



IRENE NEWS

13 January 2020

No 2 - 2020



ACHIEVEMENTS

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

Keith Reynolds	1 st Walker – 10 km (59:28)
Isabelle van der Schyff	1 st Lady walker – 10 km (66:34)

Being a league race, the turnout of Irene members was very disappointing.

THIS WEEK'S DIARY

Tuesday:

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

Saturday:

George Claassen 5/10/21 @ 06:00 – Pick n Pay Hyper, Atterbury Road, Faery Glen

Sunday:

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

REGISTRATIONS PACKS

Members who have registered can collect their registration packs (licence number, windscreen disc and info booklet), at the club house on Tuesday from 17:00 till 19:00.

Due to a problem with the supplier, the T-Shirts will only be available later during the month. We will keep you posted.

SOCIAL EVENING

Our first social evening will take place on Tuesday, 14 January after the time trials. It is going to be fun and laughter, especially for the younger ones.

Come and enjoy the evening with your fellow club members. It is an ideal opportunity to meet the new members. You also stand a chance to win a pair of Asics running shoes in the lucky draw.

There will be a nice plate of food for sale at only R40 pp.

IRENE ATHLETICS CLUB

Irene Athletics Club **BEACH PARTY** **Slip & Slide**

BRING THE FAMILY
BRING SWIMSUITS
AND COME HAVE SOME
FUN WITH US

Tuesday
14 Jan 2020

Timetrial Starts
5:30pm

Social
Thereafter

SERIOUS
about our

fun

irene

NEW MEMBERS

Welcome to all our new members. We managed to get photos of the following new members last week:



Albert Pretorius



Lucille Pretorius



Lucian Pretorius



FT Muvhango



André Nortje



Lesiba Baloyi



Natashé Cloete



Hlulani Hlangwane



Teegan Bhayla



L'mri Lamprecht



PERSONALIA

Aletha van den Bergh had a knee operation last week, we wish her a speedy and proper recovery.

Johan van Vuuren, our financial manager, will also undergo an operation on Tuesday, we wish him all the best.

Our condolences to Isabelle van der Schyff, her mother passed away during the week.

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

Gert	Fourie	13 Jan
Kevin	Heunis	13 Jan
Michael	Schlebusch	13 Jan
Kobus	van Niekerk	13 Jan
John	Ward	13 Jan
Lezanne	Grove	14 Jan
Imani	Ravhuhali	14 Jan
Gert	Buitendach	15 Jan
Kathleen	Faling	15 Jan
John	Hoffman	15 Jan
Jean-Pierre	Labuschagne	15 Jan
Bernie	Ruthven	15 Jan
Corne	Welgemoed	15 Jan
Anya	Swanepoel	16 Jan
Tjaart	Van Wyk	16 Jan
Fanie	van Wyngaard	17 Jan
Xander	Visser	17 Jan
Bradley	Newton	18 Jan
Michael	Bluff	19 Jan
Jaco	Rautenbach	19 Jan
Tebogo	Tselangoe	19 Jan



Website: www.csi-euf.co.za

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Thermopower Furnaces S.A. (Pty) Ltd



NOTICE BOARD

Saturday 18 January
21.1/10/5 km

PWC George Claassen Memorial Road Race

Race Organisers: Pretoria Marathon Club

Venue: Pick 'n Pay Hyper, c/o Atterbury Road & Selikaats Causeway, Faerie Glen

GPS: S 25.7841 E 28.3051

	21.1 km	10 km	5 km
Entry fee	R 120	R 90	R 40
Entry fee 70+ & blind runners	Free – race day only		
Start Time	06:00		06:15
Cut-off	03:30		

1st 400 online entries receive a drifit long sleeve shirt No Pets

No iPods or listening devices are allowed

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld West, Fourways Crossing; Sportmans Warehouse Fourways Crossing, Woodmead, Randburg, Centurion, Kolonnade Centre, Atterbury Value Mart, Menlyn Park

www.entryrush.co.za



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REGISTERED QUANTITY SURVEYORS • GEREGISTREERDE BOUREKENAARS

Members: GJ Cillie B.Sc (QS) UP, PRQS, PMAQS, MRICS | Guillaume Cillie B.Sc (QS) Hons UP, PRQS

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Saturday 25 January

Wonderpark Road Race 42.2/21.1/10/5 km

Race Organisers: Akasia Athletics Club

Venue: Wonderpark Shopping Centre, c/o Old Brits Road & Heinrich Avenue, Karenpark

GPS: S 25 40,264 E 28 6,703

	42.2km	21.1km	10 km	5 km
Pre-entry fee	R 200	R 150	R 100	R 50
Entry fees 60+	R 100	R 50	R 50	
Entry fees 60+	R 80	R 70	R 50	
Jardine Joggers / 70+ athletes	Free			
Start Time	05:30		06:00	06:10
Time Limit	05h:30	03h00	02h30	01h50

No Pets

No iPods or listening devices are allowed

Pre-entries: Run-A-Way Sport, Sweatshop Dunkeld, Bedfordview & Southdowns;
Cross Trainer Wonderpark; Total Sports Wonderpark; The Running Shop Montana

www.entryrush.co.za & www.akasiaathleticsclub.co.za

2020 AGN LEAGUE FIXTURE LIST

EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
	KM			
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

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

Just because someone doesn't love you the way you want them to, doesn't mean they don't love you with all they have.

PHOTO CORNER (Eersterust race)



Waiting for the start



Michael Mokwala, the first Irene finisher on the 10 km



Jurie Venter, finishing with his father in law



Leon Page and Stanley MacMillan



Isabelle van der Schyff, first lady walker in the 10 km



Estien van Wyngaard



Telanie Venter



Lucky Lukhwareni



Andrea Koen



Jackie Schlebusch



Pieter Coetzee



Musa Nkosi



Mmakgabo Dingoane



Mark Adams



Relaxing and enjoying the food after the race