



IRENE NEWS

16 March 2020

No 11 - 2020



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Om die Dorp race:

Leon Page	1 st GM – 10 km (47:28)
Ansie Breytenbach	1 st Lady walker – 10 km (63:37)
Gerard van den Raad	1 st Male walker – 10 km (70:09)
Sandra Steenkamp	1 st Master lady – 21 km (1:43:07)
Elsa Meyer	2 nd Lady walker – 21 km (2:31:56)
Tania Thompson	3 rd Lady walker – 21 km (2:42:14)

AGN 21 km Championships

Keith Reynolds	2 nd Master (1:29:51)
John Cannon	2 nd GGM (1:54:47)
Rinaldi Botes	4 th Vet lady (1:46:52)
Sandra Steenkamp	1 st Master lady (1:43:07)

Well done!

PERSONAL ACHIEVEMENTS

Ansie Breytenbach	PB – 10 km walk
Maryke Viljoen	PB – 10 km
Vanessa Botha	PB – 21 m
Marinda Gatherer	PB – 21 km
Thea van Helden	PB – 50 km
Hennie van der Walt	Permanent Om die Dam number

THIS WEEK'S DIARY

Monday:

Strength training @ 17:30 – Club house

Tuesday:

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

Bring and braai, the fire will be there!

Prego's at the bar @ only R20

Wednesday & Thursday:

Training group @ 17:30 – Club house

Saturday:

Right to Run/Walk 5/10/21 @ 07:00 – Sunnypark (League race)

Sunday:

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

HELPERS AT THE JOINTEZE ULTRA

Our JointEze Irene Ultra race takes place on Sunday, 5 April this year. As always, we need our members to help on the day to ensure that it is a successful race once again. Without you it won't be possible to present a race of this magnitude.

As you probably know, this race was the third biggest Ultra in the country last year. Only Comrades and Two Oceans had more finishers than us!

All helpers will receive R100 discount on their membership fees in 2021. We implemented the discount for the first time this year and there were many smiles of happy members. Working at all three our races means a discount of R300.

We will work on a first come first serve basis to ensure that you will be allocated to the job you prefer on the day.

Our members will be allowed to run the 48 km on condition that they provide a capable non-member to work in their place. No Irene members will be allowed to run the 21 km.

We require helpers for the following:

Registrations on the day

Registrations on the Friday and Saturday before the race

Handing out medals

Route marshals directing the runners

Traffic marshals

Helpers at water points

Cyclists to ride with the lead runners

Please reply to this email to secure your spot. Please indicate your work preference.

Thank you to all the members who have responded already.

The logo for JOINTeze, with 'JOINT' in black and 'eze' in green, followed by a small trademark symbol.

FROM THE CHAIRMAN'S CHIRP

Most of you will have noticed our Irene socks by now. We handed out 150 pairs at the Pretoria marathon. These are limited edition socks and will not be available for sale. We'll add a different design to our clothing range soon. There is another opportunity to still get your feet in a pair. As from today we are offering 100 pairs to the 100 highest offers. All profits (offers above our cost price of R120 per pair) from this project will go towards our Irene members who does not necessarily have the financial means to attend the big or even smaller events. They need some gear and sometimes some transport and accommodation. These members are all strong athletes and rake in the league points for the club. I need each of you who are willing and able to help, to please make an offer on a pair of socks. The 100 highest offers we receive by 5 April can come and collect their socks at the social evening on 7 April (other arrangements can be made). You'll be notified if you were successful. Please send your offer to info@irenerunner.co.za. There is already a R500 offer on the table.

PERSONALIA

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

Yolande	Cowley	16 Mar
Joy-ann	Dekker	16 Mar
Anna	Laubscher	16 Mar
Cornelius	Rautenbach	16 Mar
Mthokozisi	Mambi	17 Mar
Rykie	Kruger	18 Mar
Stephen	Sackett	18 Mar
HESTHA	CONRADIE	19 Mar
Emile	Myburgh	19 Mar
Anna	Pieterse	19 Mar
Anzel	van der Schyff	19 Mar
Karien	Schutte	20 Mar
Egmond	van Niekerk	20 Mar
Ruan	Vlok	20 Mar
Johan	Janse van Vuuren	21 Mar
Logan	Nair	21 Mar
Heinrich	Beukman	22 Mar
Nicholas	Southey	22 Mar



Website: www.csi-euf.co.za

Tel: 011 805 6316



Knowledge Integration Dynamics



Thermopower Furnaces S.A. (Pty) Ltd



LEAGUE RACE

Saturday 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 25.7507 E 28.2832

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R 50
Start Time	07:00		
Cut-off	03:00		

No Pets

No iPods or listening devices are allowed

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

www.entrytime.com

Saturday 28 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 120	R 100	R 50
Entry 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

Sunday 5 April

JointEze Irene Ultra 48/21.1/5 km

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Nelmapius Road, Irene

GPS: S25 53'31 E 28 11'28

	48 km	21.1 km	5 km
Entry fee	R 250	R 120	R 60
Entry fee 60 - 69	R 160	R 70	R 50
Entry fee 70+	Free		
Start Time	05:30		06:00
Cut-off	06:00	03:30	

48/21.1km athletes have an option to purchase t-shirt when entering

No Pets

No iPods or listening devices are allowed

On-line entries only www.championchip.co.za

Irene members will be allowed to run the 48 km only on condition that they supply a non club member to work in their place on the day



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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

GAUTENG HEAD OFFICE
10 Lenchen Park
2029 Lenchen Ave South
Zwartkops x 4
Centurion
0157

PO Box 7838, Centurion, 0046 R.S.A
m: +27 (0)83 655 7010
t: +27 (0)12 663 3300
f: +27 (0)86 670 2124
e: info@caqs.co.za
www.caqs.co.za

WESTERN CAPE OFFICE
Niagara Road
Tyger Waterfront, Suite 713
The Cliffs, Bellville, 7530
m: +27 (0) 83 655 4754

2020 AGN LEAGUE FIXTURE LIST

EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
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

Local Meetings

13/14 March 2020	EP	Westvaal Oval, PE
27/28 March 2020	CG/GN	Pilditch, Pretoria
4 April 2020	KZN	Kings Park Stadium
4 April 2020	WP	Cape Town
10/11 April 2020	GNMA	Pilditch, Pretoria
18 April 2020	CGMA	Sasolburg
22 August 2020	Mpumalanga MA	Secunda
3 October 2020	SWD	Oudtshoorn
30/31 October 2020	Free State	Bloemfontein

SA Masters Championships

10/11 April 2020	CG/GN	Pilditch
April/May 2021	KZN	Durban

South African Championships

30 April/2 May 2020	Central Gauteng	Herman Immelman
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Africa Championships

2021	Nairobi, Kenya
2023	South Africa

International Championships

13-15 March 2020	Indoor Championships	Baton Rouge, Louisiana
9 – 12 July 2020	Outdoor Championships	Greensboro, North Carolina
20 July – 1 August 2020	WMAC Outdoor Championships	Varsity Stadium, Toronto
6 – 12 April 2021	WMAC Indoor Championship	Edmonton

15-30 May 2021

W Masters

Kansai, Japan

16 -28 Aug 2022

WMAC Indoor

Gothenburg, Sweden

THOUGHT FOR THE WEEK

Never put a wishbone where your backbone ought to be.

PHOTO CORNER



Mark Adams and Thea van Helden at Om die Dam



Kgabo Diangoane and Lesiba Baloyi after completing their Om die Dam race



Hennie van der Walt received his permanent Om die Dam number after completing his 10th

Om die Dorp



It was good to see Heleen de Bruin back on the road after an injury



Peter Benson



Olga Hadebe



Francois Jarvel



Mareli Erasmus



Pieter Saayman



Maryke Viljoen



Tarryn Thompson



Leon Els



Miles Saxby, John Ellmore, Mike Gibbons and Alan Hyson



Jeanette Odendaal



Naomi Havenga



Phakamani Hadebe



Annemarie Breytenbach, Carla Hartmann and Derick van der Merwe



Elna Botes and Debra Arkell



Wessel Oosthuizen, Riaan Lombard and Martin Struwig



Barbara Botha and Sarah Labuschagne



Marinda Gatherer, Lisinda van Zyl and Cindy van Deventer



Anneri le Roux did the Marakele race last weekend