



IRENE NEWS

19 November 2018

No 46 - 2018



ACHIEVEMENTS

Mike du Bruto	1 st GGM – Tom Jenkins 21 km (48:37)
Hestha Conradie	3 rd Master lady – Tom Jenkins 21 km (NTA)
Elsa Meyer	1 st GGM lady walker – Tom Jenkins 10 km (NTA)
Jeandré Jacobs	5 th in turbo javelin and shotput – AGN sub youth meeting

Well done!

THIS WEEK'S DIARY

Monday:

Strength training @17:30 – Club house

Tuesday:

Time trials @ 17:30 – Club house (Everybody starts together at 17:30)

Saturday:

Voortrekker Monument 5/10/21 @ 06:00 – Voortrekker Monument

ANNUAL INFO BOOKLET

The 2019 information booklet that every member will receive when joining the club next year will be printed soon. A total of 800 copies will be printed.

We want to give our members the opportunity to advertise their businesses/services in there. As you know it will be in full colour. The cost of the ads will be minimal: Full page – R800, half page – R400 and business card – R200.

Please send your ads a.s.a.p. to secure your spot.

Don't miss out on this opportunity, space is limited.

REGISTRATIONS FOR 2018

Registrations for 2019 will start during the last week in November. More info will follow soon.

JOINTEze™

MODERN
athlete

MANAGEMENT COMMITTEE

The following members will serve on the 2019 management committee:



Louis Visser
Chairman



Buks van Deventer
Admin



Johan van Vuuren
Finances



Werner vd Merwe
Logistics



Linley September
Club Captain



Michael Dekker*
Communications



Joy Dekker
Social



Nadene Visser
Ladies Captain/Apparel



Henk Basson
Events



Mpho Motaung
Social Responsibility



Danie Labuschagne
Walkers Captain



Wynand Breytenbach
General Manager

*Michael Dekker was nominated too late to be elected at the AGM and was co-opted by the committee.

Congratulations to all the committee members. We wish them well and trust that they will serve the Club with passion and dedication.

LEAGUE RESULTS

We managed to move up one position on the log after the CSIR race and are now in 11th position. Thank you to all our members who participated.

WALKERS LEAGUE

Well done to our walkers who won the league at the CSIR race once again. They are now 5 points ahead on the log with only the Tom Jenkins results outstanding.

	Points
Club	League
IRENE	175
PMWC	170
RWFL	169
RWFL B	116
VTM	111



Website: www.csi-euf.co.za

Tel: 011 805 6316

SUPER LEAGUE

Our men moved up 5 positions on the log and are now in 18th position.

Our ladies are still in 2nd position but a massive 65 points behind Voortrekker Monument.

Congratulations to the following members who earned super league point at the CSIR race:

OVERALL POSITION	NAME	AGE	Time	Points
Men 10 km				
19	SCHALK LIEBENBERG	32	0:37:47	42
64	DIRK CLOETE	50	0:46:29	8
Men 21 km				
12	PHUMLANI MABOPHE	23	1:24:10	41
49	TONY GOMES	42	1:36:39	13
63	ROB HUDSON	54	1:37:50	3

Women 10 km				
101	ANSIE BREYTENBACH	54	0:48:58	44
286	ZOE SCHOLTZ	38	0:58:53	21
339	CORETHA USHER	47	1:00:24	11
361	RENETTE PRINSLOO	46	1:01:12	7
382	JOEY CLOETE	61	1:01:53	5
Women 21 km				
96	LOUISA SPANGENBERG	28	1:42:19	39
131	AMANDA CLOETE	34	1:45:29	36
197	ROSEMARY BRINK	43	1:51:18	31
225	JOAN VAN WYNGAARD	42	1:53:10	28,5
315	LINDSAY CROESER	36	1:57:17	23
361	NADENE VISSER	49	1:58:56	16,5

YEAR-END FUNCTION

Irene Year End Function and Prize Giving

You are invited to the
Legendary
Irene Year End Function
and Prize Giving.

The Irene Country Club
1st December 2018
6 for 6:30pm
Dress smart casual



R80 per person
RSVP Joy
083 284 4884



PERSONALIA

Carla Hartmann was in hospital last week for an operation. We wish her a speedy recovery.

Congratulations to everybody celebrating their birthdays during the week:

Michael	Bluff	19 Nov
Roy	Clegg	19 Nov
Margo	Hildebrand	19 Nov
Francois	de Klerk	20 Nov
Joey	Cloete	21 Nov
Ilana	Ligthelm	21 Nov
Charmaine	Janse van Rensburg	21 Nov
Jolande	Janse van Rensburg	21 Nov
Emma	Dos Santos	21 Nov
Elize	Cronje	22 Nov
Brian	Engelbrecht	23 Nov
Xiangjian	Jia	23 Nov
Anita	Faber	24 Nov
Monte	Wessels	25 Nov



NOTICE BOARD

Saturday 24 November Voortrekker Monument Road Race 21.1/10/5 km

Race Organisers: Voortrekker Monument Athletics Club

Venue: Voortrekker Monument, Eufees Road

GPS: S 25.77690 E 28.17747

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R40
Entry fee – Jardine joggers; 60 - 69	R 50	R 50	
Entry fee – 70+; athletes celebrating their birthday (Show ID)	Free		
Start Time	06:00		06:15
Cut-off	03:00		

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sport; Postnet Pretoria West; Sportman's Warehouse – Atterbury Value Mart, Centurion Value Mart, Menlyn Park Shopping Centre

www.entrytime.com

Saturday 8 December**Skosana Road Race 10/5 km & 1 kiddies' mile**

Race Organisers: Nedbank Running Club

Venue: Pretoria Correctional Services, Kgosi Mampuru Street

	10 km	5 km	mile
Entry fee	R ??	R ??	R??
Start Time	06:30		08:30
Cut-off	??	??	

Free t-shirts for the 1st: 600 entries (10km); 300 (5km) & 100 (mile)**No pets****No iPods or listening devices are allowed**

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns; AGN Office

Masters Athletics Fixture list**Masters Athletics Fixture list****South African Championships**

3/4 May 2019 Oudtshoorn

Africa Champs

December 2018 Africa Championships Tunisia

International Championships

24-30 March 2019 WMA Indoor Torun, Poland

28/9-6/10 2019 30th Summer Universiade Naples, Italy

20/7/2020 – 1/8/2020 World Masters athletics Champs Toronto, Canada

THOUGHT FOR THE WEEK**If you aren't going all the way, why go at all?**

PHOTO CORNER



Jeandré Jacobs with one of her medals she earned at the AGN sub youth meeting. She is our youngest member



Elsa Meyer receiving the trophy as the Gauteng North Masters lady walker of the year.

Well done!