

CSIR NEWS & RACES 2018

www.csirrunner.co.za

No. 2/2018

28th January 2018

1. Editorial

Just a short Editorial this week, as there is so much information to bring to you! You don't want me taking up all the space.

I just want to say how surprised and happy I was to see the CSIR Running Club represented at races outside of AGN. I spotted a CSIR Runner at the Garbie Striders 15km/32km race on the 21st January 2018 (turns out that it was Lucas Mokone), as well as a number of members at the Johnson Crane event in Benoni today.

This was despite a good turnout at our first AGN league race in Akasia on Saturday. We had at least one member who ran the 42km event in Akasia and 42km again at Johnson Crane, although I didn't see him at Johnson Crane, so I hope he went!

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

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	Zelldra 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. During the summer months, Time Trials will start at 17h30, after the announcements.

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 are available! 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. 1605141704

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

*13th February 2018 – **Valentines Time Trial**. This is going to be a special Time Trial evening, so please do join us, not only for your training run but for a bit of fun! It will be a “nomination” Time Trial. What is that? You ask! Runners will not be permitted to run with a watch, cellphone or any other timing device. You must predict your Time Trial finishing time and the person who runs closest to their predicted time will win a prize. Yes, you heard correctly – a prize! (From what I understand, there will be more than one prize). Free Boerewors Roll 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! Non-members, or members who are not fully paid-up are welcome to join in at a cost of R 30.00 per head, including the Boerewors Roll and drink, so that’s great value for money. **Please RSVP** by the 11th February 2018 for catering purposes to Heloise Pieterse at hpieterse@csir.co.za.*

*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! ***** WE ARE STILL LOOKING FOR A VOLUNTEER TO CATER AT THIS EVENT ******

*25th February 2018 – **Waterpoint at Deliotte Marathon**. This has been confirmed and we will be at our usual spot at the 9km/30km mark at the top of Klapperkop. It’s a great position! Free drinks and food and a Deliotte T-shirt for all members who volunteer at the waterpoint! **Please RSVP** for catering purposes and to give us an idea of numbers by the 22nd February 2018 to James da Silva on jaydasilva@gmail.com or put your name and T-shirt size down on the list at Time Trials. If you do not intend running the race itself, please do join us at the waterpoint. It is hard work but very rewarding and it gives one a lovely, fuzzy feeling to give a little back to the sport we all love! It’s also interesting to see how well the elite runners can run as well as what we probably look like when we struggle at the back. ☺*

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. There is a list attached with this newsletter of all the events planned to date. We are still looking for assistance with most of them for catering purposes. Each committee member will take on a responsibility of catering, but we do ask if any club member wishes to assist us to contact Vivian Radebe at vistoradebe@gmail.com for the event that they would be interesting in assisting with. They will receive help and guidance from the committee.

4. UPCOMING AGN RACES

Due to the deemed popularity of CGA races with our club, I've included those as well!

January 2018

31st January 2018 – Arwyp Nite Race 5km / 15km (Kempton Park)

February 2018

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

4th February 2018 – Modern Athlete Bobbues 5km / 10km / 21km (Edenvale)

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

14th February 2018 – Spar Lantern Night Race 5km / 10km

16th February 2018 – Randburg Harriers Valentines Night Race 10km

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

Note the addition of a 42.2km event this year!

18th February 2018 – Pirates 21km

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

March 2018

3rd March 2018 – Sunrise Monster 5km / 10km / 32km

4th March 2018 – Cape Gate Vaal Marathon 5km / 10km / 21km / 42km (AVT Race)

April 2018

8th April 2018 – Modern Athlete Irene Ultra 5km / 21km / 48km

Please see the additional details below from Irene Running Club: -

To All Clubs

Irene Athletics Club is pleased to announce that entries for the 2018 Modern Athlete Irene Ultra are open. We invite all fellow clubs to inform their members and join us on 8 April 2018.

COMRADES QUALIFIER

Being the only Ultra on the AGN calendar, we believe this event is THE Qualifier for all 2018 Comrades hopefuls. Timed by ChampionChip (with mat to mat timing) runners' finishing times are automatically submitted to the Comrades Marathon Association in the 48km-50km qualifying category, thereby giving all runners a "2km advantage".

ENTRY FEE

Although the increase may look like a huge increase, it is in fact not the case. As a matter of fact, it is a decrease considering the value that each entrant will receive. In 2017 the entry fee was R180 and athletes had the option to purchase a high-quality T-shirt for R180 (total R360). More than 1200 athletes made use of this option. Unfortunately, we ran out of T-shirts.

This year it was decided to include the same quality T-shirt in the entry fee of R320, a decrease of R40 for the full package. This decision was taken to bring this race on par with the Om die Dam and Loskop Ultras in order to compete with them on the same level. As you know the entry fee for the Om die Dam race this year is R350 and it is sold out already. Athletes opting to do the Modern Athlete 21 km will pay R100 but will have the option to buy the same T-shirt for R190 this year.

Unlike the Om die Dam and Loskop Ultras, Irene doesn't have a sponsor for this race. Modern Athlete is a media

sponsor only and doesn't contribute any cash at all. Irene Athletics Club took the decision to take the risk to bring an Ultra Marathon to AGN. Although it started small and with problems still to be sorted out, we are proud of what we have achieved. I think AGN as a province can be proud of the fact that we now have our own Ultra Marathon with runners from all over the country using it as their Comrades qualifier or to obtain a better seeding.

MANUAL ENTRY MECHANISM

This year, the race will only be offering online entries and as such no traditional manual entries will be available. We understand that there may be club members within your stable that are without relevant internet and banking access and as such have formulated a solution whereby, you the Club, will be able to enter on their behalf.

Our entry system will be able to provide you with credentials to process these entries direct into our system and thereby record the club entries. A single EFT payment can then be made to cover the entry fees for your club members who wish to enter using this mechanism. A minimum of 5 entries per club will be required to make the service available. For more enquiries please contact our technology partners, Peak Timing, at info@peaktiming.co.za directly.

As a new event, we are grateful for the support and will endeavor to continue growing the event to stand shoulder to shoulder with other ultra's around the country.

The Irene Athletics Club looks forward to welcoming you the Agricultural Research Campus on the 8th April 2018.

Entries can be made at www.championchip.co.za

Running Regards,

Wynand Breytenbach

General Manager – Irene Athletics Club

info@irenerunner.co.za

www.irenerunner.co.za

082 937 0733

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 New Years (AGN) 11km race - 2018-01-01

13 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
15	C	Fischer	M	59	Csir	00:52:01
42	W	Fourie	M	50	Csir	00:56:49
81	J	Fourie	M	62	Csir	01:02:42
179	K	Halland	M	54	Csir	01:11:27
351	J	De Koker	M	47	Csir	01:23:48
501	K	Swettenham	M	54	Csir	01:37:27
556	D	Moller	F	14	Csir	01:48:32
557	E	Moller	F	48	Csir	01:48:33
558	J	Moller	M	14	Csir	01:48:33
560	J	Moller	M	46	Csir	01:49:09
582	A	Oosthuizen	M	65	Csir	01:53:02

586	R	Collins	M	57	Csir	01:54:25
587	D	Bouwer	F	54	Csir	01:54:2

Club Results

Csir results for the A4A Road Safety (AGN) 10km race - 2018-01-06

11 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
138	J	Da Silva	M	66	Csir	00:58:21
266	J	De Koker	M	47	Csir	01:05:15
301	H	Vermaak	M	61	Csir	01:06:45
327	P	Vermaak	F	61	Csir	01:07:48
393	R	Spang	F	57	Csir	01:10:38
540	K	Swettenham	M	54	Csir	01:16:03
665	N	Gumbe	F	50	Csir	01:22:37
746	E	Fourie	F	55	Csir	01:25:37
767	T	Gumede	F		Csir	01:26:56
957	A	Oosthuizen	M	65	Csir	01:40:19
1040	C	Pooe	F	50	Csir	01:51:24

Csir results for the A4A Road Safety (AGN) 21km race - 2018-01-06

7 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
73	W	Fourie	M	51	Csir	01:48:39
270	K	Holland	M	54	Csir	02:08:42
275	J	Stipinovich	M	41	Csir	02:08:55
526	N	Young	M	63	Csir	02:29:58
614	K	Keatimilwe	M	56	Csir	02:39:14
648	M	Marabo	M	42	Csir	02:44:25
703	S	Ngcube	F	43	Csir	02:59:35

Csir results for the Kudus (CGA) 15km race - 2018-01-07

6 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
1140	P	Mothibe	M	48	Csir	01:40:30
1861	T	Mohlomi	M		Csir	01:54:22
2400	S	Sibisi	M	62	Csir	02:09:09
2408	K	Swettenham	M	55	Csir	02:09:33
2511	T	Gumede	F	43	Csir	02:14:44
2773	L	Masemola	F	35	Csir	02:45:16

Csir results for the ACE (AGN) 10km race - 2018-01-13

18 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
33	C	Fisher	M	59	Csir	00:44:35
99	J	Fourie	M	62	Csir	00:51:51
227	N	Young	M	63	Csir	01:00:37
253	J	Da Silva	M	66	Csir	01:02:07
312	H	Vermaak	M	61	Csir	01:04:16
335	J	De Koker	M	17	Csir	01:05:11
382	P	Vermaak	F	61	Csir	01:07:10
495	K	Keatuhile	M	56	Csir	01:10:50
619	T	Yalisui	F	32	Csir	01:13:58
789	T	Khiba	M		Csir	01:20:07
828	N	Gumbe	F	50	Csir	01:21:30
1021	E	Fourie	F	55	Csir	01:29:12
1109	N	Twala	F	45	Csir	01:34:00
1139	D	Bouwer	F	54	Csir	01:35:53
1140	R	Collins	M	57	Csir	01:36:20
1158	A	Oosthuizen	M	65	Csir	01:37:51
1195	C	Pooe	F	50	Csir	01:39:43
1307	L	Masemola	F		Csir	01:50:53

Csir results for the ACE (AGN) 21km race - 2018-01-13

11 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
102	W	Fourie	M	51	Csir	01:44:53
271	L	Tseka	M	42	Csir	02:00:28
394	A	Stipinavaian	F	41	Csir	02:08:25
451	M	Thompson	M	54	Csir	02:10:45
455	B	Yalisi	M	36	Csir	02:10:57
581	T	Mokoene	M		Csir	02:17:38
590	S	Chiloane	M	35	Csir	02:17:48
697	N	Xaba	F		Csir	02:23:49
768	V	Radebe	M	43	Csir	02:27:41
883	T	Mohlomi	M		Csir	02:39:56
934	S	Ngawabe	F	43	Csir	02:49:00

Csir results for the George Claassen Walk (AGN) 10km race - 2018-01-20

1 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
28	N	Gumbe	F	50	Csir	01:17:48

Csir results for the George Claassen (AGN) 10km race - 2018-01-20

10 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
348	N	Young	M	63	Csir	00:59:07
491	P	Vermaak	F	61	Csir	01:02:47
603	J	Da Silva	M	66	Csir	01:04:50
769	E	Loubser	F	53	Csir	01:07:30
834	R	Spang	F	57	Csir	01:08:12
895	J	De Koker	M	47	Csir	01:09:11
1628	K	Swettenham	M	55	Csir	01:24:45
1876	C	Fechter	F	38	Csir	01:34:33
2117	L	Masemola	F	35	Csir	01:56:02
2118	M	Mokoena	F	51	Csir	01:56:03

Csir results for the George Claassen (AGN) 21km race - 2018-01-20

26 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
25	V	Gebe	F		Csir	01:25:13
99	C	Fisher	M	59	Csir	01:37:05
159	W	Fourie	M	51	Csir	01:42:56
278	M	Tseka	M	42	Csir	01:50:38
379	H	Pretorius	M	36	Csir	01:55:09
389	D	De Wet	M	35	Csir	01:55:34
410	A	Cilliers	M	51	Csir	01:56:18
462	S	Hefer	M	38	Csir	01:57:52
503	J	Stipinovich	M	41	Csir	01:59:13
648	P	Mothibe	M	48	Csir	02:03:59
665	B	Yalisi	M	37	Csir	02:04:58
783	Z	Schutte	F	29	Csir	02:08:21
1067	N	Xaba	F	27	Csir	02:17:04
1105	E	Reyneke	F	46	Csir	02:17:55
1106	E	Lourens	F	30	Csir	02:17:56
1140	M	Dolphin	F	52	Csir	02:18:34
1239	M	Mgangira	M	58	Csir	02:21:35
1296	G	Chaane	M	54	Csir	02:23:10
1441	T	Machethe	M	36	Csir	02:27:43
1608	N	Rapulenyane	F		Csir	02:36:41
1609	T	Mohlomi	M		Csir	02:36:46
1675	S	Ngcwabe	F	43	Csir	02:40:39
1771	D	Bouwer	F		Csir	02:51:32
1772	R	Collins	M	58	Csir	02:52:04
1780	T	Khiba	M	45	Csir	02:53:19
1830	N	Twala	F	45	Csir	03:09:47

Csir results for the Garbie (CGA) 15km race - 2018-01-21

1 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
440	L	Mokone	M	50	Csir	01:45:17

Club Results

Csir results for the Garbie (CGA) 32km race - 2018-01-21

1 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
834	K	Swettenham	M	55	Csir	04:45:50



Vuyo Gebe finished third at the PWC George Claassen 21km on the 20th January 2018



Petro Vermaak was 2nd Grandmaster Lady at the PWC George Claassen 10km on the 20th January 2018



Petro Vermaak was 1st Grandmaster Lady at the ACE 10km on the 13th January 2018.

If you are aware of any of our club members achieving podium positions at a race, please post a photo to me or on our CSIR Running Club Facebook page and I will put it under this section!

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8. 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.

9. General

a) Comrades Number Substitution

If you, or if you know of someone who has entered the Comrades Marathon but will not or cannot run, we do have a member who is desperately looking for a number. That member is Anton Cilliers. Anton is an excellent athlete who has achieved many goals in his running career, and has now decided that it is the right time in his life to attempt Comrades. He missed the normal entry process. If you can assist, please contact Anton on **082 433 5336**.

b) 2017 Trophies

We request that the following people collect their trophies at the Time Trial from James da Silva,

Runner of the year		Female	T Twala	600km race km,6 league,29 races
Best 42 km		Male	E Mngomezulu	3:29:53 Deloitte
Best 42 km		Female	R Potgieter	3:58:50 Vaal
Best 21 km		Female	V Gebe	1:24:16 SA Half marathon champs
First Comrades Runner		Male	T Mokone	9:43:08
Last Comrades Runner		Male	T Mashilwane	11:59:29

If you are unable to collect at Time Trial, please contact James on javdasilva@gmail.com to make another arrangement.

c. AGN Circular regarding new ASA Records

This link received from AGN – for anyone considering breaking a record!

ATTACHED HERewith FIND CIRCULAR 5 OF ASA 2018 (01/17) – INCENTIVES TO ATHLETES AND COACHES FOR SETTING NEW ASA RECORDS

https://gallery.mailchimp.com/56955cbb7aafd773f97f7f581/files/72f672b2-7afa-4f45-aca6-5caf539ae803/Circular_5_of_ASA_2018_01.17_INCENTIVES_TO_ATHLETES_AND_COACHES_FOR_SETTING_NEW_ASA_RECORDS.pdf

d. Comrades Roadshows

We received the following from the Comrades Marathon Association. For all our Comrades hopefuls, trying to attending some of these Roadshows is a must! I will update this list in each newsletter. I have just included the seminars that are local or within driving distance, not those in out of town venues. Please contact me if you need details of roadshows in Durban, PE, Cape Town etc.

As the representative for CSIR Running Club, we would like to inform you on our 2018 Bonitas Comrades Roadshows, Women's Seminars and Novice Seminars.

These are interactive information sessions, where we have a panel of experts, such as a Dietitian, Medical Doctor and the Official Comrades Coach, Lindsey Parry, who will provide the runners with their expert knowledge in the running fraternity. These seminars are designed to equip you with the necessary know-how and guidelines so that you able to conquer the ultimate human race.

The Roadshows and the Novice seminars are free of charge and no need to make booking arrangements.

The women's seminars, you would need to register on our website, www.comrades.com, under the events icon. To be a part of these seminars will cost you R150.

For more information on these seminars, please go onto the Comrades website, www.comrades.com, alternatively contact Nonkululeko on nonkululeko@comrades.com.

Bonitas Comrades Roadshows (sadly, the Gauteng events have already passed)

13-Feb-18	19h00	Middelburg	CR Swart Primary School, Zuid street, Middelburg, 1050
15-Feb-18	19h00	Rustenburg	Rustenburg Marathon Club Bersig Academy, Boven St, Rustenburg

Bonitas Comrades Women's Seminar

17-Feb-18	08h00	Johannesburg	MONTECASINO BOULEVARD, MONTECASINO ENTERTAINMENT COMPLEX, FOURWAYS, JOHANNESBURG 26°1'24.46" S 28°0'56.68" E
3-Mar-18	08h00	Pretoria	SOUTHERN SUN PRETORIA (CULLINAN A) CNR. PRETORIUS & STEVE BIKO STREET, ARCADIA, PRETORIA 25°44'43.36" S 28°12'13.86" E

Bonitas Comrades Novice Seminars

DATE	TIME	CITY	VENUE PHYSICAL ADDRESS
10-Apr-18	19h00	Johannesburg	Rand Athletics Club, Old Parktonian Sports Club 1 Garden Road, Bordeaux, Randburg
12-Apr-18	19h00	Pretoria	Irene Athletics Club, ARC Auditorium Agricultural Research Council, Nellmapius Road, Irene

10. 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 are as many reasons for running as there are days in the year, years in a life. But I run because I am an animal and a child, an artist and a saint. So, too, are you. Find your own play, your own self-renewing compulsion, and you will become the person you are meant to be” – Dr. George Sheehan, Cardiologist, best-selling author and runner who ran a 4:47 mile at the age of 50.