



# IRENE NEWS

6 January 2020

No 1 - 2020



## EDITORIAL



I trust that all of you had a wonderful break and an enjoyable festive season. On behalf of the management committee I want to wish all our members a year filled with good health, wealth and happiness. May all your dreams come true. Don't count the days in 2020, make the days count. Don't just make a "to do" list, make a "to be list" as well and be someone special.

As always, I want to appeal to all our members to set an example to others this year. Keep the following in mind:

Do not through your empty water sachets and cups away 200 meters after a water point. If you want to keep it a bit longer then dump it at the next water point. Encourage other athletes to do the same.

Make a point of it to thank the marshals at the races.

We are known as a friendly club. Proof it by greeting your fellow club members when passing

them on the road. Wear your name tag on the back of your running vest so that we can get to know each other.

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Take part in the club activities and become part of the Irene family.

Find out what you can do for the club and not what the club can do for you.

Wear your proper club apparel. It makes a very bad impression if some members wear shorts of different colours. The clothing shop belongs to the Club and management will do its best to ensure that there is ample stock of all the items.

We are very proud of our “Cara-Fun” and gazebos at the races and we want our members to make use of these facilities. Leave your tog bag there and enjoy a cup of coffee/tea before and/or after the race. This is the place where we get to know each other and where we bond as “Irene family”.

### **ACHIEVEMENTS**

Congratulations to the following members who were on the podium during the holidays:

#### **Combat Run**

Ansie Breytenbach	1 <sup>st</sup> Master lady & 3 <sup>rd</sup> lady – 10 km
Leon Page	1 <sup>st</sup> GM – 10 km
Gerard van den Raad	1 <sup>st</sup> GGM – 10 km
Elsa Meyer	1 <sup>st</sup> GGM lady 21 km

#### **Old Year 10 km**

Lucia Willemse	1 <sup>st</sup> GM lady walker & 3 <sup>rd</sup> lady
Jaap Willemse	1 <sup>st</sup> GM walker

#### **A4A Road Safety Run**

Estien van Wyngaard	1 <sup>st</sup> Master lady walker & 2 <sup>nd</sup> Lady (10 km)
Gerard van den Raad	1 <sup>st</sup> GGM walker (10 km)
Sandra Steenkamp	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> Master – (21 km)
Elsa Meyer	1 <sup>st</sup> GGM lady walker & 2 <sup>nd</sup> lady – (21 km)
Jaap Willemse	1 <sup>st</sup> GM walker & 3 <sup>rd</sup> man (10 km)

Please let us know if a name was left out.

### **PERSONAL ACHIEVEMENTS**

Buks van Deventer	PB – 21 km
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Thermopower Furnaces S.A. (Pty) Ltd

## **THIS WEEK'S DIARY**

### **Tuesday:**

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

### **Saturday:**

ACE 5/10/21 @ 06:00 – Eersterust Sports Stadium (League race)

### **Sunday:**

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

## **REGISTRATIONS 2020**

Welcome to all our members who have registered for 2020 and especially to all the new members. We trust that you will enjoy every moment as a member of the Irene family.

Those members who haven't registered yet must do so to secure the moisture management T-shirt.

Just go to our website [www.irenerunner.co.za](http://www.irenerunner.co.za) and follow the instructions. Please contact Maggie van Rooyen, our admin manager at [admin@irenerunner.co.za](mailto:admin@irenerunner.co.za) if you require more information.

The 2020 registration packs (including the licence number) will be handed out next Tuesday (14 January). In the meantime, the 2019 licences are still valid.

## **TIME TRIAL ROUTE**

Due to the sinkhole on the normal time trial route, the route had to be changed. More details will be given before the start of the time trials.

## **SOCIAL EVENING**

Our first social evening will take place on Tuesday, 14 January after the time trials. More details will be sent out during the week.

## **LEAGUE RACE**

The race at Eersterust this weekend is the first league race of the year. We need our members in big numbers to be competitive. Slow or fast, runner or walker, you can earn points if you finish the 10 km or 21 km. We also need our faster runners to compete in the super league.

As always there will be something to eat after the race. See you all there on Saturday!



## PERSONALIA

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

Anina	Coetzee	07 Jan
Giel	Cillie	08 Jan
Lenin	Sethole	08 Jan
Nadia	Oberholzer	09 Jan
Nelius	Van Rooyen	09 Jan
Matahabo	Mathebula	10 Jan
Candice	Van der Spuy	10 Jan
Lizl	Strauss	11 Jan
Gerrit	Faling	12 Jan
Carla	Hartmann	12 Jan
Janson	Ponting	12 Jan
Alida	van Antwerpen	12 Jan



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

Tel: 011 805 6316

## NOTICE BOARD

### LEAGUE RACE

**Saturday 11 January**

**The ACE Race 21.1/10/5 km**

Race Organisers: Eersterust Athletics Club

Venue: Eersterust Sport Stadium c/o St Joseph & Hans Coverdale West, Eersterust

GPS: S 25 42'54.12 E 28 18'25.79

	21.1 km	10 km	5 km
Entry fee RACE DAY ONLY	R 100	R 80	R 40
Entry fee 80+ -	Free		
Start Time	06:00		06.10
Cut-off	03:00	02:30	

**No pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Tshwane Running Shop

[www.enteronline.co.za](http://www.enteronline.co.za)



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

REGISTERED QUANTITY SURVEYORS • GEREGISTREERDE 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](mailto:info@caqs.co.za)  
[www.caqs.co.za](http://www.caqs.co.za)

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

<b>2020 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DISTANCE</b>	<b>DATE</b>	<b>LEAGUE</b>	
	<b>KM</b>		<b>RR</b>	<b>RW</b>
ACE	21.1 / 10	11/01	X	X
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**

**We are like tea bags whose true strength comes out when we are put in hot water.**





**PHOTO CORNER**



The turnout at our Lights Run in December was excellent! Thank you to all who attended and who donated toys to the less privileged.



One of the houses on the route





Jaap Willemse on the podium at the A4A Road Safety Race



Gerard van den Raad





Estien van Wyngaard



Sandra Steenkamp and Elsa Meyer