

CSIR NEWS & RACES 2018

www.csirrunner.co.za

No. 1/2018

14th January 2018

1. Editorial

Yes, it's been 6 years since I last did a newsletter for the club and now you've got me again for the next 12 months whether you like it or not!

For those of you who don't know me, that's a mugshot of me on the right, taken during the RAC Tough One 32km in 2016. A slightly old photo but one in which it looks like I'm actually enjoying the running and not half-dead!

I am always open to suggestions and articles for the newsletter and any input will be greatly appreciated. The newsletter will be sent out every 2nd week, although there may be very short "News Breaks" in between if there is anything that we need to inform you about in between times.

In the past, my newsletters could be fairly long, so I will be making an effort to keep them shorter, so that your coffee isn't cold before you finish reading them!

From a mailing list point of view, I have just inherited the mailing list from 2017, so if you no longer wish to receive our newsletter, please just drop me a note and I'll remove you from the mailing list.

I can be contacted on kenjohn@iafrica.com or 082 444 3955.

May 2018 be your best running year ever!

Ken



CSIR Running Club Committee – Your New Committee for 2018

Position	Name	Email address	Mobile number
Chair person	Tebogo Machethe	Tebogo.machethe@gmail.com	0719411344
Vice Chair person	Zeldra Schutte	zelldraschutte@gmail.com	0715279501
Club Secretary	Kagiso Keatimilwe	KKeatimilwe@csir.co.za	082 448 1223
Captain	Johann Moller	johan@fireplan.co.za	073 351 1165
Treasurer	Linda Masemola	Leemas1201@gmail.com	074 499 0814
Newsletter Editor	Ken Swettenham	Kenjohn@iafrica.com	0824443955
Statistician	Heloise Pieterse	hpieterse@csir.co.za	083 966 0115
Additional member	Elsa Moller	elsamo@telkomsa.net	083 799 0739

2. General Club News

The Time Trials will start after the announcements from outside the Lapa near the Tarantaal. We have 4km, 6km and 8km routes available.

Membership: ALL QUERIES REGARDING MEMBERSHIPS MAY BE DIRECTED TO OUR CLUB SECRETARY, CONTACT DETAILS ABOVE or Elsa Moller, also contactable in the table above

2017 LICENCES WILL BE VALID UNTIL THE END OF JANUARY 2018.

2018 Licences will be available shortly! The price of membership, including your 2018 Licence is as follows: -

R 550-00 First Member for each family
R 380-00 Second or more Adult Member for each family
R 250-00 Social Members and Junior (Under 18) Members

Fees may be paid into the club bank account, using your name as a reference, as follows: -

CSIR Running Club
Nedbank (Branch Code 19-87-65-00)
Account No. 16051411704

Proof of payment may be e-mailed to our Treasurer, Linda at leemas1201@gmail.com and / or brought with you when collecting your licence. **No licences will be released without full payment!**

The 2018 ASA Licence Form may be obtained from the following link: -

https://gallery.mailchimp.com/56955cbb7aafd773f97f7f581/files/7686748f-3610-40c6-b9d0-3d193db28058/2018_Licensing_form.xls

We endeavor to give far more back to our members throughout the year than what you pay in fees if you participate in all the social events throughout the year!

Website: Our club website is www.csirrunner.co.za. Our club website will be undergoing a re-vamp and updating over the next few weeks. We thank David Swettenham for taking on this task on behalf of the club. We will keep you informed of progress as it happens.

Other Interesting Websites:

www.runnersguide.co.za
www.runnersworld.co.za
www.runnerstalk.co.za
www.raceresults.co.za
www.runawaysport.co.za

Club Chairperson: Tebogo Machethe. Contact him with any concerns, suggestions, complaints or compliments regarding club affairs at Tebogo.machethe@gmail.com or 071 941 1344.

3. UPCOMING CLUB EVENTS

27th January 2018 – League Race at Wonder Park. Drinks and Food available free of charge for all club members who run the race. Club Gazebo will be there!

13th February 2018 – Valentines Time Trial. Free meal for all paid-up club members who run the Time Trial that evening, with a Valentines “gift” for all runners. One drinks voucher per runner, otherwise, cash bar!

17th February 2018 – League Race at Besmed TUKS. Drinks and Food available free of charge for all club members who run the race. Club Gazebo will be there!

25th February 2018 – Waterpoint at Deliotte Marathon. Still to be confirmed, but we expect as usual to be at the 9km / 30km mark on the top of Klapperkop. Free drinks and food for all members who volunteer at the waterpoint!

Other events to look out for will be the Club Gazebo at all League races, as well as our pre-Comrades pasta evening and Post Comrades “Aches and Pains” party. Dates for these events will be confirmed.

4. UPCOMING AGN RACES

January 2018

20th January 2018 – PWC George Claassen 5km / 10km / 21km

27th January 2018 – Wonder Park Akasia 5km / 10km / 21km / 42km. *** LEAGUE RACE ***

February 2018

3rd February 2018 – Bidvest McCarthy Toyota 5km / 10km / 21km

10th February 2018 – Bronkhorstpruit 5km / 10km / 32km

17th February 2018 – Tuks Bestmed 5km / 10km / 21km / 42.2km *** LEAGUE RACE ***

Note the addition of a 42.2km event this year!

25th February 2018 – Deliotte Pretoria Marathon 5km / 10km / 21km / 42.2km

Flyers for all the above races can be obtained from www.raceresults.co.za as well as selected races in other provinces.

5. CSIR 10/21km ROAD RACE

Our race this year will be on the **20th October 2018**. Please keep that date free in your diaries, as we will require the assistance of all club members on that day. More details will follow closer to the time.

6. CSIR AT THE RACES

Csir results for the RAC Tough One (CGA) 32km race - 2017-11-26

17 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
1204	L	Zondo	F	49	Csir	02:56:49
1752	M	Khumalo	M	52	Csir	03:08:04
2162	J	Stipinovich	M	41	Csir	03:16:30
2655	R	Herselman	F	46	Csir	03:25:45
3071	P	Mothibe	M	48	Csir	03:33:17
3198	K	Keatimilwe	M	56	Csir	03:35:49
3704	T	Machethe	M	34	Csir	03:46:08
4157	N	Xaba	F	27	Csir	03:54:08
4431	M	Zondo	M	51	Csir	04:00:32
4491	T	Pooe	M	51	Csir	04:02:29
4719	T	Mohlomi	M	43	Csir	04:08:59
4720	I	Morienyane	M	45	Csir	04:08:59
4756	M	Marabo	M	41	Csir	04:10:10
4885	N	Rapulenyane	F	30	Csir	04:13:34
5235	K	Swettenham	M	54	Csir	04:28:03
5312	N	Tshem	F	40	Csir	04:30:26
5591	T	Khiba	M	46	Csir	04:58:58

Csir results for the Skosana (AGN) 10km race - 2017-12-09

8 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
108	J	Fourie	M	62	Csir	00:53:40
168	S	Chiloane	M	36	Csir	00:57:48
173	N	Young	M	63	Csir	00:58:06
252	J	De Koker	M	47	Csir	01:04:07
298	S	Nguabe	F	42	Csir	01:07:28
305	H	Ribbens	M	68	Csir	01:08:14
365	K	Swettenham	M	54	Csir	01:13:29
516	A	Pooe	F	41	Csir	01:37:28

Csir results for the Old Years (AGN) 10km race - 2017-12-31

17 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
100	K	Halland	M	54	Csir	00:49:50
144	W	Fourie	M	50	Csir	00:53:24
279	J	Da Silva	M	66	Csir	01:00:56
280	M	Thompson	M	53	Csir	01:00:57
310	B	Yalisi	M	36	Csir	01:02:39
321	B	Van Der Merwe	M	57	Csir	01:03:28
425	J	De Koker	M	47	Csir	01:09:26
475	D	Moller	F	14	Csir	01:12:22
480	B	Von Benecke	F	33	Csir	01:12:36
482	JP	Von Benecke	M	34	Csir	01:12:37
507	R	Spang	F	57	Csir	01:13:44
602	S	Masemola	F	33	Csir	01:19:26
636	J	Moller	M	48	Csir	01:23:16
637	K	Swettenham	M	54	Csir	01:23:16
638	N	Gumbe	F	50	Csir	01:23:20
669	E	Moller	F	48	Csir	01:28:23
670	J	Moller	M		Csir	01:28:24

7. Trail Running

Trail running has taken off big time around Gauteng over the last couple of years, mainly thanks to Shane Gouldie who organizes a trail run almost every weekend.

If you are looking for something different, then check out the website, www.trailadventure.co.za. It has venues and future events listed there. As I become aware of upcoming events, I will also list them under this heading.

8. Conclusion

All comments, suggestions and criticism regarding the newsletter may be directed to me at kenjohn@iafrica.com! I won't take anything personally – after all this is your newsletter and I would like it to be in a format that you will enjoy and use.

“There is no failure in running or in life, as long as you keep moving” – Amby Burfoot