

CSIR NEWS & RACES 2019

www.csirrunner.co.za

13/2019

27th October 2019

1. Editorial

It always feels like the calm after the storm once the CSIR Race has been done and dusted. It's always a long day and everybody falls in bed exhausted on Saturday night! By all accounts, the race went very well, although there were some issues with the race number collection on race day morning, which I'm sure will be addressed for next year.

Personally, I enjoy my marshalling spot at the A-Frame gate entrance and loved the breakfast packs that we had, nice coffee from the Sasol garage across the road and, of course, plenty of cold ones after the race!

May I take this opportunity to thank each and every member, friend and family who gave up their morning to assist us in some way and I do hope that you all have a fabulous time. It is the highlight of our club year and we couldn't do it without you!

So, with the year rapidly coming to an end – yes, Christmas trees and decorations are already in the shopping centres – the main event left for our club will be the annual AGM and prize giving evening – always great fun. The date is still to be confirmed but will probably be the first or second Tuesday in December.

Our race date next year is the 18th October 2020 – the same day as the Sanlam Cape Town Marathon, so I do hope that not too many of our members go down for that major event!

Personally, I leave this week for a trip of a lifetime to the NYC Marathon next Sunday. A full race report and news from that small event in the next newsletter!

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!

Look out for news of our upcoming AGM and Prize Giving. The date will be confirmed soon, but expect it to be on the first or second Tuesday in December!

5. UPCOMING GAUTENG RACES

Novmeber 2019

2nd November 2019 – 06h00 - BDS Road Race with Discovery Vitality 5km / 10km / 21km. Wonderpark Shopping Centre. **AGN League Race! Pre-entries close 31st October 2019.**

9th November 2019 – 06h00 – Fara Summer Challenge 5km / 10km / 21km. Rietdonale Park, Soutpansberg Road.

16th November 2019 – 06h00 – Tom Jenkins Challenge with Discovery Vitality 5km / 10km / 21km. Union Buildings.

23rd November 2019 – 06h00 – Voortrekker Monument Challenge 5km / 10km / 21km. Voortrekker Monument.

24th November 2019 – 06h00 – RAC Tough One 32km. Old Parktonians Club, Randburg. (CGA 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

Once again, our race was a huge success as a small club like ours hosted a Road Race in Gauteng North for the 29th consecutive year! This year, we partnered with Discovery Vitality for the first of the Gauteng North Discovery series of races. Without you our race would not be the success that it was and as members, we are very grateful to **Keneliwe Mogonedi** and her race committee for the long hours, weeks and even months of organization that they put in the make this one morning a success. Below is a section of photographs that, hopefully, capture the day! There are many more on the CSIR Running Club Facebook page – please check them out there!





Our grateful thanks to Neville Young who took all these photos. As mentioned above, there are lots more on our Facebook page – far too many to put into the newsletter!

See you all on the 18th October 2020!

7. CSIR AT THE RACES

Csir results for the Irene Spring (AGN) 10km race - 2019-09-28
6 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
317	N	Young	M	65	Csir	01:01:54
367	P	Peres	M	68	Csir	01:03:50
464	J	De Koker	M	49	Csir	01:06:50
837	T	Olckers	F	27	Csir	01:20:31
879	E	Fourie	F	57	Csir	01:22:18
978	L	Masemola	F		Csir	01:28:16

Csir results for the Irene Spring (AGN) 21km race - 2019-09-28

10 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
96	S	Shabalala	M	45	Csir	01:36:06
133	C	Fisher	M	61	Csir	01:39:45
286	W	Fourie	M	52	Csir	01:50:07
524	K	Halland	M	55	Csir	01:58:35
710	W	Dittmar	M	28	Csir	02:06:01
927	K	Keatiwilwe		58	Csir	02:14:05
1182	J	Botha	M	40	Csir	02:27:04
1456	K	Swettenham	M	56	Csir	02:52:41
1494	S	Makhanya	F	34	Csir	02:58:47
1503	A	Oosthuizen	M	67	Csir	02:59:57

Csir results for the Chamberlain Capital Classic (AGN) 10km race - 2019-10-05

10 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
50	C	Fisher	M	61	Csir	00:44:01
478	F	Finbow	F	25	Csir	01:05:43
485	D	Chirwa	F	32	Csir	01:06:04
625	J	De Koker	M	49	Csir	01:10:08
700	W	Engelbreg	M	51	Csir	01:12:06
886	E	Engelbreg	F	52	Csir	01:17:09
989	S	Makhanya	F	34	Csir	01:20:42
1038	T	Olckers	F	27	Csir	01:22:50
1070	E	Fourie	F	57	Csir	01:24:44
1246	A	Oosthuizen	M	67	Csir	01:34:52

Csir results for the Chamberlain Capital Classic (AGN) 21km race - 2019-10-05

13 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
61	J	Mkhonza	M	29	Csir	01:34:48
142	W	Dittmar	M	28	Csir	01:45:35
346	W	Fourie	M	52	Csir	01:59:03
383	L	Tseka	M	44	Csir	02:00:13
548	K	Beyl	F	25	Csir	02:09:34
719	K	Halland	M	55	Csir	02:16:16
896	K	Kagiso	M	58	Csir	02:23:19
1043	B	Julius	F	41	Csir	02:30:42
1189	N	Young	M	65	Csir	02:42:16
1222	S	Siziwe	F	45	Csir	02:44:50
1239	F	Vyeqck	M	40	Csir	02:47:39
1250	X	Xoliswa	F	39	Csir	02:49:13
1311	T	Pretorius	M	41	Csir	02:57:31

Csir results for the Jacaranda City Challenge (AGN) 10km race - 2019-10-12

9 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
282	N	Young	M	65	Csir	00:59:59
310	G	Roux	M	61	Csir	01:01:14
403	J	Botha	M	40	Csir	01:04:27
406	W	Engelbrecht	M	51	Csir	01:04:34
729	E	Engelbreg	F	52	Csir	01:14:41
774	E	Fourie	F	57	Csir	01:15:45
836	T	Olckers	F	27	Csir	01:18:15
921	T	Gumede	F	45	Csir	01:21:13
1148	R	Roux	F	60	Csir	01:33:10

Csir results for the Jacaranda City Challenge (AGN) 21km race - 2019-10-12

9 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
117	S	Shabalala	M	45	Csir	01:38:43
436	S	Hefer	M		Csir	02:00:12
1417	J	De Koker	M	49	Csir	02:29:40
1721	T	Mohlomi	M		Csir	02:39:44
1839	V	Xoliswa	F	39	Csir	02:44:55
1840	V	Ignatius	M	40	Csir	02:44:55

1859	S	Ngcwabe	F	45	Csir	02:45:33
2029	K	Swettenham	M	56	Csir	02:52:38
2338	L	Masemola	F		Csir	03:22:42

Csir results for the Tommy Malone Memorial (CGA) 15km race - 2019-10-20

2 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
261	L	Mokone	M	52	Csir	01:40:23
362	K	Swettenham	M	56	Csir	01:50:46

8. CSIR Running Club Achievers



Petro Vermaak was on the podium at the Irene Farm Race on the 26th October 2019. I'm not sure which prize she won, but I assume it was for the 10km Grandmaster Lady. Congratulations!

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!

Club Access Cards

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

The next days of issuing cards will be: -

- Friday the 15th November
- Friday 29 November 2019
- Friday 17 January 2020

For any new members between these dates, kindly send me their names and I will pass them on to Security.

She is typically available from 17h00 to 19h00 on the specified days.

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!

Bela – Bela Marathon – 9th November 2019

Neville Young writes: -

I want to take Sizwe to BelaBela for his 2nd marathon and for Jabulani's 1st marathon on the 9th of November. Sizwe can restrain Jabu, that is if Jabu can keep up with Sizwe. I will run the half-marathon.

This is a qualifier for 2 Oceans and Comrades.

It would be nice if another person could come along. Anton Cilliers was with us last year and shared petrol costs but has not been well so will miss this year's event.

I did very much enjoy this event in 2018, so I would be grateful if you could email the membership with this offer of a lift. There and back on the morning.

More about the event can be found at <https://runningraces.co.za/polokwane/superspar-bela-bela-marathon/>.

Cheers – Neville
nevyoung@gmail.com
083 303 2840 Whatsapp

Race Report – Gods Window Half-Marathon – 5th October 2019 by Ken Swettenham

Unfortunately, I missed the last league race to run an event that I had had my eye on for years – The God's Window Half-Marathon. So, with it being a school holiday weekend, I took the family for a long weekend to Graskop, so I could participate. I had pre-entered and had no problems collecting my entry.

The race started at 07h00 on the 5th October 2019. A little late, as it was already very hot, and I was wishing for a 06h00 start! We stayed less than 2km from the start, so it was just a short drive to get there and I was able to park literally less than 50m from the start. Announcements were clear and there was an enthusiasm as there always is at these smaller "out-of-town" races. Many people obviously knew each other, but I was quite happy to watch the build up from the sidelines. I was approached by one person, who knew me by name, but I didn't know him – he told me that he used to run for Alpha Centurion and loved our CSIR race and now he lived in Graskop and helped organize the God's Window Half-Marathon. He thanked me for coming to do their race!

About 300 runners lined up outside a restaurant in Graskop. As is my habit, I started at the back. I wasn't going to kid myself – I had driven the route the day before – it was going to be a long, hot and tough day on the road. It was

a fast start, due to the fewer runners than we were used to. The first 3km are a relatively easy trot out of Graskop and onto the God's Window road. The climbing loomed before you and I shuddered as I looked at the faster bodies way ahead of you and much higher up than you are! From around 4km, I adopted my (now) normal run / walk strategy. I had no choice with the steepness of the hill and the heat!

And so, we climbed and climbed. There was the odd respite, but basically you climb the whole way on this out-and-back route to the turnaround point. I looked jealously at the faster runners flying down the other side! It was tempting to turn at the 10km point. Again, as I got there, a lady greeted me by name on the other side of the road – I have no idea who she was! Once we passed the 10km turnaround, it was a very lonely run. Not too many people stupid enough to do the 21km on this route, in this heat!

But I trudged on. I kept reminding myself that I was there because I wanted to be and looked at the spectacular scenery and knew I'd rather be doing this race than running with thousands of other runners at a Gauteng race. I was grateful when the turnaround point came at 10.5km in an insanely slow 1:33 – even by my standards!

Suddenly as you started going down, it was nice to run again! However, I found it too hot to run for long and continued to take regular walk breaks. Fortunately, the water points were well-stocked with cold water and most of them had something to eat as well. Knowing that I would have to speed up to get in under 3 hours, I set about getting my pace down to that point.

In the end, helped by the scenery, encouragement from water points and dogged determination, I shuffled over the finish line in 2:58:25, finishing 162nd out of 173 runners! At least I wasn't last. I gratefully took my medal and headed straight into a local restaurant for a couple of much needed cold beers! The 10km event had 162 finishers. Just out of interest the winning time on the 21km was 1:21 – very slow by Gauteng standards and gives you an idea of how tough the route is!

Yes, it was a tough day on the road, but I have always loved doing these out-of-town races but due to family circumstances, I haven't had a chance to do too many over the last few years. I hope that will change going forwards – there is really something special about running a race in one of the smaller towns of our country. If you haven't done so, I really recommend that you make a plan at some stage of your running career!

11. Gallery of Fun!

A few more photos from the CSIR Half-Marathon





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.

