

# **CSIR NEWS & RACES 2019**

[www.csirrunner.co.za](http://www.csirrunner.co.za)

**05/2019**

**25<sup>th</sup> March 2019**

## **1. Editorial**

*We all have load-shedding to deal with! Two weeks ago, I couldn't get a newsletter out due to Eskom! Yesterday, I intended to get a newsletter out and my area was without power for 17 hours! A sub-station problem this time, I understand. Living in South Africa can be frustrating, but it is interesting – always something to talk about!*

*I guess the running version of load-shedding is when you enter a marathon and decide to only run a 21km on the day! We are deep in marathon season and April marks the start of Ultra-Marathon season, with big races such as Loskop and Two Oceans on the cards.*

*I've been running for around 25 years and, despite getting slower by the year, I still love the sport. Not only for our, mainly, well-organised events but for the camaraderie and friendships that I've built up over the years. I now very much consider myself a "back of the pack" runner, but that doesn't stop me from feeling a part of every event. After all, a 42km race is 42km, whether you do in 2:02 (world record) or 6 hours, or even slower!*

*I haven't run a marathon since 2017 and thought that was it. I didn't want to put my body through that again. However, I have an opportunity to run the New York City Marathon on the 3<sup>rd</sup> November 2019, so I guess there is one more left in me yet! Look out later in the year for a report back on this iconic event.*

*Have a great running week. I can be contacted on [kenjohn@iafrica.com](mailto: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	<a href="mailto:tebogo.machete@gmail.com">tebogo.machete@gmail.com</a>
Vice – Chairperson	Keneilwe Mogonedi	<a href="mailto:kmogonedi@csir.co.za">kmogonedi@csir.co.za</a>
Secretary “SG”	Kagiso Keatimilwe	<a href="mailto:kkeatimilwe@csir.co.za">kkeatimilwe@csir.co.za</a>
Treasurer	Linda Masemola	<a href="mailto:leemas1201@gmail.com">leemas1201@gmail.com</a>
Statistician	Heloise Pieterse	<a href="mailto:heloisep085@gmail.com">heloisep085@gmail.com</a>
Newsletter Editor	Ken Swettenham	<a href="mailto:kenjohn@iafrica.com">kenjohn@iafrica.com</a>
Club Capitan	Johan Moller	<a href="mailto:johan@fireplan.co.za">johan@fireplan.co.za</a>
Additional Member	Elsa Moller	<a href="mailto:elsamo@telkomsa.net">elsamo@telkomsa.net</a>

### **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](mailto: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 from Elsa as well.**

***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](http://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](http://www.runnersguide.co.za)

[www.runnersworld.co.za](http://www.runnersworld.co.za)

[www.runnerstalk.co.za](http://www.runnerstalk.co.za)

[www.raceresults.co.za](http://www.raceresults.co.za)

[www.runawaysport.co.za](http://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](mailto: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 contract to operate the Time Out bar until further notice. 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 next AGN League Race is the Kolonnade 15km / 32km run on the 30<sup>th</sup> March 2019. The club gazebo with catering will be there that morning, so please join us after your run for a bite to eat and a drink! There will also be people there to keep an eye on your tog bag and car keys while you are running, so you are welcome to drop them off at the gazebo before you run.*

## 5. UPCOMING GAUTENG RACES

### March 2019

30<sup>th</sup> March 2019 – 06h00 – Kolonnade Overkruin 32km / 15km / 5km. **AGN League Race!**

### April 2019

6<sup>th</sup> April 2019 – 06h30 – Ford 3-in-1 21km / 10km / 5km.

7<sup>th</sup> April 2019 – 05h30 – JointEze Irene Ultra 48km / 21km / 5km. **Note the earlier than usual start time!**

**Championchip timed race – remember no chip, no result!**

7<sup>th</sup> April 2019 – 06h30 – Alan Robb 32km / 15km / 5km (CGA). Germiston Stadium.

13<sup>th</sup> April 2019 – 07h30 – Frenus Zietsman Run / Walk for Drugs 21km / 10km / 5km. **Note the new venue for this race, Pilditch Stadium! Also the addition of a 21km race. This is also an AGN League Race. Please also note the later than usual starting time.**

14<sup>th</sup> April 2019 – 06h00 – Birchwood 21km / 10km / 5km (CGA). **Pre-entry only and all entries are sold out!**

20<sup>th</sup> April 2019 – 07h00 – Castle Walk Easter Road Race 10km / 5km. **Easter Saturday – same day as Two Oceans. One to try, if you are not in Cape Town!**

22<sup>nd</sup> April 2019 – 07h00 – Family Day Run / Walk 22km / 11km / 6km. **Not a printing error. This race does have odd race distances.**

**Flyers for all the above races can be obtained from [www.racesresults.co.za](http://www.racesresults.co.za) as well as selected races in other provinces.**

## 6. CSIR 10/21km ROAD RACE

Our next event is scheduled for **Saturday 19<sup>th</sup> 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

8. Csir results for the Deloitte Pretoria (AGN) 10km race - 2019-02-24

9. 4 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
1058		Xoliswa	F	39	Csir	01:11:51
1073	I	Vuytoaa	M		Csir	01:12:01
1922	T	Olckers	F	26	Csir	01:27:27
2437	S	Mokoena	F	53	Csir	01:40:49

## Csir results for the Deloitte Pretoria (AGN) 21km race - 2019-02-24

12 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
36	S	Shabalala	M		Csir	01:30:26
96	C	Fisher	M	60	Csir	01:40:07
641	S	Pityana		56	Csir	02:06:23
767	K	Halland	M	55	Csir	02:09:58
1010	P	Vermaak	F	62	Csir	02:15:10
1342	N	Mangqase	F	40	Csir	02:22:17
1951	M	Dolphin	F	53	Csir	02:34:16
2135	J	De Koker	M	49	Csir	02:38:08
2910	S	Makhawya	F	34	Csir	03:03:45
3209	L	Linda	F		Csir	03:24:14
3308	D	Bouwer			Csir	03:41:25
3309	R	Richard	M		Csir	03:41:38

## Csir results for the Deloitte Pretoria Marathon (AGN) 42km race - 2019-02-24

12 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
376	J	Tredoux	M	28	Csir	03:46:52
791	L	Tseka	M	42	Csir	04:10:48
946	W	Dittmar	M	28	Csir	04:18:15
949	A	Tantoh			Csir	04:18:29
1073	B	Yalisi	M	38	Csir	04:25:34
1298	F	Mokoatesi	M		Csir	04:34:34
1356	T	Van Staden	M	34	Csir	04:36:41
1538	N	Nelson	M	48	Csir	04:44:29
1654	M	Lukhele	M	30	Csir	04:47:56
2231	K	Keatimilwe	M	57	Csir	05:14:06
2324	B	Radebe		44	Csir	05:19:50
2359	S	Ngcwabe	F	44	Csir	05:21:55

## Csir results for the Medihelp Sunrise Mini Monster (AGN) 10km race - 2019-03-02

10 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
103	W	Fourie	M	52	Csir	00:54:42

326	N	Young	M	64	Csir	01:06:17
477	W	Engelbreg	M		Csir	01:10:21
562	J	De Koker	M	49	Csir	01:12:12
761	E	Engelbreg	F		Csir	01:16:55
1320	F	Lisse	M	74	Csir	01:28:53
1373	C	Fechter	F	39	Csir	01:30:10
1540	A	Oosthuizen	M	66	Csir	01:34:02
1903	M	Lisse	F	73	Csir	01:47:34
2063	C	Gunda	F		Csir	01:58:23

Csir results for the Medihelp Sunrise Half Monster (AGN) 21km race - 2019-03-02

9 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
21	C	Fisher	M	60	Csir	01:42:31
236	K	Halland		55	Csir	02:15:12
292	F	Finbow	F		Csir	02:19:21
318	M	Dolphin	F	53	Csir	02:21:04
356	E	Rakate	M	40	Csir	02:24:15
700	K	Swettenham		56	Csir	02:55:45
786	S	Makhanya	F	34	Csir	03:06:16
886	D	Bouwer	F	55	Csir	03:38:23
887	R	Collins	M	59	Csir	03:44:20

Csir results for the Medihelp Sunrise Monster (AGN) 32km race - 2019-03-02

12 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
47	S	Shabalala	M	44	Csir	02:29:15
362	P	Mokilane	M	50	Csir	03:01:41
543	M	Mpofu	M		Csir	03:12:08
652	M	Kau	M		Csir	03:17:52
709	B	Yalisi	M	38	Csir	03:20:34
791	P	Mokoatedi	M		Csir	03:23:59
1045	P	Mothibe	M		Csir	03:33:47
1335	A	Stipinovich	F	42	Csir	03:46:59
1402	N	Duneni-tlhne	F	41	Csir	03:49:27
1547	B	Radebe	M	44	Csir	03:56:00
1565	T	Mohlomi	M		Csir	03:57:19
1574	K	Keatimilwe		57	Csir	03:57:25

## Csir results for the Buco Bobbies 3 In 1 (AGN) 10km race - 2019-03-09

6 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
66	D	Strachan	M	37	Csir	00:51:07
398	J	De Koker	M	49	Csir	01:08:10
432	W	Engelbrecht	M	51	Csir	01:09:30
556	E	Engelbrecht	F	52	Csir	01:13:00
705	E	Fourie	F		Csir	01:18:15
906	T	Olckers	F	26	Csir	01:27:49

## Csir results for the Buco Bobbies 3 In 1 (AGN) 21km race - 2019-03-09

10 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
8	S	Shabalala	M	44	Csir	01:28:54
107	W	Fourie	M	52	Csir	01:51:54
153	W	Dittmar	M	28	Csir	01:56:37
163	A	Cilliers	M	52	Csir	01:57:12
164	S	Hefer	M	25	Csir	01:57:18
178	B	Yalisi	M	38	Csir	01:58:46
322	F	Finbow	F	24	Csir	02:11:41
475	N	Young	M	64	Csir	02:24:01
497	S	Ngcwabe	F	34	Csir	02:25:26
691	K	Swettenham	M	56	Csir	02:55:30

## Csir results for the Om Die Dorp (AGN) 10km race - 2019-03-16

3 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
198	N	Young	M	64	Csir	00:59:28
242	J	De Koker	M	49	Csir	01:01:34
311	L	Popich	F	56	Csir	01:04:28

## Csir results for the Om Die Dorp (AGN) 21km race - 2019-03-16

4 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
5	S	Shabalala	M	44	Csir	01:26:47

273	B	Popich	M	57	Csir	02:01:54
670	K	Swettenham	M	55	Csir	02:44:16
679	N	Gumbe	F	51	Csir	02:46:09

Csir results for the Sunnypark Right 2 Run (AGN) 10km race - 2019-03-21

3 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
317	J	De Koker	M		Csir	01:02:14
755	M	Molefe	M	60	Csir	01:13:56
887	N	Gumbe	F	51	Csir	01:17:29

Csir results for the Sunnypark Right 2 Run (AGN) 21km race - 2019-03-21

7 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
339	D	Strachan	M	37	Csir	01:52:55
441	B	Yalisi	M	38	Csir	01:57:54
460	M	Mokoena	M	34	Csir	01:58:27
634	J	Da Silva	M	67	Csir	02:07:17
917	S	Ncube	M	44	Csir	02:20:56
1059	F	Finbow	F	24	Csir	02:28:20
1349	K	Swettenham	M	56	Csir	02:55:27

#### **Edenvale Half-Marathon 10<sup>th</sup> March 2019**

Place	Race No	Name	Club/Team/Nation	Time
1	4534	Linda Masemola	CSIR RUNNING CLUB	3:19:01

#### **Edenvale Marathon 10<sup>th</sup> March 2019**

Place	Race No	Name	Club/Team/Nation	Time
1	8YZ2RSP	Kagiso Keatimilwe	CSIR RUNNING CLUB	4:48:31
2	1802	Martin Mqangira	CSIR RUNNING CLUB	5:04:59

## **8. CSIR Running Club Achievers**

**Neville Young writes: -**

OK - so here is something to celebrate and someone to be proud of.

Having won or come second in 50 Park Runs, Sizwe Shabalala at age 44 joined the CSIR running club in Jan 2018. He regularly runs a 90-minute 21km with an 86 minute PB. He ran his first marathon last November, where after being intentionally reined in for the first 32km by Anton Cilliers, he went on to finish in 3h17!

At this morning's Green 16 Miler he achieved his first Mens Open podium finish and a first climb up onto the 3rd place podium. Well done Sizwe! His stopwatch recorded about 1h44min for the 16 Mile distance - 25km.

The plan is that he does the 2020 Comrades. We wish him well as he learns how to train and how to pace himself.

***Neville further sent me this e-mail: -***

I am sure you aware that I have been looking after Sizwe and that his employer who used to pay his race entry fees is in financial difficulties. I have been paying all his entry fees this year.

Sizwe's subscription to the club has is being kindly sponsored by the club and Johan Moller said that the club will assist with Sizwe's entry fees, perhaps by way of members taking turns to sponsor a race.

I have updated the list of races Sizwe has run this year and those where I have paid Sizwe's entry.

19-Jan-19	George Claasen 21km R80 for Sizwe – I will sponsor this entry (43 <sup>rd</sup> place)	
02-Feb-19	Intercare Rietondale 21km Sizwe R110 (30 <sup>th</sup> place)	R110.00
09-Feb-19	Bronkhorstspuit 32km Sizwe R150 (38 <sup>th</sup> place)	R150.00
24-Feb-19	Deliotte 32km sponsored by Zelldra R160) (36 <sup>th</sup> place)	
02-Mar-19	Sunrise Monster 32km Sizwe R160 (47 <sup>th</sup> place)	R160.00
09-Mar-19	Hatfield 21km Sizwe R100 (8 <sup>th</sup> place )	R100.00
16-Mar-19	Om Die Dorp 21km R90 (5 <sup>th</sup> place)	R90.00
		TOTAL
		R610.00

I hope you can help. I can be refunded by cash or EFT to my account. Let me know what can be done.

***Sizwe comes from a very humble background and does not have the finances to enter races. Neville has personally been sponsoring his race entries as you can see from the e-mail. Sizwe certainly has great potential and may be our next CSIR Running Club's Comrades Silver Medalist – we haven't had one for over 10 years!***

***If any member of the club is prepared to assist with sponsoring Sizwe at races, please contact Neville on [nevyoung@gmail.com](mailto:nevyoung@gmail.com).***

***There is a photo of Sizwe collecting his prize at the Green Mile race on our Facebook page. For some reason, I couldn't get a copy of it as I usually do to post here! Please go and have a look.***

***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](http://www.trailadventure.co.za). It has venues and future events listed there.

## **10. General**

***Anton Cilliers has entered Comrades but is no longer going to run. He wishes to substitute his Comrades entry and would prefer it, in the first instance, to go to another CSIR Running Club member.***

***If you would still like to run the 2019 Comrades, but don't have an entry, please contact Anton on 082 433 5336. He has informed me that he is only currently available on his cellphone and not on e-mail.***

***The cost of the entry is R 600.00, which can be negotiated with Anton directly.***





**BODY**  
*Kinetics*  
Fitness &  
Rehabilitation Centre

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[info@bodykinetics.co.za](mailto: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!*

## 9. Gallery of Fun!

Some photos of our runners at Om-die-Dam 50km!



Ernest Mngomezulu – our first runner home in 4:08



Likotsi Morienyane



Kagiso Keatimilwe, our club SG



Petro Vermaak at the Surrender Hill Marathon on 2<sup>nd</sup> March 2019

## **11. Conclusion**

*All comments, suggestions and criticism regarding the newsletter may be directed to me at [kenjohn@iafrica.com](mailto: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.*

