



IRENE NEWS

11 March 2019

No 10 - 2019



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Bucu Bobbies:

Leon Page	1 st Master – 10 km (49:33)
Mike du Bruto	1 st GGM – 10 km (49:03)
Sandra Steenkamp	1 st lady walker – 10 km (60:27)
Elsa Meyer	1 st Lady walker – 21 km (1:28:34)
Keith Reynolds	2 nd Overall – Mihingo Trail Marathon - Uganda

Well done!

PERSONAL ACHIEVEMENTS

Leo Erlank	1 st 10 km
Suzette Ruthven	1 st 10 km
Maryke van Rooyen	1 st 10 km
Estien van Wyngaard	1 st 21 km
SW Engelbrecht	1 st 21 km
Jason Buyskes	PB – 21 km & 42 km

Well done!

Please let us know about your personal achievements i.e. personal best times, first race in a certain distance etc. Don't be shy!

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:

Om die Dorp 5/10/21 @ 06:00 – PvR Community Church (Gazebo & tog bag facilities)

Om die Dam – 21/50 – Hartbeespoort (Cara-Fun, & tog bag facilities)

Sunday:

Club run @ 06:00 – Club house – All welcome, your distance, your pace.

HELPERS REQUIRED

We will be presenting the JointEze Irene Ultra on Sunday, 7 April. This race is growing in popularity and is now known as #THEQUALIFIER. We expect between 5000 and 6000 athletes on the day.

As always, we rely on our members to work on the day to present a high-quality race. Without the help of our members it won't be possible.

The Management committee has decided to reduce the 2020 membership fee with R100 for each race a member works at in 2019. We trust that this will also inspire our members to make themselves available to help on the day.

We require help in the following areas:

- Route marshals
- Water point helpers
- Entries
- Handing out medals
- Traffic marshals
- Helpers at the finish

Please reply to this email to make yourself available and tell us where you would like to work.

Please note that Irene members will be allowed to run the 48 km on the day on condition that they provide a non-member to work on the day. This applies to the 48 km only. Members will not be allowed to do the 21 km on the day.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Johan	van Heerden	11 Mar
Cornel	van Heerden	12 Mar
Mathews	Maponopono	13 Mar
Kevin	Rodwell	13 Mar
Jayson	Buyskes	14 Mar
Anél	De Wit	15 Mar
Alexander	Gray	15 Mar
Yolande	Cowley	16 Mar
Jaco	de Bruin	16 Mar
Joy-Ann	Dekker	16 Mar
Ansu	Laubscher	16 Mar
Sandile	Ngwenya	16 Mar
Mthokozisi	Mambi	17 Mar



Website: www.csi-euf.co.za

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NOTICE BOARD

Saturday 16 March

Om-Die-Dorp Road Race 21.1/10/5 km

Race Organisers: Wingate Road Runners

Venue: PvR Community Church, 14 Baltimore Avenue, Pierre van Ryneveld

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 50
Start Time	06:00		06:15
Cut-off	03:30		

No Pets

No iPods or listening devices are allowed

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

www.enteronline.co.za

Thursday 21 March

Right to Run/Walk 21.1/10/5 km

Race Organisers: Arcadia Running Club

Venue: Sunnypark Shopping Centre, c/o Steve Biko- & Robert Sobukwe Streets, Sunnyside

GPS: S 25 45'2 E 28 12'11

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R 50
Start Time	07:00		
Cut-off	??		

No Pets

No iPods or listening devices are allowed

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Cross Trainer Sunnypark; Sports Scene Sunnypark; Tshwane Running Shop

www.entrytime.com

LEAGUE RACE

Saturday 30 March

Kolonnade Road Race 32/15/5 km

Race Organisers: Overkruin Athletics Club

Venue: Kolonnade Shopping Centre, c/o Sefako Makgatho Drive & Dr van der Merwe Street, Montana

	32 km	15 km	5 km
Entry fee	R 110	R 90	R 40
Entre fee 60+ (Race day only & proof of age)	Free		
Start Time	06:00		06:15
Cut-off	04:00	03:00	

No Pets

No iPods or listening devices are allowed

Pre-entries at: Run-away Sport; Sweat Shop Irene; Tshwane Running Shop; Kolonnade Info Desk

www.entrytime.co.za

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2019 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Kolonnade Road Race	21.1/10 km	30/03/19	X	X
Run Against Drugs	21.1/10 km	13/04/19	X	X
Skosana Development Run	21.1/10 km	25/05/19	X	X
Race of Friendship	21.1/10 km	29/06/19	X	X
Zwartkop Road Race	21.1/10 km	27/07/19	X	X
Spirit of Flight	10 km	31/08/19	X	X
Brooklyn Road Race	21.1/10 km	07/09/19	X	X
Capital Classic	21.1/10 km	05/10/19	X	X
Freedom of Expression	21.1/10 km	02/11/19	X	X

Masters Athletics Fixture list

South Africa

? March 2019	KZN	Kings Park Stadium
29/30 March 2019	PE	Westbourne Oval
29/30 March	GNMA	Pilditch
5/6 April 2019	WP	Cape Town
13 April 2019	CGMA	Herman Immelman
10 August 2019	Mpumalanga	Secunda
? October 2019	Rassies	Bronkhorstspuit
25/26 October 2019	SWD	Oudtshoorn
8/9 November 2019	Free State	Bloemfontein

South African Championships

3/4 May 2019	SWD	Oudtshoorn
April/May 2020	Central Gauteng	Herman Immelman

Africa Championships

2021	Nairobi, Kenya
2023	South Africa

International Championships

24-30 March 2019	WMA Indoor	Torun, Poland
28/9-6/10 2019	30 th Summer Universiade	Naples, Italy
20/7/2020 – 1/8/2020	World Masters Athletics Champs	Toronto, Canada

THOUGHT FOR THE WEEK

It is easier to preach ten sermons than it is to live one.

PHOTO CORNER (BOBBIES)



Cornel van Heerden and Piet Phalahadi



Mike du Bruto, the first GGM on the 10 km



Tanya Ungerer



Henk Basson and Candice van der Spuy



Heinrich Beukman



Lesedi Letwaba



Nadene Visser and Pieter Reynecke