and and their road running commission. And er at last one

I was given a memorandum to, I've I've been pushing for ... five year interval in the age categories for the championships and for the SA championships and in fact, I've given up. I'd, in fact, put forward a, somehow or other an e-mail had been sent to me about the ASA AGM. Any motions? So I put together a motion for this thing saying this is what ASA had done. The Masters Association consulted all the provinces and that was then put forward for an ASA SA championships. ... So I sent it forward as a motion. And AGN didn't seem to be doing anything, but I'm also a member er of the Masters Association and I happened to meet the president of the Masters Association and she took it up with the president of the South African Masters Association. And he was annoyed that I hadn't taken it up with him. ... But he took it up, he took it up at the ASA AGM and so from next year five year intervals. ... I said to the chairman of the the, at the meeting, I said, Mr Chairman excuse me I I'd been battling with this for so long, but so so the intention is to to introduce this for the AGN championships next year. But X said that there should be time criteria. You can only get your medal if you achieve this time. So I was been given a job of doing this. Er, I put together a set of times, sent it out to select people, they came back to me. Six felt that the times were too easy. I I'd started with 80% of the people finishing getting medals. Brought that down to 75%. PJ felt that it had to be allied to the selection criteria time and ... so worked out times to PJ's specifications and about 50% of people get medals. And then I'm putting forward a third proposal that there is no qualifying times. If you win the championships, you are the champion. Klaar. Er and this meeting is going to take place on 2 November. In fact, I'm going to get up. Er er when I have to talk about this, I'm going to put forward a proposal that we scrap the AGN championships. I've been involved in running since 1993 and we've gone through a painful process of presenting medals. They were presented after the race. That didn't work because people went home. They decided well hand them over to the clubs and we then built up a three year backlog that weren't presented. They then went back to presenting them at the race and at the 10 kay the race organizers are dictating to the ANG er AGN when your presentation will take place. So the 10 kay guys stick around for the 21 kay prize-giving as well. So I, in fact, was saying we AGN which is more pre prestigious, the race gold medal or the AGN gold medal? The AGN must tell the race organizers that is when we'll be presenting our medals. And what happens ... er most the recipients especially the silver and bronze go home. It's a painful exercise that you are going through. When I suggest they scrap the AGN championships I know they won't agree to that. I want to suggest doing it the way cross-country does it. As soon as you have three senior men, present them. Soon as you get the three women, present them. Don't wait for the grand masters. Now what happened, why I sent out this e-mail, they, for the walking, they only presented the gold medals. The silver and bronze had to go and collect them from a gazebo. What sort of recognition is that for achievement? And furthermore, all your peers have already gone home.

- R: Going back to your injury, you said you were given exercises to correct a muscle imbalance. Is that what your treatment involved?
- P13: Ja. ... It, it was one of those injuries that had to heal itself with time.
- R: When they cleaned up the cartilage in your knee, were you given exercises to do?
- P13: ... I think they they, yes they would've but I think the main thing that has stuck with me fromm ... This would have been about 97, 98 or somewhere around there. Er, the thing that has stuck with me is to avoid running down hills.
- R: I would guess that being in the position you are in you have not lost contact with other runners when you have been injured.
- P13: On the one occasion um and I think more runners should, on one occasion. Um, of the things that I did and I think more more runners who are injured should consider doing this. I phoned Club P. I said, I'm injured but if you need another marshal I'm available. Er and then on another occasion I said to GA do they, if you're looking for someone to help at a water point I'm available. And of the two it's it's quite an eye-opener to go to a water point because that was a lot of work.
- R: When you have been injured have you been given tips and advice from other runners?
- P13: ... Er, I suppose I have. Nothing nothing really comes to mind. The ... I know that on occasions I've been guilty of that sharing with other runners who've had a problem and I've said to them, I've said um I've found that this works for me. Okay, you can try it, but you must work out what works for you. Um, for example, I the one thing that I've already mentioned is that I run up the camber and then I lengthen my stride, vary my stride length are little things I found works for me. I tend to run on the left side of the road with the traffic, but at five o'clock in the morning that ... isn't the main problem. And the reason is the camber suits me more. Other people it it it, you know, it's not an issue.
- R: Do you find that other runners tell you about their experiences with injury?
- P13: Yes, it it it happens and of course one of the things in in my age category when we get to hear a ... Other people know about the prostrate cancer operation that I've had. ... And more than one guy has come and spoken to me about it and er ... asking very personal questions and and er you're the person to share with and encourage them.
- R: What have you found particularly difficult about being injured?
- P13: ... I would say that my my biggest problem is psychologically with with ... an injury is that I'm basically getting unfit and ... I know that I've got to climb that mountain again. ... It's, I think that's it in a nutshell. Um, the biggest worry is ... I'm getting unfit, I'm getting unfit, I'm getting unfit.
- R: Have you learnt anything about yourself and about running when you've been injured?
- P13: ... Injuries, learning about myself? I think my my my wife tends to pick this up more than I do. Um ... the ... I am not sure it's a word that she has used, but it's it's almost the single-mindedness to get back. Um, the shoulder op, those exercises that I had to do in the sh in the morning when I was showering. (*demonstrates an exercise for his shoulder*) Doing those

exercises. And, in fact, there was one league race coming up where I actually ran with my arm still in a sling. Walk, run, walk, run, walk, run. Um, it was a case of doing er five lamp poles and walking two and then running five and walking two. It's amazing how um what sort of time you can do when you do that sort of thing. You'd be amazed.

R: I've heard that some recommend it in training programs.

P13: Really. Er, it's just something that has worked for me. No one has ever told me to do it.

R: Is there anything else you would like to add about running and running injuries? Any words of wisdom?

P13: Ja, you you going back to lamp poles, I've found that um ... I think that I would have stopped running a long time ago if it wasn't for ... coming together with a couple of guys in the mornings. It makes it makes an amazing difference. Coming back from injury I I tend to take about two to three weeks before I joined them. But now with with this chap being so slow, it's not really a problem. But what I would do is I'd st start off by trying to run, for example, maybe seven and a half minutes out and seven and a half minutes back. And very quickly seven and a half minutes out, seven and a half back was too much. Scrap that. Do lamp poles. Two lamp poles, walk one. Two lamp poles, walk one. It's, it works for me. It might not work for you. Um, but then over a period of weeks you find that you can run for 20 minutes without stopping. And suddenly without being aware of it your fitness is coming back.

R: Back to where you were?

P13: Not necessarily. Um, after my back injury I I tend to have set myself a target time for a race that won't put me under any pressure while I'm running in. And so I monitor my splits as I run. If I do a 21 I split it up into three races: 7, 14 and 21. And I've had a good race if my last seven is faster than my first seven regardless of the time. And the same with with the 10 kay. If my first, if my second five is faster than my first five I've had a good race. Coming back from this injury I my target was ... um I used to be able to do 45 minutes very comfortably. Not to put myself under pressure lets aim for 50 and hope for 45. Er, if if I took longer than 50 I'd be disappointed. Somewhere in between 47 and 48 would be great. Er my time I I think it was 45 and a half. Something like that. So, hey that's not too bad. Then the following one, right lets go for 45 this time. And very early on I'd check my splits. There's no way I'm going to make it. Um, at the halfway mark I'm ... about 24 minutes. So there's no way I'm going to make 45. But I went those last five kays. I finished in 44 and a half. I made up about three minutes. The last five kays was just over 20 minutes. Ja, okay there were declines, not steep ones. And then the one that we ran on Saturday, Tuks. A lovely route. Geepiz, it was a nice route. Um, my times were fairly reasonable at the the halfway mark and er I thought, well I've got a good chance of breaking 45. And er I got to 43 and a half. So it was great. I'm starting to get there again.

INTERVIEW WITH PARTICIPANT 14

R: How long have you been running for?

P14: Well, I mean I ran as a child extensively. Er, I did a lot of cross-country as a child and then er through high school I basically stopped. And after high school I started running on and off just kind of exercise thing. And then um from er ... let say a year and a half ago running ... training running, you know. Training er for um, you know road races. So I'd say a year and a half or just over a year and a half I started running.

R: Why did you start running?

P14: You mean back as a child or back now when I started again?

R: Go right back if you wish.

P14: I mean as a child I just I just loved running, you know. So I loved it very much. And now again I wanted to start running because I had this kind of unfulfilled ... ambition. You know because I I totally blotched it in the high school. I just stopped running and I probably had quite a lot of potential and I just stopped running. So I sort of wanted to get back into it again and see what I was capable of. And and long term view is also just to sort of be able to er to be able to run for healthy reasons, to help me live long.

R: How often do run a week?

P14: Well um, at the moment just because I've just come out after quite a long period of not running I'm just trying to get back into it again and I'm not that ... At the moment it's two or three times a week. I'd like to get it up to four or five. That's what I was doing previously just before I got this injury.

R: What does your training program involve?

P14: Well, it depends kind of what um er, it depends exactly what our goal, our immediate goal is. I train with another guy who has been running for years. He's almost 50 now and he, you know we kind of run together. So it depends if we're trying to train at that moment for a quick 10 or for a marathon or what. So that that it always a Saturday long run and then er we also do some tempo runs. And often especially if we want to do a quick 10 then we put in a lot of speed work. Three times a week speed work, usually even around a track or around something where we can pretty much gauge how many minute kays we're running and then, you know, push ourselves to do like a 800 metres quick pace, rest for the same distance that we ran for, then do another 800 metres quick pace, you know. Then do some 400s. You know that kind of thing.

R: Do you do any farklek?

P14: Er, no I think we kind of read somewhere farkleks aren't that that profitable. But sometimes though if we are doing a run and you know we just want to put in a little extra into that run. Let's say we're just doing like a 45 minutes run and we just wanna do a little bit more. Then you know we'll just, sporadically we'll just say, we'll do this kay quicker whatever. You know do five minutes a kay then slow down again. ... But maybe maybe more like like either we go out and do a quick run and we keep that pace or we we run quick, you know, like let's

say at our pace that we want to run. Let's say when we were training for for 10 kays and we wanted to do a 39 minutes 10 kay, so then we gonna train about three, three minutes 45 seconds a kay. So it's just a bit quicker. Then we do the 800 metres at that pace, you know. Do 800 metres. Let's say we can do it in, I can't remember the time. But let's say it's two, two minutes 45 or three minutes. Then you rest for three minutes, but not sitting. Just keep walking. But you're not running you know. So it's not really farklek.

R: How far do you go on your long runs?

P14: Well, I mean it depended really. The longest we had was when we were training for the marathon was, I think it was one one ... On Saturday we went out for two and a half hours or two hours and 45 minutes. But then otherwise I mean, you know, we we even go a half marathon for a long. I mean we don't go a 1.45. That's usually the time we put in. We don't go over a 1.45 for a long one. So it's just kind of ... so it's not really really a long run. Usually when I mean a long run, it's like a half marathon at a slower pace. That's about five minute kays. Usually we do about five and a half, six minute kays for about an hour and a half, an hour and 45 minutes.

R: How many kilometres a week do you run?

P14: Well when we were running now prior to me getting these injuries we were doing I dunno, if I had to count it up ... We were maybe doing, let's say let's say at least three times a week about eight twice and a ten, let's say nine kays. 27. Then long run on a weekend maybe let's say 15 ... 15 kays. So let's sat it was 15, 42 minimum. That's the minimum. That's what we were doing pretty much.

R: And maximum?

P14: Er well, I mean if we fit in a half marathon at the end of the week which is basically, half marathon we never really, we never try to race half-marathons, they're just like part of the training. So I guess it'll take it up a bit and ... actually not more than 55. Between 40 and 55.

R: What races have you run?

P14: Ah 10s we race. The only marathon, I've only run one marathon and that was the Deloitte and Touche. That marathon. At at stage we were running nicely, but I got sick just before the marathon so I like got flu. So I went to the doctor and he said to me, well if you rest and don't do any running during the week then you can still go and run it. But it was a bit difficult because I, you know, had a lot of phlegm and everything. So my time was a bit slower than I wanted. It was 4.27.

R: What's your best time for 10 kays?

P14: Well 40, 40 minutes and one second. *(laughs)*

R: What about 21?

P14: Never never raced it. We just just do it, I mean I think I've done a 1.42. ... So that's just com pretty much comfortable, you know. Not really trying to race it like a 10 kay where you feel nauseous.

R: Are there any races that stick out in your mind as being memorable?

P14: Ja, the 10 kay one when I did 40.01. That was memorable. We trained very hard. I was really ready for the race. I was running with my partner, but he was like he had picked up kind of a light injury. He had to rest before and he was having a down day so at the beginning we slacked a bit. I was running with him then he told me no I must go. Then I had to, well the last two kays I had to run in seven minutes to get it; you know, to get it under 40 and I missed it with one second. So it was quick. Three and a half minute kays was very difficult at the end of the ten kay. I also liked that that Voetslaan Pad. What's that one? That ten miler.

R: That was in July wasn't it?

P14: Ja, ja. I like that kind of races too that are off the road.

R: I believe that that race has been highly ranked by Runners' World readers.

P14: I liked it a lot. I really liked it. Because I like cross-country. If I can run a cross-country race I do. And the thing is also interesting. They start off with a canon ... which you know, scared the hell to death. Everyone was standing there and this canon WHOOO. (*laughs*) And then here all these guys mounted on horses during the race hiding in the bushes and that sort of thing. And then obviously going up the mountain which is quite a killer hey. You go on a little hiking path, but it was fun. And the Deloitte marathon was nice. I struggled but I was really happy that I ran it.

R: You run up Klapperkop in that race, don't you?

P14: Mmm ... At that stage I was running with the wrong shoes and that really messed me around hey. That messed me around. It was a long time and I never realized what it was. It was bad.

R: You say you were running with the wrong shoes?

P14: Ja, it was proper, proper shoes. Anti-pronation shoes that I need, but the shoe was just a defect shoe. It was a ... it was a Brand V shoe and a lot of guys complained about that shoe which I learnt from my neighbour. But er the shop where I bought it, ten guys brought back that shoe, just that shoe. There was something wrong with it. People got blisters on the inside of their feet. And not not on the places you usually get. You know you had it (*touches side of foot*) over here in your foot. It was very strange. I got these blisters like this (*shows size*) you know. Like an old 50 cents ... after every race, if I run 20 or 5 kays. So I just learnt to cope with that. Then I know for a fact is what was happening was I was trying to compensate for that. Then after that marathon I got an injury in my foot, you know like a kind of ... something there in the muscle of my foot where it started hurting. Then just after that the knee on the same leg. So I think it had a lot to do with that shoe.

R: Did you take them back?

P14: Well, I mean eventually I just ran with them until they were finished. ... You can't really take them back; I mean once they are past a certain point.

R: I suppose you have to take back unsuitable shoes within a few days.

P14: Exactly. ... You know, the thing is you know the guy was like ja er just try take out the inners; you know put new inners in. And I tried that and it kind of worked. But actually at the end of it all he said to me, well actually there is a problem with the shoe and ... So now I'm running with Brand Y. It was a budget option and I'm very happy with it. ... They were out of the country for a while. Now they're back and they are well priced. They're everything I need. So. And I really like, they're a very light shoe. Very light. I like it a lot.

R: How many kays do get out of a pair of shoes?

P14: Er, I don't really count kays. I've always told myself I should, but I don't. It's more just like time. And then then I shoe glue them because obviously the soles wear through. But I think it's a basically a year.

R: Are there any other races that you would like to run in the future?

P14: Well I'd definitely like to go and run one or two 10 kays. I like the 10 kays a lot. If I weren't training with this other guy it would be probably all I'd train for. Just quick 10 kays an ... and even try, maybe even because actually I was an 800 metre athlete and that's what I think I'd be really good at because I've still got a lot of speed. So I'd I'd really like to do the ... But in terms of the road races obviously I'd like to do Comrades one day ... I'll do that and maybe also, maybe if I ... I'm going to move to America now. So maybe I'll go run some marathons there if I can. But I mean I'll gonna definitely keep training. Then in my break because I've got a very busy schedule. Then maybe in June and July we'll see what marathons there are.

R: And cross-country?

P14: Ja, I like that too ... I must say I actually, the only thing that I like probably even a little bit more than running, I love hiking. So every holiday we go to the Drakensberg. So one day I'll do a bit of adventure racing I'm sure. I don't know much about it at the moment, but just something that combines running and hiking. I'd like to do the Knysna marathons and stuff where you normally run up mountains.

R: So you would like to do races like the Harrismith Mountain Race?

P14: Exactly. I like those type of races.

R: Besides running what other interests do you have?

P14: Hiking. That actually competes quite a bit with hik running. Now I mean this holiday I'm doing five day hikes. I'm doing now the Otter now in a week's time and then I'm doing another big grueling five day hike in the Drakensberg where we summit and everything. So the point is then it's like ... interfering with your training. So it's ten days and it's not only that: you get exhausted afterwards and sometimes you also ... it it might even aggravate other injuries you have because hiking's quite strenuous on your knees. So that is a bit of a problem because I can't say no to a hike. Then I also do other stuff like reading and that sort of thing.

R: What benefits do you experience because of running?

P14: Well er, it definitely makes you fit. I think you sleep better. You feel more conscious of your health. You walk upright. I also feel a lot better during a run, definitely I switch off. ... Go for a run. It's nice. You know.

R: So you enjoy it?

P14: Ja, I really enjoy running. I really enjoy it when I train. In fact, I enjoy training more than running on and off. Because when you run on and off it's like every time it's a strain on getting started again. Like right now, I'm at that point getting into the habit again. Whereas when you train you just train. Period. Whether it's raining, your mother's birthday, you run. (*chuckles*) You don't have to think about it every time you try and convince yourself to go. You just make the decision: I'm training. This is my goal. I'm doing that. And I actually like that more. It makes it easier on my mind. It gives you a goal, you know, and it becomes more than just exercise.

R: Do you experience any disadvantages and negative consequences because of running?

P14: ... Um, honestly not really. I mean injuries and things are really troublesome, especially because a lot of people can't always you know give you that much advice about it really. That's just er a bit of an irritation when you've got to ... ag, start up again and ... So I don't really see, I mean I think when you start training, that's what I don't like much about a marathon which is why I said just now, you know, more of my real honesty you know if I was just running by myself which isn't really difficult but if I had my own choice and if it wasn't for my training partner I would go and do more of the shorter races. Leave out the longer races because the longer races you spend more time on the road and I have a feeling it's worse for you, you know. And especially because I'm still young I know that I still have the speed in me. So there's no reason for me to have to go for the lon longer ones. You know, you have your choice really: that's where you excel. But now I can still run quick 10 kays or five kays or as I said even an 800 metre. I would like to train for that. The thing is I think it's more time if you train for the longer ones. So it's a bit of a time factor.

R: How would you personally define injury?

P14: ... Well I mean it's just as if something goes wrong ... then you aren't able to run anymore, I mean. I try to run through the stuff, but sometimes it just gets so bad that you can't run. Then that stinks. Then it's like more of more of the fact of getting back, is for me to try and accurately diagnose without spending thousands of rands ... on doctors. Then everyone tells you, you just have to rest but usually that's not actually it. You know there's something that's wrong. The injury is the symptom.

R: Do you regard it as an injury if you can run?

P14: Ah no.

R: And if you have niggles, aches and pains?

P14: Ah no. It kind of like depends. I I try to always keep running, so. I mean I've done that lots. No niggles, I mean I just keep running because I mean that's just part of it. Er, you get that. So you have to also. And like I said just now when you're training you have that kind of

attitude of I'm going to run. You have to because otherwise you'll be on and off the whole time and you get nowhere. ... So I prefer to really be training. So when I am training then I'm just like um ... I just prefer to keep on unless I'm real have to stop running. Ja.

R: Could you please tell me about the injury you have just had?

P14: Well, it was kind of the la latest thing I've had was very, very strange. It was the inflammation of ... patellar bursitis. ... Very strange.

R: What's that?

P14: Bursitis is a, it's not a tendon, it's not a muscle, it's a sac. But that's all the guy could say because it was sitting on top of my knee-cap. It wasn't sitting in the knee itself. It was a strange thing. I could pinpoint where it hurt. (*points to where it hurt*) But I got that after I ran what is it, a 21. After not running so much I went straight into a 21 and probably ran it a bit too fast, but I felt good that day. So I ran it and then straight after I got this thing, you know strangest thing. Right here, sitting on the knee-cap. (*points to where it hurt again*) I could actually pinpoint it. If I pressed it here, it would still maybe hurt. So that was the latest thing, but that went away pretty quickly. Then before that the thing that kept me out for a long time was, what was it? I had shins at one point. That was just kind of, that was the worst thing because no one can really tell you what to do. Some people say you must run through it, others say you must rest it out, ice. You know it's like the classic one: rest, ice, you know. (*laughs*) No one can really tell you what to do you know. Anyway, you know, I had shins. I had that thing in my foot after the marathon where I couldn't run for a while. It's also like little, well not little. Well, the shins was bad. And the other thing, I think that after the shins ... I started to cramp and stuff. I'd been running for a while and get a lot of these little injuries. ... But this bursitis thing was the last one. Before then I think it was also a knee. I think it was a knee problem. I don't think it was shins. The shins was before that. (*chuckles*) I think it was a knee problem. ... I can't quite remember now ... knee, shins, feet. Mainly shins and knees.

R: What has your initial reaction been every time you have picked up an injury?

P14: Try to keep running. Try to say life's is not bad as it looks when I'm limping. Try to get running. I've got a I've two friends who are physios and they always laugh at me because of my wanting to start running. Then I try to run through it and if it gets too bad I go into depression. (*chuckles*)

R: Are you over the injury now?

P14: Ja, it seems like it you know. It seems like it. ... I'm not having problems.

R: And your shin splints?

P14: Ja, I'm over it.

R: What did you do about it?

P14: Just rested. I rested a lot with the shins. Er, I think I rested for ... er the shins were, I think it was the shins that were really bad. I should keep better track of the stuff, but I just try to forget about it. But the one thing I had was for eight weeks hey, two months, a really long time.

Doing virtually nothing. Going for walks. ... Ja. ... And then this last one, the bursitis was quick. That was a weird thing. It was strange, that inflammation, that bursitis.

R: Why do you think you picked up these injuries?

P14: Probably too much too fast. Ja, too much too fast.

R: Did you go for treatment? ... You mentioned earlier that you don't want to spend thousands.

P14: Ja exactly. No. You know the thing I've been I've just got my running partner. He's around which is quite nice. So every now and then I ask him a little bit. But then mainly I just read up myself, read up Tim Noakes. Then like I said I had that friend who was a physio, but the problem is at the moment he's he's not working as a physio and when he did work as a physio he worked mainly with geriatric people and and it wasn't like sports sports. So he doesn't always know that much but he was able to research for me. Like he help he diagnosed me with bursitis and I think he was spot on. So he also do some things and you know, tell me well. But there's not much they can really tell you. So the one time I actually made an appointment to see that sports biokineticist, sports, that lady at er F. Dr T, I think it is. Apparently, she's quite good. So anyway I made the appointment, then I er pulled out because I just actually realized what it was. And my medical aid I was on was not going to cover it. So basically all I've been able to do is just sit on the couch. They can put you on those expensive machines or you can rest and ice it. *(laughs)* Rest and ice it. You know, RICE.

R: How do you usually spend your day?

P14: Well, work in the morning. I don't run in the morning ... except on a Saturday. You know I don't like waking up early. So, I work in Mi Midrand so I have to be out of the house early. I have to leave at quarter past six. So it's not viable for me me to run before that and even if I could I don't think I would really 'cause it's just ... I prefer running in the afternoons. So I work, go to work, come home, try to nap if I can. I try to rest before so I can get a lot out of the training. Because I'm a teacher I usually get back early. We have break at ten o'clock so I usually eat a big meal at 10 o'clock. I eat a big meal at ten, come home. Have a snack, then rest if I can and then after the rest run. My stomach's not full, but I've got a lot of ... energy built up. Try to go to bed early too.

R: If you think back to each time you have picked up an injury, had anything changed in your typical day just before you got injured?

P14: ... No, I don't think so. I think it was mainly just the training. I don't think it was anything other than the running ... that caused the injury. ... But typically what the one thing now is that I started a lot more like I said and that is gonna be difficult to try and find a balance. I realized that. But that's not my typical day either. That's more like your recreation. You know, go away for a weekend for hiking instead of for running when you must go out for a long run the weekend you know. So? But other than that, nothing.

R: And your training program hadn't changed either?

P14: No. Just the training obviously was getting more intense. Definitely. I mean I ran; to give you an idea, I ran um ... I started running in about September. So it's actually a little less than a year and a half. I had been running on and off, but that was when I started. I worked to run a 10 kay. That was in August. Before that I hadn't even run a road race. So I ran a 10 kay September 2005. So I ran a 10 kay and I ran with this guy ... and he was like whow! Oh my goodness, what is he running ten kays and he's like getting out of here. So I was like, this guy's crazy. But I tried to stick with him for two kays and then he just left me. So I was like, I ran with him and because he pushed me a bit at the beginning I ran 46 minutes which was pretty good for my first 10 kays. Then I ran the next 10 kay. This is after quite a small amount of training. I then ran 41 minutes. 41 minutes 40. So that was my second 10 kay race. But the point is that's more like your I guess your natural capability, but then after that we started to train, you know to try and get quicker, to get sub 40 and ... But even by the time I had run that 41 we had been training then so ... I think that was, that was the Tukkies one, the er um Chamberlains. What time of the year is that one?

R: October.

P14: Ja, so between September or August and October then I ran my first 21. So then definitely after that we started to train and really starting to keep track. So definitely the training got more intense.

R: And you believe that is linked to your injuries?

P14: Definitely, ja. The training and then also pushing myself. ... You know it just took a little bit too much. That's what I think.

R: Do you think stress had anything to do with it?

P14: No, I don't think so. No stress from work. No.

R: Did you experience any stress because of training?

P14: Well no, I wasn't stressed about training. No. I don't think so. No. I think it was really physical. I was, we were ... very happy trainers. ... No, happy to train and happy to run. No. I don't think it was that. No ... maybe. You do get pretty stressed about it. So maybe you are, but I don't know.

R: When you ran 40.1 did you pick up an injury soon after that?

P14: Straight after that, ja. Immediately. Ja, that was quite a let down because we had an immediate goal after that which I read in *Runners' World* we should. ... But straight after that I was just kind of like ... you know. But ja that was also because I was running with the wrong shoes. That's what complicated it. I really think that those shoes put me back a lot. Because because I, you know, you're just sore after a race. But I was limping. I was standing in the shower on one leg washing my foot and then I was falling over because the knee had been weakened during the race. I also got sick straight after that. Your immune system just goes down when you push yourself like that.

R: Earlier you said that you got no treatment for the injury, but you just rested.

- P14: No, I spoke to many people who are experts. But no treatment, treatment. I iced it too. Tried to stretch. I always try stretch.
- R: You mentioned listening to experts. Do a lot of people give you advice when you're injured?
- P14: Um well, I mean the thing is I belong to a running club, but we don't actually run with the running club. So we're not that surrounded by runners. So it's just me and my partner. So ... and then basically you know I have some friends who are physios even though they don't run. So they don't give help to runners because they realize it's out of their league. They don't know what it really entails. So I just mainly have this one friend and he gives me advice if I ask for it. Then I read Tim Noakes quite a bit.
- R: Noakes says rest is seldom the (*participant interrupts*)
- P14: Ja, I've read that. Ja. Exactly. Because that's not a solution you know. It could it could help temporarily, but it might not solve the problem.
- R: If someone at a race finds out that you have an injury, do you find them relating their own experiences with injury to you?
- P14: No ... no ... mainly because just like I say we don't hang out that much with runners. It's mainly just him and I. And when I go to a race, we just run. Ja.
- R: What do you find particularly difficult about being injured?
- P14: Well, not being able to run. Probably the worst is to not know what the problem is. I hate that. I hate, I hate the fact that there isn't ... that much, you know, that much knowledge even about running amongst medical practitioners. It's actually no one who's really clued up. ... Er, so I think it's just that not knowing exactly and then also knowing that you're losing out you know. Also losing the momentum you had. Having to catch up again.
- R: What factors do you think help you recover from injury?
- P14: Well, I think rest.
- R: And besides resting?
- P14: ... Um ... I dunno. ... I guess somehow the body just has to ... But it also just depends on what on what it is. Sometimes it just has to get better. Other than that, I don't really know.
- R: Do you go to gym?
- P14: Um ja, I do. I try to. But just once a week and I don't really know what I'm doing there. I go to Club D's gym. So it's got all the weights that the other gyms don't want. But that's literally just to, but especially actually. But that's the other thing that helps me to recover or is crucial while you're recovering is to still get some exercise which is not easy because all I actually want to do is run. I definitely don't want to swim you know. I wouldn't mind cycling, but I've never got around to buying a bike, so. But I think it's very important to keep doing something you know. That's what I did realize. The thing is I also play this other game called the ultimate frisbee which is kind of like er ... I guess it's maybe a bit like touch rugby to give a simple comparison. It's short bursts. Stop, start, then turn around quickly. That kind of stuff. And I have a feeling that's probably not good also for my legs. A little bit

like hiking. It just gets in the way a bit. And sometimes what I do is, well they play on Saturdays. So often what I do is, I can't say no to that game because I like it so much. But then what I do is I go for a one and a half hour long run in the morning where my legs are just light you know. Then I go and play that in the afternoon. And that hurts a bit. But I think that that actually definitely contributed to my ... injuries. I realized that at some point in time because ... But I do think though that if you do that in a measured way ... you know you do something also other than, also do something, you know basically like cross training. And you strengthen the other muscles and that kind of thing. You know, like basically running backwards and running sideways and not just running forward and not just doing the same kind of thing and using the same muscles.

R: Have you learnt anything about yourself and running because of your injuries?

P14: Er ... I just learnt to go, to to measure myself a bit more, you know not to be so so over ... because I'm so competitive. I mean my running partner is almost 50 and he'll beat me any day on a half marathon or on a marathon. I've got no chance. If it was a bit shorter ... And he uses me to push himself because he's got no speed. So we are always gunning one another you know. And I just realize you've got you've got you've got to pace yourself otherwise, that's been my problem in terms of over-exerting myself. And then you get put out. You're going to have to spend time somewhere. Either you spend take time to get up to a certain point or you get to that point apparently quicker and then you spend time wrestling with your injuries. *(laughs)*

R: Is there anything else you would like to add about running and injuries?

P14: No, I just really like running. I think people, a lot of people ... I mean I think it's a very, a very healthy kind of recreation. I was a running coach too at my school where running was going down the tubes because they didn't have enough interest. And I really saw a lot of people bunking because they were trying to get them to run. And they were involved in all kinds of terrible things, drugs and that. I think it's really helpful. If he's got a bit of talent, get him to start running. It's really enjoyable. I think you have to do long ones. That really helped me a lot. And if I can run for an hour and a half it's no issue for me to go run for 30 minutes every day. So long runs have really helped me because in the past I've always run quick. Long runs have helped me become er more confident and also to be more consistent. But then you also need to do speed runs. That's what I realize. Otherwise you you er just run slow. 'Cause for myself I also want to do some quick races and you can't just be doing long runs. If you do you, if you do your speed runs for too long or you do your long ones too quick then you get injured.

R: How has it affected you when you haven't been able to run?

P14: You feel like your day is less meaningful.

R: Have you lost contact with your running partner?

P14: No, no. I see him all the time. But actually I lose quite a lot of contact because you can just never spend that same amount of time. It's usually running time with that person every day.

No, it upsets everything because it becomes part of your ... how you spend your day, definitely.

R: So there's a gap?

P14: Ja, definitely. And I think it affects many different parts of your life.

R: For example?

P14: Ag, even your work can be affected by it. You don't have that, you don't have that same schedule so. And and what ends up happening, I think your body is just going down. You just lose out.

R: How does it make you feel when you see other people running and you can't?

P14: Oh come on! You know how it feels. It's terrible.

INTERVIEW WITH PARTICIPANT 15

R: How long have you been running for?

P15: Twenty-eight years.

R: Why did you originally start running?

P15: Well, I was in the defence force and everyone went drinking at night and I just couldn't do that so I went running ... after work.

R: So that's why you started?

P15: Ja, I had nothing else to do.

R: Had you run before?

P15: No, a little bit but I did other sports, not running. Rugby, judo.

R: Why did you continue running?

P15: I was stationed at a radar station where I worked in the airforce and there were other guys running and they were training for the Comrades and I thought I'd just join them. So that's why I continued. There was, you know I was with people who were running, were training for Comrades, ja. ... And I found I enjoyed it. From the beginning I like I liked running. Ja.

R: How often do you run a week?

P15: Now, five times a week.

R: What distance do you cover every week?

P15: Um, I'm trying to build up to Comrades again so now I'm doing about 50 kilometres a week.

R: What does your training program involve?

P15: ... Three days vary from 8 to 12 kilometres and then one day I do speed work or hill work and then on the weekends I do at least two hours. Two hours or 20 kilometres. That's for January.

R: What will you be doing by the beginning of May?

P15: What really, the only that really changes is the long run on a weekend which becomes a four hour run ... and er a longer one during the week. So somewhere in the week, in the middle of the week a two hour run and then on the weekend a longer run, er four hours. And then the other stays the same, still a speed work session and two shorter; call them whatever you like, recovery runs.

R: Do you still do hill work?

P15: Ja, hills and speed I really like. One week hills, one week speed.

R: You've obviously run Comrades before?

P15: Ja, 14 times. Ja.

R: Have you enjoyed the Comrades?

P15: Not all of them. (*laughs loudly*) I actually started 16 times. Twice I didn't finish. So yes. No, I didn't enjoy, initially I really enjoyed Comrades. Up to a certain point when the crowds became so much I, I didn't like that. So I started doing other races like 24 hour runs and and things ... other than a big group. You know, you couldn't judge your pace. You couldn't

run the speed you want to. You know there's just too many people, especially if you're like a bit at the back.

R: Have you found that there are too many people around you at Comrades from the beginning of the race until the end?

P15: Very much. Ja. Today it's just crowded ... ja. So it's nice to just go and jog, but ... it's just like the same as a few years back.

R: What is your best time for Comrades?

P15: 6.59. ... Then I had time to train. (*chuckles*)

R: And your worst time?

P15: Um 11 ... 49. ... 11.49, ja.

R: So you've had very different experiences at Comrades?

P15: I've had both, ja. ... It's it's about how much you train. ... It's just that.

R: You don't think one can train too much for it?

P15: Yeah, for sure.

R: How much distance do you cover from the beginning of January until Comrades?

P15: In those years, when I was studying. I studied in Stellenbosch. I was at the Military Academy and um, we were a group of runners. So in January we did ... Well from January to ... Comrades was then in the middle of May, after end of May we would um go to about 1600 kilometres, ja. ... Today, obviously I only do half of that.

R: Is that because of time?

P15: Change of priorities I think. You know then it was like all for running. I studied and I ran. I had no family, nothing. Then um when I got married I had a little girl. So I just spend more time with them. You know it's nice to go and run, just get home and run. But I leave them at home and I don't see them. So, um ... I got other priorities.

R: What other races have you run that stick out in your mind?

P15: I've only run Two Oceans, but the the ones that I really liked I ran four ... 24 hour runs. ... See how far you can run in 24 hours.

R: Round a track?

P15: Ja, it was not just a track. It was a longer track, but like ten kilometres ... track, ten kilometre circle. Um ... and there I ran , one year I ran 175 kilometres in 24 hours. So that er that was something I would remember. And I ran the Washie. That's er, you know that one.

R: Yes.

P15: I ran that one. That was nice.

R: Doesn't that race start at night?

P15: Ja, you run through the night, from Port Alfred to East London. Ja. ... And then I've run um ... about 110 marathons and longer. Ja.

R: Are there any marathons that stick out in your mind as being memorable?

P15: Ag, obviously the first time that you run under three hours, that was in Stellenbosch. And then your quickest marathon, that was also in Cape Town ... during Two Oceans run. There I

ran 2.49. ... The first time I ran 16 kilometres in under an hour. It's like your PBs that you remember. ... Oh ja, a nice race is the Karoo Marathon. It starts in Laingsburg, it is an 80 kilometre run and you run ... dirt road, hardly anyone. That's a nice experience, ja.

R: I get the impression you prefer ultra distance races to shorter ones

P15: Ja, as for now, ja the longer ones are really tiring now. I think as you get older um ... for now I like the half marathon. I still enjoy running a marathon say twice a year.

R: Do you run a lot of marathons in your build up towards Comrades?

P15: No, not too much, um let's say er three or four, one a month from starting next next, starting March really, not next month.

R: Besides running what other interests do you have?

P15: Er, I had an injury at some stage and then I started swimming. So I've done the Midmar Mile a few times. Um, for now that's about it. I do a little bit of gym work, but I don't really enjoy that. I just do it because I think it helps as well. ... But at this stage, no, that's all I do.

R: What benefits do you experience because of your involvement in running?

P15: ... It feels healthier, whether it is, maybe if you look at one (*chuckles*) but serious it keeps me fit, it helps to keep my weight down. It gives me a bit of confidence. You know, even at work other people just sit and do nothing, you just have this feeling you can do wh whatever they tell you. You can just do it. ... I don't like to speak about it, but you get that feeling. Um ... and you know, now I'm different. I don't run to impress anyone anymore, but like when you were young you like to, you know win medals and win awards and things. Ja. Today is much different: I just enjoy it.

R: Do you experience any disadvantages because of running?

P15: ... If any time away from home. ... But I think I don't really count that. I just have to do that, that that will help me to be ... fitter in the long run, more healthier. But there's no ... not that I can think of.

R: Do you experience any negative consequences because of running? ... Some runners view injuries as the negative consequences of running.

P15: No, I've been very lucky. Ja. But I've had a bad taste though.

R: Some runners feel that running interferes with their social lives.

P15: No, I don't have that feeling. Er ... we, I don't go out, we don't go out, we don't to all around town and that.

R: How would you personally define injury?

P15: Anything that slows you down, that slows down your training or your your running speed or that stops you from running ... where you can't do your best. Not that you have to run flat out every training session, but you can't do what you have to do to get to your goals. ... Then obviously something's wrong. ... When you can't ... what's the word ... opti, when you can't run optimum.

R: How injured do you have to be before you decide you cannot run?

P15: Very. (*laughs*)

R: What about niggles?

P15: No, I think that's just a runner's thing. No, a little niggle won't stop you. No. You rather just slow down or hobble along. It's stupid sometimes, but that's what we do I think. But as I've grown older I I I don't run more easier because I realize if I don't run today, like if I start getting a cold I just skip two days and I'm better. But if I keep, if I keep running, you know, I might not run for a week. But you just learn how your body ... um copes with these things. So you realize if you start getting hurt or feeling something wrong just stop for two days and you recover and build up your system again and run. So ja, I stop easier than before.

R: You said that the injury that you've had has cleared up.

P15: The main one's cleared up. (*chuckles*) So, ja.

R: Could you please tell me about the injury that you've had?

P15: I've been really lucky. I ran for, I ran 10 Comrades without skipping anything and it was like, I really en, it was good. Then I started um ... Halfway through a 50 kilometres I started vomiting and um I went to Tim Noakes, I went to um S, what's the other guy? Dr S, he used to work here at MA, er MH. And in Cape Town I was at Tim Noakes and they gave me all sorts of different things. ... Um ... but it didn't help. Always I could never finish, if I finished a a Comrades without vomiting it was really great because it didn't, like for five, six years it didn't happen. I was just sick every time. And I tried so many different things. I you know you think it's eating. You're eating something wrong or um, once I did have food poisoning and it started from about 30 kilometres, but that was different. And then um at some stage my right leg started dragging. But the vomiting I didn't connect to that at all, at that stage. And because of this I just couldn't run anymore. So I went for, they even put me on a traction thing. They thought it was my back. Um, for physio, er all sorts of things. It didn't make a difference. I really spent a lot of money and it didn't work. So I thought. Okay this is where I start swimming now (*chuckles*) and it took me six months to get over to the side, not to run. It really was, after all the years, very hard not to go run. But I er it was fine and I um started swimming. And then one day I phoned up er my sister had a boyfriend, he was a doctor, he was a doctor. So I phoned him, asked him if he had some idea. He said, come to this other guy and they took a scan, a MRI scan of my back. And the guy called me in afterwards and he says, there's nothing wrong with your back. It was really pleasing to me, but then what was wrong? And and they found that in er the er nerve that goes down your back, goes through your bum here and through your muscle into down the leg. And in your back here, there's a piriformis muscle. And the piriformis was much bigger than it was supposed to be and that was squeezing against the nerve. And that's what made the leg lam. So this squeezing against, you know you get the pain feeling in your leg. That's why they treated my back. And what he did was he he injected botox into that muscle. Botox the women use. And the muscle was paralysed and it became smaller. Like within within three weeks I was running without anything. I just ran like before. It was great, unreal and that was fine. And then ... last year, last year in um ... no a year, a year ago the same thing

started happening with my left leg and I knew what was the problem. I went to a doctor here. I've got a friend who's a neurosurgeon. I said, just take botox and inject that thing. And he did that and he said, but we can't stop there, that won't solve the problem. It solved it last time, but it won't be long-lasting. So he did that and he sent me to a physio here at the R. And U and the biokineticist got hold of me and for two months I spent time there. And one day she was doing stuff on my leg and um like massaging me and pulling me and stretching me and that. They gave me all sorts of different exercises. And she asked me whether I was nauseous. And I said I didn't feel good but it's mild. Because when your nerve gets pinched and worked on so much, you, most people get nauseous. And then we realized that was the cause of me vomiting ten years ago. All the time. This nerve just gets irritated, irritated until you can't take it anymore. You know your mind says it's okay. You hurt, you hurt in a marathon. After 40 kays everything hurts. So you don't see that as something wrong. You know, you just hurt and you just carry on running and that just caused me to vomit. So I've been on treatment there for, I was on treat, I was being, I was treated for about four months ... and um ... you know, the problem was that that thing went away. The problem was I I, the last 10 years I've only been running and doing nothing else. Before that I played hockey and soccer and swimming and I did all sorts of different things. And I stopped that and I just started running. Just running doesn't work um work on these muscles in your back and your bum and your what's this thing at the back here? Anyway just long, slow running doesn't do anything to those muscles and they don't work. So the other muscles must work more which includes your piriformis. That's why that thing grows, you know it stands and the other muscles aren't doing anything. So the piriformis is overworked and grows bigger and it squeezes the nerve. So I'm doing a lot of exercises now that um works these other muscles. So I'm running much easier. I'm running actually a different stride and on the stride and I've no pain which is great. The other little things are hurting because of that which we are working on. But that that problem (*points to lower back*) here is gone. My achilles now is hurting because I have a longer stride and I stretch more. So just the little stretch is hurting it, but hopefully that will go away over time. It's not serious thing now. It's something that will go.

R: So the injury was caused by a muscle imbalance?

P15: Ja, which which ... which shows the symptom was that the nerve was being pinched in the end. But because the piriformis was overworked and the others weren't working, ja.

R: It is an interesting fact that nausea is a sign that one has pain.

P15: Ja, it's been proved. And I had tried so many things. They gave me anti-sea sick pills or something to try. In the end I tried everything. ... But that was the injury which stopped me, but it's okay at this stage and hopefully, I'll keep doing those other exercises and they will stay away, ja, ja. ... But it's really necessary to not only run, to do the other things as well. Because your body not ... Running Comrades your mileage is high you know. It's just not a

whole sort of healthy thing I think. You can run and run Comrades, but you won't do it forever like that.

R: How long did it carry on for?

P15: The nauseous thing?

R: No, from the time it became difficult to run, when your leg started dragging.

P15: I didn't run for about six months. Ja.

R: Earlier you mentioned that before you had the first botox injection you started swimming. How long didn't you run for then?

P15: No, I was just running a little bit, but not not I couldn't run a marathon. I just I'd just ran five on a day, every now and then just to do it because it didn't hurt that much when I didn't run for long but when the legs start dragging, you know that looks like, you look like a slob running. It doesn't ... and you don't feel good. And you you just don't run properly so ... Ja, that was about six months and I registered nothing. I just started swimming. Ja.

R: Have you had any other injuries?

P15: I've never been injured where I couldn't run. I've really been lucky. Ja. ... Ag, ja like once, long ago I bought new shoes and they were very soft and my achilles got so hurt, like a month before Comrades that's when it happened. And every day before a training session I took painkillers. And that's how I finished Comrades and I. So, I ran under eight hours, but on painkillers. (*laughs*) But I knew the reason. I just changed the shoes again and it was okay. Ja.

R: What was your initial reaction when you realized that you couldn't run?

P15: No, you don't want to accept it because I'd been running for 20 years, no more, 23 years about. And you just think, okay I'm getting older, but is it? You know, I'm 47. I'm 47 and I can't run anymore. I I couldn't cope with that. That was like difficult to accept ... because I thought I thought I could run as long as I could. You know, I can't run and I'm not even 50 yet. And um ... ja I was, you can ask my wife. I was different for a while. ... Unhappy in a way. You know it's not like you wanted to be unhappy, but but it took me six months to realize, okay forget running now and do something else. You've done enough running now, you've done all these funny things. And it took me some time to accept that; I didn't like it. I didn't want to do anything else. Um, I was ... I think I was not a pleasure to be with for a week or two, but after that it was better. But I was down, you know.

R: But now your injury is better.

P15: Ja, but you have this thing. I think it's changed my outlook this the running hing. You know you rea, you realize it can stop anytime. So I'm not that focused. I'm not that ... It's not the main thing in my life for sure anymore. It used to be quite and I'm actually quite happy it changed a bit because it gives, it takes your whole system, your whole being. And sometimes I I don't think it's good. (*chuckles*) My times ain't that good anymore, but it's fine.

R: How do you usually spend your day? A typical day?

P15: Quite boring. (*laughs*) I get up at six o'clock, I do morning wash, I read the bible, my little girl wakes up and er we eat together. Um, my wife doesn't work now. We moved from Jo'burg to Pretoria er about 10 months ago. So, so she hasn't been working. So then I take my daughter to school and go to work which is at V. I'm a lecturer there. You don't give class. You give class maybe once a year for two weeks flat out. So I sit there and I type my assignments, I type the exam papers. I mark the assignments. They phone, about 40 of them a day phone, I explain work on the phone. Sometimes they come and see me. From the office, depending how busy the day is I leave ... around ... If I really have a lot of stuff to do, four o'clock you know. But we we allowed to do stuff outside as well so I'm, when I do my research I usually do it at home. Or I leave like two o'clock, go home, spend an hour or so with my wife and kid, do homework, play something, go cycling. Then I go run, often she cycles with me as well. So we spend a lot of time together, then half-past five, six we eat. Then our evenings are quite busy. ... um, we visit Christians on Campus group. So we get along, we get together with students very often. We have er a room somewhere up on the campus where they are there now. We sort of take care of them. We read the bible with them. Um, we invite them for dinner in the evenings in our homes. So Mondays we have something where the brothers of the church come together and we pray. Tuesdays we have people, Wednesdays we have people, Thursdays we have er open night. (*chuckles*) Fridays we pray together, the whole church. Ja.

R: Were you experiencing any more stress than usual when you got injured? ... Or was the injury caused purely because of a muscle imbalance?

P15: Stress like in the mind?

R: Stress at work, stress at home.

P14: Ja, you see the difference because you are fed-up that you can't run and it somehow affects you. Um, I'm not sure why. You probably know more, but I've read things that they say you build up this thing that's like a drug when you run a lot. And that's gone. So all of a sudden you have this need to do something and you can't do it. You gotta, er you gotta do, you know you've been running for so many years and you have to do something. So I'm sure that's caused some sort of stress. Er, I don't know how how it came out. I was just down for sometime. And after that you just have to cope with it, but surely it did. Work-wise ... not directly ... but because you you're just inside, you're not going. Something that used to make you happy is gone. So you try to get something else to fill that gap.

R: Would you attribute stress to the cause of your injury?

P15: Stress, no.

R: Purely the mus (*participant interrupts*)

P15: Purely the way I trained.

R: Do you think you overdid it?

P15: I just ran; I did nothing else. That caused it. Ja ... ja.

R: What does the treatment that you have had for the injury involve? What exercises were you given and often do you do them?

P15: When I started er there were some exercises they asked me to do and I couldn't even do them. I was amazed, I just couldn't do certain things. It's like the muscle is so under-developed that I couldn't do it. I couldn't do what they showed me to do. So it took me two months and (*chuckles*) I think they really felt sorry for me. (*laughs*) I had this ego trip, but it was fine, I thought they can help me so I didn't care. It took me long. Then after two months, I had to do these things once a day. But I wasn't running then. So it took me like 40 minutes to go through this set of things. It was just quite simple, basic things, especially core exercises. Okay, I've got a whole list of things that I do. Now I do them once a week, but I realize I maybe should do them twice a week because they really feel, it really feels good when you do them. I can really s, I can even skip a run and rather do these things which can take me like an hour because I've got extra ones.

R: You mentioned core exercise. Do you use those balls?

P15: Ja, well a ball. The thing I couldn't do at first was balance. They had this piece of plank with this wheel. You had to stay on this and do certain things and I couldn't do that. I couldn't stand on one leg. They they said stand on one leg for a minute. I couldn't do it for three seconds. I just couldn't do that. And now I can do it for a minute already. Um and stomach exercises, these side muscles, not the main one here. (*points to centre of stomach*) It's not like building a six pack, it's something else. And something you work this muscle here. (*indicates*) You lie on your side like this with a straight body um and and squatting in a certain way, squeezing a leg er a ball between your knees. Um, at first when I did that my legs couldn't, there was just nothing. ... So building building these core sort of muscles. ... Running backwards, I do that, I still do that. At that time, when I started running I would run er 100 metres backwards and then ... For every one I run for, er for every five I ran forward, I had to run one backwards. So if I run 5 kays, I had to run 1 kay backwards. And it's like quickly you adapt to it and you can do it. But these muscles really hurt for the first few weeks because there was no muscle. And then you slide some, you know you slide like this, in this way and picking up your legs at the back, kicking your bum. All these types of things. They added them one by one as I went along. In the end I had this hour's work.

R: Did they make you do any weight training?

P15: No, there was no weights.

R: No leg extensions or curls?

P15: Oh ja, what they did in the beginning they put me on their machines especially for this hamstring thing and ja, there you could see how you were building up or not. I had to do that until I was a certain strength and then they let me go and do the other things. So that was really hard. It was like, I was really sweating, just to do these things. I had to get to a certain level before er I could run again. They said it would take me four months and I like

really worked hard and after two months I could start running again, but slowly and backwards and ...

R: So your treatment lasted for four months?

P15: Four months, ja.

R: Do you still go to the centre?

P15: Ja, I go there. I I, well I give them feedback. I think they experience something new there because when I came there the first time they didn't know what to do. So, it was the physio, the biokineticist and er that doctor there, Dr U. They sat together and checked me out every now and then, you know they were talking to each other to see what they could do. So, they they told me they were they'd never experienced that before. So they also sort of ... learnt something. They weren't sure what to do so they ... I was like a, what you call them ... ja a test tube whatever. But er it worked well.

R: So you believe that these exercises not only helped your recovery, but will help your running?

P15: I will keep doing these exercises as long as I remember them. Ja. I jus, all of a sudden I walk up the stairs in a different way. I just run easy you know. ... I I used to run 40, under 40 minutes for ten kays and then that, I mean obviously after that happened I could never run that again. And in December I ran 41 minutes on ten kays with two months training. I was amazed. I just ran so easy. So ... it really makes a big difference. Even if I don't run, those things just keep your whole body in good shape. So I will, I'll keep doing them.

R: Are these exercises linked to pilates in any way?

P15: I don't know what pilates is. I've read people do it. I don't know what it is.

R: The emphasis is on strength and flexibility.

P15: Flexibility I believe in. I've been stretching more as well. Um, I never stretched; for 21 years I never stretched and I ran the best times ever. Then when I started stretching it didn't seem to work. But that's not the reason. But now I do stretch. Flexibility especially helps. There's no question. ... Um, that and ... um, ja I will keep doing that.

R: Are you the only one in your family who runs? Does your wife run?

P15: Ja, she ran for Western Province, 100 metres. But just 100 metres, ja. And then when we met we ran a few half marathons together, but since she had the the baby and she's stopped for quite a while. Now she's running again, but she's doing 8 kays and ja. My mom never ever moved, did anything. (*chuckles*) My dad was a runner, also liked sprints. Ja.

R: When you were injured did your wife understand what you were going through?

P15: Ja, she's always supported me. I don't she understood. ... Um, she often used to tell me that I was different, what was the word ... beneuk. ... Ja, but that was the time ... bu but it didn't influence our relationship, but it ... maybe it did in a way. Ja, because I wasn't what I used to be. ... Luckily, it didn't last that long. (*chuckles*) I I knew what the problem. Yes, no yes she did too. She just said, well just go and play outside or whatever you do. (*chuckles*) So ja.

R: Did you remain in contact with people who run?

- P15: No, I'm not a social runner. No.
- R: So, after a race you go straight home?
- P15: Ja. ... you know the first time I've ever gone to an after race tent. You know they have these tents and you have a drink with them, I I run by myself. It's just my situation. Wh when I was in the airforce it was different. I was studying at the MA. We were together there and then we ran as a group. Two of us ran ... always ran together. Then when I moved away, you know when you come home no one really runs that much. So, I've been training alone for many years. So I don't ... I like to go when I want to go, run my own pace. It's just easier. Sometimes I run with people. But no I'm a social, I don't do it because I want to social.
- R: So haven't you got any running friends?
- P15: No.
- R: I suppose then you didn't get too many tips and advice from others when you were injured?
- P15: No, because I didn't have too many running mates. I didn't ... at that stage I was running by myself.
- R: Did you get advice from people who don't run?
- P15: No, the only thing I did was I kept getting the runner magazine, *SA Runner*. The last one they speak a lot about core training. I I read some things there. It happens, you know you see these things. You just read through it and you don't ... Some people read pilates and all these things. Since I've been with these people, doing this core training I see how much they write about that.
- R: So it helps?
- P15: Ja, well so many people talk about it. It should should be important. Ja.
- R: Some runners always have a better story to tell about their injuries than anyone else.
- P15: No, you hear them talk. Ja, they talk so much rubbish. That's another, I know it doesn't have anything to do with your research, but you you know in 1979 when I ran the first time it was great. You were like three starting together and you chase someone or ... now there's such a bunch of people and they squirt the girls and they make jokes and they talk rubbish an and I don't know, I don't go for that. Maybe the people who talk about their injuries don't have friends.
- R: Do you find that those in the medical profession, who don't run, understand runners' injuries?
- P15: Ja. No. I went to a doctor again that time when I was trying to find out what was wrong and I said to him, when I get to like 40 kays I start to get nauseous and he said, you know you shouldn't be running 40 kays. And when they start like that, what they going to do for you? Most doctors don't know what to do. They're not runners and don't know what. No, they can't help you. That's what I found. I went to a few. You know I don't speak to people much about running. Except the few that I'm with, the few in the church. And

obviously there are young students and they speak about it. But outside of that we don't speak much about running.

R: Have you learnt anything about yourself and running because of this injury?

P15: About myself ... I know that I like running (*chuckles*) because I miss it if I don't. I've learnt that your mind is very strong. Your mind can go ... you can push yourself to vomit you know. ... You don't worry, you just go for things. Two Oceans last year it was the worst I've ever felt and I just thought I had to go under six hours and I made it, but man I felt like ... um, I just about passed out when I was finished. Hey, your mind's strong. And I felt, I dunno. I've been running so long I don't know anymore. It makes a difference. (*laughs*)

R: What did you learn about running because of the injury?

P15: It's not so good just to run. You need to do something more. Just running ... a lot of people say they run. It's fine to run, but if you just run, you're not going to run until you're 70. You don't run like well until you're old if you just run. I think all the good runners do other exercises. ... Er, what was your initial question?

R: What did you learn about running because of the injury?

P15: Ja and and er ... absolutely and the amount that you train in relation to your results. If you're going to run a silver Comrades, you have to train for a silver. If you don't train so much you will hardly get there. I mean with my sort of level of running. If I train less, I won't make it. Er, how much you train is how much you per perform.

R: How many silvers have you got for Comrades?

P15: Only two (*chuckles*) one up, one down.

R: What do you prefer, the up run or the down run?

P15: The downs. I ran half an hour quicker on the downs. Although it hurts much more. No, but the downs are always quicker for me, but it hurts to go down. And with the ups I think you have to train hard. I mean it's like it's like up, uphill for how long? To halfway. It's a marathon up hill. You need strength, you need to do something more. It's down this year. So I'll see. If I can run a marathon under four hours I'll go for it.

R: Is there anything else you would like to add? Any words of wisdom?

P15: (*laughs loudly*) Regarding what? Anything?

R: About running itself and running injuries?

P15: ... Ag, I think you, I think you need to use the right shoes. It took me a long time to get to the proper shoes. I run with motion control, my feet are very flat. So before my I'd get blisters and all sorts of, I thought I got it because because of of you know the long run. And then when I got the proper shoe then I realized man my feet are feeling much better. It didn't burn underneath or differently. So shoes are very important. Some of these guys in the sports shops can help you. Some haven't got a clue, but some can help you. They let you run in their shoes and I've taken shoes back and that. You know what they've advised and they've given me other ones which which is good. So then the proper shoe would help you. Then your knees and everything, you know, should last better. If you run in the wrong shoe

everything can go wrong. So that's something that's important. And you know to train consistently and don't stop for a week and then run seven days and stop for a week. Rather run every second day; it's better for you. You know you can run your best times a month after Comrades. If you want to run a PB half marathon you must go a month after Comrades. That was my experience. Now, I used to do it before Comrades and then Comrades I used to suffer. Then I just trained up to Comrades and didn't try anything. And then a month after Comrades I ran my quickest half. I ran the Washie. All these runs were after Comrades. Comrades was like a training run for something. And Comrades is not everything. I've seen that. Many think you haven't run Comrades you haven't done anything. You can't spend so many days on the road for one day. If you have a bad day, then you're down forever. Comrades is fine, but it's definitely not everything. Er, people too much focus on that. Too many people just train for one race ... which is fine. If that's all that matters in the year, one day. You must enjoy running. If you don't like to run, then you'll suffer. ... Just another thing, what I've found the last year: doing a long run in a group or with someone helps. Alone, I battle. Er, now you have someone to be two or three hours with. It's much easier. It doesn't feel like four hours anymore. It's just easier. Ag, even yesterday we did some speed work. It's much easier to do it with someone. Ja. Um, I say I'm not a social runner, but it does help to go with someone your level, it does help. Ja.

List of Figures

Figure 2.1	A Model of Stress and Athletic Injury	27
Figure 2.2	A model of Contributory Factors to Injury Risk in Women’s Sport	46
Figure 2.3	The Affective Cycle of Injury	54
Figure 2.4	Integrated Model of Psychological Resonse to the Sport Injury and Rehabilita- tion Process	57
Figure 2.5	A Biopsychosocial Model of Sport Injury Rehabilitation.....	67
Figure 3.1a	Mixed-method Design Matrix with Mixed-method Research Designs shown in the Four Cells	76
Figure 3.2b	Mixed-method Design Matrix with Mixed-method Research Designs shown in the Four Cells	76
Figure 5.1	The Biopsychosocial Model of Long-distance Running Injuries	244

List of Tables

Table 3.1	The Type Table of the MBTI	84
Table 4.1	Participants’ MBTI preferences	92
Table 4.2	Classification of participants.....	92
Table 4.3	Exact MBTI scores of participants.....	206
Table 4.4	Psychological responses of MBTI Types	206
Table 5.1	Psychological responses of MBTI preferences	241