

CSIR NEWS & RACES 2019

www.csirrunner.co.za

09/2019

2nd June 2019

1. Editorial

The weather is certainly cooler in the mornings and our Comrades hopefuls will be doing their last couple of short runs as they taper into the big race next week on Sunday.

We had our pre-Comrades pasta evening last week on Tuesday. Unfortunately, I wasn't able to attend this function due to having to be elsewhere that evening, but I do understand that those who did attend enjoyed the evening very much.

This newsletter is a little shorter than usual and is really dedicated to our Comrades runners. Surprise has certainly been expressed to me on how many club members we have running Comrades, considering that we are such a "small" club.

The CSIR Running Club has always had an excellent Comrades tradition, even back to the days when I would run or at least, attempt to run the event! We have always recognized our Comrades runners as the "elite" of our club and long may that tradition continue.

So, please see the list of our members running this year in this newsletter and when watching on your TV, look out for them. We hope to get a newbreak out as soon as possible after the race to advise you of how our members fared on the day.

Best of luck to each and every one of our Comrades – may the Wings of the Gods be attached to your feet and may you all achieve your goal – whatever that may be!

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 winter months, Time Trials will start at 17h15. 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 Time Trials continue as normal – without the beer!

5. UPCOMING GAUTENG RACES

June 2019

15th June 2019 – 07h00 – Executive Mayors Race 5km / 10km. Giant Stadium, Soshanguve.

16th June 2019 – 08h00 – Youth Day Race 5km / 10km / 21km. Kagiso Stadium. (CGA Event).

22nd June 2019 – 07h00 – Fara Winter Challenge 5km / 10km. Rietondale Park. **10km race is part of the 2019 AGN Championships.**

29th June 2019 – 07h00 – Glenfair Road Race 5km / 10km / 21km. Glenfair Shopping Centre.

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 Quattro Grove Race For Hope (AGN) 10km race - 2019-05-18
17 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
38	C	Fischer	M	60	Csir	00:46:12
142	W	Dittmar	M	28	Csir	00:54:54
225	P	Vermaak	F	62	Csir	00:59:25
229	M	Thompson	M	55	Csir	00:59:38
230	H	Pieterse	F	29	Csir	00:59:39
231	T	Meyer	M	28	Csir	00:59:40
259	N	Young	M	65	Csir	01:00:23
552	I	Vuyegaba	M	46	Csir	01:09:39
560	X	Vuyeqaba	F	39	Csir	01:09:49
612	A	Maharaj	M	51	Csir	01:11:27
636	B	Muthaya	F	42	Csir	01:11:59
707	S	Makhanya	F	37	Csir	01:14:10
787	T	Gumede	F		Csir	01:17:11
870	E	Fourie	F	57	Csir	01:20:38
896	B	Julius	F	40	Csir	01:21:32
1114	T	Olckers	F	27	Csir	01:35:26
1175	A	Oosthuizen	M	66	Csir	01:43:40

Csir results for the Quattro Grove Race For Hope (AGN) 21km race - 2019-05-18

12 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
17	S	Shabalala	M	45	Csir	01:28:00
150	W	Fourie	M	52	Csir	01:50:48
242	B	Yalisi	M	38	Csir	01:56:32
297	S	Hefer	M	39	Csir	01:59:30
341	K	Holland	M	55	Csir	02:01:58
421	F	Finbow	F	24	Csir	02:06:57
474	J	Da Silva	M	67	Csir	02:10:35
525	B	Memela	M	57	Csir	02:12:30
643	K	Keatimilwe	M	58	Csir	02:18:19
756	S	Ngcwabe	F	44	Csir	02:26:01
879	T	Machete	M	37	Csir	02:40:05
936	K	Swettenham	M	56	Csir	02:48:04

Csir results for the Superspar Hercules Skosana (AGN) 10km race - 2019-05-25

4 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
70	C	Fisher	M	60	Csir	00:45:20
261	Z	Schutte	F	30	Csir	00:55:28
402	J	De Koker	M	49	Csir	01:01:59
430	S	Ngwabe	F	44	Csir	01:03:28

Csir results for the Superspar Hercules Skosana (AGN) 21km race - 2019-05-25

3 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
118	B	Yalisi	M	38	Csir	01:46:05
194	L	Tseka	M	44	Csir	01:54:16
263	K	Halland	M	50	Csir	02:02:00

8. CSIR Running Club Achievers

I have decided to list our Comrades Runners under the Achievers section, as each and every one of them is an Achiever in my eyes, not only personally but for our club as well. Here is a list of our Heroes and Heroines – no fewer than 33 of them, or approximately 25% of our total club Membership!

Please support them on Sunday June 9th, in spirit at least, if you are not in KZN!

Race Number	Name	Seeding	Nation	Club/Team	Category
6092	Theuns Pretorius	G	RSA	CSIR Running Club	M VET
7893	Marome Lucas Tseka	F	RSA	CSIR Running Club	M VET
10106	Jacques Tredoux	D	RSA	CSIR Running Club	M OPN
10297	Dudley Van Eeden	G	RSA	CSIR Running Club	M OPN
12033	Brian Yalisi	D	RSA	CSIR Running Club	M OPN
12727	Thulasizwe Simelane	D	RSA	CSIR Running Club	M OPN
17765	Nontembeko Dudeni-Tlhone	G	RSA	CSIR Running Club	F VET
18057	Asongwe Lionel Ateh Tantoh	F	RSA	CSIR Running Club	M OPN
18861	Pitsi Francis Mokoatedi	G	RSA	CSIR Running Club	M OPN
19475	Mduduzi Lukhele	G	RSA	CSIR Running Club	M OPN
20643	Nelson Sefara	F	RSA	CSIR Running	M VET

				Club	
22051	Nomatola Ntombise Mangqase	H	RSA	CSIR Running Club	F VET
22886	Roko Popich	F	RSA	CSIR Running Club	M MAS
23333	Ismael Sebaeng	D	RSA	CSIR Running Club	M VET
24623	Bafana Vivian Radebe	G	RSA	CSIR Running Club	M VET
24772	Freya Finbow	H	RSA	CSIR Running Club	F OPN
27349	Grace London	H	RSA	CSIR Running Club	F OPN
27530	Paul Mokilane	D	RSA	CSIR Running Club	M MAS
27756	Kagiso Keatimilwe	H	RSA	CSIR Running Club	M MAS
30566	Lindokuhle Sakhile Mdletshe	B	RSA	CSIR Running Club	M OPN
31653	Pule Mothibe	F	RSA	CSIR Running Club	M MAS
33728	Maserame Mojapele	H	RSA	CSIR Running Club	F VET
33864	Thabang Mokoena	D	RSA	CSIR Running Club	M OPN
34489	Thebe Mokone	F	RSA	CSIR Running Club	M OPN
35039	Mc Donald Marabo	H	RSA	CSIR Running Club	M VET
35200	Ernest Mngomezulu	B	RSA	CSIR Running Club	M OPN
36484	Tseliso Mohlomi	G	RSA	CSIR Running Club	M VET
41078	Dingaan Masango	D	RSA	CSIR Running Club	M VET
42772	Mpho Kau	G	RSA	CSIR Running Club	M MAS
46989	Mandla Khumalo	D	RSA	CSIR Running Club	M MAS
50668	Jonathan Stipinovich	G	RSA	CSIR Running Club	M VET
53508	Godfrey Chaane	C	RSA	CSIR Running Club	M MAS
55529	Bongani Memela	E	RSA	CSIR Running Club	M MAS

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

The advertisement features a pink exercise ball, a green apple, and blue dumbbells on a black tray. The text is in blue, green, and black fonts.

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!

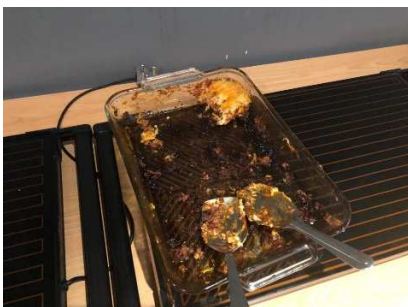
CSIR Club

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

Tuesday 4th June 2019. Time 17:00 to 19:00

9. Gallery of Fun!

A selection of pictures from our Pre-Comrades Pasta Evening held on Tuesday 28th May 2019. My grateful thanks to our Chairperson, Tebogo Machete for providing these in my absence.





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.

