



IRENE NEWS

11 November 2019

No 43 - 2019



ACHIEVEMENTS

Congratulations to the following member who were on the podium at the Fara Summer Challenge:

Leon Page 1st GM – 10 km (49:02)

PERSONAL ACHIEVEMENTS

Buks van Deventer PB - Marathon
Mark Forbes PB – Marathon
Well done!

Congratulations also to Jaap Willemse who received the trophy at an AGN function for the best Race Walking Administrator of the year and to our walkers for winning the walking league in 2018.

THIS WEEK'S DIARY

Monday:

Strength training classes @ 17:30 – Club house (all members welcome)

Tuesday:

Time trials @ 17:30 – Club house (Start on your own early to be on time for the AGM)
AGM @ 18:00 – Lapa at club house.

Saturday:

Tom Jenkins 5/10/21 @ 06:00 – Union Buildings (Pre-entries only)



ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 12 November at 18:00.

No nominations for the management committee can be accepted anymore.

YEAR END FUNCTION

Our year-end function and prizegiving will take place on Saturday, 7 December. More details later.

CAPTAIN'S CORNER

Hello Crew, this will be my last message to you in my capacity as your Club Captain.

After 5 years, I have been blessed and honoured to have being able to fulfil my role as your Club Captain. I worked with a stellar bunch of people in our Management team who understand the workings of the club and have the club's interest at heart. The training group have been nothing short of an amazing bunch of individuals who made my job easy. My mentor and friend Werner Zandberg told me when I took on this role that it will be a rewarding experience. This was so true on all levels. The smiles I see when the members reach their goals was fantastic to witness. Words cannot describe the joy I felt when I know I played a part in someone's success on the road. This will be forever etched in my mind.

To Louis Visser our outgoing Chairman, thank you for navigating the club to the success it is. Without your hard work and dedication, we would not be where we are today as a club. Thank you for your support you have shown me and trusted me to lead this club in my capacity. There are so many people to thank and two people that stand out are Dirk Cloete and Werner Zandberg. I have learned so much from these two guys and will treasure these.

Lastly, thank you to my family for their support shown during this past 5 years. Without their support I would not have been able to fulfil my role as diligently as I did.

THANK YOU FROM THE BOTTOM OF MY HEART

TO ALL AT IRENE ATHLETICS CLUB.

PROUD IRENE GREETINGS

PERSONALIA

Bertha van den Raad had an operation on Friday. We wish her a speedy recovery and trust that she will be able to run/walk again in the near future.

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

Vaughn	Hills	11 Nov
Zama	Dlamini	12 Nov
Pierre	Koch	12 Nov
Leo	Erlank	13 Nov
Mike	Du Bruto	14 Nov
Nadia	Saayman	14 Nov
Estie	Visser	14 Nov
Uida	Enslin	15 Nov
Letha	Kotze	15 Nov
Dudley	Peacock	15 Nov
Myrna	van Wyk	16 Nov
Tanya	Walker	16 Nov



Website: www.csi-euf.co.za

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NOTICE BOARD

Saturday 16 November Tom Jenkins Run/Walk Challenge 21.1/10/5 km

Race Organisers: Arcadia Running Club

Venue: Pretoria Union Buildings, Government Avenue, Arcadia

GPS: S 27.7402 E 28.2102

Pre-entries only – capped at 10 000

	21.1 km	10 km	5 km
Entry fee	R 130	R 100	R 60
Entry fee 60 - 69	R 80		
Entry fee 70+	Free		
Start Time	06:00		06:15
Cut-off	03:30	02:00	

No pets

No iPods or listening devices are allowed

Parking at Sunnypark Shopping Centre & Rietondale Park (both within walking distance to the venue) & adjacent streets at start

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns, Dunkeld, Bedfordview, Board Acres

www.timeme.co.za

Saturday 23 November Voortrekker Monument Road Race 21.1/10/5 km

Race Organisers: Voortrekker Monument Athletics Club

Venue: Voortrekker Monument, Eufees Road

GPS: S 25.77690 E 28.17747

Bring your own cup/container or bottle for water as water will be in tanks

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R 50
Entry fee – Jardine joggers; 60 - 69	R 50	R 50	
Entry fee – 70+; athletes celebrating their birthday (Show ID)	Free		
Start Time	06:00		06:15
Cut-off	03:00 **		

No pets

No iPods or listening devices are allowed

No baby strollers or wheelchairs due to road congestion

****Venue imposed time limit. All athletes with 3km or more to go and 25min or less will be diverted to the finish**

Pre-entries at: Run-A-way Sport; Postnet Pretoria West; Sportman's Warehouse – Atterbury Value Mart, Centurion Value Mart, Menlyn Park Shopping Centre

www.entrytime.com



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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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Masters Athletics Fixture list

South Africa

8/9 November 2019

Free State

Bloemfontein

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

True friendship comes when silence between two people is comfortable.

PHOTO CORNER



Jacquie Burn did the Athens Marathon on Sunday, well done!

The Black Tuesday social was a big success! Thank you to Joy Dekker for organizing it, and to all the members who dressed in black



Joy Dekker and Carla Hartmann



Ansie Breytenbach, Maryke Viljoen and Derick van der Merwe



Bets Botha, Heilet Basson, Chantelle Botha and Melani Swart



Con Purchase receiving a sports massage



The Koornhof family



Nadia and Schalk Liebenberg



The trophy Jaap Willemse received