

CSIR NEWS & RACES 2018

www.csirrunner.co.za

14/2018

26th November 2018

1. Editorial

It is always great to see a number of our members at a race outside of Pretoria and I spotted at least 7 CSIR Running Club people at the RAC Tough One in Randburg on Sunday. And there may have been more!

Personally, I had a rough day on the road, which makes me wonder if I'm not getting a bit long in the tooth for this nonsense! In 25 years of running, I have never done such a slow time on a 32km race, but at least I finished, which is always the goal!

This will be the last newsletter of the year, as I leave for overseas this week. Taking the year-end leave early! The main upcoming event is our AGM on Tuesday 4th December 2018. Please make every effort to attend this function and enjoy a meal and some drinks with other members afterwards! The new 2019 committee will also be announced, as well as our awardees for 2018.

Looking forward, the first league race in 2019 will be the PwC George Claassen Memorial on Saturday 19th January 2019. The club trailer and gazebo will be there, so please make an effort to attend and get our league year off to a fabulous start!

May I take this opportunity to wish all of you a safe and restful festive season and a Blessed New Year for 2019!

Have a great running week. 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	072 273 9440
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. **You can now subscribe or unsubscribe to the newsletters on the website, as well as finding back copies of the newsletter there.**

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 072 273 9440.

3. UPCOMING CLUB EVENTS

Our club AGM will take place on Tuesday 4th December 2018, combined with our year-end function. Please keep this date free in your diaries and more information regarding time, format and catering will follow during the month!

Our loyal barman and member of our club, Lucas Tseka has secured a short-term contract to operate the Time Out bar until the end of February 2019. This is now being run as his own business, so please do support him! He is one of our own. We request that you do not bring your own drinks to Time Trials or other functions at the Rec site but to support Lucas in this venture. His prices are lower than the average pub and we do know everyone there. Always great fun. ☺

The first league race of 2019 is the George Claassen Memorial on the 19th January 2019. The club gazebo will be there with food and drinks! Please help us get the running year off to a great start!

4. UPCOMING GAUTENG RACES

December 2018

2nd December 2018 (CGA) – World Aids Day Race Katlehong – 21km / 10km / 5km

8th December 2018 – Skosana Road Race – 10km / 5km / 1 mile

16th December 2018 (CGA) – Wigglers and Wobblers – 8km

22nd December 2018 – Soshanguve Great Run – 5km

31st December 2018 – Old Year's Race – 10km / 5km

Please note that the Live Running event scheduled for the 1st December 2018 and the Wonderful Run event scheduled for the 15th December 2018, both on the AGN calendar have been **CANCELLED!**

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 next event is scheduled for Saturday 19th October 2019. Please keep this morning clear in your 2019 diaries and give us a few hours of your time to assist at the race! As you know, we always need all hands on deck to make our event a success!

6. CSIR AT THE RACES

Csir results for the Wonderpark BDS Unlimited (AGN) 10km race - 2018-11-03
2 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
45	N	Young	M	64	Csir	00:55:32
67	J	De Koker	M	48	Csir	01:00:41

Csir results for the Wonderpark BDS Unlimited (AGN) 21km race - 2018-11-03

1 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
7	S	Shabalala	M	44	Csir	01:28:40

Csir results for the Oppie Bol (AGN) 10km race - 2018-11-03

1 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
121	K	Swettenham	M	55	Csir	01:10:03

Csir results for the Alberton PPS (CGA) 21km race - 2018-11-11

1 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
640	K	Swettenham	M	55	Csir	02:55:39

Csir results for the Tom Jenkins Walk (AGN) 10km race - 2018-11-17

1 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
39	L	Gumbe	F		Csir	01:24:50

Csir results for the Tom Jenkins (AGN) 10km race - 2018-11-17

13 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
54	C	Fischer	M		Csir	00:43:07
515	E	Wentzel	F		Csir	01:05:35
516	E	Jordaan	F		Csir	01:05:37
564	N	Young	M		Csir	01:06:47

723	J	De Koker	M		Csir	01:09:38
1008	E	Fourie	F		Csir	01:15:39
1511	J	Meller	M		Csir	01:24:52
1510	E	Moller	F		Csir	01:24:52
1595	K	Swettenham	M		Csir	01:26:50
1871	L	Harper	F		Csir	01:32:15
2077	A	Oosthuizen	M		Csir	01:35:54
2098	L	Masemola	F		Csir	01:36:37
2171	S	Dhlamini	F		Csir	01:39:49

Csir results for the Tom Jenkins (AGN) 21km race - 2018-11-17

15 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
56	V	Gebe	F		Csir	01:35:24
79	A	Cilliers	M		Csir	01:40:37
160	W	Fourie	M		Csir	01:51:20
375	B	Yalisi	M		Csir	02:03:59
435	L	Tseka	M		Csir	02:06:41
485	T	Pretorius	M		Csir	02:08:51
614	K	Halland	M		Csir	02:15:05
668	A	Stipinovich	F		Csir	02:17:09
796	N	Nomatola	F		Csir	02:22:24
850	K	Keatimikule	M		Csir	02:24:55
924	T	Mohlomi	M		Csir	02:28:25
1036	M	Mgangira	M		Csir	02:33:42
1484	I	Vuyeqaba	M		Csir	02:53:56
1486		Unknown	F		Csir	02:53:58
1620	S	Ngcwabe	F		Csir	03:11:20

Csir results for the Voortrekker Monument (AGN) 10km race - 2018-11-24

12 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
152	P	Vermaak	F	62	Csir	01:01:25
386	J	De Koker	M	48	Csir	01:12:18
464	S	Ngcube	F	44	Csir	01:16:18
525	K	Swettenham	M	55	Csir	01:19:26
564	E	Moller	F	49	Csir	01:20:57
574	J	Moller	M	48	Csir	01:21:13
656	W	Dittmar	M	27	Csir	01:26:17
702		Liezel	F		Csir	01:29:29
753	A	Oosthuizen	M	46	Csir	01:33:11

773	C	Fechter	F	39	Csir	01:35:43
804	D	Bouwer	F	52	Csir	01:39:30
805	R	Collins	M	58	Csir	01:39:31

Csir results for the Voortrekker Monument (AGN) 21km race - 2018-11-24

4 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
7	S	Shabalala	M	44	Csir	01:30:38
17	C	Fisher	M	60	Csir	01:40:39
313	N	Young	M	64	Csir	02:34:08
422	S	Sibusisiwe	F	33	Csir	03:04:56

Neville Young supplied me with these two results from the Bela-Bela Superspar Marathon in Limpopo which was held on the 10th November 2018: -

Sizwe Shabalala

Bela Bela Superspar Marathon 10 Nov 2018

Finish Time: 03:17:12.

Overall: 29 of 425

Overall Male Runner: 29 of 318

Neville Young

Bela Bela Superspar Half Marathon 10 Nov 2018

Finish Time: 02:21:48

Overall: 119 of 283

Male Runner 60 - 69: 4 of 11

7. CSIR Running Club Achievers



Vuyo Gebe finished 2nd Lady overall at the Tom Jenkins 21km race on the 17th November 2018, in a time of 1:35:24. She was only beaten by the great Charne Bosman, which is certainly no embarrassment!



Here's **Vuyo** again finishing 4th in the OR Tambo Marathon in the Free State this past weekend.

If you are aware of any of our club members achieving podium positions at a race or achieving any personal milestone, 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.



Elize and Willie Fourie at the end of their first trail run – The Elandskloof Trout Run in Mpumalanga.

If you are looking for something different, then check out the website, www.trailadventure.co.za. It has venues and future events listed there.

9. General



BODY
Kinetics
Fitness & Rehabilitation Centre

CSIR Building 24
Meiring Naude Road
Brummeria, Pretoria
Telephone: 012 841 4141
www.bodykinetics.co.za
info@bodykinetics.co.za

• Biokineticists • Dietician • Physiotherapist

Why join us?

- 24/7 Facility
- Security Controlled Campus
- 20m Heated Pool
- Fitness Classes
- Affordable Packages
- Wheelchair Friendly

Supervision / Office hours
Mon - Thurs: 06:30 - 20:00
Fri: 06:30 - 18:00

Images: A pink exercise ball, a yellow foam roller, a blue dumbbell, a green apple, and a measuring tape.

Body Kinetics assist us with a waterpoint at our race. They are based at the CSIR and convenient to all of us. Please support them!

Security Access to the CSIR Recreation Site

Our Chairperson has sent us this important message regarding access to the CSIR Recreation Site: -

Dear colleagues

The email from CSIR Communication dated 19 November 2018 refers: -

Kindly note that access to CSIR (especially ICC gate) is now stringent. All Sub-Club members are requested to **carry and USE** their access cards when visiting the CSIR. If you do not have a card you will not be allowed in the facilities. You are also requested to **NOT** use the green button. Kindly inform all your members.

Thank you for your cooperation

Regards,
Tebogo

For people who do not have Access Cards, Tebogo Gumede has confirmed the following: -

When registering or renewing membership, athletes should go to the Club office to get access cards. you can send an email to csirclub@csir.co.za to make arrangements of when you will be available.

Regards
T

10. Gallery of Fun!

Seen at the Voortrekker Monument 10kn and 21km Road Race on the 24th November 2018: -



Sizwe Shabalala



Ken Halland



Oosie Oosthuizen



Dina Boucher and Richard Collins



Johann Moller



Petro Vermaak with Elsa & Johann Moller



Petro Vermaak with family

11. 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.

Why I didn't PR at my last race...

- Check all that apply
- I was still in the port-a-potty when the gun went off.
- I forgot to shave my legs.
- My minimalist shoes failed to the maximum.
- My iPod died.
- Two words: Nipple chafe.
- My Chi wasn't flowing right.
- Serious bottleneck at the water station.
- My Garmin couldn't acquire satellite.
- Too much fiber.
- I only had three safety pins.
- I'm not Adam Goucher or Tim Catalano.



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