



IRENE NEWS

1 July 2019

No 26 - 2019



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Race for Friendship:

Sunette Eybers	1 st Vet lady & 2 nd lady – 10 km
Ansie Breytenbach	1 st Master lady – 21 km
Keith Reynolds	3 rd Walker – 10 km
Jaap Willemse	1 st GM walker – 10 km
Gerard van den Raad	1 st GGM walker – 10 km
Isabelle van der Schyff	1 st Master lady walker – 10 km
Lucia Willemse	1 st GM lady walker – 10 km
Annatjie Greyvenstein	1 st GGM lady walker – 10 km
Elsa Meyer	1 st Lady walker & 1 st GGM – 21 km

Thank you to all the ladies who put in a special effort to be at the race and to try to earn super league points!

PERSONAL ACHIEVEMENTS

Christiaan Roeder	1 st Marathon
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Well done!

THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:15 – Club house (everybody starts together at 17:15)

Saturday:

Garsfontein Ice Breaker 5/10/21 km @ 07:00 (walkers @ 06:30) – Garsfontein Primary School

Sunday:

Club run @ 07:00 – Club house – All welcome, your distance, your pace.

NAMIBIAN TOUR

Please note that no payment is required at this stage for the Namibian tour, only the booking is required. Bookings can still be done for another week.

SOCIAL EVENING

Please take note that next month's social will take place on 9 July instead of 2 July as was originally planned. It is going to be very special.



COMRADES 2020 CHALLENGE

The response on this has been excellent! Be part of this great challenge.

Note this is not for Comrades Marathon runners only.

Comrades 2019 is done and dusted and many are taking a well-deserved break or simply avoiding the cold winter mornings.

What I have seen over the years is that many people sit back till the new year and then suddenly jump into a program in January for the next Comrades. Many get injured in the "stampede" or carry injuries into Comrades and end up having an unnecessarily difficult time or even failing to finish on the day.

I have taken many lessons and experiences from Comrades since first putting my foot on the starting line on 31 May 1987. I believe it is time for me to give back a little. Based on this I would like to invite you to join me on a journey - 2020 km to Comrades 2020.

The journey will start on 1 July 2019 and on Comrades day 2020 (14 June).

The following should be noted:

- It does not mean you have to start on 1 July but the end date will not change.
- It does not mean you have to run Comrades 2020.

There is no fee involved.

There is no fixed program - this will be your personal challenge. We will however align with the club program. We realise that a standard program will not take specific goals and needs into consideration. For this reason, I will be making myself available to provide guidance and personal advice along the way.

The only requirement is for you to accept the challenge and keep a log of your progress which you submit monthly. I will provide a standard logbook (excel) which you can modify if you like and even give feedback that could be useful to others. The log will not only assist me in helping you but also give you some valuable insight into the way you go about your running.

Inbox me on WhatsApp 0824503275 or send an email to keith11523@gmail.com if you are interested.

Warm regards

Keith Reynolds



CAPTAIN'S CORNER

We are in our second half of the 2019 season. Please be careful not to rush into the sessions and start slow and ease into it. You don't want to start the second half of the season with an injury. We are well rested and we must regain our fitness. We have put on a little extra weight during this resting period and understandably so. Nothing serious to worry about and remember this is the fun time of the year that we are approaching.

There are all the great and fun races that await us. We have our own races where we will need you the club member to work at so we can give back to the running community (See dates below)

You will see the program is not overloaded with running training. This is the time of the year where you get your gym sessions in and work on that core strength. It also gives your body a break from the hard training you have done before. Swim, cycle, spin classes, yoga classes and whatever else will make you enjoy getting back to training and to beat the cold weather conditions. Cross training not only enhances your fitness, but it also adds variety and flexibility to your week. Anything to keep the boredom away. Remember this is to get us ready for the SPIRIT OF FLIGHT 10KM CLUB CHAMPS.

I want every club member to beat their PB or even challenge for the 10km Club Championships.

Get out there and start your journey back to fitness in a fun and exciting way.

DATES TO REMEMBER that we need you to help at our two races:

28th September – IRENE SPRING RUN @ Irene Village Mall

26th October – IRENE FARM RACE @ ARC CAMPUS

PROUD IRENE GREETINGS

Linley

082 345 5343

BLANKETS PROJECT

Thank you for your generosity towards our blanket drive project. We are thrilled to have your support.

Through your donation we have been able to accomplish our goal of sharing warmth with the less fortunate.

We have given 76 brand new blankets to Dimphonyana Tsa Lapeng orphanage and some of the child headed families that they have invited.

THANK YOU FOR MAKING IT POSSIBLE!

KIND REGARDS

Mpho Motaung 082 574 6970



Some of the children who received blankets. Thank you once again to all our members who supported the project.

BAR NEWS

Menu for Tuesday evening, come and enjoy it!



Fresh, Thick, Homemade
Vegetable & Chicken Soup @
R25 per Bowl (includes 1
Bread Roll)

Limited portions available.

Please orders through

Whatsapp on 0823862973 by
12h00, Tuesday 2nd July 2019

PERSONALIA

Congratulations to the following members who celebrate their birthdays during the week:

Norton	Mole	01 Jul
Maggie	van Rooyen	01 Jul
Pieter	Reynecke	02 Jul
Gwen	Siyotula	02 Jul
Maureen	Mossop	03 Jul
Nadia	Liebenberg	04 Jul
Piere	van Deventer	04 Jul
Sarah	Carmicheal	05 Jul
Willem	Botha	06 Jul
Lucky	Lukhwareni	06 Jul
Alfred	Matema	06 Jul
Mpho	Netshiombo	06 Jul
Andrew	Heuvel	07 Jul
Neil	Thompson	07 Jul
Johan	Roodt	08 Jul
Tarryn	Thompson	08 Jul



Website: www.csi-euf.co.za

Tel: 011 805 6316

NOTICE BOARD

Saturday 6 July

Garsfontein Ice Breaker 21.1/10/5 km

Race Organisers: Wingate Road Runners

Venue: Garsfontein Primary School, Zita Street, Garsfontein

	21.1 km	10 km	5 km
Entry fee	R 110	R 80	R 50
Entry fee 70+	Free		
Start Time	Walk 06h30 Run 07:00		07:15
Cut-off	03:30		

No Pets

No iPods or listening devices are allowed

Pre-entries at: Run-Away Sport; Garsfontein Church (Emmy Hartmann Street)

www.enteronline.co.za

Saturday 13 July

Afriforum Springbok Vasbyt 25/10/5 km

Race Organisers: Voortrekker Monument Athletics Club

Venue: Voortrekker Monument Picnic Terrain

GPS: S 25.77690 E 028.17747

	25 km	10 km	5 km
Entry fee	R 150	R 90	R 50
Entry fee Jardine Joggers & 60 - 69	R50		
Entry fee 70+ & athletes celebrating their birthday (ID required)	Free		
Start Time	07:30		07:40
Cut-off	04:00		

No Pets

No iPods or listening devices are allowed

10 & 25 km races are not suitable for wheelchair athletes

Pre-entries at: Run-Away Sport; Postnet Pretoria West; Sportmans Warehouse Atterbury Value Mart, Centurion Value Mart, Menlyn Shopping Centre & Kolonnade Retail Park

www.enteronline.co.za

2019 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Zwartkop Road Race	21.1/10 km	27/07/19	X	X
Spirit of Flight	10 km	31/08/19	X	X
Brooklyn Road Race	21.1/10 km	07/09/19	X	X
Capital Classic	21.1/10 km	05/10/19	X	X
Freedom of Expression	21.1/10 km	02/11/19	X	X



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REGISTERED QUANTITY SURVEYORS • GEREISTREERDE BOUREKENAARS

Members: GJ Cillie B.Sc (QS) UP, PrQS, PMAQS, MRICS | Guillaume Cillie B.Sc (QS) Hons UP, PrQS

GAUTENG HEAD OFFICE
10 Lenchen Park
2029 Lenchen Ave South
Zwartkops x 4
Centurion
0157

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WESTERN CAPE OFFICE
Niagara Road
Tyger Waterfront, Suite 713
The Cliffs, Bellville, 7530
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Masters Athletics Fixture list

South Africa

10 August 2019	Mpumalanga	Secunda
? October 2019	Rassies	Bronkhorstspuit
25/26 October 2019	SWD	Oudtshoorn
8/9 November 2019	Free State	Bloemfontein

South African Championships

April/May 2020	Central Gauteng	Herman Immelman
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Africa Championships

2021	Nairobi, Kenya
2023	South Africa

International Championships

28/9-6/10 2019	30 th Summer Universiade	Naples, Italy
20/7/2020 – 1/8/2020	World Masters Athletics Champs	Toronto, Canada

THOUGHTS FOR THE WEEK

When you throw dirt, you lose ground.



THE BEST HAS LANDED!!!!!!

BE THE FIRST TO PUT IT ON!!

FOR PRICES AND MORE INFORMATION : 0834539473/0126650048 OR

www.thesweatshop.co.za

PHOTO CORNER (RACE OF FRIENDSHIP)



Marks Mathebula and Rose Kavallineas



Letha Kotze and Nelda Smit



Andrea Koen, running in Irene colours for the first time



Hestha Conradie and her daughter who also ran the 10 km



Jolande Janse van Rensburg and Renette Prinsloo



MC du Toit



Jan and Myrna van Wyk



Gerard van den Raad sorting out the sherry



Gerard on the podium



Sunette Eybers



Ansie Breytenbach



A happy group who enjoyed the race and soup and sherry afterwards



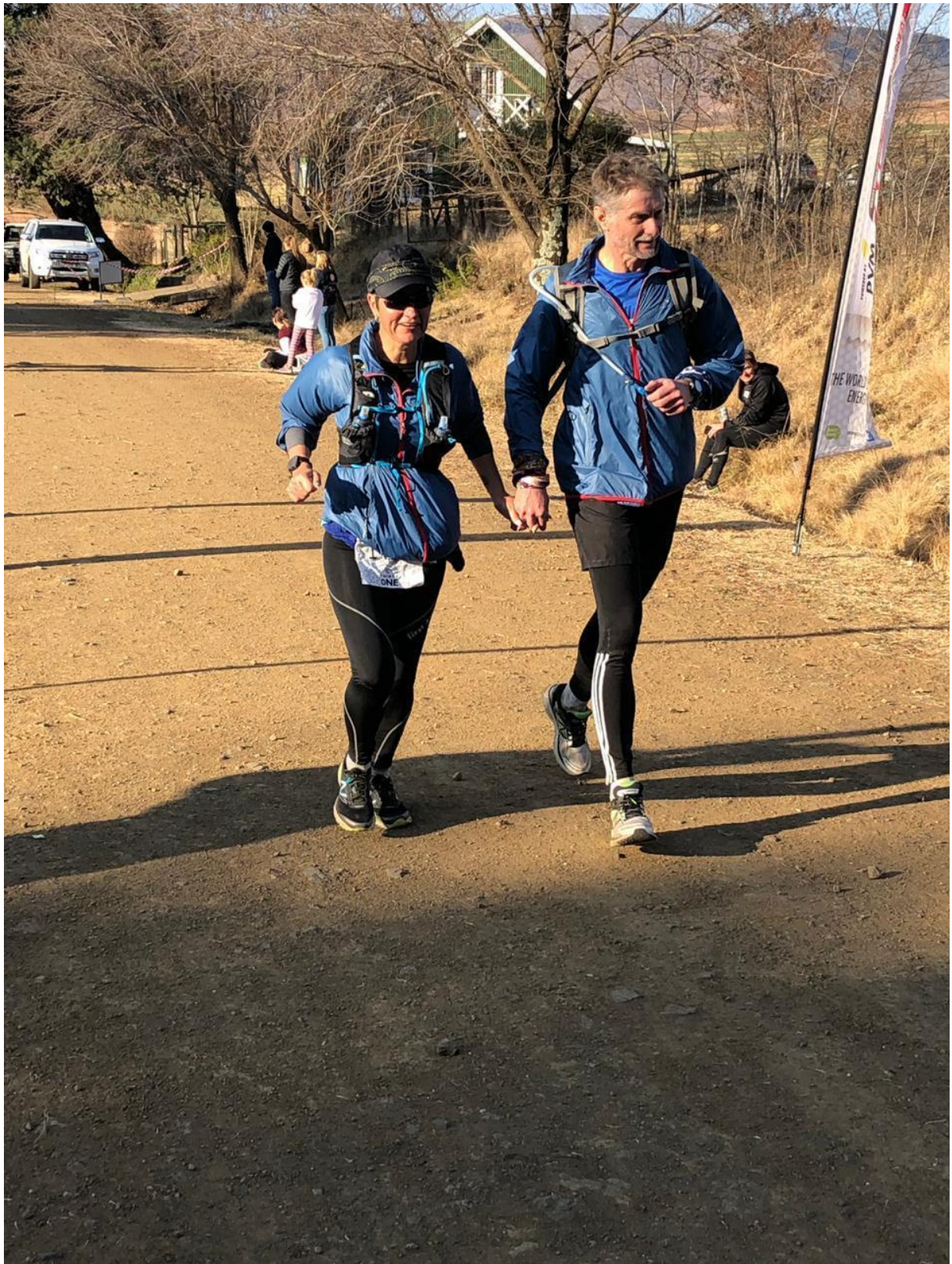
Willem Botha and his wife finishing the Rhodes Trail Run



Aletha van den Bergh with her Rhodes medal



Claude Truter did his first Rhodes Run

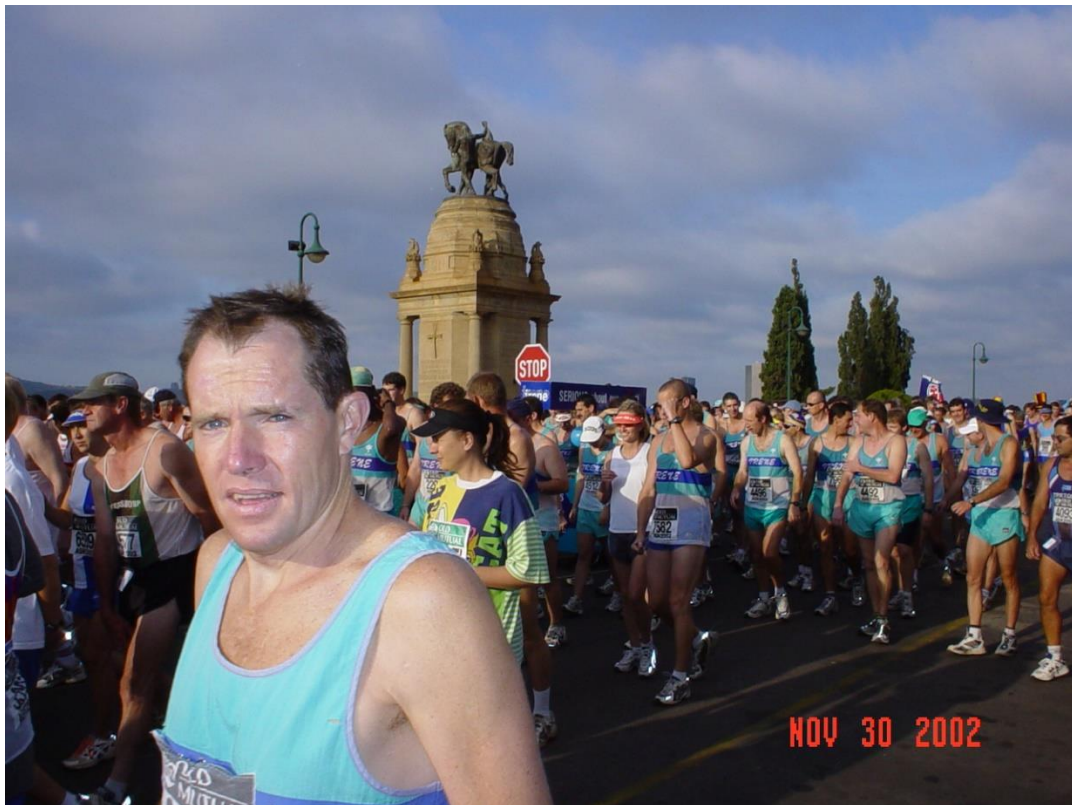


Belinda de Bruin and Rob Hudson



Suzelle Engels with JP Labuschagne

PHOTOS FROM YESTERYEAR



30 November 2002 at the start of the Tom Jenkins race, the first time when we ran with our drinks trolley. Derek Oldnall looking young and fit.



Maureen and Ian Mossop



Pierre Marais (No 1393)



Leon Els on the right