

CSIR NEWS & RACES 2018

www.csirrunner.co.za

No. 6/2018

25th March 2018

1. Editorial

I'm sure that we've all experienced the horror that we feel when our laptop or whatever computer we use suddenly gives up the ghost and stops working. I had that frustrating feeling yesterday, when my just about brand new laptop (only bought in February) stopped working.

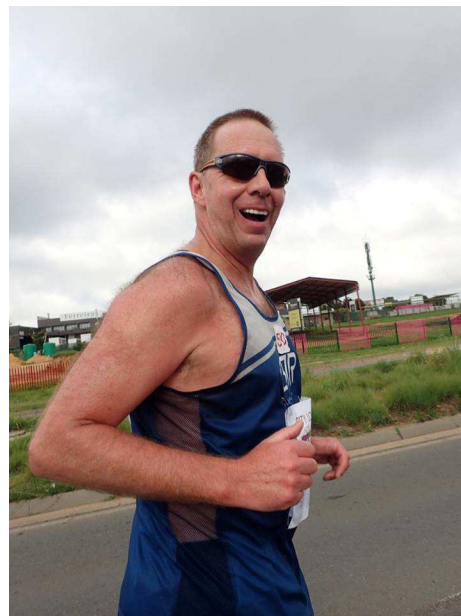
With going to Cape Town tomorrow for a couple of days business, as well as the Two Oceans 21km, I needed it so rushed it back to the shop where I bought it from. The problem appears to be with the charging port, so it has had to be sent in for repair.

Why am I telling you this? Not to gain sympathy, but it put serious doubt on whether this newsletter would actually be sent out, as my mailing list is on that new laptop. Fortunately, I still have my old machine, which is slow but capable of doing the job and baring a couple of adjustments, still has the mailing list on it, so here we are. A newsletter!

So, as a number of us prepare for our annual trek to Cape Town for the Two Oceans, I wish everyone running the race every wish in achieving their goals. I've had the privilege of finishing the 56km Ultra 4 times, but now do the "No Oceans" 21km (we don't see the ocean on the 21km route). Going for my 6th 21km this year. See you all there!

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

Ken



CSIR Running Club Committee – Your Committee for 2018

Position	Name	Email address	Mobile number
Chairperson	Tebogo Machethe	Tebogo.machethe@gmail.com	071 941 1344
Vice Chairperson	Zelldra Schutte	zelldraschutte@gmail.com	071 527 9501
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	082 444 3955
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 next to the Volleyball Courts in the CSIR International Convention Centre grounds. 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

Website: Our club website is www.csirrunner.co.za. Our club website is 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

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 will be confirmed via the newsletter and other new breaks closer to the time. 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 GAUTENG RACES

April 2018

2nd April 2018 – Runaway Sport Family Day 6km / 11km / 22km * Note the unusual distances – they are correct *****

7th April 2018 – Ford 3-in-1 5km / 10km / 21km

8th April 2018 – Alan Robb 15km / 32km

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

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

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

15th April 2018 – Jackie Gibson 5km / 10km / 21km / 42km
21st April 2018 – PnP Sosh Marula 5km / 10km / 21km
27th April 2018 – MiWay Cradle of Humankind 5km / 10km / 21km / 32km
29th April 2018 – Robor Marathon 5km / 10km / 21km / 42km / 50km

May 2018

1st May 2018 – Wally Hayward 5km / 10km / 21km / 42km **** Pre-entry only ****
5th May 2018 – McCarthy VW Love Run 5km / 10km / 21km
6th May 2018 – Colgate 5km / 15km / 32km **** Pre-entry only ****
26th May 2018 – Cosmo Run 5km / 10km

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.

The race committee has already started their race preparation meetings. Please look out for more information regarding our race in the upcoming months. This is the highlight of our club year and we will need everybody on board to help make the event a success.

PLEASE NOTE THAT CSIR RUNNING CLUB MEMBERS WILL NOT BE PERMITTED TO RUN THE RACE ITSELF, AS YOU WILL BE REQUIRED TO ASSIST ON RACE DAY. A HELPER'S RUN WILL BE ARRANGED FOR SUNDAY 21st OCTOBER 2018 FOR EVERYONE IN THE CLUB TO RUN THE ROUTE.

Our race is a League Race this year, so the Helper's Run will be officially timed in order for all participants to get League points for our club. There will be no entry fee for the Helpers Run.

6. CSIR AT THE RACES

Csir results for the Buco Bobbies (AGN) 21km race - 2018-03-10

12 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
47	C	Fisher	M	59	Csir	01:40:45
62	W	Fourie	M	51	Csir	01:44:24
314	K	Halland	M	54	Csir	02:06:17
374	E	Wentzel	F	46	Csir	02:11:10
375	E	Lourens	F	30	Csir	02:11:12
396	S	Alexandra	F	41	Csir	02:11:44
425	N	Young	M	63	Csir	02:13:44
462	X	Mayekiso	M	34	Csir	02:16:20
466	M	Dolph	F	52	Csir	02:16:24
817	N	Twala	F	45	Csir	02:56:22
831	S	Ngcwabe	F	43	Csir	02:58:44
843	S	Makhanya	F	33	Csir	03:06:20

Csir results for the Buco Bobbies (AGN) 10km race - 2018-03-10

8 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
270	P	Vermaak	F	61	Csir	01:00:20
281	N	Du Toit	M	46	Csir	01:00:47
302	D	Van Straaten	F	32	Csir	01:01:59
416	J	De Koker	M	48	Csir	01:05:54
573	K	Swettenham	M	55	Csir	01:11:29
765	E	Fourie	F	55	Csir	01:18:21
1059	L	Masemola	F	35	Csir	01:33:03
1176	A	Oosthuizen	M	65	Csir	01:40:20

Csir results for the Budget Insurance (AGN) 21km race - 2018-03-17

4 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
41	W	Fourie	M	51	Csir	01:42:39
63	S	Hefer	M		Csir	01:46:07
254	J	Stipinovich	M	41	Csir	02:07:47
679	S	Makhanya	F		Csir	03:05:34

Csir results for the Budget Insurance (AGN) 10km race - 2018-03-17

6 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
193	J	Da Silva			Csir	00:58:43
261	N	Du Toit	M	47	Csir	01:01:11
351	J	De Koker	M	48	Csir	01:05:17
599	T	Gumede			Csir	01:15:39
630	E	Fourie	F	55	Csir	01:18:08
990	A	Oosthuizen	M	65	Csir	01:38:02

Csir results for the Sunnypark Right To Run (AGN) 21km race - 2018-03-21

11 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
358	B	Yalisi	M	37	Csir	01:58:01
575	G	Chaane	M		Csir	02:09:38
657	E	Wentzel	F	46	Csir	02:13:07
658	E	Lourens	F	30	Csir	02:13:13
709	L	Nyelaseni	M	37	Csir	02:15:20
782	G	London	F	38	Csir	02:19:36
788	T	Mohlomi	M		Csir	02:19:47
795	K	Keatimelo	M	57	Csir	02:19:58
840	T	Makarau	F	32	Csir	02:22:44
1208	S	Dlamini			Csir	02:53:21
1229	S	Nguabo	F	43	Csir	02:55:46

CSIR Running Club Achievers



Petro Vermaak is at it again. 1st Grandmaster Lady at the Denel 10km on Saturday 24th March 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!

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) Training on Wednesday's?

Zeldra Schutte, our Club's Vice-Chairperson informs us that Linette Fisher will be offering training for club members on Wednesday's.

If you would be interested in such training sessions, please contact Zeldra at the details in the committee list on the first page of this newsletter!

b) Club Twitter Account

Tebogo Gumede writes: -

I am currently manning the Running club's Twitter account. I would like to do a runner feature for qualifying for both OMTOM and Comrades. For this I would like to request if all who are planning to do one or both races to kindly send me

- 1. name of qualifying race*
- 2. pic at that race*
- 3. one line why they are running OMTOM / Comrades*

Please contact Tebogo on gwabet@hotmail.com with your details if you do plane to do one of the two "big" ones – or even if you are doing both!

c) CSIR Branded Sports Clothing

James da Silva write: -

Anneke from the CSIR office has got the samples of the news shorts and track suits available in her office to try on.

She has made herself available from 12h00 to 13h00 available during week days for the people wanting to try on the new kits.

Her phone number is 0128414094.

The price list is attached with this newsletter. Please note that this will only be available for a short time at this price, before going back to normal price.

d) Race Report

*Once again, our travelling runner, **Jaco Rautenbach**, has run a very interesting race and provided us with a wonderful race report. Please enjoy reading the missive below!*

Free State
Foreistata (in Sotho)
Vrystaat (in Afrikaans)

Not all South-Africans know this, but all of the white, Afrikaans speaking South-Africans, were either born in the Free State, or studied there, or spent some time of their lives living there ☺ You can walk up to a complete stranger and ask him where he was born and he will say “in Senekal” or Bloem or Kroonstad etc. I was born in the Free State and spent some years there. My first year of national service was spent at School of Armour, in Bloemfontein, after which we were shipped off to go and defend the country from Swapo, the Russians and those pesky Cubans. After National Service, I left the Free State and vowed to never go back there. (Winters in Bloem tend to do that to people.) Lo and behold, there I go and marry a girl from Kroonstad, which simply shows that you can NEVER leave the Free State. You may ask what this has to do with a race report? Absolutely nothing!! It merely states the constant yearning to re-visit the place I grew up in. For that reason and also to escape the thousands of runners that congregate at the Gauteng North races, Karen and I decided to attend another Free State event.

The race we chose is the very popular, but little known Aldam Ultra.

ANGO ENTERPRISES
10 + 11 March 2018
Aldam Ultra Marathon
 Aldam Estate - Ventersburg
 GPS Coordinates: S 28° 17.284' E 27° 9.617'

happy happy happy happy happy happy
 happy weekends

The Ultimate Race
 Max 70km in 2 Days
 Sunday 2 MTB

Medals to all finishers!!!

Saturday - Family Fun
 (08:00) 5km (R40) **Color Run**
 (09:00) Kids **Easter Hunt**

Sunday
2 X MTB races
 70km @ R180 - 09:00
 35km @ R100 - 09:00
 5km @ R40 - 09:00

Sunday Running distances
 (07:00) 21.1km (R100) & 10km (R70)
 (08:00) 5km Fun Run (R40)

Saturday Running distances
 (06:00) 50km (R150) (Comrades Qualifier)
 (06:00) 42.2km (R130) (Comrades Qualifier)
 (06:00) 32km (R120) (Trainer for Oceans)
 (07:00) 21.1km (R100) (Trainer for Speed)
 (07:00) 10km (R70)

PRE-ENTRIES: form at www.goudveldmultisport.co.za
 Fax: 086 461 7265 Mail: heidl@pgnk.net
 Event manager: Philip Mc Laren 082 452 4569
 Technical manager: Marizaan Neethling 072 265 0141
 Safety Officer: Mike Currin 082 820 5956
 Inquiry: Laura van Wyk 065 864 6707

Accommodation @ Aldam Estate - contact nr 057 652 2200
 Willem Pretorius - contact nr 057 651 4003

Race held according to IAAF, ASA and AFS rules

GOUDEVELD MULTI-SPORT
AUTO DOK
 057 355 6210 / 1825
 10th Street, Welkom

We were actually more intent on doing the Cosmos 3-in-1, but missed the pre-entry cut off. The Aldam features the following options for runners:

- A 5km fun run
- A 10km
- A 21km
- A 32km
- A 42.2km
- A 50km Ultra

Then there is also the option of doing either a 5, 10 or 21km the next day, for those people that need to do serious training. We were quite surprised that we could still enter on the day of the race and even more so when the entry fee for the marathon was R 130.00 and R 150.00 for the ultra.

We stayed at a venue 10km from the race start and drove to the Aldam Resort the following morning. As with all rural races, there was virtually no traffic and parking was plentiful. The early morning temperature next to the dam was quite chilly, but not unpleasant. The start/finish setup was well constructed and the public announcer on top of his game. We were surprised and delighted to walk into Grace London, who had also decided to do the marathon. The 50, 42 and 32 events were all set to start at 06H00. The 10 and 21 at 07H00 and the 5 at 08H00. All distances were perfect out and back affairs with turning points along the 50km route. On the marathon route, the first and last 10km's were very challenging. The middle 20km were lovely undulating stretches on the Virginia road. There was a 2km stretch of off-road that had to be negotiated in order to pass under the N1 highway. The road has no shoulder, but it's very quiet and in excellent condition. We had almost no traffic and no wind. From 08H00 it tends to get very hot and we got a decent suntan. The water stations were well stocked with water and Coke, but very

little else. Take your own nutrition along. It was also funny to see two people manning a water station. All very relaxed and spread out. The finish has a hellish last two km's and a steep downhill to the end. Timing was done precisely and professionally. The finish reminds quite a bit of Loskop, with the dam and swimming pools in close proximity. The race is by no means an easy one and you will be tested. Karen was fortunate to finish the 42km as the first Master and also the third lady home. For this she received a little beer money.

This is not just a race; it is an event and should be treated as a weekend away. The facilities, atmosphere and people are fantastic. It is race that is well worth a consideration for your long run next year. We will most certainly do it again.



Jaco, his wife Karen and Grace London

11. Gallery of Fun!

I do have a number of photographs to put in the newsletter, but writing this from my old, slow laptop makes it a huge mission to get them into the newsletter!

Please forgive me, but for the time being, until I get my newer laptop back, I will be keeping photos to a minimum! 😊

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.

“We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves. The more restricted our society and work become, the more necessary it will be to find some outlet for this craving of freedom. No one can say, ‘You must not run faster than this, or jump higher than that.’ The human spirit is indomitable” – Sir Roger Bannister, the first runner to run a sub-4 minute mile.