

CSIR NEWS & RACES 2019

www.csirrunner.co.za

1/2019

13th January 2019

1. Editorial

Welcome back! We are already two weeks into the new year and the running year has started with many events and good turnouts of CSIR Runners! May 2019 be a great running year for you and may you achieve whatever goals you set yourself.

Personally, since my shoulder operation in September last year, my running has taken a complete dive. Who would have thought that an operation on a shoulder would affect the legs! Or maybe I'm just getting old! Also, I don't know about you, but I'm really struggling in the heat we've had over the last couple of months. I get as slow as a turtle running through treacle when the sun is up!

The new committee has its first meeting on Tuesday evening and we await with bated breath on what exciting events the club will host this year. For one, the first League Race is the George Claassen 10km / 21km this coming Saturday, 18th January 2019 and the club trailer will be there with catering – I guarantee it! Why? Because I'm doing the catering, so I'll make sure that you are all fed and watered after the race.

Please be aware of a slight increase in fees this year, due to AGN increasing their affiliation fees. You can pay your 2019 fees into the club account (details in the newsletter) and keep proof of payment for when you collect your 2019 licence number, which I understand should be available by the end of the month.

As always, we are looking for newsletter and club suggestions and all e-mails stating any opinion whatsoever about the club or running will be published here!

Have a great running week. I can be contacted on kenjohn@iafrica.com or 082 444 3955.

Ken



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.

Please note the new fee structure for 2019!

R 600.00 for the first member of each family (that's only R 50.00 per month!)

R 400.00 for the second and subsequent family members.

R 275.00 for Junior members and social 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!

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. We thank David Swettenham for looking after the website on behalf of the club. 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 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 the year is the George Claassen 10km & 21km on Saturday 19th January 2019. The club trailer will be there with drinks and catering for all club members who finish the race. Please join us at the club gazebo before the race, where you may leave your togbags and car keys securely and afterwards for a bit of social interaction!

4. UPCOMING GAUTENG RACES

January 2019

Wednesday 16th January 2019 19h00 – President Hyper Berg en Dal Night Race – 5km & 15km. [Krugersdorp]

Saturday 19th January 2019 06h00 – PWC George Claassen 5km / 10km / 21km (Walk starts at 05h30).

AGN League Race

Sunday 20th January 2019 06h00 – Garbie Striders 5km / 15km / 32km. [Springs]

Saturday 26th January 2019 05h30 – Wonderpark Akasia 5km / 10km / 21km / 42km (10km starts at 06h00).

Sunday 27th January 2019 06h00 – Johnson Crane 5km / 10km / 21km / 42km (10km starts at 06h30). [Benoni]

Wednesday 30th January 2019 19h00 – Arwyp Neon Night Race 5km / 15km [Kempton Park]/

February 2019

2nd February 2019 06h00 – Intercare Classic Road Race 5km / 10km / 21km. **21km Pre-entry only!! Pre-entries close 27th January 2019.**

3rd February 2019 06h00 – Bobbies Road Race 5km / 10km / 21km. [Edenvale]. **Championship timed race.**

9th February 2019 06h00 – Bronkhorstspuit 5km / 10km / 32km. **AGN League Race.**

16th February 2019 05h30 – Bestmed 1km / 5km / 10km / 21km / 42km. 21km starts at 06h00 and 10km at 06h30.

17th February 2019 06h00 – Pirates 21km (no other distance options). [Greenside, Jhb]

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 RAC City Lodge Tough One (CGA) 32km race - 2018-11-25

10 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
2214	W	Dittmar	M	27	Csir	03:22:57
2779	J	Postmus	M	50	Csir	03:33:37
3471	N	Bird	M	44	Csir	03:46:48
3575	K	Keatimilwe	M	57	Csir	03:48:46
3690	M	Dolphin	F	53	Csir	03:51:05
3784	L	Morienyane	M	46	Csir	03:53:13
4987	T	Machethe	M	35	Csir	04:26:10
5152	S	Ngcwabe	F	44	Csir	04:35:11
5370	K	Swettenham	M	55	Csir	04:56:05
5534	L	Masemola	F	35	Csir	05:41:42

Csir results for the Aspen PE City (EP) 42km race - 2018-12-01

1 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
782	N	Mangqase	F	40	Csir	04:48:54

Csir results for the Old Years (AGN) 10km race - 2018-12-31

6 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
102	B	Yalisi	M		Csir	00:53:27
141	P	Vermaak	F	62	Csir	00:56:37
213	J	Van Koker	M	48	Csir	01:03:39

238	E	Lourens	F	31	Csir	01:07:22
239	E	Wentzel	F	47	Csir	01:07:23
268	K	Swettenham	M	55	Csir	01:12:08

Csir results for the New Years (AGN) 11km race - 2019-01-01

3 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
16	C	Fisher	M	60	Csir	00:55:02
58	M	Thompson	M	54	Csir	01:10:43
115	K	Swettenham	M	55	Csir	01:34:33

Csir results for the A4A Road Safety (AGN) 10km race - 2019-01-05

6 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
107	M	Thompson	M	55	Csir	01:00:14
123	J	Da Silva	M	67	Csir	01:01:08
223	J	De Koker	M	48	Csir	01:07:12
310	N	Young	M	64	Csir	01:12:08
488	N	Gumbe	F	51	Csir	01:23:05
642	L	Masemola	F		Csir	01:33:13

Csir results for the A4A Road Safety (AGN) 21km race - 2019-01-05

11 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
97	W	Fourie	M	51	Csir	01:54:21
330	B	Yalisi	M	37	Csir	02:13:57
337	P	Mothibe	M	49	Csir	02:14:45
363	P	Vermaak	F	61	Csir	02:16:40
395	K	Halland	M	55	Csir	02:19:47
465	L	Morienyane	M		Csir	02:25:28
563	L	Nyelisani	M	38	Csir	02:35:08
576	T	Mohlomi	M		Csir	02:36:42
653	M	Maraba	M	42	Csir	02:51:34
666	S	Ngcwabe	M	44	Csir	02:54:19
691	K	Swettenham	M	55	Csir	03:01:59

7. CSIR Running Club Achievers



**Petro Vermaak 2nd Grandmaster Lady
at the 10km Old Years Race 31/12/2018**



**Petro Vermaak 1st Grandmaster Lady
At the A2A 21km 05/01/2019.
(Apologies for poor photo quality)**

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

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

● 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

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

The advertisement features images of a pink exercise ball, a yellow foam roller, a blue dumbbell, and a green apple with 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!

10. Gallery of Fun!

No new photos this week – hopefully we'll get loads over the forthcoming running weeks!

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.

