



# IRENE NEWS

10 September 2018

No 36 - 2018



## ACHIEVEMENTS

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

Rob Hudson	1 <sup>st</sup> Master – 21 km (1:32:42)
Ansie Breytenbach	1 <sup>st</sup> Master lady – 10 km (48:35)

## PERSONAL ACHIEVEMENTS

Lindie Pretorius	PB – 10 km
Jan van Wyk	PB – 21 km

## THIS WEEK'S DIARY

### Tuesday:

Time trials @ 17:30 – Club house



### Wednesday:

Lester Mills Memorial Night 5/10 @ 18:30 - Tuks

### Saturday:

Brooklyn 5/10/21 @ 06:00 – Brooklyn Mall

## IRENE SPRING RACE

Thank you to those members who have already indicated that they will help at our race on 29 September. However, we still need many more helpers. As always, we rely on our members to make the race a huge success. We need our members to assist in the following areas on the day:

- Route marshals
- Parking marshals
- Handing out medals
- Water point helpers
- Helpers at the entries



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

Tel: 011 805 6316

### **TIME TRIALS STARTING TIME**

Remember about the starting time of the time trials, it is 17:30 from now until the end of April next year. Everybody now has to start together again like before Comrades.

### **TIME TRIALS 18 SEPTEMBER**

The Race Walking contingent is planning a big surprise for all the club members on 18 September.

Prepare to down your race walking shoes..... and be converted to racewalking... once you have experienced the joy and exhilaration of Race Walking.....!!

WATCH THIS SPACE!!

Danie Labuschagne



### **10 KM CLUB CHAMPIONSHIPS**

Congratulations to Phumlani Mabophe and Zoë Scholtz who are our 2018 10 km club champions! Well done also to the category champions. The results are as follows:

	Men	Women
Overall	Phumlani Mabophe	Zoë Scholtz
	Lenin Sithole	Joan van Wyngaard
	Schalk Liebenberg	Rosemary Brink
Senior	Phumlani Mabophe	Zoë Scholtz
	Lenin Sithole	Ilze du Randt
	Schalk Liebenberg	Corné Johnstone
Veteran	Mark van Deventer	Joan van Wyngaard
	Alhasan Jallow	Rosemary Brink
	Buks van Deventer	Belinda de Bruin
Master	Rob Hudson	Sandra Steenkamp
	Leon Page	Carla Hartmann
	Johan Saayman	Tania Thompson
GM	Alan Hyson	Lucia Willemse
	Danie Labuschagne	
	John Ellmore	
GGM	Gerard van den Raad	Letha Kotze
		Marie van Dyk

## PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Kyle	Odonnell	11 Sep
Jaco	de Bruin	12 Sep
Henry	Enslin	12 Sep
Louis	Msomi	12 Sep
Pieter	Saayman	12 Sep
Sandra	Steenkamp	12 Sep
Danie	Cornelissen	13 Sep
Jason	Hubner	13 Sep
Marisia	Koch	14 Sep
Wessel	Oosthuizen	14 Sep
Pieter	Venter	14 Sep
Marie	Van Zyl	15 Sep
Miné	Van Zyl	15 Sep
Lea	Ledwaba	16 Sep
Riaan	Prinsloo	16 Sep
Vikash	Ramlugaan	16 Sep



## NOTICE BOARD

### **Wednesday 12 September**

### **Lester Mills Memorial Night Race 10/5km**

Race Organisers: Tuks Athletics Club

Venue: Tuks, Hillcrest Sports Campus

GPS: S 25.7454538 E 28.24718

	10 km	5 km
Entry fees	R 80	R 50
60 - 69	½ Price – race day only	
70+ / Blind runners	Free – race day only	
Start time	18h30	
Time Limit	01:30	

**Route is not suitable for wheelchairs No pets No iPods or listening devices are allowed**

Pre-entries at: Run-Away-Sport; Sweat Shop Southdowns

**Saturday 15 September Brooklyn Road Race 21.1/10/5 km**

Race Organisers: Pretoria Marathon CLub

Venue: c/o Veale & Bronkhorst Streets, Brooklyn

GPS: X -28.235 Y-25.772

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R 40
Entry fee 70+ / blind runners / wheelchairs	Free - race day only		
Start Time	06:00		06:10
Cut-off	??		

**1<sup>st</sup> 100 on line entries receive a free parking ticket**

**No pets**

**No iPods or listening devices are allowed**

**Baby strollers welcome on 5km**

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns, Dunkeld, Fourways Crossing; Wellness Warehouse

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

**Wednesday 19 September TUT Health & Wellness Night Race 10/5km**

Race Organisers: TUT Athletics Club

Venue: Tshwane University of Technology, Pretoria

	10 km	5 km
Entry fees	R 70	R 30
Start time	18h05	18h10
Time Limit	03:00	

**Route is not suitable for wheelchairs**

**No pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-Away-Sport; Sweat Shop Southdowns; TUT Athletics Office

**Monday 24 September      Bophelong Half Marathon 21.1/10/5 km**

Race Organisers: Bophelong Athletics Club

Venue: Bophelong Community Centre, Molepo St, Mamelodi East

GPS: S 25.7168   E 28.3769

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 50
Entry fee 60 – 69 / Jardine Joggers	R 50	R 50	
Entry fee 70	Free		
Start Time	06:00		06:15
Cut-off	03:00		

**No wheelchairs****No pets****No iPods or listening devices are allowed**

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

[www.enrytime.com](http://www.enrytime.com)**2018 AGN LEAGUE FIXTURE LIST**

<b>EVENT</b>	<b>DISTANCE</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
Irene Spring Race	21.1/10 km	29/09	X	X
CSIR Road Race	21.1/10 km	20/10	X	X
Tom Jenkins	21.1/10 km	17/11	X	X

**Masters Athletics Fixture list**

- Local meetings

27 October 2018      SWD

Oudtshoorn

10 November 2018      Free State

Bloemfontein

**THOUGHT FOR THE WEEK**

You have a choice. You can throw in the towel, or you can use it to wipe the sweat off your face.



# JOINT*Eze*<sup>TM</sup>

## Photo Corner



It was good to see Giel Cillie at a race again on Saturday





Jolande Janse van Rensburg



Alan Hyson





Carla Hartmann is improving at every race these days



Johan van Vuuren





Derrick van der Merwe



Jan van Wyk did a 21 PB on Saturday





Belinda de Bruin



Musa Nkosi





Ansie Breytenbach – former Springbok captain Wynand Claassen handed out the prizes



Handri Kymdell with Marisia and Pierre Koch





Congratulations to Aletha van den Bergh who did the Mont-Aux-Sources Challenge





Danie Cornelissen and his son both took part in the SA Cross Country Championships in Port Elizabeth on Saturday



Marie van Dyk was on the podium at the Jacaranda Big Walk. Well done!

(No official results received)