

# **CSIR NEWS & RACES 2019**

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

**14/2019**

**15<sup>th</sup> December 2019**

## **1. Editorial**

*I owe the club a huge apology with this being the first newsletter in 6 weeks and it will be not only the last newsletter of the year, but my last one as well, as I step down as Newsletter Editor and Club Communicator.*

*From 2020, the newsletter will be edited by Neville Young and I'm sure that he will bring a new perspective to the writings and ramblings of the club. There is nothing wrong with change and I, for one, am looking forward to reading Neville's newsletters.*

*But for this one, I've tried to keep it short – with difficulty! There are loads on race results since the last newsletter – a feature that many people tell me is their favourite in the newsletter. I deliberately delayed this newsletter until after our AGM, in order to inform you of our new committee. There have been many changes, but I believe that our 2020 committee is a strong one and will lead the club to greater heights and I am looking forward to being a “normal” member next year and benefiting from what is in store for us!*

*Finally, I am taking some licence in this newsletter. I achieved a lifetime dream on the 3<sup>rd</sup> November 2019 by taking part in the New York City Marathon. It was everything that I expected and more and I have included a full race report with some pics in this newsletter. All I can say is if you ever get the opportunity to run this event – do it! It was, without doubt, the highlight of my running career and I was thrilled to have finished the race before I get too old to run marathons!*

*On that note, let me wish everyone a Merry Christmas and a Happy and Prosperous New Year for 2020 – from both myself personally and from the outgoing 2019 Committee. I look forward to interacting with you all next year!*

Ken



## **2. Your new 2020 Committee Members**

<b>Chairperson</b>	-	<b>Willie Fourie</b>
<b>Vice – Chairperson</b>	-	<b>Ken Halland</b>
<b>Secretary “SG”</b>	-	<b>Petro Vermaak</b>
<b>Treasurer</b>	-	<b>Elaine Wentzel</b>
<b>Club Captain – Male</b>	-	<b>Johann Moller</b>
<b>Club Captain – Female</b>	-	<b>Tebogo Gumede (new position)</b>
<b>Newsletter Editor</b>	-	<b>Neville Young</b>
<b>Statistician</b>	-	<b>Heloise Meyer</b>
<b>Additional Member</b>	-	<b>Elsa Moller</b>

## **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](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)

## **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 first League Race is the Ace 10km / 21km on the 11<sup>th</sup> January 2020 at Eersterust Stadium. I am aware that the club dropped the ball somewhat in catering for League Races in 2019, but there will definitely be catering and the Gazebo at this race! How do I know? Because I am doing it! Please join us for a coffee before the race (the gazebo will be there from around 04h30) and a drink and a bite to eat afterwards. At the AGM our outgoing Chairperson, Tebogo Machete encouraged us all to support League Race more in 2020, so let’s get the year off to a fabulous start by running this event.**

## **5. UPCOMING GAUTENG RACES**

In order to keep the newsletter as short as possible, I’m not listing all the upcoming race, but please do go onto [www.raceresults.co.za](http://www.raceresults.co.za) and click on their Flyers link and you’ll find all the races there!

## **6. CSIR 10/21km ROAD RACE**

Our race for 2020 will be held on the 17<sup>th</sup> October 2020. Please keep this day free in your diaries for the assistance that we always need.

## **7. CSIR AT THE RACES**

Csir results for the Faranani Summer Challenge (AGN) 10km race - 2019-11-09  
4 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
159	N	Young	M	65	Csir	01:01:15
169	J	De Koker	M	49	Csir	01:02:09
368	E	Fourie	F	57	Csir	01:17:07
471	L	Masemola	F		Csir	01:27:37

Csir results for the Faranani Summer Challenge (AGN) 21km race - 2019-11-09

6 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
33	S	Shabalala	M	45	Csir	01:37:09
84	S	Mthembu	M	40	Csir	01:52:08
95	W	Fourie	M	52	Csir	01:54:35
106	Q	Mckenzie	M	42	Csir	01:57:28
139	E	Wentzel	F	48	Csir	02:01:53
264	G	Chaane		56	Csir	02:22:56

Csir results for the Bela Bela Superspar (LIMA) 42km race - 2019-11-09

1 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
129	K	Halland	M	55	Csir	04:37:19

Csir results for the Voortrekker Monument (AGN) 5km race - 2019-11-23

1 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
70	S	Olckers	F	27	Csir	00:43:54

Csir results for the Voortrekker Monument (AGN) 10km race - 2019-11-23

7 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
58	W	Dittmar	M	28	Csir	00:58:09
183	N	Young	M	65	Csir	01:07:12
200	B	Yalisi	M	38	Csir	01:08:07
202	Q	Mckenzie	M	42	Csir	01:08:19
204	K	Halland	M	55	Csir	01:08:22
373	K	Swettenham	M	56	Csir	01:18:59
594	A	Oosthuizen	M	67	Csir	01:44:27

Csir results for the Voortrekker Monument (AGN) 21km race - 2019-11-23

3 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
5	J	Mkhonza	M	29	Csir	01:37:00
14	S	Shabalala	M	45	Csir	01:46:55

174	M	Dolphin	F	54	Csir	02:32:45
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Csir results for the RAC City Lodge Tough One (CGA) 32km race - 2019-11-24

7 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
2448	T	Pretorius	M	41	Csir	03:34:34
2878	W	Dittmar	M	28	Csir	03:43:37
2910	G	Chaane	M	56	Csir	03:44:08
3322	L	Mokone	M	52	Csir	03:54:30
3373	P	Mothibe	M	50	Csir	03:55:42
4472	T	Khiba	M	48	Csir	04:29:36
4650	K	Swettenham	M	56	Csir	04:42:22

Csir results for the RAC City Lodge Tough One 94 7 Duo (CGA) 126km race - 2019-11-24

1 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
2877	W	Dittmar	M	28	Csir	08:12:37

Csir results for the Run For Bibles (AGN) 10km race - 2019-11-30

4 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
124	E	Wentzel	F	48	Csir	00:57:22
243	P	Vermaak	F	63	Csir	01:05:14
478	W	Engelbreg		51	Csir	01:18:30
537	E	Engelbreg		52	Csir	01:22:31

Club Results

Csir results for the Run For Bibles (AGN) 21km race - 2019-11-30

10 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
135	W	Fourie	M	52	Csir	01:57:17
170	Q	Mckenzie	M	43	Csir	02:00:07
250	W	Dittmar	M	28	Csir	02:06:41
388	M	Dolphin	F	54	Csir	02:17:52
583	J	De Koker	M	49	Csir	02:32:00
596	N	Young	M	65	Csir	02:34:11
729	K	Swettenham	M	56	Csir	02:48:38
766	T	Khiba	M		Csir	02:54:59

792	S	Makhanya	F	34	Csir	02:58:48
836	L	Masemola	F		Csir	03:12:15

Csir results for the Run For Bibles (AGN) 42km race - 2019-11-30

10 club finishers

Position	Initials	Surname	Sex	Age	Club	Finish Time
33	J	Mkhonza	M	29	Csir	03:29:49
35	L	Moletshe	M	30	Csir	03:30:30
45	S	Shabalala	M	45	Csir	03:36:50
306	N	Dudeni-tlhone		42	Csir	04:38:23
412	F	Finbow	F	25	Csir	04:56:20
556	L	Nyelisani	M	39	Csir	05:28:03
567	N	Mangqase		41	Csir	05:29:15
570	L	Mokone	M	52	Csir	05:30:36

## 8. CSIR Running Club Achievers

This should possibly be under General, but I think it's an achievement. I don't know of any club member ever having run the incredibly tough Sani Stagger, but we had a member this year who did it. Congratulations to **Nomatola Gwaxula** for holding the club flag high and completing this gruelling event.



## 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

### 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](mailto:elaine.wentzel09@gmail.com) if you would like to order a set for yourself or any other club member!



### New York City Marathon – 3<sup>rd</sup> November 2019

I had the privilege of running the London Marathon in 1998 and ever since then, I had eyed out the iconic New York City Marathon with the desire that one looks at a new lover. I wanted it and hoped it wanted me!

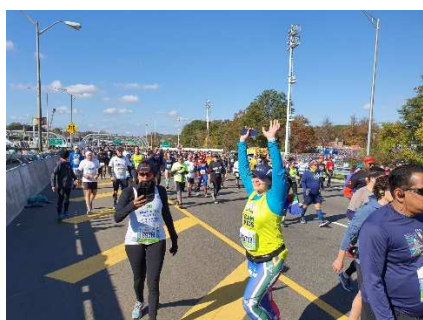
My journey started in late 2017 when I put my name down for the lottery entry draw. After not getting in for 2 years and knowing, as I get older, that I don't have too many more marathon years left in me, I decided to make another plan and book the entry through a Cape Town Travel Agent, who has about 100 entries guaranteed available each year, as long as you at least book the hotel and / or flights with them. So, I got one of their guaranteed entries.

I won't go into my whole New York trip – just marathon day. The marathon starts around 07h00, when the “Achilles” runners start – runners with some sort of disability. Then the wheelchair athletes go and the Elite's start at 09h00. Everyone else start in 4 different “waves” until 11h00. My wave was the last one at 11h00 – all based on your predicted finishing time, as advised on the entry.

We left the hotel at 06h00. I wondered why so early, when we were only starting at 11h00. I soon found out – with 55000-odd runners, it took our bus 2-and-a-half hours to do the 30km journey to the start on Stratton Island! The whole of the military base of Fort Wadsworth was turned into a “Runners Village” where we waited for our start in 7 degree Celsius temperatures. The photos below indicates the “waiting” area. It was like a squatter camp!



Eventually, we were called to the start area when our “wave” was due and we were shuffled like sheep onto the Statton Island bridge where the start takes place.



There were pacing busses to help you along, but it meant very little to me! The paces were all in miles! The pacing bus below, I understand, equates to a sub 5:30 marathon.



And so, at 11h00 on the 3<sup>rd</sup> November 2019, NYC time (about 6pm in South Africa), so began my 42.2km journey on foot through the 5 boroughs of New York. There is only one small problem with running such a race – you have to run with your phone or camera – you really can't miss what's happening on the side of the road, but if I'd taken a photo of every interesting thing that I saw, I'd still be running the race today. So, I trotted along and below of some of the interesting features that I did manage to click along the route: -



*Manhattan from the Statton Island Bridge*



*Just to give you an idea of the numbers!*



*Medical Support was excellent the whole way*

The route was marked in miles, but the kilometres were also reflected every 5km, quite clearly. There was also electronic timing – every single mile, so if you had someone tracking you on their App, as my wife was, she got an update every time you passed a mile marker. It really was a level that I've never seen in South Africa.



*Halfway!*

The crowd support was also the best that I have ever seen in my life and there were many signs to read along the route, both formal and informal. Many of the supporters held up signs of encouragement. The best one (which I didn't take a picture of) at about 30km into the race, simply said “Welcome to the Bronx ... now F\*\*\* Off!”



*Older runners will get this from the old TV Show*



*One of the “formal: signs all along the route*

I did get slower as the race went on – partly due to tiredness and partly due to stopping to take photos – I took a lot more than the few you see here! I also had to stop for a “wee” break at one of the hundreds of porta-loos along the route. They made it very clear in the pre-race announcements that anyone found using the side of the road as a toilet would be immediately disqualified! I certainly didn't want that on the only time that I'll ever run this race!



So, even the slowest of us get to the end. The race finishes in Central Park, although you enter the park with about 5km to go, so it is quite a mind-blowing thing to know that you are near the end, but never seem to get there!

I also lost time in the final kilometer, when someone called my name from the crowd – I was shocked, as I don't really know anyone in New York. All I could see without my specs was an arm waving. Obviously, I had to stop to see who it was. It was my PA's son, who did move there in September and was (unbeknown to me) tracking me and made his way to the Park to see if he could spot me.

Finally, just after 17h15 in the afternoon – already dark in the November evening in New York – I crossed the finish line – in position number 50215 and in an official time of 06:16:02 – my 2<sup>nd</sup> slowest ever marathon, but by far and away my best ever feeling at the end of a marathon. Elated of having finished and sorry that it was over. I also finished 178<sup>th</sup> out of 188 South Africans running – a little behind the first South African runner, Gerda Steyn, who was 11<sup>th</sup> lady overall.

So, to finish off, here is the finish line and, of course, the iconic NYC Marathon medal!



### **An Appeal from Neville Young**

*Dear Club Member*

*The committee has a policy of supporting good runners who otherwise would not be able to participate in this sport. They are seen as beneficiaries of a Development Runner Project. They provide the club with good exposure by virtue of their prominent finishes and may even bring home a silver from the Comrades.*

*There has been a level of financial support from the committee in 2019 which has allowed Sizwe Shabalala and Jabulani Mkhonza to represent the CSIR RC. They run 21km in around 1h30. Sizwe at age 45 has a maiden marathon under his soles in 3h15. Jabulani at age 29 ran his first marathon 10 days ago on a hot Wierda Park morning in an excellent 3h29m45 in 33<sup>rd</sup> place out of 632 competitors. Sizwe finished in 45<sup>th</sup> place in 3h36 so both he and Sizwe have earned a Comrades qualification.*

*Both these men work in the domestic environment and have a record of several years with their respective supportive employers. However, their spending power limits them severely. An appeal is therefore made to club members to dig out stopwatches that are no longer used. Their running shoes are sizes 9 and 10, so instead of your older shoes becoming gardening shoes, these guys could train in them and save their good shoes for racing. Jabu's cellphone is not fully functional and thus he receives a wakeup call before his lift to a race arrives on a Saturday morning. He needs a functioning used cellphone and if it can handle Whatsapp, that would facilitate communication re transport arrangements with him.*

*I have already received a kindly donated pair of shoes and the promise of a stopwatch.*

*Thank you for your support – Neville*

*083 303 2840*

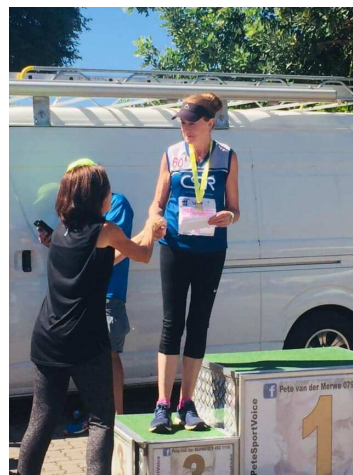
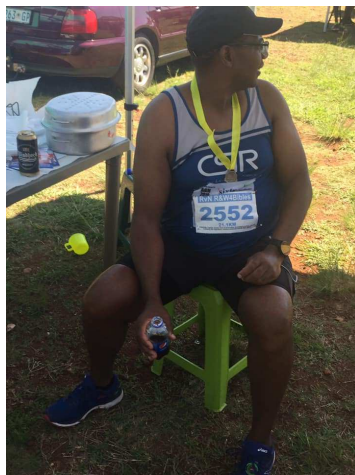
*[nevyounq@gmail.com](mailto:nevyounq@gmail.com)*



## 11. Gallery of Fun!

Some photos of our last two events.

### Run for Bibles 10km / 21km / 42km – Club Gazebo & Catering



*And now, Tiro?*

*This should have been under the Achievers Section – Petro Vermaak collecting her prize For 3<sup>rd</sup> Grandmaster Lady on the 10km race!*

### Annual General Meeting – 10<sup>th</sup> December 2019



*The Attendees!*



*Outgoing Chairperson, **Tebogo Machete***



*Outgoing Treasurer, **Linda Masemola***



*Male Runner of the Year, **Sizwe Shabalala***



*Best Male 42km and first Male Comrades Finisher, **Indokuhle Moletshe***



*Female Runner of the Year, **Petro Vermaak***



*Best Female 21km, **Elaine Wentzel***



*Male Novice of the Year, **Jabulani Mkhonza***



*Most race mileage and Most dedicated runner, **Ken Swettenham***



*First Female Comrades Finisher, **Nontembeko Dudeni-Tlhone***





*Joint Tim Trialists of the Year, Sizwe Shabalala and Ken Halland*



*Most Social Runner and Chairman's Award, Tseliso wa Mohlomi*



*Vote of Thanks – Chairperson of the CSIR Recreation Club, Tebogo Gumedede*

My Thanks to **Neville Young** for the photos. Please accept my apologies if I have any of the awards or names incorrect – I didn't write them down and have done this from memory! A number of our prizewinners were unfortunately not present at the event.

## **12. Conclusion**

*Thank you for the support that you have given me for the newsletter over the last 3 years – I really appreciate it and I love being a part of the CSIR Running Club. We may not be the biggest, but we are the best and after 18 years of membership, I still value every second spent with my running family. Please have a Very Merry Christmas and Happy New Year from me and my family. If travelling, please do so safely – we want you back with us next year!*

