



IRENE NEWS

10 February 2020

No 6 - 2020



ACHIEVEMENTS

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

Sandra Steenkamp	1 st Master lady – 32 km (2:44:23)
Mike du Bruto	1 st GGM – 10 km (51:43)
Elsa Meyer	1 st GGM lady – 10 km (73:01)
Tiisetso Magano	1 st Man – 100 meters (10.9) AGN Track meeting
	3 rd Man – 200 meters

PERSONAL ACHIEVEMENTS

Maryke Viljoen	PB – 5000 meters (Track)
Ali van Antwerpen	PB – 21 km

THIS WEEK'S DIARY

Monday:

Strength training @ 17:30 – Club house

Tuesday:

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

Saturday:

Bestmed Tuks 1/5/10/21/42 @ 05:30 – Hillcrest Sport Campus

Sunday:

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

T-SHIRTS

The club T-shirts for the first 500 members who registered can be collected at the club house on Tuesday at the admin counter (17:00 – 19:00). This also applies for the registration packs.

T-shirts not collected by the end of February will be handed out to members who registered after the cut-off of the first 500 registrations.

21 KM CLUB CHAMPIONSHIPS

Congratulations once again to all our winners. The complete results are as follows:

	Men	Women
Overall		
1	Michael Mokwala	Amanda Cloete
2	Roger Brown	Joan van Wyngaard
3	Dirk Cloete	Rosemary Brink
Senior		
1	Johan Snyman	Amanda Cloete
2	Norton Mole	Bernice Swanepoel
3	Marks Mathebula	Zoë Scholtz
40 - 49		
1	Michael Mokwala	Joan van Wyngaard
2	Kobus van As	Rosemary Brink
3	Emile Myburgh	Sonja du Toit
50 - 59		
1	Roger Brown	Coretha Usher
2	Dirk Cloete	Cari Snyman
3	Rob Hudson	Suzette Ruthven
60 - 69		
1	Henk Basson	Lucia Willemse
2	Johann Stadler	Mariet Louw
3	Jaap Willemse	
70 - 79		
1	John Cannon	Elsa Meyer
2		Marie van Dyk
3		

	Walkers	
1	Sandra Steenkamp (50-59)	Keith Reynolds (50-59)
2	Elsa Meyer (70-79)	Jaap Willemse (60-69)
3	Lucia Willemse (60-69)	
4	Marie van Dyk (70-79)	

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42 KM CLUB CHAMPIONSHIPS SUNDAY 23 FEBRUARY

The 42 km at the Phobians Pretoria Marathon on Sunday, 23 February, will serve as our Club Marathon Championships (runners only). This is an event where we want mass participation of our members.

To make it special for all our members, every paid-up Irene member who finishes any of the distances on the day and who visits the Cara-Fun after the race wearing Irene kit, will receive a pair of Irene socks. These socks will be available in our clothing shop soon.



We also plan to have a bring and braai at the club house on the Tuesday evening prior to the race. More details will follow. Save the date in the meantime.

PERSONALIA

Caesar Tonkin had a successful quadruple bypass operation on Thursday. We wish him a speedy recovery.

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

Corne	du Toit	11 Feb
Hlulani	Hlangwane	11 Feb
Andre	Fourie	11 Feb
Mike	Gibbons	12 Feb
Hannah	Pheiffer	12 Feb
Danny	Calaca	13 Feb
Walter	Strydom	13 Feb
Giel	Laubscher	14 Feb
Ilse	Merrick	14 Feb
Rita	Jordaan	15 Feb
Brighton	Mabasa	15 Feb
Olga	Hadebe	16 Feb
Annabelle	de Jonge	16 Feb



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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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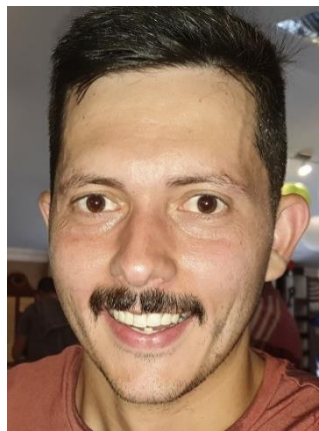
WESTERN CAPE OFFICE
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NEW MEMBERS

Welcome to the following new members:



Ann Eckard



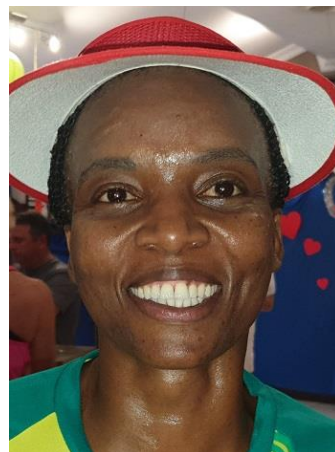
Johan Koekemoer



Liesl Booysen



Peter Benson



Sebongile Chidi



NOTICE BOARD

Saturday 15 February

Bestmed Tuks Race 42.2/21.1/10/5/1 km

Race Organisers: Tuks Sport

Venue: Hillcrest Sports Campus, Burnett Street, Hatfield

GPS: S 25 44'58" E 28 14'47"

	42.1 km	21.1 km	10 km	5km	1 km
Entry fee	R 200	R 150	R 100	R 50	R 30
Entry fee 60 - 79	R 100	R 75	R 50		
Start Time	05:30	06:00	06:30	06:40	08:00
Cut-off time	05:30	03:00			

The 42.2km is a pre-entry race only and is limited to 4000 athletes

No Pets No iPods or listening devices are allowed

Only the 10km race is wheelchair friendly

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld West, Fourways
Crossing; Tshwane Running Shop; UP Hatfield Campus

www.entrytime.com

Sunday 23 February
(Pretoria Marathon)

Phobians Pretoria Marathon 42.2/21.1/10 km

Race Organisers: Phobians Athletics Club

Venue: Pretoria High School Old Boys Club, Hofmeyr Park, Queens Crescent, Lynnwood

	42.2 km	21.1 km	10 km
Entry fee	R 250	R 160	R 130
Start Time	05:30	06:00	06:15
Cut-off	05:30		

42.2/21.1km entries at Phobians Clubhouse 21 & 22 February – none on race day

1st 5000 entries receive a free t-shirt No Pets

No iPods or listening devices are allowed

Wheelchair athletes are allowed but will need assistance over animal grids

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld, Bedfordview,
Broadacres: Sportmans Warehouse Centurion, Atterbury & Kolonnade **(42.2/21.1 until 19 February)** www.entryrush.co.za

LEAGUE RACE

Saturday 29 February

Medihelp Sunrise Monster 32/21.1/10/5 km

Race Organisers: Harlequin Harriers

Venue: Harlequin Club, Totius Street, Groenkloof

GPS: S 25°46.122 E 28°13.031

	32km	21.1km	10 km	5 km
Pre-entry fee	R 160	R 130	R 110	R 50
Entry fees 60+	R 100	R 90	R 80	R 40
Entry fees 70+ (race day only & ID)	Free			
Start Time	06:03		06:30	06:45
Time Limit	04h30	03h30	02h30	01h30

Route not suitable for wheelchair athletes

The 32/21.110km races are ChampionChip races

No pets

No iPods or listening devices are allowed

Pre-entries: Run-A-Way Sports, Sweatshop Dunkeld, Bedfordview & Southdowns;
Natural Runner

www.medihelp.co.za/showcase/events

2020 AGN LEAGUE FIXTURE LIST

EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
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

4 March 2020	Boland MA	Paarl
13/14 March 202	EPMA	Westvaal Oval, PE
4 April 2020	KZNM	Kings Park Stadium, Durban
4 April 2020	WPMA	Cape Town
10/11 April 2020	GNMA	Pilditch, Pretoria
18 April 2020	CGMA	Sasolburg
15 Augustus 2020	FSMA (Jumps & Throws)	Bloemfontein
22 Augustus 2020	Mpumalanga MA	Secunda
3 October 2020	SWD	Oudtshoorn
30/31 October 2020	FSMA	Bloemfontein

THOUGHT FOR THE WEEK

If we worry too much about ourselves, we won't have time for others.

PHOTO CORNER



Mike du Bruto on the podium at Bronkhorstspuit



Thank you to Thea van Helden for a well-organized social function last week

Action at the time trials



















