



IRENE NEWS

16 September 2019

No 36 - 2019



ACHIEVEMENTS

Congratulations to the following members who were on the podium over the weekend:

Muller Potgieter

| | |
|-------------------|---|
| Leon Page | 1 st GM – 10 km (48:12) |
| Ansie Breytenbach | 1 st Master lady – 10 km (50:26) |
| Joey Cloete | 1 st GM lady – 10 km (54:46) |
| Johan Nel | 1 st GM – 21 km (1:37:59) |
| John Cannon | 1 st GGM – 21 km (1:49:30) |

Jacaranda Spring Walk

| | |
|-------------------------|--|
| Isabelle van der Schyff | 1 st Lady & 1 st master– 15 km |
| Elsa Meyer | 1 st GGM lady & 2 nd Lady – 15km |
| Marie van Dyk | 2 nd GGM lady – 15 km |

PERSONAL ACHIEVEMENTS

| | |
|------------------|----------------|
| Sonet Klopper | PB – 21 km |
| Eileen Campbell | PB – 10 km |
| Thea van Helden | PB Marathon |
| Johan Groenewald | PB Marathon |
| Coretha Usher | First Marathon |
| Anya Swanepoel | First Marathon |

Well done!

THIS WEEK'S DIARY

Monday:

Strength training classes @ 05:30 – Club house (all members welcome)

Tuesday:

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

Wednesday

Lester Mills Night race 5/10 @ 18:30 – Hillcrest Sports Campus, Tuks

Saturday:

Morula 5/10/21 @ 06:00) – Giant Stadium, Shoshanguve (No Cara-Fun or gazebo)

Sunday:

Club run @ 06:30 – Club house – All welcome, your distance, your pace.

IRENE SPRING RACE

Thank you to all our members who have made themselves available to work at our race on 28 September, you are the best.

Instructions will follow soon.

**IRENE ATHLETICS CLUB ANNUAL SPRING WALK CHALLENGE 18 SEPTEMBER 2018**

The Irene Race Walkers would like to invite all the runners to join us for an afternoon of great adventure and laughter.

For the Spring Walk Challenge, all runners must walk (NO RUNNING) the predetermined 4 km route to be eligible to be crowned as, and receive the beautiful trophy of, “Beste Drafstapper Mans 2019” or “Beste Drafstapper Vrouens 2019”.

The “**compulsory**” annual Spring Walk Challenge takes place on the 17th September 2019 at 17:30 at the Irene Athletics Clubhouse at the Time Trail Start Line. The Start will be preceded by a short demonstration and discussion on “**Effective Walking during Distance Running**” facilitated by the famous “Oom Gerard”, himself a multiple Comrades finisher while walking the distance in qualifying time, in person! The aim with this training is to assist runners to walk faster, more efficient and thus more economically during long distance running events, thereby saving time and energy.

The Irene Race Walkers will participate in our beautiful Irene racing attire and assist *en route* with advice and answer any questions, however we will not be in line for the crown.

Danie Labuschagne
Organiser



Thermopower Furnaces S.A. (Pty) Ltd



Knowledge Integration Dynamics



PERSONALIA

Terry Trentham was involved in a motorcycle accident last week. He broke his thumb and had an operation to put a screw in his hand. It ruled him out of the Cape Town Marathon. We wish him a speedy recovery

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

| | | |
|---------|---------------|--------|
| Riaan | Prinsloo | 16 Sep |
| Vikash | Ramlugaan | 16 Sep |
| Derick | van der Merwe | 17 Sep |
| Dian | Lotheringen | 18 Sep |
| Johan | Groenewald | 19 Sep |
| Cherrie | Siebert | 19 Sep |
| Louisa | Spangenberg | 10 Sep |
| Zoe | Scholtz | 20 Sep |
| Roxanne | Swart | 20 Sep |
| John | Cannon | 21 Sep |
| Ian | Louw | 21 Sep |
| Carol | Mathibe | 22 Sep |



Website: www.csi-euf.co.za

Tel: 011 805 6316

NOTICE BOARD

Wednesday 18 September

Lester Mills Memorial Night Race 10/5km

Race Organisers: Tuks Athletics Club

Venue: Hillcrest Sports Campus, Pretoria

GPS: S 25.74538 E 28.24718

| | 10 km | 5 km |
|--|---------|------|
| Entry fees | R 80 | R 50 |
| Entry fees 60 – 69 – race day only | ½ price | |
| Entry fees 70+ & blind runners – race day only | Free | |
| Start time | 18h30 | |
| Time Limit | 01:30 | |

Route is not suitable for wheelchairs

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-Away-Sport; Sweat Shop Southdowns; UP Shop

Tuesday 24 September Bophelong Half Marathon 21.1/10/5 km

Race Bophelong Athletics Club

Venue: Bophelong Community Centre, 19477 Molepo St., Mamelodi East

GPS: S 25.7168 E 28.3769

| | 21.1 km | 10 km | 5 km |
|---------------|---------|-------|-------|
| Entry fee | R 100 | R 80 | R 50 |
| Entry fee 70+ | Free | | |
| Start Time | 06:00 | | 06:10 |
| Cut-off | 03:00 | | |
| | | | |

No pets No iPods or listening devices are allowed
The race is not wheelchair friendly

Pre-entries at: Run-A-way Sport; Sportsman's Warehouse – Atterbury Value Mart, Centurion Value Mart, Montana Shopping Centre; Tshwane Running Shop

www.entrytime.co.za**Saturday 28 September****Irene Spring Race 21.1/10/5 km**

Race Organisers: Irene Athletics Club

Venue: Irene Village Mall, c/o Nellmapius Drive & Van Ryneveld Avenue, Irene

| | 21.1 km | 10 km | 5 km |
|-------------------------------------|---------|-------|-------|
| Entry fee | R 100 | R 80 | R 50 |
| Entry fee 60 – 69 / Jardine Joggers | R 50 | R 50 | |
| Entry fee 70+ | Free | | |
| Start Time | 06:00 | | 06:10 |
| Start Time – walkers & wheelchairs | 05:45 | | |
| Cut-off | ?? | | |

No pets No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns & Dunkeld; Irene Village Mall Centre Management

www.championchip.co.za or www.irenevillagemall.co.za

NEW VENUE

Saturday 12 October

Jacaranda City Challenge 42.2/21.1/10/5 km

Race Organisers: Agapé Athletics Club & Sportsvendo

Venue: Hoërskool Oos Moot, Haarhoff Street, Waverley

| | 42.2km | 21.1km | 10 km | 5 km |
|--|-------------------|--------|-------|-------|
| Pre-entry fee (until 3 October) or when entry capacity reached | R 200 | R 120 | R 110 | R 50 |
| Entry fees 60 – 79 | R 100 | R 60 | R 50 | |
| Late entry fees (10/12 October) | Closed | R 150 | R 120 | R 50 |
| Late entry fees 60 - 79 | Closed | R 70 | R 60 | |
| Jardine Joggers / 80+ athletes | Free | | | |
| Event t-shirts | R 85 On line only | | | |
| Start Time | 05:30 | | 06:00 | 06:25 |
| Time Limit | 05h:30 | 03h00 | 2h00 | |

No completed tear-off strip – no results – Disposable time chip - 42.2km only

21.1 & 10km manually timed

Pre-entries: Run-A-Way Sports; Sweatshop Dunkeld, Bedford & Southdowns; Sportmans Warehouse Atterbury value Mart, Centurion Value World & Kolonnade Retail Park; Gys Pitzer Motors, Steve Biko St. Gezina, Stormvoël Rd, Lindo Park, Solomon Mahlangu Dr. Silver Lakes; At venue 10 – 12 October

www.entries.timeme.co.za

2019 AGN LEAGUE FIXTURE LIST

| EVENT | DISTANCE | DATE | LEAGUE | |
|-----------------------|------------|----------|--------|----|
| | | | RR | RW |
| 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 |



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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

| | | |
|--------------------|------------|-----------------|
| ? October 2019 | Rassies | Bronkhorstspuit |
| 25/26 October 2019 | SWD | Oudtshoorn |
| 8/9 November 2019 | Free State | Bloemfontein |

South African Championships

| | | |
|----------------|-----------------|-----------------|
| April/May 2020 | Central Gauteng | Herman Immelman |
|----------------|-----------------|-----------------|

Africa Championships

| | |
|------|----------------|
| 2021 | Nairobi, Kenya |
| 2023 | South Africa |

International Championships

| | | |
|----------------------|-------------------------------------|-----------------|
| 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 better to be alone than to be in bad company.

PHOTO CORNER (Muller Potgieter)



Johan Nel and Danie Cornelissen



MC du Toit with Anell de Beer



John Cannon



Mark Adams



Ernst Gottschalk



Hennie Potgieter



Paul Nel



The 10 km podium winners: Ansie Breytenbach, Leon Page and Joey Cloete



Sonnet Klopper who did a PB on the 21 km



Chantelle Botha and Corlia Oberholzer



A few Irene members before the start of the Cape Town Marathon



Joan van Wyngaard in action at the Cape Town Marathon



Els Meyer and Marie van Dyk at the prizegiving of the Jacaranda Spring Walk



Coretha and Greg Usher after completing the Cape Town Marathon

PHOTOS FROM YESTERYEAR (LiquiFruit Race in 2004)



All set



The masses passing the club house



Ready for the kiddies run



Fun after the race