

CSIR NEWS & RACES 2019

www.csirrunner.co.za

07/2019

28th April 2019

1. Editorial

Last weekend was the Two Oceans Marathon. This weekend includes many long club runs as the final “big” weekend training before the taper to Comrades starts. It is a busy time in the Road Running calendar.

Many of you know that I have participated in the 1000km Challenge for many years and on Monday, at the Lynnwood Ridge 22km race, I went over 1000km in official running events for the 22nd year consecutively.

I'm not telling you this to boast but to lay a foundation for what I am about to say next! Over the last 22 years, running events have changed. Back in the 90's we had a lot more Ultra's to choose from and, in fact, a lot more road races in general. Races like the Jock of the Bushveld Ultra and the Vryheid Ultra (nicknamed the “Poor Man's Two Oceans, as it was also held on Easter Saturday and it was suggested that people who couldn't afford to go to Cape Town ran this one instead) are no longer with us.

But in return, we have up to three Trail Runs a week. Park Runs, the new My Run series and, of course, this coming Sunday, the Wings for Life Run – a race with no finish line, an absolute new concept in running.

I love discovering these new events. Yesterday, I ran 7 x 5km Freedom Runs. Not as easy as it sounds. At the end of the day, I felt like I'd run Comrades. Today, I just managed the inaugural 5km My Run at Ludwig's Roses. For me, as I get older and slower, these “new style” runs keep me interested and are great fun to do. Maybe, as something different, you should try one sometime!

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. Please note that the Time Trials will start from 17h15 at the beginning of May!

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

Sadly, the "Time Out" bar is closed until further notice. We will inform you as and when our favourite pub opens again. It's really not the same not to have a few beers after the Time Trial. However, normal Tim Trials continue as normal – without the beer!

5. UPCOMING GAUTENG RACES

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!**

11th May 2019 – 06h30 – Jackie Meklar 5km / 10km / 25km. Military Defence Sports Club, Thaba Tshwane.

12th May 2019 – 06h30 – Timber City Khosa 5km / 15km. Khosa Sports Club, Krugersdorp.

18th May 2019 – 07h00 – Quattro Race of Hope 5km / 10km / 21km. The Grove Shopping Centre.

19th May 2019 – 08h00 – RAC 10km. Old Parktonians Club, Jan Smuts Ave, Randburg.

25th May 2019 – 08h00 – Cosmo Run 5km / 10km. Pretoria Botanical Gardens.

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 Ford (AGN) 21km race - 2019-04-06

9 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
134	W	Fourie	M	52	Csir	01:55:37
282	K	Halland	M	55	Csir	02:09:55
404	L	Tseka	M	43	Csir	02:22:15
443	W	Engelbreg	M	51	Csir	02:25:49
445	E	Engelbreg	F	52	Csir	02:25:50
472	T	Machethe	M	37	Csir	02:26:17
493	B	Memela	M	58	Csir	02:27:30
576	K	Swettenham	M	56	Csir	02:43:18
600	M	Molefe	M	60	Csir	02:47:55

Csir results for the Ford (AGN) 10km race - 2019-04-06

4 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
174	J	De Koker	M	49	Csir	00:59:17
432	T	Gumede			Csir	01:12:20
561	E	Fourie	F		Csir	01:20:22
736	A	Oosthuizen	M		Csir	01:37:32

Csir results for the Alan Robb (CGA) 15km race - 2019-04-07

1 club finishers

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

Csir results for the Alan Robb (CGA) 32km race - 2019-04-07

1 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
132	T	Simelane	M	39	Csir	02:54:41

Csir results for the Freunis Zietsman (AGN) 10km race - 2019-04-13

6 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
61	C	Fisher	M	60	Csir	00:44:19

273	J	De Koker	M	49	Csir	00:59:51
377	S	Hefer	M	39	Csir	01:05:54
523	T	Gumede	F		Csir	01:13:21
547	S	Makhanya	F	34	Csir	01:14:36
703	A	Oosthuizen	M	66	Csir	01:26:12

Csir results for the Freunis Zietsman (AGN) 21km race - 2019-04-13

2 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
94	B	Yalisi	M	38	Csir	01:45:25
206	K	Halland		55	Csir	02:02:35

Csir results for the Castle Walk (AGN) 10km race - 2019-04-20

3 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
129	L	De Koker	F		Csir	01:08:02
142	R	Van Schalkwyk	M	40	Csir	01:09:07
154	J	De Koker	M	49	Csir	01:11:13

Csir results for the Lynnridge Mall Family Day (AGN) 22km race - 2019-04-22

8 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
9	E	Mngomezulu	M	34	Csir	01:38:55
34	W	Fourie	M	52	Csir	01:54:33
77	E	Wentzel	M	47	Csir	02:05:54
100	B	Yalisi	M	38	Csir	02:09:17
106	S	Hefer	M		Csir	02:09:53
165	J	Da Silva	M	67	Csir	02:17:02
168	F	Finbow	F	24	Csir	02:17:12
324	K	Swettenham	M	56	Csir	02:55:47

Csir results for the Lynnridge Mall Family Day (AGN) 11km race - 2019-04-22

10 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
126	N	Young	M	65	Csir	01:07:21
144	H	Ndlalose	F	29	Csir	01:09:12
145	T	Meyer	F	28	Csir	01:09:18
159	R	Van Schalkwyk	M	39	Csir	01:10:05
234	J	De Koker	M	49	Csir	01:15:38

285	J	Thompson	M	54	Csir	01:19:16
460	T	Gumede	F		Csir	01:33:04
463	E	Fourie	F	57	Csir	01:33:15
470	N	Gumbe	F	51	Csir	01:33:34
507	L	Masemola	F		Csir	01:36:48

Vodacom 13:54 89% tom.finishtime.co.za

CSIR AC

Sort by finish order

Apply

	Pos	Name	Time
+	1515	Jonathan STIPINOVICH	01:55:53
+	10910	Ken SWETTENHAM	02:47:32
+	12110	Sibusisiwe MAKHANYA	02:54:05
+	12533	Ntsiki GUMBE	02:56:38
+	13934	Oosie OOSTHUIZEN	03:06:55
+	13947	Cornelia FECHTER	03:07:00

RaceTec

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Vodacom 13:47 92% tom.finishtime.co.za

	Pos	Name	Time
+	3182	Thebe MOKONE	05:40:26
+	4370	Brian YALISI	05:55:48
+	4556	Mandla KHUMALO	05:57:27
+	6289	Thabang MOKOENA	06:21:23
+	6398	Pule MOTHIBE	06:21:55
+	7358	Nelson SEFARA	06:32:34
+	8805	Petro Magdalena VERMAAK	06:46:56
+	8871	Grace LONDON	06:47:35
+	8900	Mduduzi LUKHELE	06:47:48
+	8996	Mokgwetsi RAKATE	06:48:35
+	9306	Alexandra STIPINOVICH	06:51:31
+	9476	Godfrey CHAANE	06:53:05
+	9556	Likotsi MORIENYANE	06:53:42
+		Mcdonald MARABO	DNF

Loskop 50km Ultra Results – 13th April 2019

Race No	Name	Club/Team/Nation	Time
5597	Sizwe Shabalala	CSIR RUNNING CLUB	3:45:22
3209	Willem Fourie	CSIR RUNNING CLUB	4:57:29
3467	Mandlenkosi Khumalo	CSIR RUNNING CLUB	5:16:23
2117	Werner - Hugo Dittmar	CSIR RUNNING CLUB	5:45:19
2678	Theuns Pretorius	CSIR RUNNING CLUB	5:46:09
3413	Kagiso Keatimilwe	CSIR RUNNING CLUB	5:56:32
5185	Jonathan Stipinovich	CSIR RUNNING CLUB	5:58:31
4386	Likotsi Morienyane	CSIR RUNNING CLUB	5:59:43
4281	Tseliso Mohlomi	CSIR RUNNING CLUB	6:17:58

8. CSIR Running Club Achievers

I am not aware of any new achievers this week.

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**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.

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!

CSIR Club

Please be aware that Tebogo Gumede, 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

E-Mail from our Members

Edward Rakete writes: -

I ran 48km of Irene race yesterday which was my first marathon of this year and preparation for 56km OMTOM. It was good to see couple of our members on the road. Woow the chairperson Tebogo himself and another CSIR runner gave us a great support with some watermelon, Mageu etc along the road....they were really encouraging and moving with us in good spirit.....I think they were at about four places on the road. The last boost of bottle of Energade I got from them was at 39 Km mark and it carried me to finish line!!! After doing my stretching exercise and while waking to my car...I met them on their way to finish point with a cooler back mmmmm what a luck day for me.....they gave me a nice cold beer, you how it feels after such a race!!! Thanks guys for the support.....

9. Gallery of Fun!

Not as many photos from Two Oceans as I hoped there would be, but here's a couple that did surface!



Petro Vermaak with her first Ultra medal!



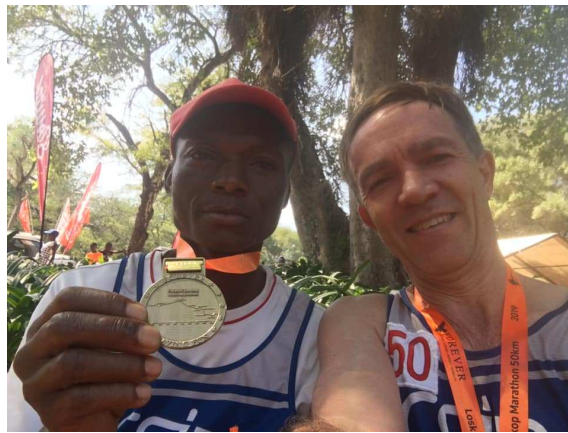
The famous 56km "Blue" Medal



The 21km Bronze Medal



Nisiki Gumbi, after her 5th 21km finish



Sizwe Tshabalala and Willie Fourie after finishing the Loskop 50km Ultra

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.

