

CSIR NEWS & RACES 2019

www.csirrunner.co.za

03/2019

10th February 2019

1. Editorial

Is it just me or is this year already flying by faster than I can run? Here we are in February and on the third newsletter of the year.

I'm sure that we all have races we like and those races that don't really do it for us. This past weekend, I ran the 10km event at Bronkhorstspuit and then 21km at the Jeppe Marathon. I really enjoy Bronkhorstspuit – quiet, mainly traffic free route and certainly a “runner friendly” one – I did my best 10km time in over 3 months. However, I really don't like the Jeppe race – the worst parking in Gauteng by far! I don't mind walking to the start, but having to park nearly 2km away?

Add into that the huge crowds – I really feel claustrophobic surrounded by people invading your personal space, a tough route and it always gets hot! And to top it all, I was refused a medal at the end – it turns out you had to pay extra for it! As if the entry fee isn't enough. Don't get me wrong, it is a fabulously organized race, but somehow, it just doesn't do it for me. Next year, I'll try and run the Bronkhorstspuit 32km under the cut-off and take the Sunday off!

After that moan, onto some good news! Please be aware of two club functions coming up. Our annual Valentine's Time Trial social will be held on Tuesday 19th February 2019 at 17h30 and, of course, as always, we are hosting a water point at the Deliotte Marathon on the 24th February 2019. Details in the newsletter!

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.

Please be aware that AGN have extended the time for 2018 licences to be valid until Sunday 17th February 2019! If you haven't managed to get your 2019 licence yet, you are safe until next week – after that you will need to buy a temporary licence if you do not have your 2019 licence front and back!

Secondly, as most of you are aware, you are unable to get access to the CSIR Recreation Area if you do not have a club card! You cannot get one unless you are a fully paid up member in good standing. They are being very strict about this! No card = no access! Cards are available from the Club Office just to the left of the booms at the CSIR International Convention Centre. Please take proof of payment with you!

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. 😊

- Valentine's Time Trial – 19th February 2019

Our annual Valentine's Time Trial will take place on the 19th February 2019. The event will start at the normal Time Trial venue at 17h30, with the running of 4km, 6km or 8km (your choice). This will be followed by a social and some catering. Come and enjoy the evening with your fellow clubmates!

This is short notice but please RSVP urgently to Zelltra Schutte on zelltraschutte@gmail.com by 12th February 2019 for catering purposes. Catering will be free to all fully-paid up club members. There will be a small charge for non-members, including partners and children!

- Deliotte Marathon Waterpoint – 24th February 2019

We have hosted a Waterpoint at the Deliotte Marathon for many years and once again, Phobians have requested our services.

If you are not planning to run the race, please volunteer your services to assist at the Waterpoint. We are normally situated on Klapperkop at approximately 9km / 30km mark on the race. It is a lovely area, with great views! We do need at least 20 to 25 people to assist, but the more, the merrier! It's hard work, but fun and allows us to give something back to this sport that we love so much. 😊

Helper's will receive a Deliotte T-shirt and free drinks and breakfast, catered by Yours Truly!

Please also urgently confirm your attendance to James da Silva at javdasilva@gmail.com by the 17th February 2019. He will also require your T-shirt size, please!

5. UPCOMING GAUTENG RACES

February 2019

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 addition of a new distance to this race – 21km!**

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

16th March 2019. 06h00 – Om-die-Dorp. 21km / 10km / 5km. **New Event!**

17th March 2019. 07h00 – K-Way Gallopers. 15km / 5km. Leondale, Germiston. **Fast, flat route!**

21st March 2019. 07h00 – Sunnypark Right 2 Run & Walk. 21km / 10km / 5km. **Public Holiday!**

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 Middelburg Ferrochrome Night (MPU) 10km race - 2019-01-23

1 club finisher

Position	Initials	Surname	Sex	Age	Club	Finish Time
157	K	Swettenham	M	56	Csir	01:14:58

Csir results for the Akasia Wonderpark (AGN) 21km race - 2019-01-26

11 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
115	J	Tredoux	M	28	Csir	01:47:17
225	A	Cilliers	M	52	Csir	01:57:22
358	K	Halland	M	55	Csir	02:04:39
586	J	Stipnovich	M	42	Csir	02:15:45
676	N	Mangqase	F	40	Csir	02:19:02
1216	X	Mayekiso	M	36	Csir	02:41:53
1282	N	Gumbe	F	51	Csir	02:45:21
1500	S	Makhanya	F	34	Csir	02:57:31
1638	L	Masemola	F		Csir	03:12:33
1725	D	Bouwer	F	55	Csir	03:40:08
1726	R	Collins	M	59	Csir	03:40:12

Csir results for the Akasia Wonderpark (AGN) 10km race - 2019-01-26

5 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
230	S	Hefer	M	39	Csir	00:56:45

244	P	Vermaak	F	61	Csir	00:57:16
448	L	De Koker	F		Csir	01:04:00
449	J	De Koker	M	48	Csir	01:04:01
1060	T	Gumede	F	45	Csir	01:18:29

Csir results for the Arwyp (CGA) 15km race - 2019-01-30

2 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
645	S	Mahlatjie	M	63	Csir	01:43:39
873	K	Swettenham	M	56	Csir	01:58:25

Csir results for the Sasol Sasolburg (FS) 42km race - 2019-02-02

3 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
527	N	Sefara	M	48	Csir	04:15:34
795	M	Mababo	M	42	Csir	04:39:43
908	G	London	F	39	Csir	04:48:03

Csir results for the Sasol Sasolburg (FS) 21km race - 2019-02-02

1 club finisher

Position	Initials	Surname	Sex	Age	Club	Finish Time
882	T	Khiba	M	47	Csir	03:08:54

Csir results for the Bronkhorstspruit (AGN) 32km race - 2019-02-09

14 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
38	S	Shabalala	M	44	Csir	02:21:50
261	W	Fourie	M	52	Csir	02:59:36
321	B	Yalasi	M	38	Csir	03:04:06
340	W	Dittmar	M	28	Csir	03:04:49
657	J	Da Silva	M	67	Csir	03:25:49
688	J	Stipinovich	M	42	Csir	03:27:29
824	E	Wentzel	F		Csir	03:35:53
826	F	Finbow	F	24	Csir	03:35:59
865	P	Vermaak	F	62	Csir	03:38:59
914		Kagiso		57	Csir	03:41:56

1028	E	Lourens	F		Csir	03:49:43
1159	V	Radebe	M	44	Csir	03:58:45
1184	T	Mohlomi	M		Csir	04:00:24
1227	M	Marabo	M	42	Csir	04:06:13

Jeppie Marathon 42.2km – 10th February 2019

Place	Race No	Name	Club/Team/Nation	Time
1	625	Thabang Makoena	CSIR RUNNING CLUB	4:27:49
2	2192	Siziwe Ngcwabe	CSIR RUNNING CLUB	5:20:17

Jeppie Marathon 21.1km – 10th February 2019

Place	Race No	Name	Club/Team/Nation	Time
1	4861	Mvikeli Mpofo	CSIR RUNNING CLUB	1:52:31
2	753	Pule Mothibe	CSIR RUNNING CLUB	2:04:06
3	6968	Ken Swettenham	CSIR RUNNING CLUB	2:56:43

8. CSIR Running Club Achievers

I am aware that Colin Fisher was the 1st Grandmaster Man home in the Bronkhorstspuit 10km race on the 9th February 2019 in a time of 43:19. No photos, I'm afraid!

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



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

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



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

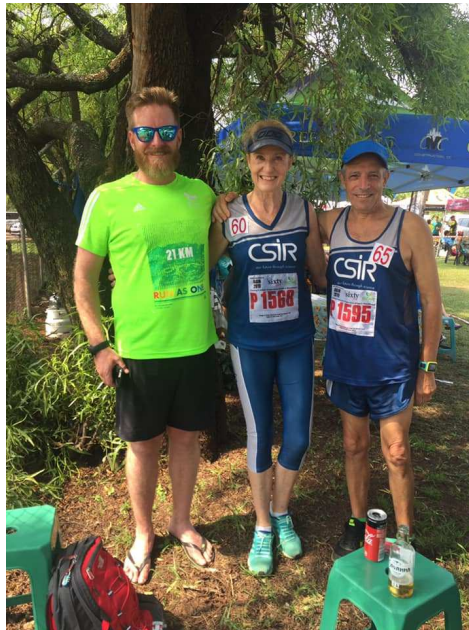
Likotsi Morienyane (CSIR Club member)

email: Likotsi@absamail.co.za

Cell: 082 792 6942

Please help a fellow clubmate if you can!

10. Gallery of Fun!



Jon Stipnovich, Petro Vermaak and James da Silva after the Bronkhorstspuit 32km race on the 9th February 2019.



New Member, Thulasizwe Simelane, after the Jeppe Marathon on the 10th February 2019. Pic stolen from Tseliso wa Mohlomi's Facebook Page! Thank you, Tseliso!

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.

