



# IRENE NEWS

12 November 2018

No 45 - 2018



## PERSONAL ACHIEVEMENTS

Phineas Mojapelo  
Tanya Ungerer

PB 10 km  
PB 42 km

Well done!

## 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:

Tom Jenkins 5/10/21 @ 06:00 – Union Buildings (League Race)

## LEAGUE RACE

The Tom Jenkins race on Saturday is the last league race of the year. As always there will be something to eat afterwards.

## ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 13 November at 19:00. All members are welcome.

## ANNUAL INFO BOOKLET

The 2019 information booklet that every member will receive when joining the club next year will be printed soon. A total of 800 copies will be printed.

We want to give our members the opportunity to advertise their businesses/services in there. As you know it will be in full colour. The cost of the ads will be minimal: Full page – R800, half page – R400 and business card – R200.

Please send your ads a.s.a.p. to secure your spot.

Don't miss out on this opportunity, space is limited.



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

Tel: 011 805 6316

## **YEAR-END FUNCTION**

Please take note that our annual year-end function will take place on Saturday, 1 December. More info will be sent out during the week.

It will also serve as our prize-giving ceremony.

## **REFLECTIONS ON MY FIRST MARATHON**

Please read this very interesting attachment.

## **REGISTRATIONS 2019**

Registrations for 2019 will start hopefully in the last week of November. Watch this space for details.

## **PERSONALIA**

Condolences to Mellany Hoffmann, our bar lady whose brother died suddenly.

Congratulations to everybody celebrating their birthdays during the week:

Pierre	Koch	12 Nov
Gerrit	Faling	12 Nov
Onja	Prinsloo	13 Nov
Gert	Fourie	13 Nov
Nadia	Saayman	14 Nov
Uida	Enslin	15 Nov
Kathleen	Faling	15 Nov
Letha	Kotze	15 Nov
Dudley	Peacock	15 Nov
Pieter	van Heerden	16 Nov
Myrna	van Wyk	16 Nov
Tanya	Walker	16 Nov
Jan	van Vuuren	17 Nov
Rialette	Pretorius	18 Nov
Jeannie	Snyman	18 Nov



**JOINTeze™**

**MODERN  
athlete**



## NOTICE BOARD

### League Race

#### **Saturday 17 November    Tom Jenkins Run/Walk Challenge 21.1/10/5 km**

Race Organisers: Arcadia Running Club

Venue: Pretoria Union Buildings, Church Street Arcadia

GPS: S 27.7402   E 28.2102

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R50
Start Time	06:00		06:20
Cut-off	03:30	02:00	

**No pets**

**No iPods or listening devices are allowed**

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

[www.entrytime.com](http://www.entrytime.com)

#### **Saturday 24 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

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R40
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**

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

### **League Races**

<i><b>EVENT</b></i>	<i><b>DISTANCE</b></i>	<i><b>DATE</b></i>	<i><b>LEAGUE</b></i>	
			<b>RR</b>	<b>RW</b>
Tom Jenkins	21.1/10 km	17/11	X	X

### **Masters Athletics Fixture list**

3/4 May 2019                      Oudtshoorn

Africa Champs

December 2018                      Africa Championships                      Tunisia

International Championships

24-30 March 2019                      WMA Indoor                      Torun, Poland

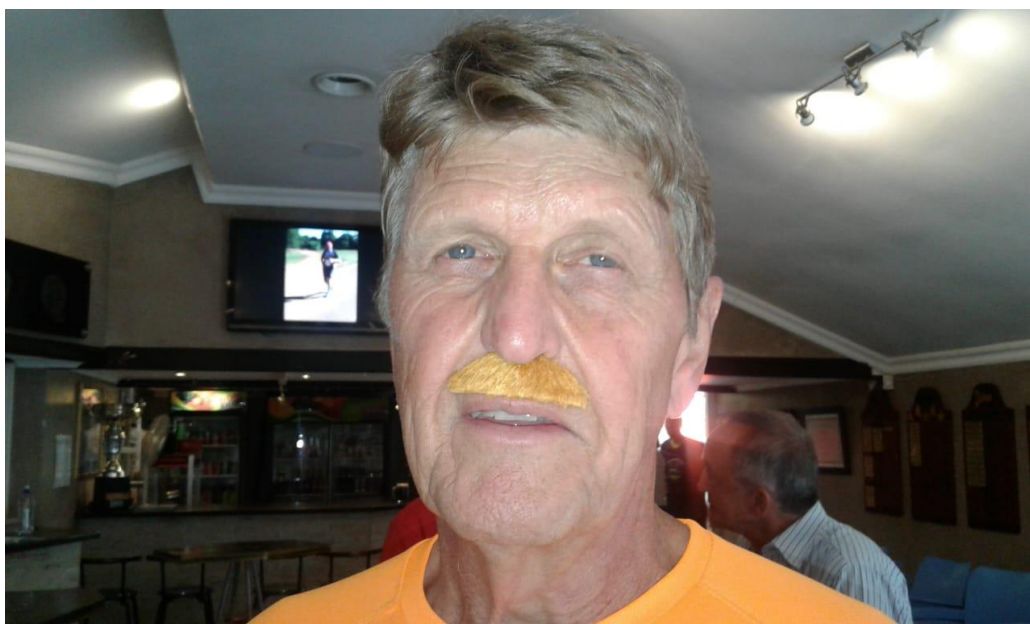
28/9-6/10 2019                      30<sup>th</sup> Summer Universiade                      Naples, Italy

20/7/2020 – 1/8/2020                      World Masters athletics Champs                      Toronto, Canada

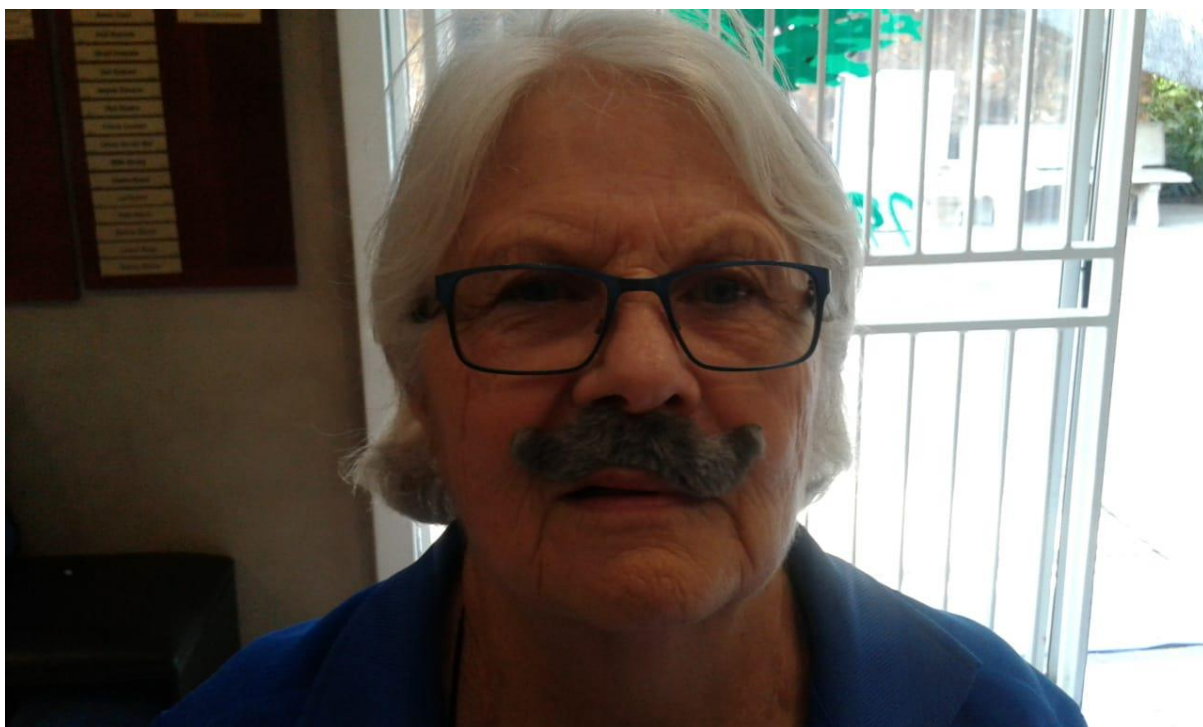
*THOUGHT FOR THE WEEK*

**Friendship is like a book. It takes years to write but only a few seconds to burn.**

### **PHOTO CORNER**



It was "Movember" on Tuesday at the club house. Henk Basson with his moustache



Even tannie Bertha put on a moustache for the evening!



Michael and Joy Dekker



Heilet Basson joining in the fun

The following photos were taken during the time trials, the place to be on a Tuesday!



















Thea van Helden dis the Golden Gate Bridge 21 km in the USA recently



Buks van Deventer after doing the Scatter Run