



IRENE NEWS

2 September 2019

No 34 - 2019



ACHIEVEMENTS

Congratulations to the following members who were on the podium over the weekend:

Spirit of Flight 10 km

John Cannon	1 st GGM
Joey Cloete	1 st Lady GM
Annatjie Greyvenstein	1 st GGM lady
Keith Reynolds	1 st Walker & 1 st master
Jaap Willemse	1 st GM walker & 3 rd man
Gerard van den Raad	1 st GGM walker
Sandra Steenkamp	1 st Lady walker & 1 st master
Isabelle van der Schyff	2 nd Lady walker
Elsa Meyer	1 st GGM lady walker

Due to a marshaling error the distance was more than 1 km short, hence no times given.

Dawn to Dusk

Rosemary Brink/Joan van Wyngaard	1 st Ladies relay team
Dirk & Amanda Cloete	1 st Mixed relay team
Tjaart & Rena van Wyk, Danie Cornelissen & John Maritz	5 th overall team

Congratulations also to Markus & Carolina van der Westhuizen, Shaun Smee and Rinaldi Botes who received their permanent Dawn to Dusk numbers.

Well done and good luck to the following members who have been selected for the AGN team to participate in the SA Cross Country championships to be held this coming weekend:

Sunet Eybers
Ansie Breytenbach
Joey Cloete
Maryke Geldenhuys
Johan Saayman
Mike du Bruto

THIS WEEK'S DIARY

Tuesday:

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

Saturday:

Brooklyn 5/10/21/32 @ 05:30 (32 km) – Brooklyn Mall (League race)

Sunday:

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

TIME TRIALS

The time trials will start at 17:30 from this Tuesday. This will be the starting time until the end of April.

SPRING HANDICAP

The time trials on Tuesday will be different. No watches will be allowed, and the time trials will be run in the opposite direction. Everybody must predict their finishing time and write it in a book that will be provided. The winner will receive a Sweatshop voucher of R500.

CAPTAIN'S CORNER**Captains Corner:**

September month is here and what better way to start taking your training to the next level. The training groups are slowly gathering momentum. The core strength training is well attended with so many walkers than runners at these sessions. If you notice how the walkers have improved over the last few month's then I would suggest that you the runner attend these sessions as well.

League races must please be attended as we need as many points as possible to be a force to be reckoned with. We hosting our two races in September and October and we will need your commitment so we can host a well organised event. It is our time to give back to the running community like we expect from them when they host a race.

Please send your name to Wynand at info@irenerunner.co.za and inform him you are willing to help.

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

LEAGUE RACE

The Brooklyn race this weekend is the league race for September. We need you there! As always there will be something to eat afterwards.

CLUB 10 KM CHAMPIONSHIPS

Congratulations to Schalk Liebenberg and Louisa Spangenberg who are our 2019 10 km club champions. They are both worthy champions!

The categories results will be announced once the complete results have been received.



IRENE SPRING RACE

Thank you to all our members who have already made themselves available to work at our race on 28 September. However, we still need many more. Please send me your names to become part of a great event. We just cannot present a race of this magnitude without the help of our members.

Please take note that Irene members are not allowed to participate in the race. We will have a helpers race the day after where you will get the opportunity to earn your medal. No entry fee.

We need our members to assist in the following areas on the day:

Route marshals

Parking marshals

Handing out medals

Water point helpers

Helpers at the entries

Cyclists

Please reply to this email to make yourself available and indicate your work preference.

PERSONALIA

Frans Naude, a former member of the club passes away last week. Our condolences to his family.



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

George	Mahlangu	02 Sep
Kobus	van As	02 Sep
Lydia	Fibiger	04 Sep
Debbie	Pretorius	05 Sep
Telanie	Venter	07 Sep
Tinyiko	Ndabambi	08 Sep
Lazarous	Sekhu	08 Sep

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SOCIAL EVENING

Don't miss out on a very special evening on Tuesday, bring the whole family.

Spring has sprung!

**Join us this Tuesday at 17h30 for the
Spring Handicap. Predict your time,
no watches allowed, run the route
in reverse... closest to predicted
time wins a prize!**

**...then, come and support the mens
pancake cookoff!**

**Savory pancake R30
Sweet Pancakes 3 for R10**



NOTICE BOARD

LEAGUE RACE

Saturday 07 September Brooklyn Road Race 32/21.1/10/5 km

Race Organisers: Pretoria Marathon Club

Venue: c/o Veale & Bronkhorst Streets, Brooklyn

GPS: X -28.235 Y-25.772

	32km	21.1km	10 km	5 km
Entry fee	R 130	R 100	R 80	R 40
Entry fees 70+, blind runners & wheelchair athletes	Free – race day entry only			
Start Time	05:30	06:00		06:10
Time Limit	04h:00			

1st 100 on line entries receive a free parking ticket

No pets

No iPods or listening devices are allowed

Baby strollers welcome on 5km

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns, Dunkeld

www.enteronline.co.za



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NEW VENUE

Saturday 12 October

Jacaranda City Challenge 42.2/21.1/10/5 km

Race Organisers: Agapé Athletics Club & Sportsvendo

Venue: Hoërskool Oos Moot, Haarhoff Street, Waverley

	42.2km	21.1km	10 km	5 km
Pre-entry fee (until 3 October) or when entry capacity reached	R 200	R 120	R 110	R 50
Entry fees 60 – 79	R 100	R 60	R 50	
Late entry fees (10/12 October)	Closed	R 150	R 120	R 50
Late entry fees 60 - 79	Closed	R 70	R 60	
Jardine Joggers / 80+ athletes	Free			
Event t-shirts	R 85 On line only			
Start Time	05:30		06:00	06:25
Time Limit	05h:30	03h00	2h00	

No completed tear-off strip – no results – Disposable time chip - 42.2km only

21.1 & 10km manually timed

Pre-entries: Run-A-Way Sports; Sweatshop Dunkeld, Bedford & Southdowns; Sportmans Warehouse Atterbury value Mart, Centurion Value World & Kolonnade Retail Park; Gys Pitzer Motors, Steve Biko St. Gezina, Stormvoël Rd, Lindo Park, Solomon Mahlangu Dr. Silver Lakes; At venue 10 – 12 October

www.entries.timeme.co.za

2019 AGN LEAGUE FIXTURE LIST

EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
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

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10 Lenchen Park
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Masters Athletics Fixture list

South Africa

? 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

THOUGHT FOR THE WEEK

Only those who dare to fail greatly can ever achieve greatly.

PHOTO CORNER (Spirit of Flight)



Gathering at the gazebo before the start



Suzelle Engels and Tania Thompson



Michelle Lubbe



Joey Cloete

Dawn to Dusk



Some of the Irene participants at the Dawn to Dusk



Daleen Labuschagne



Rinaldi Botes



Dirk Cloete



Amanda Cloete



Kobus van As and Shaun Smee



Kobus van As, Henry Enslin, Renette & Riaan Prinsloo



Markus and Carolina van der Westhuizen



Bets and Chantelle Botha



They received their permanent numbers and jackets



John Maritz, Tjaart & Rena van Wyk and Danie Cornelissen

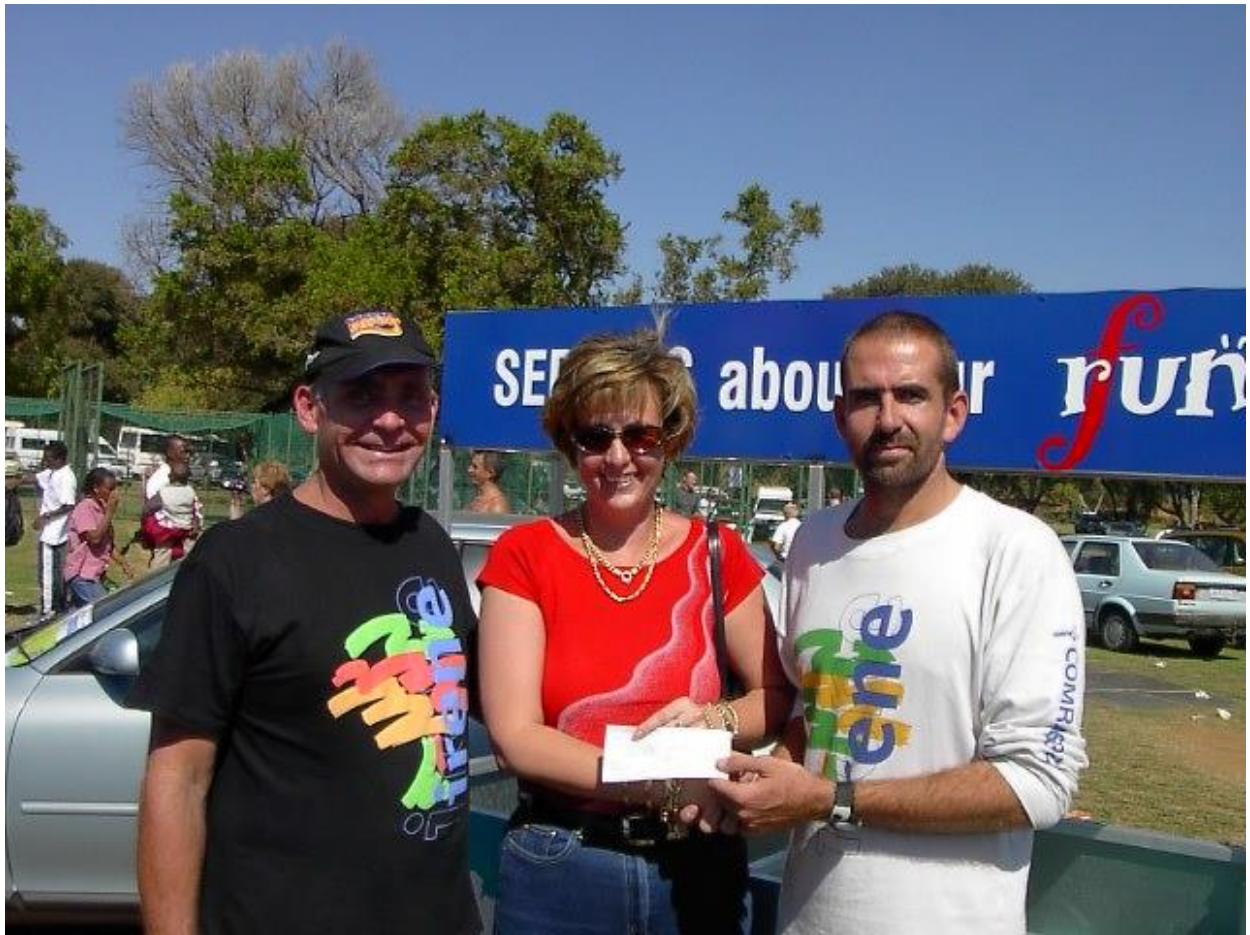
PHOTOS FROM YESTERYEAR (WALLY HAT RACE 2003)



Pierre Marais



Jacqui Burn and Pieter Coetzee on the left with Magda Saayman in front on the right



Wynand Breytenbach and Werner Zandberg handing a cheque to Irene Homes



The Irene members who ran in the "bus" and pushing the trolley