



IRENE NEWS

27 January 2020

No 4 - 2020



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Wonderpark Akasia race:

Leon Page	2 nd GM – 10 km (48:29)
Ansie Breytenbach	1 st Master lady walker – 10 km (65:14)
Annatjie Greyvenstein	1 st GGM lady walker – 10 km (66:29)
Danie Labuschagne	1 st GM walker – 10 km (65:25)
Gerard van den Raad	1 st GGM walker – 10 km (72:06)
Sandra Steenkamp	1 st Lady walker & 1 st Master – 21 km (2:13:52)
Jaap Willemse	1 st Walker & 1 st GM – 21 km (2:20:49)
Carolina van der Westhuizen	1 st Master lady – 42 km (3:48:25)
Henk Basson	1 st GM – Ottosdal 42 km

PERSONAL ACHIEVEMENTS

Estien van Wyngaard	PB – 10km
Fanie van Wyngaard	PB – 10 km

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:

Intercare 5/10/21 @ 06:00 – Rietondale Park (21 km Club Championships)

Sunday:

Club Run @ 06:00 – Club House (your pace, your distance)

REGISTRATIONS PACKS

Registration packs (licence number, windscreen disc and info booklet), can be collected at the club house on Tuesday from 17:00 till 19:00. Will let you know about the T-shirts.

ULTRA MARATHONS AND MARATHONS STATISTICS

Below you will find some very interesting statistics. We are very proud of the fact that our JointEze Irene Ultra was the 3rd biggest Ultra in the Country last year, and that after only 4 years. A big achievement indeed!

Field Size & Growth 2019 Ultra Marathons in South Africa						
www.runningmann.co.za / @runningmann100						
Rank	Event	Date	Location	2019 Finishers	2018 Finishers	Growth
1	Comrades Marathon	9-Jun	Durban-Pietermaritzburg, KZN	16712	16482	1% (230)
2	Two Oceans 56k	20-Apr	Cape Town, WC	12100	9208	31% (2892)
3	JointEze Irene Ultra 48k	7-Apr	Centurion, Gau	3467	2955	17% (512)
4	Forever Resorts Loskop 50k	13-Apr	Middelburg-Loskop Dam, Mpu	3237	3527	-8% (-290)
5	Om Die Dam 50k	16-Mar	Hartbeespoort, NW	3171	3742	-15% (-571)
6	Rising Sun Chatsworth Freedom 52k	14-Apr	Durban, KZN	952	1041	-9% (-89)
7	Cape Town Festival 100k	20-Jul	Sea Point, Cape Town, WC	505	462	9% (43)
8	Arthur Creswell Memorial 52k	6-Apr	Bergville-Ladysmith, KZN	497	434	15% (63)
9	Amobia Bay Ultra	9-Feb	Port Elizabeth, EC	442	368	20% (74)
10	Profix Scaffolding Ultra	28-Apr	Benoni, Gau	421	401	5% (20)
11	Real Gijimas Ultra	31-Mar	East London, EC	358	260	38% (98)
12	Zululand Ultra Marathon	10-Mar	Ulundi, KZN	339	467	-27% (-128)
13	Run 4 Cancer Ultra	26-Oct	Polokwane, Lim	301	350	-14% (-49)
14	South Coast Ultra	28-Apr	Uvongo, KZN	271	324	-16% (-53)
15	Uniwisp Fast 50k	2-Mar	Mbombela, Mpu	183	181	26% (135)
16	African Wildlife Artistry Bruintjieshoogte 50k	30-Mar	Somerset East, EC	156	204	-24% (-48)
17	Prince Mangosuthu Ultra	11-Aug	Nqutu-Dundee, KZN	116	N/A	N/A
18	Swasap Ultra	23-Feb	Bloemfontein, FS	97	106	-8% (-9)
19	Washie 100 miler	12-Jul	Cathcart-East London, EC	94	123	-24% (-29)
20	Memel Ultra	9-Aug	Memel, FS-Newcastle, KZN	84	88	-5% (-4)
21	The Icon's Journey 100k	14-Jul	Mthatha, EC	70	?	N/A
22	Laingsburg Ultra	28-Sep	Laingsburg, WC	51	N/A	N/A
23	Anco Ultra Marathon	9-Mar	Welkom, FS	?	N/A	N/A

Largest 2019 Marathons in South Africa						
www.runningmann.co.za / @runningmann100						
Rank	Event	Date	Location	2019 Finishers	2018 Finishers	Growth
1	Sanlam Cape Town Marathon	15-Sep	Cape Town, WC	9584	7663	25% (1921)
2	Soweto Marathon	3-Nov	Soweto, Gau	9274	7829	18% (1445)
3	Uniwisp Kaapsehoop Marathon	2-Nov	Kaapsehoop-Mbombela, Mpu	4786	3536	35% (1250)
4	Johnson Crane Marathon	27-Jan	Benoni, Gau	3905	3922	0% (-17)
5	MiWay Wally Hayward Marathon	1-May	Centurion, Gau	3853	3518	10% (335)
6	The Deloitte Challenge Marathon	17-Mar	Durban, KZN	3186	2404	33% (782)
7	Mandela Day Marathon	25-Aug	Pietermaritzburg-Howick, KZN	2861	3964	-28% (-1103)
8	Deloitte Pretoria Marathon	24-Feb	Pretoria, Gau	2808	2949	-5% (-141)
9	Cape Peninsula Marathon	17-Feb	Cape Town, WC	2770	2546	9% (224)
10	Witness Maritzburg City Marathon	24-Feb	Pietermaritzburg, KZN	2482	3334	-26% (-852)
11	Cape Gate Vaal Marathon	3-Mar	Vereeniging, Gau	2386	1894	26% (492)
12	PWC Kosmos 3-in-1	9-Mar	Secunda, Mpu	2211	2016	10% (195)
13	Jeppe Marathon	10-Feb	Johannesburg, Gau	2145	2409	-11% (-264)
14	Jacaranda City Marathon	12-Oct	Pretoria, Gau	1837	2093	-12% (-256)
15	Vaal River City Marathon	1-Sep	Vanderbijlpark, Gau	1799	1434	25% (365)

AGN SELECTION CRITERIA AND CHAMPIONSHIPS DATES

See the attachment for all the necessary info.

PLEASE MAKE USE OF OUR FACILITIES AT THE RACES

PERSONALIA

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

Schalk	Liebenberg	27 Jan
Greg	Usher	27 Jan
MC	Du Toit	28 Jan
Erik	Van der Merwe	28 Jan
Nhlanhla	Makhanya	29 Jan
Fran	Nadar	29 Jan
Gabriel	Booyse	31 Jan
Heleen	de Bruin	01 Feb
Hanri	Fourie	01 Feb
Lufuno	Ravhuhali	01 Feb
Lize	Welgemoed	01 Feb
Petrus	Badenhorst	02 Feb



Website: www.csi-euf.co.za

Tel: 011 805 6316

NEW MEMBERS

Welcome to the following new members:



Marcelle Bakker



Amelia Bakker



Edwin Mpofu



Mamogale Rante



Nigel Bird



Olga Hadebe



Riani Sieberhagen

PLEASE MAKE USE OF OUR FACILITIES AT THE RACES

A total of 453 members have already registered for 2020 of whom 83 are new members. These figures include 20 social members and 23 juniors. Excellent figures for this time of the year!

RUNNING SHORTS

Please take note that we have requested a new style of men's shorts that includes pockets, but delivery may be delayed. We will keep you posted.

NOTICE BOARD

Saturday 1 February

Intercare Classic Road Race 21.1/10/5 km

Race Organisers: Magnolia Road Runners

Venue: Rietondale Park, North Road, Rietondale

GPS: S 25 43.980 E 28 13.239

	21.1 km	10 km	5 km
Pre-entry fee	R 130	R 90	R 50
Pre-entry fee 60 - 79	R 60	R 50	R 50
Entry fee 31 January & 1 February	R 150	R 110	R 50
Entry fee 31 January & 1 February 60 - 79	R 80	R 60	R 50
Entry fee 80+ & blind runners	Free		
Start Time	06:00	06:20	06:25
Cut-off	03:00	02:00	01:00

Event t-shirt @ R80 each – order on line

No iPods or listening devices are allowed No Pets

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld West, Bedfordview; Sportsmans Warehouse Woodmead, Randburg, Centurion, Kolonnade Centre, Atterbury Value Mart www.intercare.co.za



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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

PO Box 7838, Centurion, 0046 R.S.A
m: +27 (0)83 655 7010
t: +27 (0)12 663 3300
f: +27 (0)86 670 2124
e: info@caqs.co.za
www.caqs.co.za

WESTERN CAPE OFFICE
Niagara Road
Tyger Waterfront, Suite 713
The Cliffs, Bellville, 7530
m: +27 (0) 83 655 4754

PLEASE MAKE USE OF OUR FACILITIES AT THE RACES

Saturday 15 February

Bestmed Tuks Race 42.2/21.1/10/5/1 km

Race Organisers: Tuks Sport

Venue: Hillcrest Sports Campus, Burnett Street, Hatfield

GPS: S 25 44'58" E 28 14'47"

	42.1 km	21.1 km	10 km	5km	1 km
Entry fee	R 200	R 150	R 100	R 50	R 30
Entry fee 60 - 79	R 100	R 75	R 50		
Entry fee 80+ / blind athletes	Free				
Start Time	05:30	06:00	06:30 Wheelchair 06:20	06:40	08:00
Cut-off time	05:30	03:00			

The 42.2km is a pre-entry race only and is limited to 4000 athletes

No Pets

No iPods or listening devices are allowed

Only the 10km race is wheelchair friendly

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld West, Fourways Crossing; Tshwane Running Shop; UP Hatfield Campus

www.entrytime.com

2020 AGN LEAGUE FIXTURE LIST

EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Medihelp Sunrise Monster	32 / 21.1 / 10	29/02	X	X
Right to Run/Walk	21.1 / 10	21/03	X	X
Ford Road Race	21.1 / 10	04/04	X	X
MiWay Wally Hayward	42.2 / 21.1 / 10	01/05	X	X
Fara Winter Challenge	10	20/06	X	X
Springbok Vasbyt	25 / 10	11/07	X	X
Fitness Test Run	21.1 / 10	08/08	X	X
Morula Half Marathon	21.1 / 10	19/09	X	X

CSI Irene Farm Race	21.1 / 10	31/10	X	X
Voortrekker Monument	21.1 / 10	21/11	X	X
Skosana Road Race	10	05/12	X	X

Masters Athletics Fixture list

The GNMA Championships - 27/28 March 2020 - Pilditch

South African Championships

30 April - 2 May 2020 – Pilditch

Africa Championships

2021 Nairobi, Kenya

2023 South Africa

International Championships

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

THOUGHT FOR THE WEEK

Stop hating yourself for everything you aren't and start loving yourself for everything you already are.

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IN THE MAILBOX

I have an entry for the sought after 44km Addo Trail run with a cut-off time of 12 hours. This is an amazing trail run (check their website) and a must for someone's bucket list.

Date: 7 March 2020.

R1050 entry + R250 substitution fee to the organisers.

We have completed the race 3x and it is really good. Due to an injury I can't go.

Thanks,

Dina dinabouwer@gmail.com

PHOTO CORNER



Carolina van der Westhuizen, 1st Master lady at the Akasia 42 km



Henk Basson, 1st GM at the Ottosdal 42 km



Precious Hlabisa, 2nd place at a 15 km train run



Christine Crause and Anya Swanepoel at the Ottosdal race

Time trials 14 January













