

CSIR NEWS & RACES 2019

www.csirrunner.co.za

2/2019

27th January 2019

1. Editorial

I've done a lot of running this month! Mainly to try and lose some of the weight that I picked up while overseas on holiday in December! It's amazing when we get to an age where if we stop running and look at a salad, the weight piles on.

It may be the January resolutions, but I have noticed a new vibe in the running scene. Bigger fields, more "slower" runners, more enthusiasm and non-stop Facebook posts about running every weekend. I love it and I hope that you do too.

Talking of slower runners, who remembers when a 21km race generally had a 02h30 cut-off? 4 hours was the normal cut-off for 32km and, heavens above, 04h30 for a marathon! Two Oceans qualifying used to be a 04h15 marathon. Have we gone soft, or is having longer cut-off's good as it encourages more people to join in? Today's Johnson Crane Marathon had a 06h30 cut-off and if you like to travel, the Maritzburg Marathon at the end of February has a 07h00 cut-off. Maybe, I'll do that one!

Talking of Marathons, you can tell that Two Oceans and Comrades training is already in full swing. The first two major marathons in Gauteng took place this weekend – Akasia and Johnson Crane. Both had huge fields as people try to get their qualifiers in early – nothing wrong with that – I also used to do it. Get the "worry" of qualifying out of the way and concentrate on training for the big events only.

For those who ran either of those events, I do hope you made your time goals. Enjoy the rest of your training. All comments are welcome.

In the newsletter this week, besides the usual stuff is details regarding licence collection and, as we have every year, someone looking for a Two Oceans number, if you can oblige. See under General!

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

Ken



2. Your 2019 Committee Members

<u>Position</u>	<u>Name</u>	<u>Contact e-mail</u>
Chairperson	Tebogo Machete	tebogo.machete@gmail.com
Vice – Chairperson	Keneilwe Mogonedi	kmogonedi@csir.co.za
Secretary "SG"	Kagiso Keatimilwe	kkeatimilwe@csir.co.za
Treasurer	Linda Masemola	leemas1201@gmail.com
Statistician	Heloise Pieterse	heloisep085@gmail.com
Newsletter Editor	Ken Swettenham	kenjohn@iafrica.com
Club Capitan	Johan Moller	johan@fireplan.co.za
Additional Member	Elsa Moller	elsamo@telkomsa.net

3. 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..

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. 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!

We endeavour 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!

- **The 2019 Licences are available and for collection. Elsa will be at the Time Trials from 16:00 on Tuesday evening. Conditions to get a licence, proof of payment for R600 for main member and R400 for second member. No licence will be given without proof of amount. If a member has paid short, they can deposit balance in same account.**
- **If members need a new Vest they can also deposit R260 in same account and bring POP along, vests will be available.**

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.

4. 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. ☺

5. UPCOMING GAUTENG RACES

January 2019

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

February 2019

2nd February 2019 06h00 – Intercare Claasic Road Race 5km / 10km / 21km. **21km Pre-entry only!!**

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

9th February 2019 06h00 – Bronkhorstspruit 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]

24th February 2019 06h00 – Township Marathon [Eldorado Park]. 42km / 21km / 10km / 4.5km. 10km Walk starts at 06h10.

24th February 2019 06h00 – Deloitte Marathon. 42km / 21km / 10km. 10km starts at 06h15.

March 2019

2nd March 2019. 06h03 – Sunrise Monster. 32km / 21km / 10km / 5km. 10km starts at 06h30. **Note the additional of a new distance to this race – 21km!**

9th March 2019. 06h00 – Buco Bobbies. 21km / 10km / 5km. **New Venue: Hatfield Plaza!**

Flyers for all the above races can be obtained from www.raceresults.co.za as well as selected races in other provinces.

6. 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!

7. CSIR AT THE RACES

Csir results for the Ace (AGN) 10km race - 2019-01-12

13 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
29	C	Fisher	M	60	Csir	00:45:40
89	D	Strachan	M	37	Csir	00:54:02
252	J	De Koker	M	48	Csir	01:05:26
327	N	Young	M	64	Csir	01:08:50
477	J	Van Benecke	M	35	Csir	01:14:25
478	J	Moller	M	48	Csir	01:14:32
570	E	Fourie	F	56	Csir	01:19:03
584	K	Swettenham	M	56	Csir	01:19:20
601	E	Moller	F	49	Csir	01:19:59
647	N	Gumbe	F	51	Csir	01:22:04
880	A	Oosthuizen	M	66	Csir	01:35:16

941	D	Bouwer	F	55	Csir	01:39:51
942	R	Collins	M	58	Csir	01:39:52

Csir results for the Ace (AGN) 21km race - 2019-01-12

10 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
91	W	Fourie	M	51	Csir	01:49:43
279	T	Mokoena	M	34	Csir	02:07:38
308	L	Tseka	M	43	Csir	02:09:13
309	K	Halland	M	55	Csir	02:09:13
314	B	Yalisi	M	37	Csir	02:09:45
397	J	Stipinovich	M	42	Csir	02:15:32
506	P	Vermaak	F	61	Csir	02:23:10
537	E	Lourens	F	38	Csir	02:25:47
538	E	Wentzel	F	47	Csir	02:25:48
734	S	Ngcwabe	F	44	Csir	02:43:46

Dischem Half-Marathon – 13th January 2019

Place	Race No	Name	Club/Team/Nation	Time
1	3671	Werner - Hugo Dittmar	CSIR RUNNING CLUB	1:58:20
2	1159	Daneille Van Straaten	CSIR RUNNING CLUB	2:07:22
3	1117	Nigel Bird	CSIR RUNNING CLUB	2:07:25
4	2679	Pule Mothibe	CSIR RUNNING CLUB	2:08:54
5	4569	Kagiso Keatimilwe	CSIR RUNNING CLUB	2:28:53
6	7413	Tseliso Mohlomi	CSIR RUNNING CLUB	2:36:34
7	5146	Simon Mahlatjie	CSIR RUNNING CLUB	2:44:51
8	3078	Siziwe Ngcwabe	CSIR RUNNING CLUB	2:47:27
9	6182	Tebogo Machehe	CSIR RUNNING CLUB	2:51:45
10	7661	Tiro Khiba	CSIR RUNNING CLUB	3:03:00
11	4819	Ken Swettenham	CSIR RUNNING CLUB	3:04:25
12	5380	Linda Masemola	CSIR RUNNING CLUB	3:34:18

Csir results for the President Hyper (CGA) 15km race - 2019-01-16

1 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
688	K	Swettenham	M	56	Csir	02:02:50

Csir results for the George Claassen Walk (AGN) 10km race - 2019-01-19

3 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
36	N	Gumbe	F	51	Csir	01:19:03
205	D	Bouwer	F	55	Csir	02:22:59

206	R	Collins	M	59	Csir	02:23:00
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Csir results for the George Claassen (AGN) 10km race - 2019-01-19

22 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
108	H	Pretorius	M	34	Csir	00:49:28
150	D	De Wet	M	36	Csir	00:51:21
172	J	Tredour	M	28	Csir	00:52:21
250	S	Hefer			Csir	00:56:44
272	D	Strachan	M	37	Csir	00:57:22
300	Z	Schutte	F	30	Csir	00:58:14
479	P	Vermaak	F	61	Csir	01:02:53
517	A	Oosthuizen	M	66	Csir	01:03:46
708	N	Young		61	Csir	01:07:11
906	E	Loubser	F	46	Csir	01:10:33
934	P	Peres	M	68	Csir	01:11:02
1122	J	De Koker	M	48	Csir	01:13:49
1296	A	Tolmay	F	48	Csir	01:17:08
1451	T	Makarau	F	33	Csir	01:19:35
1569	K	Swettenham	M	55	Csir	01:20:51
1595	T	Khiba	M	47	Csir	01:21:18
1617	S	Makhanya	F	33	Csir	01:21:38
1747	T	Gumede			Csir	01:23:33
2153	D	Moller	F	15	Csir	01:32:34
2154	E	Moller	F	49	Csir	01:32:34
2174	L	Masemola	F		Csir	01:32:58
2298	C	Fechter	F	39	Csir	01:36:38

Csir results for the George Claassen (AGN) 21km race - 2019-01-19

23 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
43	S	Shabalala	M	44	Csir	01:34:12
93	C	Fisher	M	60	Csir	01:42:30
190	W	Fourie	M	51	Csir	01:49:04
227	A	Cilliers	M	52	Csir	01:50:53
299	L	Tseka	M	43	Csir	01:55:00
321	W	Dittmar	M	28	Csir	01:55:52
550	A	Tantolt			Csir	02:04:11
562	B	Yalisi	M	38	Csir	02:04:41
662	P	Mothibe	M	49	Csir	02:08:19

699	T	Mokoena	M	34	Csir	02:09:53
951	J	Da Silva	M	67	Csir	02:17:01
966	M	Thompson	M	55	Csir	02:17:28
1044	K	Halland	M	55	Csir	02:19:43
1125	A	Stipinovich	F	40	Csir	02:21:59
1179	E	Lourens		31	Csir	02:23:48
1180	E	Wentzel	F	47	Csir	02:23:48
1192	G	Chaane	M		Csir	02:24:08
1325	M	Dolphin	F	53	Csir	02:28:09
1453	M	Mgangira	M		Csir	02:32:30
1456	T	Mohlomi	M		Csir	02:32:36
1576	S	Ngcwaba	F	44	Csir	02:38:12
1622	T	Machete	M	37	Csir	02:39:48
1849	B	Julius	F	40	Csir	02:52:05

Csir results for the Garbie (CGA) 15km race - 2019-01-20

1 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
231	B	Koma	M	36	Csir	01:32:38

Csir results for the Garbie (CGA) 32km race - 2019-01-20

3 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
468	N	Sefara	M	48	Csir	03:13:39
1023	K	Swettenham	M	56	Csir	04:31:31
1024	T	Khiba	M	47	Csir	04:34:23

Csir results for the Akasia Wonderpark (AGN) 42km race - 2019-01-26

10 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
260	W	Fourie	M	51	Csir	03:47:04
311	D	Masango	M	43	Csir	03:52:36
570	L	Tseka	M	43	Csir	04:13:41
753	B	Yalisi	M	38	Csir	04:26:59
922	J	Da Silva	M	67	Csir	04:37:09
939	T	Pretorius	M	40	Csir	04:38:00
1064	L	Morienyane	M		Csir	04:45:32
1365	K	Keatimilwe	M	57	Csir	05:08:18

1435	M	Mgangira	M	59	Csir	05:14:23
1553	L	Nyelisani	M	38	Csir	05:28:53

Johnson Crane 42km – 27th January 2019

Place	Race No	Name	Club/Team/Nation	Time
1	42187	Werner - Hugo Dittmar	CSIR RUNNING CLUB	4:05:55
2	44081	Pule Mothibe	CSIR RUNNING CLUB	4:18:27
3	44080	Thabang Makoena	CSIR RUNNING CLUB	4:18:58
4	44077	Mandlenkosi Khumalo	CSIR RUNNING CLUB	4:19:57
5	47540	Godfrey Chaane	CSIR RUNNING CLUB	4:49:02
6	44079	Siziwe Ngcwabe	CSIR RUNNING CLUB	5:17:14
7	47592	Tseliso Mohlomi	CSIR RUNNING CLUB	5:22:36

Johnson Crane 21km – 27th January 2019

Place	Race No	Name	Club/Team/Nation	Time
1	44078	Mcdonald Marabo	CSIR RUNNING CLUB	2:37:27
2	24750	Ken Swettenham	CSIR RUNNING CLUB	2:51:50
3	44076	Tiro Khiba	CSIR RUNNING CLUB	3:25:04

Johnson Crane 10km – 27th January 2019

Place	Race No	Name	Club/Team/Nation	Time
1	12056	Chantelle Breytenbach	CSIR RUNNING CLUB	1:03:37
2	10044	Tanja Olckers	CSIR RUNNING CLUB	1:22:05

8. CSIR Running Club Achievers



Petro Vermaak on the podium again. She was the 3rd Grandmaster Lady at the George Classen 10km race on 19th January 2019.

I am aware that Colin Fisher has also finished in some Grandmaster podium positions, but unfortunately I do not have any photos of him collecting his prizes. If anyone has one, please send them to me for publication!

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!

9. 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.

10. 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

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!

Two Oceans Race Number Required

Likotsi Morienyane is desperately looking for a Two Oceans number. His e-mail below indicates the desperation in the words!

May you please ask members and anyone who knows someone who would like to give up his / her OMTOM (Two Oceans) Ultra Marathon entry to please think of me (Oh Christ...). I can be reached at any of my contact details below.

Thank you

Likotsi Morienyane (CSIR Club member)

email: Likotsi@absamail.co.za

Cell: 082 792 6942

Please help a fellow clubmate if you can!

10. Gallery of Fun!

For those of us running Johnson Crane, we were very grateful to get some support from our Chairperson, Tebogo Machete and our Treasurer, Linda Masemola on the road. It's always great to see some friendly face cheering you on! Below are a couple of photo's captured by Linda of our runners.



Tseliso Mohlomi



Sizwe Ngcwabe? Forgive me if I'm wrong!



Tiro Khiba taking on a refreshment!



Yours Truly. Not my most flattering pose. 😊



Linda Masemola, dressed for the day!

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.

Running takes balls. Other sports just play with them.