

CSIR NEWS & RACES 2019

www.csirrunner.co.za

10/2019

29th June 2019

1. Editorial

Everyone seems to be on a break after Comrades, which I guess is the right thing to do. Maybe I'm different, but in the days when I ran Comrades, my first run back would be the Time Trial at the club the Tuesday after the race! So, it is good to see some of our Comrades stalwarts appearing at races already.

For those of us who no longer have the motivation of the Comrades Marathon, we must make other goals. Running is about goals – not just “keeping fit”. If that is your goal, it's very easy to skip runs, skip training and skip races. Once you've committed to a goal, it constantly drives you forward.

So, whether you are a 5km runner looking to upgrade to 10km, or whether your goal is Comrades in 2020, keep your eye on the ball, so to speak, and work your way towards that goal.

I still have a few myself to achieve before the old body finally gives up the ghost! Some of them involved the magnificent competition that I have completed for the last 22 years – the 1000km Challenge. Some of the “older” readers of my newsletter will have heard me talk of this competition before and in the next newsletter, I will have an article on it. But suffice to say, if you are a regular runner and want to achieve something special, this is one to consider.

Enjoy the newsletter. Not a long one, but some nice photos from the Comrades “Aches and Pains” function to view! And please read some interesting Comrades information under the “Conclusion” section at the end regarding this year's Comrades as well as a bit of our club history in the event.

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

July 2019

6th July 2019 – 07h00 (06h30 for Walkers) – Garsfontein Ice Breaker 5km / 10km / 21km. Garsfontein Primary School.

7th July 2019 – 07h30 – Northgate Road Race 10km. Northgate Shopping Centre, Randburg.

13th July 2019 – 07h30 - Springbok Vasbyt 5km / 10km / 25km. Voortrekker Monument. Tough race, partly off road!

14th July 2019 – 08h00 – Cool Ideas Pirates 5km / 10km. Pirates Club, Greenside, Johannesburg.

20th July 2019 – 07h00 – Long Run / Walk to Freedom 5km / 10km / 21km. Atterbury Value Mart.

27th July 2019 – 07h00 – Zwartkop Road Race 5km / 10km / 21km. Zwartkop Lapa, Wierda Park. **AGN League Race.**

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 Race of Faith (AGN) 10km race - 2019-06-01
4 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
367	J	De Koker	M	49	Csir	01:17:37
373	T	Olckers	F	27	Csir	01:18:04
523	R	Collins	M	59	Csir	01:40:02
524	D	Bouwer	F	55	Csir	01:40:03

Csir results for the Race of Faith (AGN) 15km race - 2019-06-01

11 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
73	W	Fourie	M	52	Csir	01:14:24
165	B	Yalishi	M	38	Csir	01:22:34
166	W	Dittmar	M	28	Csir	01:22:38
178	F	Finbow	F	24	Csir	01:23:11
202	E	Wentzel	F	47	Csir	01:24:30
203	K	Halland	M	55	Csir	01:24:32
246	T	Mohloadi	M	40	Csir	01:27:37
319	S	Ngcwabe	F	44	Csir	01:32:27
442	J	Botha	M	39	Csir	01:40:06
506	K	Swettenham	M	56	Csir	01:46:38
658	A	Oosthuizen	M	66	Csir	02:09:03

Csir results for the Morula Executive Mayor (AGN) 10km race - 2019-06-15

2 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
122	K	Swettenham	M	56	Csir	01:10:08
151	M	Synwn	M	39	Csir	01:18:43

Csir results for the Fara Winter Challenge (AGN) 10km race - 2019-06-22

9 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
100	S	Shabalala		45	Csir	00:42:12
179	S	Hefer	M		Csir	00:48:56
180	W	Fourie	M	52	Csir	00:49:28
330	N	Young		65	Csir	01:00:40
417	S	Ngcwabe	F	44	Csir	01:06:33

447	J	De Koker		49	Csir	01:09:14
479	K	Swettenham	M	56	Csir	01:11:55
539	T	Gumede			Csir	01:16:12
542	T	Mohlomi	M		Csir	01:16:13

8. CSIR Running Club Achievers

I did send these out on a separate e-mail, but it's worth publishing them again here. Our magnificent Comrades Achievers! The 23 heroes and heroines of our club who completed the Comrades within the 12-hour cut-off to collect their exclusive medal.













As a club we achieved: -












3 Bill Rowan Medals

1 Robert Mtshali Medal. This is a new category.

3 Bronze Medals

16 Vic Clapham (Copper) Medals

Race No	Name	Nation	Club	Distance	Category	Time	# Sex	# Category
30566	Lindokuhle Sakhile Mdletshe	 RSA	CSIR Running Club	86,83 km	MOPEN	8:38:55	1831	987
10106	Jacques Tredoux	 RSA	CSIR Running Club	86,83 km	MOPEN	8:44:51	2044	1085
35200	Ernest Mngomezulu	 RSA	CSIR Running Club	86,83 km	MOPEN	8:45:23	2081	1103
27530	Paul Mokilane	 RSA	CSIR Running Club	86,83 km	M50	9:25:13	3418	345
12727	Thulasizwe Simelane	 RSA	CSIR Running Club	86,83 km	MOPEN	10:11:36	5506	2587
12033	Brian Yalisi	 RSA	CSIR Running Club	86,83 km	MOPEN	10:48:56	7749	3454
34489	Thebe Mokone	 RSA	CSIR Running Club	86,83 km	MOPEN	10:54:44	8266	3653
17765	Nontembeko Dudeni-Tlhone	 RSA	CSIR Running Club	86,83 km	F40	11:09:42	1539	575
23333	Ismael Sebaeng	 RSA	CSIR Running Club	86,83 km	M40	11:14:53	9188	3719
18861	Pitsi Francis Mokoatedi	 RSA	CSIR Running Club	86,83 km	MOPEN	11:22:25	9680	4150
46989	Mandla Khumalo	 RSA	CSIR Running Club	86,83 km	M50	11:24:58	9894	1419
50668	Jonathan	 RSA	CSIR	86,83 km	M40	11:32:18	10461	4227

	Stipinovich		Running Club					
22886	Roko Popich		CSIR Running Club	86,83 km	M50	11:32:19	10462	1533
31653	Pule Mothibe		CSIR Running Club	86,83 km	M50	11:33:23	10545	1552
7893	Marome Lucas Tseka		CSIR Running Club	86,83 km	M40	11:41:06	11198	4515
53508	Godfrey Chaane		CSIR Running Club	86,83 km	M50	11:44:33	11500	1776
19475	Mduduzi Lukhele		CSIR Running Club	86,83 km	MOPEN	11:48:25	11909	4911
33864	Thabang Mokoena		CSIR Running Club	86,83 km	MOPEN	11:50:38	12122	4986
6092	Theuns Pretorius		CSIR Running Club	86,83 km	M40	11:50:40	12124	4867
27349	Grace London		CSIR Running Club	86,83 km	FOPEN	11:52:06	2729	1310
20643	Nelson Sefara		CSIR Running Club	86,83 km	M40	11:53:27	12493	5001
36484	Tseliso Mohlomi		CSIR Running Club	86,83 km	M40	11:55:01	12813	5114
10297	Dudley Van Eeden		CSIR Running Club	86,83 km	MOPEN	11:56:07	13000	5335

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

CSIR Building 24
Moring Naudu Road
Grahamstown, Port Elizabeth
Telephone: 012 841 4141
www.bodykinetics.co.za
info@bodykinetics.co.za

Why join us?

- 24/7 Facility
- Securely 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!

11. Gallery of Fun!

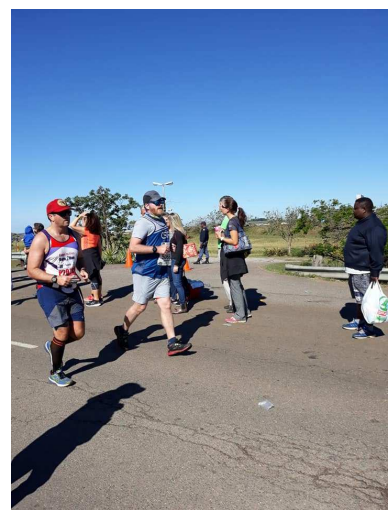
What would a post-Comrades newsletter be without a few photos of our runners on the route? I couldn't find too many, but here is a small selection of our colleagues during this grueling event!



Nelson Sefara



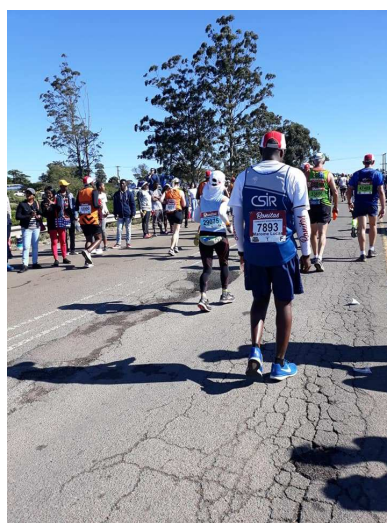
Tseliso wa Mohlomi



Jonathan Stipnovich



Pitso Mokoatedi



The back of Lucas Tseka!



Thabang Mokoena



Nonthembeko Dudeni-Tlhone

A few pictures from our “Aches and Pains” function on Tuesday 25th June 2019. Unfortunately, once again, business commitments prevented me from attending this, but it appears that everyone enjoyed themselves. My thanks to *Neville Young* for these pictures, which were posted on our Facebook page.





12. Conclusion

As a final point for the 2019 Comrades, I thought that I would add some Comrades stats, kindly sent to me by James da Silva. Try these for size: -

Entries for this Comrades 2019: 25000.

Runners which started the race: 21625.

Number of runners which finished under 11 Hours: 10040

Number of runners which finished between 11 and 11h30: 2260

Number of runners which finished between 11h30 and 11h45: 1724

Number of runners which finished between 11h45 and 11h55: 1695

Finally, the number of runners finishing under 12 hours: 16437 with 718 runners finishing in the last 5 minutes. Just over 5000 did not finish Comrades this year.

The 75th Comrades in 2000 had 21457 entries with only 13851 finishers.

We were very privileged to see Gerda winning the woman up run by more than 9 minutes in a time of 5h58mn53s., In the process getting R500.000 for the 1st Woman price, R500.000 for breaking the old record and R200.000 for being the first SA woman. So, she got R3.333 per minutes for her Comrades.

In 1989 Frith Van Der Merwe run the up run in 5h54m43s and in the same year Wally Hayward reappeared at the age of 79 to run the up run in 9h44m15s.

From a club point of view, we had a bit of history among our finishers this year. Retha Rossouw, a past Chairperson of the club, pointed out that Roko Popich, who finished this year in 11:32, ran the second fastest Comrades time by a CSIR Running Club member in 1993, clocking 6:45! The best time ever by a CSIR Running Club member was in 1996 by Jaco Hart, who finished that year in 6:40.

However, as a special mention, possibly the best Comrades run ever was in 2001, when Niel van Wyk, ran the race in 7:01 – at the age of 51! Probably the best time to age run ever for our club!

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.

