

CSIR NEWS & RACES 2019

www.csirrunner.co.za

08/2019

19th May 2019

1. Editorial

Just three weeks to go until the iconic Comrades Marathon. Our whole running calendar revolves around this race. Think about it – in June and July, after the Comrades, there are fewer races and those that are on tend to be 10km or 15km events, sometimes a 21km. Very few marathons (Knysna is the only one that I can think of in July) and zero Ultra Marathons.

From August the 21km races creep back in, together with a couple of marathons for those wanting an early qualifier.

From January, it builds to a crescendo of Ultra's and Marathons in March and April and everyone wants to qualify and get their long training runs in and then now, in May, it all tapers again, which is exactly what Comrades runners should be doing!

It's an event that I've run 10 times, with 6 finishes. I watched it on TV before I was a runner and watch it on TV now. I have no desire to try and run it again (unless they give us 2 days to finish the damn thing!).

The Powers That Be seem to have sorted out the TV problems, so I will take a short run that morning as support to the brave souls competing in the race and my thoughts will be with them as they attempt the Everest of running in South Africa.

Please join us on the 28th May for a Pasta Evening for us to wish our own clubmates well as they finalise their plans to run. Details are in the newsletter below.

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!

28th May 2019

All fully paid-up members of the club are invited to our annual Pre-Comrades Pasta Evening on Tuesday 28th May 2019 to provide a send-off and well wishes to all our Comrades runners. If you are running Comrades, please do make an effort to be there in particular!

The event will start at 18h00 in the Meraka Auditorim in Building 43 at the CSIR. If you are not a staff member at the CSIR, we recommend that you bring along your Recreation Club Access Cards in order to facilitate access onto the CSIR Campus.

Please urgently RSVP your attendance to Kagiso Keatimilwe on keatimilwe@icloud.com urgently before Wednesday 22nd May 2018 for catering purposes!

5. UPCOMING GAUTENG RACES

May 2019

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

25th May 2019 – 07h00 – Superspar Hercules Skosana 5km / 10km / 21km. Superspar, Hercules, Moot Street. **PLEASE NOTE THAT THIS IS AN AGN LEAGUE RACE!**

June 2019

1st June 2019 – 07h00 – Race of Faith 5km / 10km / 15km. Silver Oaks Crossing.

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

8. Csr results for the Miway Cradle Of Humankind (CGA) 10km race - 2019-04-27

9. 2 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
410	B	Muthaya	F	42	Csir	01:15:18
417	A	Maharaj	M	51	Csir	01:15:30

Csir results for the Miway Cradle Of Humankind (CGA) 32km race - 2019-04-27

2 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
215	K	Halland	M	55	Csir	03:24:44
323	K	Keatimilwe	M	54	Csir	03:52:27

Csir results for the Freedom Day (AGN) 12.5km race - 2019-04-27

5 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
80	N	Young	M	65	Csir	01:14:40
81	K	Beyl	F	25	Csir	01:14:42
83	J	De Koker	M		Csir	01:14:47
92	R	Van Schalkwyk	M	39	Csir	01:16:19
439	A	Oosthuizen	M	66	Csir	02:01:58

Csir results for the Freedom Day (AGN) 25km race - 2019-04-27

5 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
11	S	Shabalala	M	44	Csir	01:49:07

57	B	Yalisi	M	38	Csir	02:15:21
98	N	Bird	M	45	Csir	02:25:14
182	S	Ngcwabe	M	44	Csir	02:49:31
239	N	Rpulenyane	F	31	Csir	03:13:00

Csir results for the Robor (CGA) 42km race - 2019-04-28

1 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
884	S	Ngcwabe	F	44	Csir	05:11:06

Csir results for the Love Run (AGN) 10km race - 2019-05-04

11 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
105	W	Dittmar	M	28	Csir	00:59:55
120	D	Strachan	M	37	Csir	01:00:24
144	P	Vermaak	F	62	Csir	01:01:45
146	K	Beyl	F	25	Csir	01:01:54
186	N	Young	M	65	Csir	01:03:56
200	R	Van Schalkwyk	M	39	Csir	01:04:43
480	X	Vuyeqaba	F	39	Csir	01:17:30
481	I	Vuyeqaba	M	40	Csir	01:17:31
533	K	Swettenham	M	56	Csir	01:19:50
569	J	De Koker	M	49	Csir	01:21:32
733	L	Masemola	F		Csir	01:33:07

Csir results for the Love Walk (AGN) 21km race - 2019-05-04

2 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
9	B	Muthaya	F	43	Csir	03:00:56
12	A	Maharaj	M	51	Csir	03:29:17

Csir results for the Love Run (AGN) 21km race - 2019-05-04

4 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
15	S	Shabalala	M	44	Csir	01:35:29
248	K	Kagiso	M	58	Csir	02:17:59
300	G	Chaane	M	55	Csir	02:23:19
433	T	Mohlomi	M		Csir	02:42:33

Csir results for the Jackie Mekler (AGN) 10km race - 2019-05-11

7 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
133	P	Vermaak	F	62	Csir	00:59:15
263	J	De Koker		49	Csir	01:08:20
296	X	Xoliswa		59	Csir	01:10:43
297	I	Vuyeoba		40	Csir	01:10:44
321	A	Maharaj	M		Csir	01:12:29
353	B	Muthaya	F	42	Csir	01:14:49
418	E	Fourie	F	57	Csir	01:19:20

Csir results for the Jackie Mekler (AGN) 25km race - 2019-05-11

9 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
37	E	Mngomezulu	M	34	Csir	01:44:44
193	W	Fourie	M	52	Csir	02:14:13
362	B	Yalisi		38	Csir	02:25:30
363	J	Stipinovich	M	42	Csir	02:25:33
404	K	Halland	M	55	Csir	02:28:20
485	F	Finbow	F	24	Csir	02:33:06
493	T	Mokoena		34	Csir	02:34:03
613	L	Morienyane	M	46	Csir	02:39:50
1049	K	Swettenham	M	56	Csir	03:18:24

8. CSIR Running Club Achievers



Petro Vermaak – 2nd Grandmaster Lady at the Love Run 10km on 4th May 2019!

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

● 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



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!

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: -

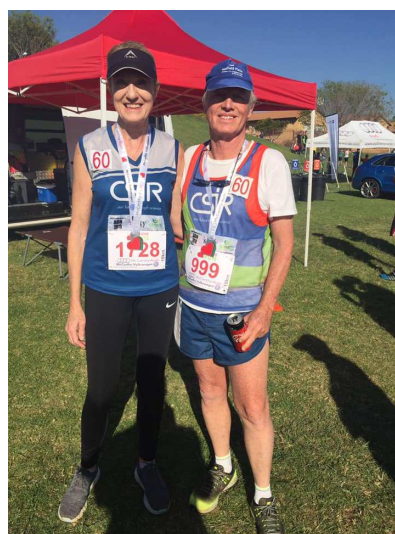
Tuesday 4th June 2019. Time 17:00 to 19:00

9. Gallery of Fun!

Loads of photo this week, so I have only included a few of what there are available to keep the file size of the newsletter within reasonable proportions. Please go and check out our Facebook page for a lot more!



Sizwe Tshabalala at the Love Run – 4th May 2019



Petro Vermaak & Neville Young at the Love Run

A selection of photos taken at the Jackie Meklar 10km / 25km on the 11th May 2019



Freya Finbow



Ken Halland



Willie & Elize Fourie

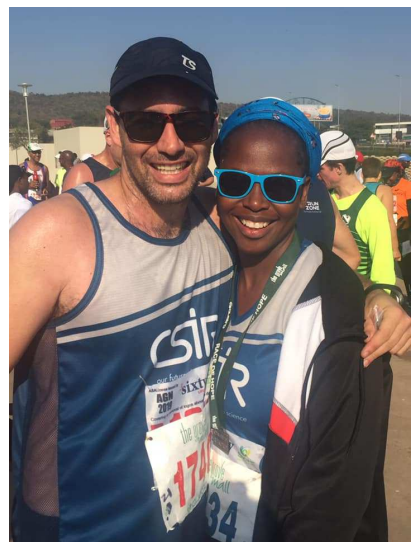
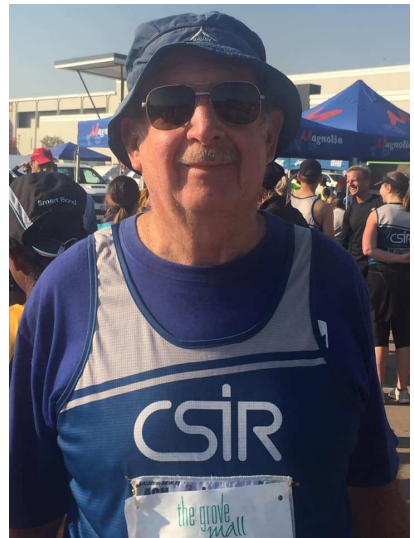


Jon Stipnovich & Brian Yalisi



A selection of photos taken at the The Grove Race for Hope 10km / 21km on the 18th May 2019







May I say a huge “Thank You” to Petro Vermaak for all of these pictures taken at races over the last few weeks!



Yours Truly finishing the RAC 10km with my mate Norman from Edenvale Rand Road Warriors – 19th May 2019

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.

