

CSIR NEWS & RACES 2019

www.csirrunner.co.za

11/2019

11th August 2019

1. Editorial

Running is an honest sport. Sometimes in other sports, especially team sports, if you are having an “off” day, this can be hidden or overcome by the exploits of your teammates.

With running, it's just you. Yes, we socialize at races and communicate with fellow runners on the road, but ultimately, your goals, successes and failures in the sport are dependent on one person ... you!

This weekend was a typical example for me. I'm not the best runner around by any stretch of the imagination, but I ran the Wierie 21km on Friday and within the first 2km, I could feel that I wasn't my normal self. I considered coming in after 10km, but male pride kept me going. It was generally a struggle the whole way – lack of energy and not really “feeling” it. I finished in a time 9 minutes slower than my previous 21km at Zwartkop.

On Saturday, as I woke to do the race at Lynnwood Ridge Mall, I had a splitting headache. Within a few minutes of waking up, I knew that I had a head cold. I didn't go to Saturday's race and despite not having cold symptoms on Friday, it was obviously in my system – my poor run was testament to that.

You body tells you when things aren't right. Listen to it and be honest with yourself. Are your poor runs due to some physical reason? Do you have an injury that you won't admit to?

You can't fool this sport! Be honest with yourself and don't push when you know something isn't right.

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 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

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

August 2019

17th August 2019 – 07h00 (06h50 for Walkers) – Phobians 5km / 15km. Pretoria Boys High School.

18th August 2019 – 07h00 – Midrand Striders 5km / 10km / 21km. Inanda Country Base, Midrand.

24th August 2019 – 07h00 – SMU Road Race 5km / 10km / 21km. Sefako Makgatho Health Sciences University.

31st August 2019 – 07h00 – Spirit of Flight 5km / 10km. Air Force Base Swarkop, Valhalla.

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 Glenfair Boulevard For Friendship (AGN) 10km race - 2019-06-29
11 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
44	H	Pretorius	M	38	Csir	00:46:00
120	W	Fourie	M	52	Csir	00:51:34
232	Z	Schutte	F	30	Csir	00:57:06
293	N	Young	M	65	Csir	01:00:03
314	D	Khambane	F	32	Csir	01:00:39
347	B	Yalisi	M		Csir	01:02:03
542	T	Mohlomi	M	40	Csir	01:08:29
766	J	De Koker	M	49	Csir	01:16:21
879	T	Gumede	F		Csir	01:22:06
979	S	Mapualla		39	Csir	01:27:59
1015	L	Masemola	F		Csir	01:29:59

Csir results for the Glenfair Boulevard For Friendship (AGN) 21km race - 2019-06-29

3 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
179	K	Halland	M	55	Csir	02:03:36
454	S	Ngcwabe	F	45	Csir	02:41:36
506	K	Swettenham	M	56	Csir	02:55:28

Csir results for the Garsfontein Icebreaker (AGN) 10km race - 2019-07-06

6 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
302	L	Vuyeqaba	M	40	Csir	01:05:12
303	T	Mohlomi	M		Csir	01:05:16
393	J	De Koker	M	49	Csir	01:08:26
422	A	Oosthuizen	M	66	Csir	01:09:52
708	L	Masemola	F		Csir	01:27:35
760	S	Mokoena	F	63	Csir	01:44:06

Csir results for the Garsfontein Icebreaker (AGN) 21km race - 2019-07-06

6 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
20	S	Shabalala	M	45	Csir	01:33:07
211	K	Halland	M	55	Csir	02:00:29

231	B	Yalisi	M	38	Csir	02:02:23
319	W	Dittmar	M	28	Csir	02:12:21
354	F	Finbow	F	24	Csir	02:15:16
515	S	Ngcwaba	F	45	Csir	02:32:46

Csir results for the Afriforum Springbok Vasbyt (AGN) 5km race - 2019-07-13

3 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
28	L	De Koker	F		Csir	00:28:28
85	T	Pretorius	M		Csir	00:37:14
115	T	Olckers	F		Csir	00:42:38

Csir results for the Afriforum Springbok Vasbyt (AGN) 10km race - 2019-07-13

5 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
151	N	Young	M	65	Csir	01:07:42
207	W	Dittmar	M		Csir	01:11:23
692	A	Oosthuizen	M		Csir	01:51:14
721	R	Collins	M		Csir	01:56:05
722	D	Bouwer	F		Csir	01:56:10

Csir results for the Afriforum Springbok Vasbyt (AGN) 25km race - 2019-07-13

4 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
23	S	Shabalala	M		Csir	02:08:25
24	J	Jabulani	M		Csir	02:10:32
110	W	Fourie	M	52	Csir	02:31:51
478	K	Swettenham	M		Csir	04:00:03

Csir results for the Long Walk To Freedom (AGN) 10km race - 2019-07-20

4 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
39	C	Fisher	M	61	Csir	00:48:42
266	M	Thompson			Csir	01:03:06
519	J	De Koker	M	49	Csir	01:12:09
849	E	Fourie	F	57	Csir	01:27:57

Csir results for the Long Walk To Freedom (AGN) 21km race - 2019-07-20

10 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
17	S	Shabalala	M	45	Csir	01:33:47
33	J	Mkhonja	M	29	Csir	01:41:07
122	W	Fourie	M	52	Csir	01:54:22
183	B	Yalisi	M	38	Csir	02:00:04
275	W	Dittmar	M	28	Csir	02:06:55
443	J	Da Silva	M	67	Csir	02:22:43
501	N	Young	M	65	Csir	02:27:03
638	T	Mohlomi	M	40	Csir	02:39:34
641	B	Julius	F	40	Csir	02:39:54
670	S	Ngcwabe	F	45	Csir	02:43:56

Csir results for the Zwartkop (AGN) 10km race - 2019-07-27

5 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
83	C	Fisher	M	61	Csir	00:45:09
321	N	Young	M	65	Csir	00:57:16
357	J	De Koker	M	49	Csir	00:59:22
892	T	Olckers	F	27	Csir	01:21:38
1075	A	Oosthuizen	M	47	Csir	01:41:16

Csir results for the Zwartkop (AGN) 21km race - 2019-07-27

9 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
40	S	Shabalala	M	45	Csir	01:30:33
101	J	Mkhonza	M	29	Csir	01:39:18
248	W	Fourie	M	52	Csir	01:51:55
268	B	Yalisi	M	38	Csir	01:52:58
297	W	Dittmar	M	28	Csir	01:55:33
423	N	Bird	M	45	Csir	02:04:27
490	L	Morienyane	M	47	Csir	02:10:14
709	G	Chaane	M	56	Csir	02:27:51
827	K	Swettenham	M	56	Csir	02:39:31

Csir results for the Spar Womens Race (AGN) 10km race - 2019-08-03

3 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
338	D	Chirwa		32	Csir	01:02:42
3083	C	Fechter	F	40	Csir	01:49:27
3319	K	Mokilane	F	46	Csir	01:52:22

Csir results for the Clicks Wierie (AGN) 10km race - 2019-08-09

5 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
201	E	Wentzel		47	Csir	00:56:43
267	N	Young	M	65	Csir	00:59:36
286	G	Roux	M	60	Csir	01:00:17
402	J	De Koker	M	49	Csir	01:04:57
470	J	Botha	M	40	Csir	01:07:55

Csir results for the Clicks Wierie (AGN) 21km race - 2019-08-09

8 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
41	S	Shabalala	M	45	Csir	01:33:26
177	W	Fourie	M	52	Csir	01:51:05
268	W	Dittmar	M	28	Csir	01:58:19
276	B	Yalisi	M	38	Csir	01:59:06
304	N	Sefara	M	49	Csir	02:01:16
431	M	Dolphin	F	54	Csir	02:11:51
537	L	Nyelisani	M	38	Csir	02:20:04
758	K	Swettenham	M	56	Csir	02:48:59

Csir results for the Fitness Test (AGN) 10km race - 2019-08-10

4 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
78	W	Dittmar	M	28	Csir	01:01:54
96	K	Beyl	F	25	Csir	01:05:21
159	J	De Koker	M	49	Csir	01:13:32
310	A	Oosthuizen	M	67	Csir	01:38:22

8. CSIR Running Club Achievers

It's been a little while, but once again our very own **Colin Fisher** secured the **1st Grandmaster** position at the Zwartkop 10km race on the 27th July 2019 in a time of 45:09. Well Done, Colin!

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 assist us with a waterpoint at our race. They are based at the CSIR and convenient to all of us. Please support them!

Condolences

The CSIR Running Club offers its sincere condolences to one of our loyal members, **Godfrey Chaane** on the recent sad loss of his son. We wish him and his family strength during this difficult time.

Club Access Cards

Tebogo Gumede will again be available for the issuing of club access cards for members on the following date at the club office just to the left of the booms in the Convention Centre: -

30th September 2019 from 17h00 to 19h00.

Age Badges

Elaine Wentzel is able to make up age category tags in accordance with ASA and AGN regulations at a cost of R50.00 per set.

Elaine can be contacted on elaine.wentzel09@gmail.com if you would like to order a set for yourself or any other club member!

Apologies!

We do apologize to all members for the fact that the Club Trailer and gazebo was not at the last AGN League Race at Zwartkop Lapa. Unfortunately, our Committee Member who was due to assist with the catering that morning did fall ill with the dreaded winter 'flu and couldn't make it to do the catering. At such short notice, we were unable to find someone to fill in for him.

11. Gallery of Fun!



Not too many photo's available this week, so it was great to receive these via e-mail. This group of happy looking runners after the Click's Wierie 10km road race are from left to right, **Gerrit Roux, Ronell Roux and Johan Botha.**

My grateful thanks to Johan for sending these to me.

12. 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.

