

# **CSIR NEWS & RACES 2019**

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

**04/2019**

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

## **1. Editorial**

*One feels that once we start our social events, the running year has really started! This week we enjoyed two such events, our annual Valentine's Time Trial on Tuesday, ably organized by Zeldra Schutte and Heloise Pieterse. It possibly wasn't as well supported as we would have liked, but those who were there really enjoyed it and we offer our grateful thanks to Zeldra and Heloise for their organization and hard work in putting this event on!*

*Secondly, we hosted a Waterpoint at the Deloitte Marathon on Sunday. Approximately 25 of our members and their families gave up their morning to help the runners on the road. We were at the 9km / 31km mark on the route and, for me, it's got to be one of the best waterpoint venues in Pretoria – the views from Klapperkop are spectacular! It's very hard work, but well worth it and it's a way of giving back to our sport on one day a year. With the heat of the morning, I think we were very grateful not to be running ourselves! All helpers enjoyed breakfast and a few drinks, courtesy of the running club. My thanks to the club for that.*

*Our next social morning will be the March League Race, so please look out for that!*

*Training for Two Oceans and Comrades should now be in full swing and to our members hoping to do one of those events, may we wish you an injury-free and productive training during the coming weeks and months!*

*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.

**Please be aware that 2018 licences are no longer valid! If you haven't managed to get your 2019 licence yet, you will need to buy a temporary licence in order to participate in official road races.**

**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 short-term contract to operate the Time Out bar until the end of February 2019. 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

2<sup>nd</sup> March 2019. 06h03 – Sunrise Monster. 32km / 21km / 10km / 5km. 10km starts at 06h30. **Note the addition of a new distance to this race – 21km!**

9<sup>th</sup> March 2019. 06h00 – Buco Bobbies. 21km / 10km / 5km. **New Venue: Hatfield Plaza!**

16<sup>th</sup> March 2019. 06h00 – Om-die-Dorp. 21km / 10km / 5km. **New Event!**

17<sup>th</sup> March 2019. 07h00 – K-Way Gallopers. 15km / 5km. Leondale, Germiston. **Fast, flat route!**

21<sup>st</sup> March 2019. 07h00 – Sunnypark Right 2 Run & Walk. 21km / 10km / 5km. **Public Holiday!**

**23<sup>rd</sup> March 2019 – The schedule race, Denel 10km / 21km has been CANCELLED!!**

24<sup>th</sup> March 2019 – 06h00 – Run Zone Northern Chase (CGA) 32km / 15km / 5km. **Marks Park Sports Club, Emmarentia. New Event!**

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

Flyers for all the above races can be obtained from [www.raceresults.co.za](http://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 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 Tuks Bestmed (AGN) 10km race - 2019-02-16  
3 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
637	J	De Koker	M	48	Csir	01:05:11
1354	T	Olckers	F	26	Csir	01:21:13
1791	T	Mangole		25	Csir	01:36:27

Csir results for the Tuks Bestmed (AGN) 21km race - 2019-02-16

9 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
70	C	Fisher	M	60	Csir	01:40:11
379	W	Dittmar	F	28	Csir	01:59:06
458	N	Sefara	M	48	Csir	02:01:30
804	P	Vermaak	F	62	Csir	02:16:22
838	M	Dolphin	F	53	Csir	02:17:55
1354	T	Yalisi	F	33	Csir	02:44:14
1592	A	Oosthuizen	M	66	Csir	03:11:56
1631	D	Bouwer	F	55	Csir	03:25:29
1639	R	Collins	M	59	Csir	03:27:23

Csir results for the Tuks Bestmed (AGN) 42km race - 2019-02-16

13 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
212	D	Masango	M	43	Csir	03:56:56
233	W	Fourie	M	52	Csir	03:58:37
268	J	Tredoux	M	28	Csir	04:01:48
311	L	Tseka	M	43	Csir	04:07:55
322	A	Tantoh	M	38	Csir	04:08:55
537	B	Yalisi	M	38	Csir	04:29:54
590	M	Lukhele	M	30	Csir	04:35:09
667	T	Pretorius	M	40	Csir	04:41:04
738	L	Morienyane	M	46	Csir	04:45:43
875	G	Chaane	M	55	Csir	04:57:35
936	F	Finbow	F	24	Csir	05:04:25
964	N	Mangoase	F	40	Csir	05:08:18
1000	T	Mohlomi	M		Csir	05:14:10

## **9. CSIR Running Club Achievers**

*I am aware that Colin Fisher was the 1<sup>st</sup> Grandmaster Man home in the Deliotte 21.1km race on the 24<sup>th</sup> February 2019. No photos, I'm afraid!*

*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



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

CSIR Building 24  
Meiring Naude Road  
Brummeria, Pretoria  
Telephone: 012 841 4141  
[www.bodykinetics.co.za](http://www.bodykinetics.co.za)  
[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



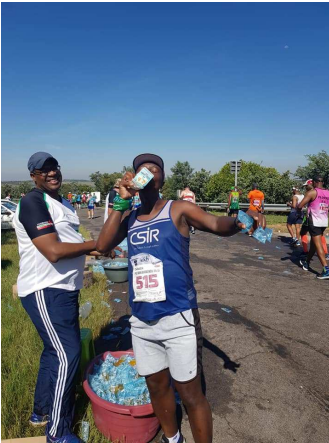
*Body Kinetics assist us with a waterpoint at our race. They are based at the CSIR and convenient to all of us. Please support them!*

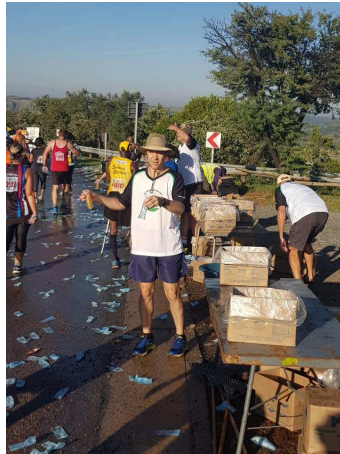
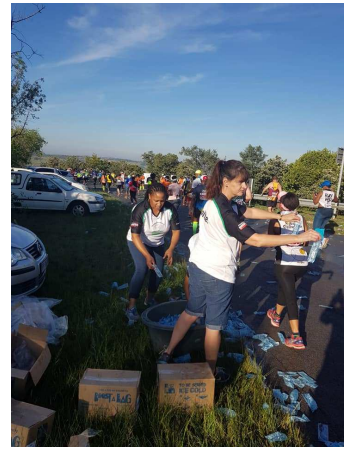
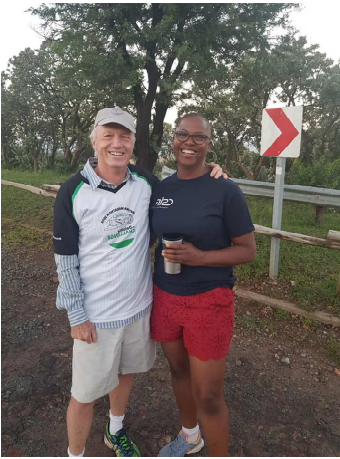
## 10. Gallery of Fun!

A selection of pics below from our Waterpoint duties at the Deliotte Marathon on Sunday 24<sup>th</sup> February 2019.

My grateful thanks to Tebogo Gumede for the photos!







## 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.

**A good run is like a cup  
of coffee...I'm much  
nicer after I've had one.**