

IRENE NEWS

9 December 2019

No 47 - 2019



EDITORIAL

This will be the last Irene News of 2019. The last official time trials will be held on Tuesday. The next official time trials will take place on 7 January when everything will be back to normal. Please take note that the office will be closed from 13 December until 6 January. The January social evening will take place on Tuesday, 14 January.

The management team want to make use of this opportunity to wish all our members a fantastic festive season. May you enjoy peace and happiness on Christmas day that will last a lifetime. If you are fortunate to go away, please drive carefully and come back safely.

ACHIEVEMENTS

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

Skosana 10 km

2nd Master (43:24) Keith Reynolds 1st GM (49:44) Leon Page 2nd GM (55:26) **Louwrens Smit** 1st Walker (69:12) Danie Labuschagne 2nd Walker (73:51) Gerard van den Raad 3rd Master lady (54:41) Melani Swart Sandra Steenkamp 1st Lady walker (61:21) 2nd Lady walker (73:51) Elsa Meyer

Mandela Walk/Run

Elsa Meyer 1^{st} GGM lady -21 km (2:30:11)

Illovo 15 km

Jaap Willemse 2nd Walker (1:37:01) Lucia Willemse 2nd Lady walker (2:01:14)

THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:30 - Club house Last time trials of the year

Thursday:

Lights run @ 18:30 – Jan Cilliers Park, Groenkloof

Saturday:

The Combat Run 5/10/21 @ 06:00 – Gerotek Testing Grounds

SKOSANA CHALLENGE

Thank you to all our members who braved the weather to participate in the Skosana Challenge on Saturday. Despite a fierce challenge from Alpha Centurion, we managed to bring the trophy home again. Well done!

YEAR-END FUNCTION

Thank you to Joy and Michael Dekker and to everyone who helped them for a great function on Saturday evening. Despite many challenges, it was a huge success.

Congratulations to all our trophy winners:









Henk Basson

Socialiser of the Year

Linley September Best Supporter



Thea van Helden Friendliest member

Louis Visser Most injured athlete



Joy Dekker Best attitude & loyalty

Letha Kotze Blood Buddy



Yolande Cowley
Time Trials Attendance



Louisa Spangenberg

A

Schalk Liebenberg



Sandra Steenkamp



Keith Reynolds

10 km Champion 10 km Champion

Walker 10 km champ

Walker 10 km champ



Louisa Spangenberg



Schalk Liebenberg



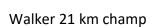
Sandra Steenkamp



Jaap Willemse

21 km Champion

21 km Champion



Walker 21 km champ



Amanda Cloete

42 km Champion



Ben Marais

42 km Champion



Simoné Basson

Beyond Comrades



JP Labuschagne

Beyond Comrades









Elsa Meyer

Gerard van den Raad

Ansie Breytenbach

Noel Banda

Most league points Most league points Most super league points Most super league points



Maryke Viljoen Rookie walker



Ansie Breytenbach Golden Shoe



Sandra Steenkamp Walker of the year



Jaap Willemse Walker of the year



Elsa Meyer



Gerard van den Raad



Lucia Willemse



Jaap Willemse

Great Grand Masters of the year

Grand Masters of the year



Sandra Steenkamp



Keith Reynolds



Sunet Eybers



André Fourie

Masters of the year



Amanda Cloete



MC du Toit



Ansie Breytenbach



Sandra Steenkamp

Seniors of the year



John Cannon Male runner of the year



Hestha Conradie



Female runners of the year (same points)

Joan van Wyngaard

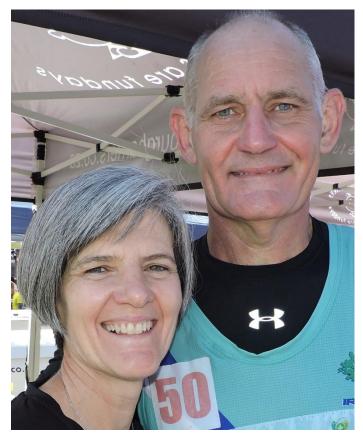


Rinaldi Botes



Rosemary Brink

Achievers of the year (4th Vet female team at Comrades)



Johan and Blanche van Vuuren

Winners of the Chairman's Trophy for their dedicated work over the years to administer the Irene Triple Challenge

All the trophy winners also received a gold certificate. Those who were not present can collect it at the admin counter.

The following members received silver and bronze certificates, it can also be collected at the admin counter:

	Silver	Bronze
Best Time Trials Attendance	Leon Page	Con Purchase
10 Km Championships		
Ladies	Zoë Scholtz	Ansie Breytenbach
Men	MC du Toit	Johan Snyman
Ladies Walkers	Isabelle van der Schyff	Lucia Willemse
Men Walkers	Jaap Willemse	Danie Labuschagne
21 km Championships		
Ladies	Ansie Breytenbach	Heleen de Bruin
Men	Nelius van Rooyen	Noel Banda
42 km Championships		
Ladies	Hestha Conradie	Helandie Calaca
Men	Andre Fourie	Mthokozisi Mambi
Most League Points		
Ladies	Ansie Breytenbach	Sandra Steenkamp
Men	Jaap Willemse	Danie Labuschagne

Most Super League Points		
Ladies	Louisa Spangenberg	Sunet Eybers
Men	Mauritz Oberholzer	Lenin Sithole
Lady walker of the year	Elsa Meyer	Lucia Willemse
Man walker of the year	Danie Labuschagne	Gerard van den Raad
GGM of the year		
Ladies	Letha Kotze	Marie van Dyk
Men	John Cannon	Johan Janse van Vuuren
GM of the year		
Ladies	Mariet Louw	Joey Cloete
Men	Danie Labuschagne	Leon Page
Master of the year		
Ladies	Ansie Breytenbach	Lynette Gough
Men	Noel Banda	Johan Saayman
Veteran of the year		
Ladies	Rosemary Brink	Heleen de Bruin
Men	Kobus van As	Danie Cornelissen
Senior of the year		
Ladies	Louisa Spangenberg	Zoë Scholtz
Men	Mauritz Oberholzer	Ben Marais
Runner of the year		
Ladies		Amanda Cloete
Men	Noel Banda	Johan Saayman

REGISTRATIONS 2020

Make sure that you don't miss out on your free T-shirt. Pay your fees a.s.a.p.

Please remember to deduct your discount if you worked at our races during the year.

PERSONALIA

Our condolences to Roelof Blignaut and his family. His wife died after a minor operation, she was 35.

Congratulations to the following members who celebrate their birthdays during the holiday period:

Paul	Nel	09 Dec
Johann	van de Venter	09 Dec
Christa	Visage	09 Dec
Yolandi	Smit	11 Dec
Fanna	Njomo	12 Dec
Rynier	van der Watt	14 Dec
Ernest	Kenoshi	15 Dec



Website: www.csi-euf.co.za

Tel: 011 805 6316

Rosemary	Brink	16 Dec
Llewellyn	Jacobs	16 Dec
Maryke	Viljoen	16 Dec
Kobus	Faber	17 Dec
Brett	Muir	18 Dec
Inge	Potgieter	18 Dec
Ansie	Breytenbach	19 Dec
Charnette	Van Rooyen	19 Dec
Alma	Fourie	21 Dec
Nicole	Walker	22 Dec
Tiisetso	Malise	23 Dec
Johan	Snyman	23 Dec
Marie	Viviers	23 Dec
Dirk	Cloete	24 Dec
Hennie	van der Walt	24 Dec
Henk	Basson	26 Dec
Anton	De Klerk	26 Dec
Anton	De Klerk	26 Dec
Lean	du Plessis	27 Dec
Shaun	Jansma	27 Dec
Rienta	Le Roux	27 Dec
Louisa	Krugel	28 Dec
Quintin	Gottschalk	29 Dec
Philippus	Koornhof	29 Dec
Annatjie	Greyvenstein	31 Dec
Daleen	Labuschagne	31 Dec
Thandokuhle	Myoli	31 Dec
Louis	Visser	31 Dec
Maryke	Du Plessis	01 Jan
Palesa	Ryan	01 Jan
John	Ellmore	02 Jan
Marius	Nel	02 Jan
Vanessa	Botha	03 Jan
Motlanalo	Kudumela	04 Jan
Johannes	Neuhoff	04 Jan
Jackie	Schlebusch	05 Jan
Michael	Tyler	05 Jan
Annemarie	Breytenbach	06 Jan



Thermopower Furnaces S.A. (Pty) Ltd











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

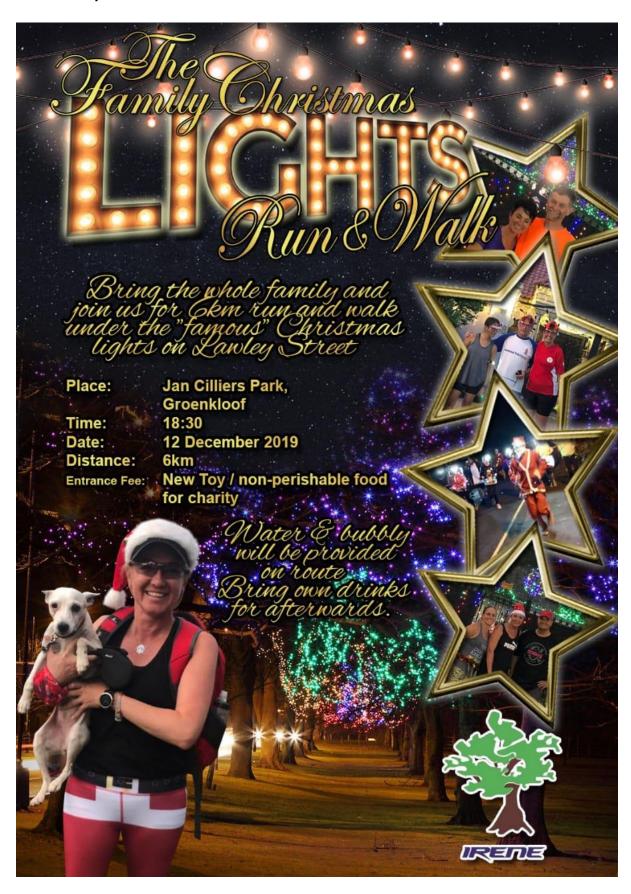
REGISTERED QUANTITY SURVEYORS • GEREGISTREERDE BOUREKENAARS

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

LIGHTS RUN/WALK



Saturday 14 December

The Combat Run 21.1/10/5 km

Race Organisers: Armscor Athletics Club & Titans Lifestyle

Venue: Gerotek Test Facilities, R104 WF Nkomo St., 17km West of Pretoria

GPS: S25 45.515 E28 00.522

	21.1 km	10 km	5 km
Entry fee	R 110	R 80	R 60
Start Time	06:00		
Cut-off	03:00		

There is a 6 & 12km trail race @ R70 & R90

No pets

No iPods or listening devices are allowed

Pre-entries at: The runners Store, Centurion

www.entrytime.com

Monday 16 December

Pheli Run, Walk & Ride 10/5 km

Race Organisers: Capital City Active Athletics Club

Venue: Lucas Moripe Stadium, Atteridgeville

	10 km	5 km
Entry fee	R 90	R 60
Entry fee 70+; blind runners & wheelchair	Free	
Start Time	06:00	
Cut-off	03:	00

There is also a 30km cycle race

No pets

No iPods or listening devices are allowed

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

www.webticket.co.za

Tuesday 31 December

Old Year's Race 10/5 km

Race Organisers: Arcadia Running Club

Venue: Rietondale Park, North Street, Rietondale

GPS: S 25.7316 E 28.2261

	10 km	5 km	
Pre-entry fee	R 100	R 60	
Start Time	17:00		
Cut-off	02:00		

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-away Sport; Sweatshop Southdowns

www.entrytime.com

Wednesday 1 January

New Year's Race 11/5 km

Race Organisers: Run Walk for Life

Venue: Pretoria National Botanical Gardens

	11 km	5 km	
Pre-entry fee	R 90	R 50	
Start Time	07:00		
Cut-off	02:00		

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-away Sport

www.entrytime.com

2020 AGN LEAGUE FIXTURE LIST					
EVENT	DISTANCE	DATE	LEA	LEAGUE	
	КМ		RR	RW	
ACE	21.1 / 10	11/01	Χ	Х	
Medihelp Sunrise Monster	32 / 21.1 / 10	29/02	Х	Х	
Right to Run/Walk	21.1 / 10	21/03	Χ	X	
Ford Road Race	21.1 / 10	04/04	Х	Х	
MiWay Wally Hayward	42.2 / 21.1 / 10	01/05	Χ	Х	
Fara Winter Challenge	10	20/06	Χ	Х	
Springbok Vasbyt	25 / 10	11/07	Χ	Х	
Fitness Test Run	21.1 / 10	08/08	Χ	Х	
Morula Half Marathon	21.1 / 10	19/09	Χ	Х	
CSI Irene Farm Race	21.1 / 10	31/10	X	Х	
Voortrekker Monument	21.1 / 10	21/11	Х	Х	
Skosana Road Race	10	05/12	X	Х	

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

 $\label{eq:continuous} \mbox{Don't'} \mbox{ wait for the perfect moment, take the moment and make it perfect.}$

PHOTO CORNER



Joy and Michael Dekker ready to receive the guests at the year-end function



Part of the 100 guests who attended the function



The preparation of a fantastic meal



One of the musicians who entertained the guests



Club captain Keith Reynolds receiving the trophy for the best club at the Skosana Challenge



Please take note of this sinkhole on our time trials route. It is up the road from the club house towards the weather station.