



# 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

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

### Mandela Walk/Run

Elsa Meyer	1 <sup>st</sup> GGM lady – 21 km (2:30:11)
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### Illovo 15 km

Jaap Willemse	2 <sup>nd</sup> Walker (1:37:01)
Lucia Willemse	2 <sup>nd</sup> 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:



Linley September  
Best Supporter



Louis Visser  
Most injured athlete



Letha Kotze  
Blood Buddy



Henk Basson  
Socialiser of the Year



Thea van Helden  
Friendliest member



Joy Dekker  
Best attitude & loyalty



Yolande Cowley  
Time Trials Attendance



Louisa Spangenberg

10 km Champion



Schalk Liebenberg

10 km Champion



Sandra Steenkamp

Walker 10 km champ



Keith Reynolds

Walker 10 km champ



Louisa Spangenberg

21 km Champion



Schalk Liebenberg

21 km Champion



Sandra Steenkamp

Walker 21 km champ



Jaap Willemse

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

Great Grand Masters of the year



Gerard van den Raad



Lucia Willemse

Grand Masters of the year



Jaap Willemse



Sandra Steenkamp



Keith Reynolds



Sunet Eybers



André Fourie

Masters of the year

Veterans of the year



Amanda Cloete



MC du Toit



Ansie Breytenbach



Sandra Steenkamp

Seniors of the year

Female runners of the year (same points)



John Cannon

Male runner of the year



Hestha Conradie



Joan van Wyngaard



Rinaldi Botes



Rosemary Brink

Achievers of the year (4<sup>th</sup> 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
<b>Best Time Trials Attendance</b>	Leon Page	Con Purchase
<b>10 Km Championships</b>		
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
<b>21 km Championships</b>		
Ladies	Ansie Breytenbach	Heleen de Bruin
Men	Nelius van Rooyen	Noel Banda
<b>42 km Championships</b>		
Ladies	Hestha Conradie	Helandie Calaca
Men	Andre Fourie	Mthokozisi Mambi
<b>Most League Points</b>		
Ladies	Ansie Breytenbach	Sandra Steenkamp
Men	Jaap Willemse	Danie Labuschagne

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



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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



LIGHTS RUN/WALK

# *The Family Christmas* **LIGHTS** *Run & Walk*

*Bring the whole family and join us for 6km run and walk under the "famous" Christmas lights on Lawley Street*

**Place:** Jan Cilliers Park, Groenkloof  
**Time:** 18:30  
**Date:** 12 December 2019  
**Distance:** 6km  
**Entrance Fee:** New Toy / non-perishable food for charity

*Water & bubbly will be provided on route  
Bring own drinks for afterwards.*

**IRENE**

## **NOTICE BOARD**

### **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](http://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](http://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](http://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](http://www.entrytime.com)



<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**

**Don't 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.