

CSIR NEWS & RACES 2019

www.csirrunner.co.za

06/2019

7th April 2019

1. Editorial

One thing that has never ceased to amaze me about running in South Africa is how spoilt we are for running events. Today, for example, was one of those days. The Irene 48km and 21km race in Centurion, or as I preferred, the Alan Robb 32km and 15km event in Germiston. My photo on the right is me finishing the 32km event last year, but this year, I opted only for the 15km. And, even if those two weren't enough for you, there was a Trail Adventure event as well today!

Running has got to be the most inclusive sport in the country. We never talk of quotas in our sport – can you imagine? It is not a “black” sport or a “white” sport – it is a sport for all people in our country and I, for one, love the diversity of our sport. It's also a sport in which all people can participate in national events – regardless of your ability, or lack thereof!

Besides keeping one reasonably fit, it creates much friendship, camaraderie and caring. Sadly, a running friend of mine was killed in a motor vehicle accident about a month ago. The outpouring of support and messages from the running community for his partner (also a runner) and his family was something to behold. We are there for our fellow runners no matter what. Long may this trend continue.

Tapering will basically start now for our Two Oceans Ultra runners, while the Comrades guys start getting into high gear this month! If you are running either of those two events, may the Wings of the Gods be with you!

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.

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 Machehe. Contact him with any concerns, suggestions, complaints or compliments regarding club affairs at Tebogo.machehe@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 Run Against Drugs 10km / 21km run on the 13th April 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

April 2019

13th 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.**

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

20th 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!**

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

27th April 2019 – 06h30 – Cradle of Mankind 5km / 10km / 21km / 32km. Lotz Kontrei, Sterkfontein Caves Road. **Note the new venue for this race!**

27th April 2019 – 06h30 – City of Tshwane Race 5km / 12.5km / 25km. Voortrekker Park, Pretoria Road, Silverton. **Slower runners – note the tight 3-hour cut-off for the 25km event!**

28th April 2019 – 06h30 – Robor Maraton 5km / 10km / 21km / 42km / 50km. Benoni Northern Sports Club.

May 2019

1st May 2019 – 06h30 – MiWay Wally Hayward Marathon 5km / 10km / 21km / 42km. Centurion Sports Club.

Note that this will be the final qualifier in Gauteng for Comrades!

4th May 2019 – 07h00 – The Love Run 5km / 10km / 21km. Hatfield Christian Church.

5th May 2019 – 13h00 – Wings for Life World Run. Whatever distance you can manage until you are “caught”! ARC, Irene. **World Charity run for Spinal Cord Research. See details under “General” in this newsletter – with a special donation offer from Yours Truly!**

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 Run Zone Northern Chase (CGA) 32km race - 2019-03-24

1 club finisher

Position	Initials	Surname	Sex	Age	Club	Finish Time
875	M	Marabo	M	43	Csir	04:12:39

Csir results for the Overkruin Kolonnade (AGN) 15km race - 2019-03-30

16 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
26	S	Shabalala	M	44	Csir	00:59:23
98	C	Fisher	M	60	Csir	01:10:44
312	S	Hefer	M		Csir	01:25:04
380	B	Radebe	M	44	Csir	01:27:36
513	K	Halland	M	55	Csir	01:32:13
802	W	Engelbrecht	M	51	Csir	01:42:34
881	J	De Koker	M	49	Csir	01:43:28
993	E	Engelbrecht	F	52	Csir	01:44:46
1110	M	Kau			Csir	01:47:32
1200	P	Peres	M	68	Csir	01:50:03
1357	T	Gumede	F	45	Csir	01:53:28
1449	K	Swettenham	M	56	Csir	01:56:07
1499	M	Molefe		60	Csir	01:57:40
1785	T	Olckers	F	26	Csir	02:05:59
1869	C	Fechter	F	39	Csir	02:07:40

2005	A	Oosthuizen	M	66	Csir	02:12:35
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Csir results for the Overkruin Kolonnade (AGN) 32km race - 2019-03-30

14 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
226	W	Fourie	M		Csir	02:48:43
404	W	Dittmar	M	28	Csir	03:00:06
420	J	Tredoux	M	29	Csir	03:01:21
509	B	Yalisi	M	38	Csir	03:07:04
592	L	Mammburu	M	33	Csir	03:10:56
974	L	Morienyane	M	46	Csir	03:31:39
993	P	Vermaak	F	62	Csir	03:32:54
1071	G	Chaane	M	56	Csir	03:35:49
1139	T	Mohlomi	M		Csir	03:37:29
1143	F	Finbow	F	24	Csir	03:37:47
1167	K	Keatimilwe	M	58	Csir	03:39:05
1180	N	Mangqase	F	40	Csir	03:39:29
1318	T	Machethe	M	37	Csir	03:48:57
1477	M	Mojapele	F	42	Csir	04:04:06

8. CSIR Running Club Achievers

We have a new star in our club! New Member Oupa "Khuse" Maseko finished 3rd overall at the Kolonnade 32km Race on the 30th March 2019. His time for 32km was an incredible 1:52:11 – faster than some of us did the 15km race! Here are some photos below of him receiving his prize: -





Our Chairperson, Tebogo Machete and I congratulating our new prize winner!

I have noted that for some reason, despite getting the prize for the 3rd place position, his name isn't on the results! I have queried this with the Race Results team and hopefully, they will correct it in due course.

Colin Fisher was also the 1st Grandmaster man at the 15km event at Kolonnade in a time of 1:10:44. Unfortunately, we do not have a photo of him collecting his prize.

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

Once again, we are appealing for assistance with race entry fees for one of our top runners in the club, Sizwe Shabalala. From our appeal in the last newsletter, only two members (in addition to Neville Young) have offered to sponsor Sizwe for a race.

Sizwe comes from a very humble background and does not have the finances to enter races. Neville Young has personally been sponsoring his race entries. Sizwe certainly has great potential and it would be a pity if he misses out on race entries due to a lack of means!

If any member of the club is prepared to assist with sponsoring Sizwe at races, please contact Neville on nevyoung@gmail.com.

Below is the picture of Sizwe collecting his 3rd position prize at the Green Mile 16-mile race on the 23rd March 2019. I struggled to copy it into the last newsletter, but it seemed to work this week, so I've printed it here!



Wings for Life World Run – 5th May 2019 starting at 13h00



As most of you know, my wife Thiru, suffered a Spinal Cord injury in a Motor Vehicle Accident in December 2013. This injury has left her a paraplegic and confined to a wheelchair.

The Wings for Life World Run is a Charity Run with 100% of all entry fees being donated towards Spinal Cord Research. This is thanks to some generous corporate sponsorships for the event.

In essence, there are runs all over the world, all starting at the same time! Our run in Pretoria starts at 13h00, our time. We are lucky that we don't live in Paraguay – I understand that their event starts at 3am!

What happens is that all runners and walkers start together. 30 minutes after the start, a chase car sets off after the participants. This car is equipped with electronic timing. When the vehicle catches you, your distance and time are measured from a chip in your race number and you are required to stop. From there, busses situated along the route will give you a lift back to the start.

I ran it last year and got to 9.02km before being "caught". It is one of the most stressful but fun running experiences you will ever have. The running version of bungee jumping!

Last year, in addition to my entry fee, Thiru donated another R 1000.00 to the cause. This year, we plan to do the same – with one addition. If we personally know more than 33 people running the event, we will add an additional R 30.00 per runner to our donation! In other words, if we personally know 50 runners, our donation will be R 1500.00.

Due to Thiru's injury, this is a cause very close to our hearts and we ask that as many of the CSIR Running Club members as possible run this event.

The cost is R 175.00 and entries can be done on the website www.wingsforlifeworldrun.com. All details on the event, which starts this year at ARC, Irene, can also be found there.

They can also be found on Facebook.

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

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!

As a special offer, Body Kinetics is offering a free (yes, free) massage to all our Two Oceans Runners. Please don't miss this unbeatable offer!

Flyers with the details are attached to the e-mail sending out this newsletter. ☺

CSIR Club

Please be aware that Tebogo Gumedde, the Chairperson of the CSIR Recreation Club will be available on the following days and hours listed below if you still need to get an access card or have any queries in connection with the club: -

Mondays 8th, 29th April and 13th May 2019. Time 17:00 to 19:00

9. Gallery of Fun!

Not many of our runners have as much fun on the road as *Tseliso wa Mohlomi!* Here's a great photo of him doing what he loves best – having fun!



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.

