



# IRENE NEWS

30 September 2019

No 38 - 2019



## EDITORIAL

Please take note that due to the Namibian tour, there will be no newsletter next week.

## ACHIEVEMENTS

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

Joey Cloete	1 <sup>st</sup> GM lady & 3 <sup>rd</sup> lady – 10 km (51:45)
Elsa Meyer	1 <sup>st</sup> Lady walker – 21 km (2:36:19)

## PERSONAL ACHIEVEMENTS

Buks van Deventer	PB – 21 km
-------------------	------------

Well done!

## THIS WEEK'S DIARY

### Monday:

Strength training classes @ 05:30 – Club house (all members welcome)

### Tuesday:

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

### Saturday:

Chamberlain Capital Classic 5/10/21 @ 06:00, walkers @ 05:45 – Phobians Club (League)

## IRENE SPRING RACE

What a fantastic race we had! Thank you to all our members who contributed towards the success of the event, you were great! We had 3340 finishers on the 3 distances.



## **NAMIBIAN TOUR**

A total of 26 people will go on the Namibian tour this week as part of the club's 25<sup>th</sup> anniversary celebrations. We wish them a safe journey and trust that they will be excellent ambassadors for Irene Athletics Club and that they will enjoy the Hangana race on Saturday.

Although all members were given the opportunity to be part of the tour, the final number of 26 was not that was hoped for.

## **CAPTAIN'S CORNER**

We are in full swing at training with the groups. Some are training for the Kaapsehoop marathon in November, others finishing their training for the Namibia HANGANA marathon in October as well as the Jacaranda City Challenge marathon. The group training is good for motivation, learning techniques and asking those questions you too shy to ask in an open forum. The core strength training is on Mondays at 17h30 so bring along your mat, foam roller and a light set of dumbbells.

Our last race hosted by our club will be on the 26<sup>th</sup> of October. Please avail yourself at this event to help so we can end the year in a flourish. We have two more League races to go so I want to encourage each one of you to give it a big push for points. Every point counts and will go towards the club's tally.

Please send your name to Wynand at [info@irenerunner.co.za](mailto:info@irenerunner.co.za) and inform him you are willing to help at our last race.

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

### **26<sup>th</sup> October – IRENE FARM RACE @ ARC CAMPUS**

PROUD IRENE GREETINGS

Linley

082 345 5343

## **LEAGUE RACE**

The Chamberlain Capital Classic 10/21 this weekend is the next league race. Please be there in big numbers. We need you, fast or slow.

We are still on top of the log with the ladies super league and the walkers league.

As always there will be something to eat at the Cara-Fun after the race.



## **SOCIAL EVENING**

Don't miss out on the annual "pub run" on Tuesday and a great social evening afterwards. Thanks to the Sweat shop you may be the winner of a pair of Asics running shoes worth R2500. Just make sure that you fill in the lucky draw book and be present at the draw.

**TUESDAY 1 OCTOBER  
2019 5:30PM**

**Chicken prego  
and salads**

**R50**

**PUB RUN**

**RUN TIME TRIAL, TABLE-TO-TABLE  
AND DOWN SHOOTERS**

**NOT FOR THE FAINT-HEARTED!**

IRENE SOCIAL

## PERSONALIA

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

Aletha	Van den Bergh	01 Oct
Samantha	Naiker	01 Oct
Saltiel	Pule	03 Oct
David	Seaton	03 Oct
Joan	van Wyngaard	04 Oct
Christo	van der Merwe	05 Oct
Pieter Jnr	Bothma	06 Oct
Mpho	Motsaathebe	06 Oct



Website: [www.csi-euf.co.za](http://www.csi-euf.co.za)

Tel: 011 805 6316

## NOTICE BOARD

### **Saturday 5 October      Chamberlain Capital Classic 21.1/10/5 km**

Race Organisers: Phobians Athletics Club / Alpha Centurion Road Runners

Venue: Phobians Club, Queens Crescent, Lynnwood

GPS: S25 45'64.4   E28 15'22.8

	21.1 km	10 km	5 km
Entry fee	R 100	R 70	R 40
Entry fee 70+ / blind runners	Free – race day only		
Start Time	06:00		06:15
Start time walkers & wheelchairs	05:45		
Cut-off	03:30		

**1<sup>st</sup> 2000 entries on the 10 and 21.1km races receives a free t-shirt**

**No pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns; Chamberlain Stores – Centurion Mega Store, Montana Mega Store, Silver Lakes Mega Store, Waterkloof Glen, Strubens Valley

[www.chamberlains.co.za/capital-classic](http://www.chamberlains.co.za/capital-classic)   [www.acrw.co.za/projects](http://www.acrw.co.za/projects)  
[www.phobians.co.za/index.php/out-races/chamberlain-capital-classic/entry-form](http://www.phobians.co.za/index.php/out-races/chamberlain-capital-classic/entry-form)

## 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	<b>05:30</b>		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](http://www.entries.timeme.co.za)

## 2019 AGN LEAGUE FIXTURE LIST

EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Capital Classic	21.1/10 km	05/10/19	X	X
Freedom of Expression	21.1/10 km	02/11/19	X	X



CAQS CC/BK Reg. No. 1997/052774/23 VAT No. 488 016 9828

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



## **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
----------------	-----------------	-----------------

### **Africa Championships**

2021	Nairobi, Kenya
2023	South Africa

### **International Championships**

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

### ***THOUGHT FOR THE WEEK***

Words are like a bee, it contains honey and a sting.

### ***PHOTO CORNER (Irene Spring Race)***



Registrations in full swing



André Knoop, Bernice Swanepoel and Rose Kavallineas



Ready to start





A great turnout



Perfect weather for a great race





The water point at the finish



Our finish structure is something special





Chairman Louis Visser with the 10 km winners



The wheelchair winner receiving her prize from Louis



Carla and Gerald Hartmann did the Sydney Marathon and came back just in time to manage her water point the Spring race



**PHOTOS FROM YESTERYEAR**



Fun at the Elandvallei away weekend





Dirk Cloete in action at the Nylstroom Warmbad race



Michael Freeman at the Phobians race



Prizegiving function in 2004





The colourful Comrades shirts of 2004