

CSIR NEWS & RACES 2019

www.csirrunner.co.za

12/2019

25th September 2019

1. Editorial

Time just runs away from us and I realized today that it's been almost 6 weeks since the last newsletter. With some travelling coming up, which will severely limit my time, I decided to get a quick one out today!

The main purpose of this newsletter is again to appeal to the membership for volunteers for assistance at our race on the 19th October 2019. The response to the e-mail that I sent out last week has been very poor, so we really need members to come to the party, otherwise our race will be a complete disaster! If you haven't responded yet, please do so urgently before the 8th October 2019, so that the organisers may allocate you a position.

On a lighter note, I was amazed to be awarded the prize for 1st place at the Bophelong 10km in Mamelodi yesterday. Being somewhat of a "back-of-the-pack" runner, I never win anything and generally just participate for fun. But despite a number of 50+ men finishing in front of me, I was the first one wearing the age-tags. So, the lesson is simple – if you are over 40, please wear your age-tags. You never know when you may get "lucky"!

Loads of results in the newsletter as well. I am aware that this is a favourite section of most runners, so if this makes the newsletter longer than normal, I'm sure that you'll forgive me.

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 summer months,

Time Trials will start at 17h30. Please note that the Time Trials will start from 17h30 at the beginning of September and will continue at that time until the end of April 2020!

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!

The next League Race is the Chamberlains Capital Classic on the 5th October 2019. For reasons beyond our control, the club trailer and the usual catering have not been at League Races for the last 3 months and for this, we apologise! We will make every effort to make sure that the catering is present for the next race, as it is a big event and we expect many our members to run. Please look out for the gazebo and join us for a drink and something to eat at the race!

5. UPCOMING GAUTENG RACES

September 2019

28th September 2019 – 06h00 (05h45 for Walkers) – Irene Spring Race 5km / 10km / 21km. Irene Village Mall.

29th September 2019 – 07h00 – Rainbow 5km / 10km / 21km. Barnard Stadium, Kempton Park. (CGA)

October 2019

5th October 2019 – 06h00 – Chamberlains Capital Classic 5km / 10km / 21km. Phobians Club, Queens Crescent, Lynnwood. **AGN League Race.**

6th October 2019 – 08h00 – Jo'burg's Most Beautiful Race 5km / 10km. Marks Park Sports Club, Judith Road, Emmarentia. (CGA). **Pre-entries only!**

12th October 2019 – 05h30 – Jacaranda City Challenge 5km / 10km / 21km / 42km. Hoerskool Oos-Moot.

Please note new venue!

13th October 2019 – 07h00 – Fat Cats 5km / 10km. Waterfall Park, Mall of Africa, Magwa Crescent, Midrand.

New Event!

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!

If you haven't responded already, please respond urgently to me at kenjohn@iafrica.com with your willingness to help on the morning. We need people to marshall, hand out medals at the end, registration and many other areas of assistance. Marshalling is particular still need a number of positions filled. We do need your reply by **8th October 2019** so that jobs can be allocated and advised in plenty of time for the event!

Please be aware that no CSIR Running Club Member will be permitted to run the race itself, as we really do need your assistance on the morning! A Helper's Run will be arranged for all members wishing to run the route.

7. CSIR AT THE RACES

Csir results for the Phobians (AGN) 15km race - 2019-08-17

16 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
164	W	Fourie	M	52	Csir	01:14:05
168	W	Dittmar	M	28	Csir	01:14:20
319	N	Bird	M		Csir	01:21:59
346	J	Tredoux	M		Csir	01:23:03
492	M	Thompson			Csir	01:28:11
497	M	Dolphin	F	54	Csir	01:28:18
519	K	Beyl	F	45	Csir	01:29:06
586	J	Da Silva	M	67	Csir	01:31:49
660	E	Rakate		40	Csir	01:33:54
716	P	Vermaak	F	63	Csir	01:35:24
809	K	Keatimilwe	M	58	Csir	01:38:04
827	J	De Koker			Csir	01:38:52
924	K	Swanland	M	67	Csir	01:42:24
999	P	Peres		68	Csir	01:45:24
1381	K	Swettenham	M	56	Csir	02:06:35
1475	A	Oosthuizen	M	67	Csir	02:17:05

Csir results for the Clicks SMU (AGN) 21km race - 2019-08-24

2 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
171	K	Keatimilwe	M	55	Csir	02:21:24
260	K	Swettenham	M	56	Csir	02:42:46

Csr results for the Spirit Of Flight (AGN) SHORT COURSE 10km race - 2019-08-31

14 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
108	C	Fisher	M	61	Csir	00:37:59
313	K	Halland	M	55	Csir	00:44:14
358	W	Dittmar	M	28	Csir	00:45:23
359	B	Yalisi	M	38	Csir	00:45:25
507	K	Keatimilwe	M	58	Csir	00:49:31
522	K	Beyl	F	25	Csir	00:49:49
536	A	Chingombe	M	38	Csir	00:50:01
589	J	De Koker	M	49	Csir	00:51:13
622	D	Chirwa	F	32	Csir	00:51:46
752	P	Peres	M	68	Csir	00:55:00
995	K	Swanlund	M	67	Csir	01:00:21
1304	T	Olckers	F	27	Csir	01:11:00
1371	A	Oosthuizen	M	67	Csir	01:15:27
1529	K	Swettenham	M	56	Csir	01:27:16

Csr results for the Brooklyn (AGN) 10km race - 2019-09-07

11 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
47	C	Fisher	M	61	Csir	00:44:08
330	G	Roux	M	61	Csir	01:00:18
430	P	Peres	M	68	Csir	01:03:53
529	J	De Koker	M	49	Csir	01:06:34
558	N	Young	M	65	Csir	01:07:30
630	M	Dolphin	F	54	Csir	01:10:01
631	Z	Schutte	F	30	Csir	01:10:02
976	T	Olckers	F	27	Csir	01:22:58
987	T	Gumede	F	45	Csir	01:23:25
1073	A	Oosthuizen	M	67	Csir	01:28:16
1075	E	Fourie	F	37	Csir	01:28:21

Csr results for the Brooklyn (AGN) 21km race - 2019-09-07

10 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
25	S	Shabalala	M	45	Csir	01:33:20
45	J	Mkhonza	M	29	Csir	01:37:40
63	D	De Wet	M	37	Csir	01:42:40

353	S	Hefer	M	39	Csir	02:05:37
362	N	Sefara	M	45	Csir	02:05:55
384	K	Beyl	F	25	Csir	02:07:46
697	B	Julius	F	41	Csir	02:26:30
747	J	Botha	M	40	Csir	02:28:52
999	S	Makhanya	F	34	Csir	02:55:09
1003	K	Swettenham	M	56	Csir	02:55:37

Csir results for the Brooklyn (AGN) 32km race - 2019-09-07

5 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
183	W	Fourie	M	52	Csir	02:58:10
221	W	Dittmar	M		Csir	03:03:06
276	A	Chingambe	M	38	Csir	03:09:43
325	L	Tseka	M	44	Csir	03:13:04
424	T	Pretorius	M	41	Csir	03:22:12

Csir results for the Fred Morrison (CGA) 21km race - 2019-09-08

1 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
612	K	Swettenham	M	56	Csir	02:59:00

Csir results for the Muller Potgieter (AGN) 10km race - 2019-09-14

4 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
153	J	De Koker	M	49	Csir	01:04:23
317	T	Olckers	F	27	Csir	01:22:26
319	N	Gombe	F	52	Csir	01:22:54
343	E	Fourie	F	57	Csir	01:26:37

Csir results for the Muller Potgieter (AGN) 21km race - 2019-09-14

3 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
73	W	Fourie	M	52	Csir	01:49:15
74	W	Dittmar	M	28	Csir	01:49:16
102	N	Bird	M	45	Csir	01:53:44

Csr results for the Lester Mills Memorial (AGN) 10km race - 2019-09-18

5 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
41	C	Fisher	M	60	Csir	00:44:34
121	W	Dittmar	M	28	Csir	00:54:13
233	E	Wentzel	F	47	Csir	01:03:05
250	J	De Koker	M	49	Csir	01:04:49
356	A	Oosthuizen	M	67	Csir	01:32:40

Csr results for the Morula (AGN) 21km race - 2019-09-21

1 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
161	K	Swettenham	M	56	Csir	02:55:52

Csr results for the Bophelong (AGN) 10km race - 2019-09-24

3 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
49	N	Young	M	65	Csir	00:59:04
101	K	Swettenham	M	56	Csir	01:14:00
112	A	Oosthuizen	M	67	Csir	01:22:24

Csr results for the Bophelong (AGN) 21km race - 2019-09-24

3 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
17	S	Shabalala	M	45	Csir	01:30:37
171	S	Ngcwabe	F	45	Csir	02:24:53
172	B	Julius	F	40	Csir	02:25:27

Cape Town City Marathon

3018	4143	Thebe MOKONE	04:09:09	Senior	1325	Male	2494	CSIR RUNNING CLUB	South Africa
3527	7131	Nelson SEFARA	04:17:19	40-49	965	Male	2856	CSIR RUNNING CLUB	South Africa
6021	11008	Mariente DOLPHIN	04:51:11	50-59	178	Female	1575	CSIR RUNNING CLUB	South Africa
6467	7024	Mokgwetsi RAKATE	04:57:34	40-49	1592	Male	4695	CSIR RUNNING CLUB	South Africa
6502	8936	Grace LONDON	04:57:57	Senior	960	Female	1786	CSIR RUNNING CLUB	South Africa

6849	14521	Bianca JULIUS	05:04:06	40-49	639	Female	1925	CSIR RUNNING CLUB	South Africa
9435	15543	Ken SWETTENHAM	06:25:04	50-59	958	Male	6211	CSIR RUNNING CLUB	South Africa
	14827	Linda MASEMOLA	DNF	Senior		Female		CSIR RUNNING CLUB	

8. CSIR Running Club Achievers

I'm sure Colin Fisher may have won one or two of his age categories since the last newsletter, but I do have photo's of **Neville Young** and myself, who won our respective age categories at the Bophelong 10km race in Mamelodi on the 24th September 2019, as below: -



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 Nauda Road
Brumansburg, Pretoria
Telephone: 012 541 4141
www.bodykinetics.co.za
info@bodykinetics.co.za

Why join us?

- 24/7 Facility
- Security Controlled Campus
- 25m 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!

Condolences

Once again, it is with great sadness that the CSIR Running Club offers its sincere condolences to our Club Captain, **Johann Moller** and his wife, **Elsa** and their family for the passing of Johann's Mother earlier this month. Please accept our thoughts and prayers for you and your family and we wish you 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!

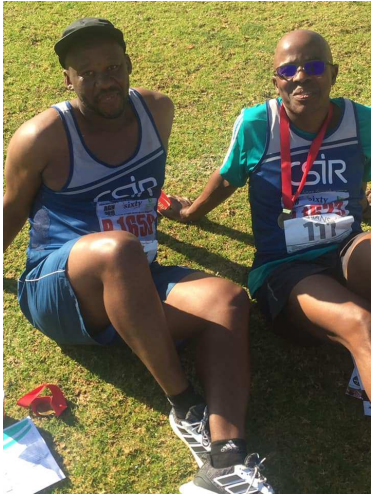
1000km Challenge

Many of you will know that I am a die-hard entrant into the competition called the 1000km Challenge. During the 2018 / 19 Running season, I completed my 22nd 1000km Challenge and was thrilled to be a part of the Awards Luncheon that took place during August. This competition keeps me motivated to run and I hope to be a part of it for many years to come. Below are photos of me collecting my awards from one of the organisers, Hettie Fourie, as well as the group of lunatics who do this competition year-after-year! Please let me know if you want more details on how to enter for this event, that honours all runners and walkers, no matter what your pace, or where you finish – as long as you do finish. 😊



11. Gallery of Fun!

A few photos of our members after the Phobians 15km Race on the 17th August 2019.



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.

