

# **CSIR NEWS & RACES 2018**

[www.csirrunner.co.za](http://www.csirrunner.co.za)

**No. 3/2018**

**11<sup>th</sup> February 2018**

## **1. Editorial**

*A slightly less busy couple of weeks than we had in January! But the news for the club keeps on coming in.*

*We have our first two non-league race club functions coming up. The first is our Valentines Tine Trial to be held on the 13<sup>th</sup> February 2018 (this coming Tuesday). Please RSVP urgently by the end of today, if you have not done so already.*

*The other one is our annual Waterpoint duties at the Deloitte Marathon on the 25<sup>th</sup> February 2018. Please also RSVP for this event. In my opinion, there are races every weekend for us to compete in, so there is no harm in taking a day off to give something back to the sport. Please try not to run the race, but come and join us at the waterpoint. It's hard work, but so much fun. ☺*

*Our members are still getting out and about and it's great to see so many on the road and achieving great things. Our prospective Comrades runners should be in full training now and looking forward to their long runs in March and April. I hope to see lots of race reports in this regard, which we can put in the newsletter. My thanks, this week, to Jaco Rautenbach for the first race report of the year!*

*So, have a fabulous couple of weeks and I look forward to seeing you on the road!*

*I can be contacted on [kenjohn@iafrica.com](mailto:kenjohn@iafrica.com) or 082 444 3955.*

*Ken*



## **CSIR Running Club Committee – Your New Committee for 2018**

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

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](mailto: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](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](http://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](http://www.runnersguide.co.za)  
[www.runnersworld.co.za](http://www.runnersworld.co.za)  
[www.runnerstalk.co.za](http://www.runnerstalk.co.za)  
[www.raceresults.co.za](http://www.raceresults.co.za)  
[www.runawaysport.co.za](http://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](mailto:Tebogo.machethe@gmail.com) or 071 941 1344.

### **3. UPCOMING CLUB EVENTS**

13<sup>th</sup> 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 11<sup>th</sup> February 2018 for catering purposes to Heloise Pieterse at [hpieterse@csir.co.za](mailto:hpieterse@csir.co.za).

17<sup>th</sup> 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 \*\*\***

25<sup>th</sup> 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 22<sup>nd</sup> February 2018 to James da Silva on [javdasilva@gmail.com](mailto:javdasilva@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](mailto: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!

### **February 2018**

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

16<sup>th</sup> February 2018 – Randburg Harriers Valentines Night Race 10km

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

**Note the addition of a 42.2km event this year!**

18<sup>th</sup> February 2018 – Pirates 21km

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

25<sup>th</sup> February 2018 – Township Marathon 5km / 10km / 21km / 42km

### **March 2018**

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

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

4<sup>th</sup> March 2018 – Hot Legs Run 5km / 15km / 32km

10<sup>th</sup> March 2018 – Bucu Bobbies 5km / 10km / 21km

17<sup>th</sup> March 2018 – Budget Insurance 5km / 10km / 21km

### **April 2018**

8<sup>th</sup> 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](mailto: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 8<sup>th</sup> April 2018.

Entries can be made at [www.championchip.co.za](http://www.championchip.co.za)

Running Regards,

#### **Wynand Breytenbach**

General Manager – Irene Athletics Club

[info@irenerunner.co.za](mailto:info@irenerunner.co.za)

[www.irenerunner.co.za](http://www.irenerunner.co.za)

082 937 0733

Flyers for all the above races can be obtained from [www.raceresults.co.za](http://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 **20<sup>th</sup> 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 Akasia Wonderpark Walk (AGN) 21km race - 2018-01-27

1 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
10	N	Gumbe	F	50	Csir	02:45:04

## Csir results for the Akasia Wonderpark (AGN) 42km race - 2018-01-27

14 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
93	E	Mngomezulu	M	32	Csir	03:17:56
180	W	Fourie	M	51	Csir	03:35:46
215	D	Masango	M	43	Csir	03:39:55
574	L	Tseka	M	42	Csir	04:08:41
837	N	Xaba	F		Csir	04:27:42
955	B	Yalisi	M	37	Csir	04:35:25
1136	Z	Schutte	F	29	Csir	04:45:44
1140	E	Loubser	F	53	Csir	04:46:15
1277	T	Mokoena	M	32	Csir	04:54:09
1282	M	Mganauza	M	58	Csir	04:54:27
1299	L	Morienyane	M	45	Csir	04:55:24
1300	N	Mangone	F	39	Csir	04:55:36
1519	B	Radebe	M	43	Csir	05:03:20
1548	G	Chaane	M	54	Csir	05:08:06

## Csir results for the Akasia Wonderpark (AGN) 21km race - 2018-01-27

11 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
21	V	Gebe	F	27	Csir	01:24:44
73	C	Fisher	M	59	Csir	01:37:44
171	S	Hefer	M	38	Csir	01:52:50
441	V	Mahlangu	M	36	Csir	02:07:34
491	E	Rakate	M	39	Csir	02:09:59
504	J	Da Silva	M	66	Csir	02:10:46
513	K	Holland	M	54	Csir	02:11:06
818	M	Dolphin	F	52	Csir	02:23:47
918	K	Keatimilwe	M	56	Csir	02:27:35
1579	N	Twala	F	45	Csir	03:06:08
1615	X	Mayekiso		35	Csir	03:11:38

## Csir results for the Akasia Wonderpark (AGN) 10km race - 2018-01-27

14 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
497	J	De Koker	M	47	Csir	01:01:28
507	A	Erwee	F	40	Csir	01:01:40
529	P	Vermaak	F	61	Csir	01:02:06

618	J	Benecke	M	34	Csir	01:04:00
770	J	Moller	M		Csir	01:07:50
833	J	Erwee	M	42	Csir	01:09:08
925	D	Moller	F	14	Csir	01:10:45
928	E	Moller	F	48	Csir	01:10:49
1314	T	Gumede	F		Csir	01:18:34
1413	S	Dhlamini	F		Csir	01:20:29
1916	A	Oosthuizen	M	65	Csir	01:29:26
2035	L	Masemola	F		Csir	01:32:19
2193	E	Fourie	F	55	Csir	01:36:59
2321	S	Mokoena	F	52	Csir	01:42:31

Csir results for the Arwyp (CGA) 15km race - 2018-01-31

3 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
588	B	Tirotsahe	M		Csir	01:39:25
852	K	Swettenham	M	55	Csir	01:52:48
905	T	Khiba		46	Csir	01:56:13

Csir results for the Sasol Sasolburg (FS) 42km race - 2018-02-03

4 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
352	J	Rautenbach	M	50	Csir	04:11:18
455	K	Rautenbach	F	51	Csir	04:24:40
531	N	Sefara	M	47	Csir	04:33:22
704	G	London	F	38	Csir	04:53:35

Csir results for the Bidvest McCarthy Toyota (AGN) 10km race - 2018-02-03

12 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
28	V	Gere	F	27	Csir	00:38:42
99	S	Hefer	M	38	Csir	00:46:24
155	W	Collen	M	29	Csir	00:49:26
286	D	Strachan	M	36	Csir	00:54:17
382	T	Meyer	M	27	Csir	00:56:35
386	H	Pieterse	F	28	Csir	00:56:38
666	A	Erwee	F	40	Csir	01:02:33
1074	J	Erwee	M	42	Csir	01:10:44
1347	T	Gumede	F		Csir	01:15:32
1405	N	Gumbe	F	50	Csir	01:17:06

1954	O	Oosthuizen	M	65	Csir	01:30:25
2255	S	Mokoena	F	52	Csir	01:44:02

Csir results for the Bidvest McCarthy Toyota (AGN) 21km race - 2018-02-03

18 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
114	C	Fisher	M	59	Csir	01:36:35
167	W	Fourie	M	51	Csir	01:42:13
245	K	Keatimilwe	M	57	Csir	01:47:00
214	L	Zondo	F	40	Csir	01:47:43
381	B	Yalisi	M		Csir	01:54:20
387	A	Cilliers	M	51	Csir	01:54:39
385	P	Mothibe	M	48	Csir	01:54:42
641	M	Thompson	M	54	Csir	02:04:29
802	M	Dolphin	F	52	Csir	02:11:22
968	E	Lourens	F	30	Csir	02:18:36
967	E	Reyneke	F		Csir	02:18:36
1016	P	Vermaak	F	61	Csir	02:19:15
1156	J	De Koker	M	47	Csir	02:26:03
1166	T	Makarau	F		Csir	02:26:35
1438	S	Ngcwabe	F	43	Csir	02:59:11
1457	N	Twala	F	45	Csir	03:05:54
1476	D	Bouwer	F	54	Csir	03:25:31
1477	R	Collins	M	58	Csir	03:25:33

Johnson Crane 42km – 28<sup>th</sup> January 2018

Place	Race No	Name	Club/Team/Nation	Time
1	43692	<u>Mandlenkosi Khumalo</u>	CSIR RUNNING CLUB	4:01:15
2	43700	<u>Hencharl Strauss</u>	CSIR RUNNING CLUB	4:46:29
3	43145	<u>Corline Van Rooyen</u>	CSIR RUNNING CLUB	4:54:15
4	43698	<u>Tseliso Mohlomi</u>	CSIR RUNNING CLUB	5:33:36
5	42952	<u>Tiro Khiba</u>	CSIR RUNNING CLUB	5:59:25

Johnson Crane 21km – 28<sup>th</sup> January 2018

Place	Race No	Name	Club/Team/Nation	Time
1	43699	<u>Pule Mothibe</u>	CSIR RUNNING CLUB	2:01:00
2	22604	<u>Ken Swettenham</u>	CSIR RUNNING CLUB	2:52:36
3	21060	<u>Linda Masemola</u>	CSIR RUNNING CLUB	3:36:14

Modern Athlete Bobbies 21km – 4<sup>th</sup> February 2018

Place	Race No	Name	Club/Team/Nation	Time
1	21704	<u>Ken Swettenham</u>	CSIR RUNNING CLUB	2:47:42
2	8DVE801	<u>Siziwe Ngcwabe</u>	CSIR RUNNING CLUB	3:04:29

Pick 'n Pay 42km – 11<sup>th</sup> February 2018

Place	Race No	Name	Club/Team/Nation	Time
1	437	<u>Anton Cilliers</u>	CSIR RUNNING CLUB	3:56:23
2	1396	<u>Asongwe Lionel Ateh Tantoh</u>	CSIR RUNNING CLUB	4:15:21
3	1941	<u>Mbulelo Ncango</u>	CSIR RUNNING CLUB	4:39:12
4	1793	<u>Pule Mothibe</u>	CSIR RUNNING CLUB	4:41:24



5	1696	<u>Lucas Mokone</u>	CSIR RUNNING CLUB	5:09:30
6	8TV0R25	<u>Tseliso Mohlomi</u>	CSIR RUNNING CLUB	5:30:07
7	2894	<u>Siziwe Ngcwabe</u>	CSIR RUNNING CLUB	5:54:09
8	3342	<u>Tiro Khiba</u>	CSIR RUNNING CLUB	6:09:44

**Pick 'n Pay 21km – 11<sup>th</sup> February 2018**

Place	Race No	Name	Club/Team/Nation	Time
1	4243	<u>Ken Swettenham</u>	CSIR RUNNING CLUB	2:54:36

## CSIR Running Club Achievers

**Vuyo Gebe** won the Ladies 21km at Akasia in a time of 1:24. Unfortunately, I haven't been able to trace any photo's of her receiving her prize!

**Vuyo** was also 2<sup>nd</sup> at the McCarthy 10km in a time of 38:42.



**Vuyo Gebe** finished 2<sup>nd</sup> in the Ladies at the Bronkhorstspuit 32km in a time of 2:12



**Petro Vermaak** was the First Grandmaster Lady in the Bronkhorstspuit 10km in a time of 60:43





*Liza de Koker was first girl home in the 5km Fun Run at Bronhorstspuit*

*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!*

## **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](http://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) Two Oceans 56km Substitution

Jonathan Stipnovich is looking for someone who may wish to substitute a Two Oceans 56km Ultra. If you have entered, but now don't intend running, please could you contact Jonathan on [jon\\_stipnovich@telkomsa.net](mailto:jon_stipnovich@telkomsa.net) and make arrangements directly with him. I'm sure that he would be very grateful!

c) 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](mailto:javdasilva@gmail.com) to make another arrangement.

d) 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](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)

e) 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](http://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](http://www.comrades.com), alternatively contact Nonkululeko on [nonkululeko@comrades.com](mailto:nonkululeko@comrades.com).**

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

13-Feb-	19h00	Middelburg	CR Swart Primary School, Zuid street, Middelburg, 1050
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18			
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. <a href="#">PRETORIUS &amp; STEVE BIKO STREET, ARCADIA, PRETORIA</a>   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 <a href="#">1 Garden Road, Bordeaux, Randburg</a>
12-Apr-18	19h00	Pretoria	Irene Athletics Club, ARC Auditorium Agricultural Research Council, Nellmapius Road, Irene

#### f) Race Report

*I am thrilled to have received a Race Report from **Jaco Rautenbach** on the Sasol Marathon. It is titled, rather aptly, "The Lore of Running"*

#### THE LORE OF RUNNING

The Lore of Running. That groundbreaking book by Tim Noakes, that was at some stage referred to as The Runners Bible, by most athletes. I had to go and consult a dictionary to find the meaning of Lore and I was quite surprised at what it actually meant. Personally, I was thinking more along the lines of The Allure of Running. For many years, road running has been a sport of an idiotic few that needed time away from home, to lose weight or to attain a certain level of fitness. No more. Like all popular activities, road running has exploded in South-Africa. All forms of our sport are experiencing growth on a phenomenal scale. I believe that that the popularity of trail running is increasing on a weekly basis. Funny people, trail runners, or as I affectionately refer to them as Mud Monkeys (please do not let the EFF see this, or large scale vandalism will take place at the club) If you have attended any road race in Gauteng over the last few weeks, you will know exactly what I am referring to. It is no longer the exception, but more the rule, to have thousands of runners attend running events. It is for that specific reason that Karen and I prefer to leave the city limits in search of smaller, lesser known events. As is our custom, we will always try and attend the Sasol marathon in the first week of February. We have not run any races for more than a year and we were quite apprehensive as we left home early on Saturday morning, to drive the 130 km to Sasolburg. As usual, the roads were nice and quiet and it took less than 5 minutes to park. Entries were quick and easy and at 05H45 we lined up in the street in front of the stadium. It was clear to us the race had also grown in numbers, but not nearly as much as the events in the larger metro's. We were entertained at the start by that popular announcer with the crappy speakers and the lame jokes, but at 06H00 exactly, the gun went and we set off on our first marathon of the year. The Sasol Marathon is also known as the shaded race and of that, there is a lot. It is a solid double lapper that meanders through both the residential and industrial areas of the town and most of the route is covered by dense oak trees. The race is also well known for its superb water stations and once again they all lived up to expectation. Water, Coke, bananas, potatoes and a variety of sweets were served to runners. The route is fast and flat, with two challenging drags in the latter half of both the longer distances. At places the running surface is quite uneven and as with most smaller towns, the budget for filling potholes, has long since disappeared into some politician's back pocket. The finish is in the athletics stadium, with half a lap run on tartan. My Garmin running watch recorded the distance as exactly 42.2km and silver medals were handed to all finishers. It is also nice to get a medal that states 42.2 and not a combination of the three distances (just my pet hate). At less than an hour and a half out of Pretoria, the Sasol Marathon is a gem of an event and well worth a consideration for next year.

## **10. Conclusion**

*All comments, suggestions and criticism regarding the newsletter may be directed to me at [kenjohn@iafrica.com](mailto: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.*

***“Friendships born on the field of athletic strife are the real gold of competition. Awards become corroded, friends gather no dust” – Jesse Owens, American track and field athlete and Olympic Gold Medal Winner.***