



# IRENE NEWS

**18 November 2019**

**No 44 - 2019**



## **ACHIEVEMENTS**

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

Leon Page	1 <sup>st</sup> GM – 10 km
Ansie Breytenbach	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> Master – 10 km
Gerard van den Raad	1 <sup>st</sup> GGM Walker – 10 km
Joan van Wyngaard/Rosemary Brink	3 <sup>rd</sup> Vet ladies – 21 km

## **FROM THE WALKERS CAPTAIN**

Good day to all Irene members.

I am elated to share the results of one of the highlights in our Race Walking season with the Irene AC members. The support and encouragement paid off.

Our Irene athletes again performed with the proverbial Pegasus' wings, or was it feet, and made us proud at the SA 50 km and Interprovincial Championships on Saturday 16 Nov 19 at Tuks, LC de Villiers track.

The highs and lows are that apart from the normal tough old leathers, we had 2 newbees on the block. Really something to be proud of! Unfortunately, we also had the old fella that fell off the block..., and some of our top walkers that were not available for selection!

In total, club members received 7 Gold and 2 Silver medals.

The provisional results are as follow:

50 km. Gold: Sandra Steenkamp

20 km. Gold: Jaap Willemse, Lucia Willemse and Elsa Meyer. Silver: Ilse Merrick.

10 km. Gold: Isi van der Schyff, Estien van Wyngaard, Annatjie Greyvenstein

Silver: Keith Reynolds.

Allow me to thank the Irene AC for their support throughout the year. Also allow me to thank all the Irene volunteer members who contributed, largely behind the scene, to the success of the event. Without each individual's unselfish sacrifice, this prestigious event would not have been possible. A specific word of appreciation to Sandra, a club member and stalwart walker, for a team sponsorship.



A very special accolade and shout out for two Irene members being the cornerstones in the AGN Racewalking Commission. Jaap and Lucia, apart from being fierce competitors, your dedication is commendable. We are proud and privileged to have you as members of our club. This competition was a success because of you!

Now we are working towards the GNMA and SAMA Championships end of March 20.....! Ja, maybe a week rest and then flatout again!

### **THIS WEEK'S DIARY**

#### **Monday:**

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

#### **Tuesday:**

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

#### **Saturday:**

Voortrekker Monument 5/10/21 @ 06:00 – Voortrekker Monument



### **PERSONALIA**

Francois Swart, a former member of us, passed away on Sunday after suffering a brain haemorrhage just over two weeks ago. He would have been 49 years old in December. Our condolences to his family.

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



Rialette	Klopper	18 Nov
Roy	Clegg	19 Nov
Francois	de Klerk	20 Nov
Joey	Cloete	21 Nov
Emma-Jo	dos Santos	21 Nov
Giuliano	dos Santos	21 Nov
Charmaine	Janse van Rensburg	21 Nov
Jolande	Janse van Rensburg	21 Nov
Elize	Cronje	22 Nov
Conrad	Langerman	22 Nov
Thembi	Pule	22 Nov
Anita	Faber	24 Nov
Roy	Hill	24 Nov
Loyiso	Ndlovu	24 Nov



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

Tel: 011 805 6316





## **MANAGEMENT COMMITTEE**

The following members will serve on the 2020 management committee:



Johan Engelbrecht  
Chairman



Maggie van Rooyen  
Admin



Johan van Vuuren  
Finances



Gerard vd Raad  
Logistics



Keith Reynolds  
Club Captain



MC du Toit  
Communications



Thea van Helden  
Social



Zoë Scholtz  
Ladies Captain/Apparel



Henk Basson  
Events



Melani Swart  
Social Responsibility



Danie Labuschagne  
Walkers Captain



Wynand Breytenbach  
General Manager


Congratulations to all the committee members. We wish them well and trust that they will serve the Club with passion and dedication.

We trust that they will receive the support of all our members to ensure that 2020 will be an outstanding year.



**YEAR END FUNCTION**


Don't miss out. Only space for 100 people, excellent value for money. Please book a.s.a.p.



**You are invited to the IAC**  
**Year End Function &**  
**Prize Giving**  
*Garden*  
**PARTY**  
*Come casual & colourful*

*Lamb spit braai  
and salads will be served*

**Saturday 7 December 2019, 18h00**  
**Irene ARC clubhouse**  
**R50 per person**  
RSVP to Joy at [joy@petretreat.co.za](mailto:joy@petretreat.co.za)



IRENE  
SOCIAL





## NOTICE BOARD

### **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](http://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

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



**Saturday 30 November**

Run &amp; Walk for Bibles 42.2/21.1/10/5 km

Race Organisers: Alpha Centurion Runners &amp; Walkers

Venue: Lewende Woord Centurion, Adam Tas Street, Clubview

GPS: S25.50'29.0 E28.10.04.8

	42.2km	21.1km	10 km	5 km
Entry fee	R 150	R 120	R 90	R 50
Entry fees 70+ & blind runners (30 November only)	Free			
Start Time	05:30	06:00	06:30	06:35
Time Limit	06:00	03:30	01:30	

**No pets****No iPods or listening devices are allowed**Pre-entries at: Run-A-Way Sports; Sweatshop Dunkeld & Southdowns; Kerksondermure  
Hippolaan & Midstream; Lewende Woord Centurion[www.active.com](http://www.active.com)**Saturday 7 December****Skosana Road Race 10/5 km & 1 kiddies' mile**

Race Organisers: Nedbank Running Club

Venue: Pretoria Correctional Services, Kgosi Mampuru Street

	10 km	5 km	mile
Entry fee	R 100	R 50	R 50
Entry fee – race day	R 110	R 60	R 60
Start Time	06:30		08:30
Cut-off	02:00		

**No pets****No iPods or listening devices are allowed**

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns; The Natural Runner; AGN Office

[www.peaktiming.co.za](http://www.peaktiming.co.za)



## **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***

**Don't let your happiness depend on something you may lose.**

### ***PHOTO CORNER***



Isabelle van der Schyff on the podium at the SA Walking Championships





Estien van Wyngaard



Annatjie Greyvenstein





Ilse Merrick and Lucia Willemse



Elsa Meyer





Jaap Willemse



Sandra Steenkamp





Keith Reynolds



MC du Toit in action at the Tom Jenkins





Claude Truter



Johan Saayman





Leon Page



Louwrens Smit





Stanley Macmillan



Charmain Janse van Rensburg





Yvonne van Wyk



Samantha Dry





Mfundo Hadebe

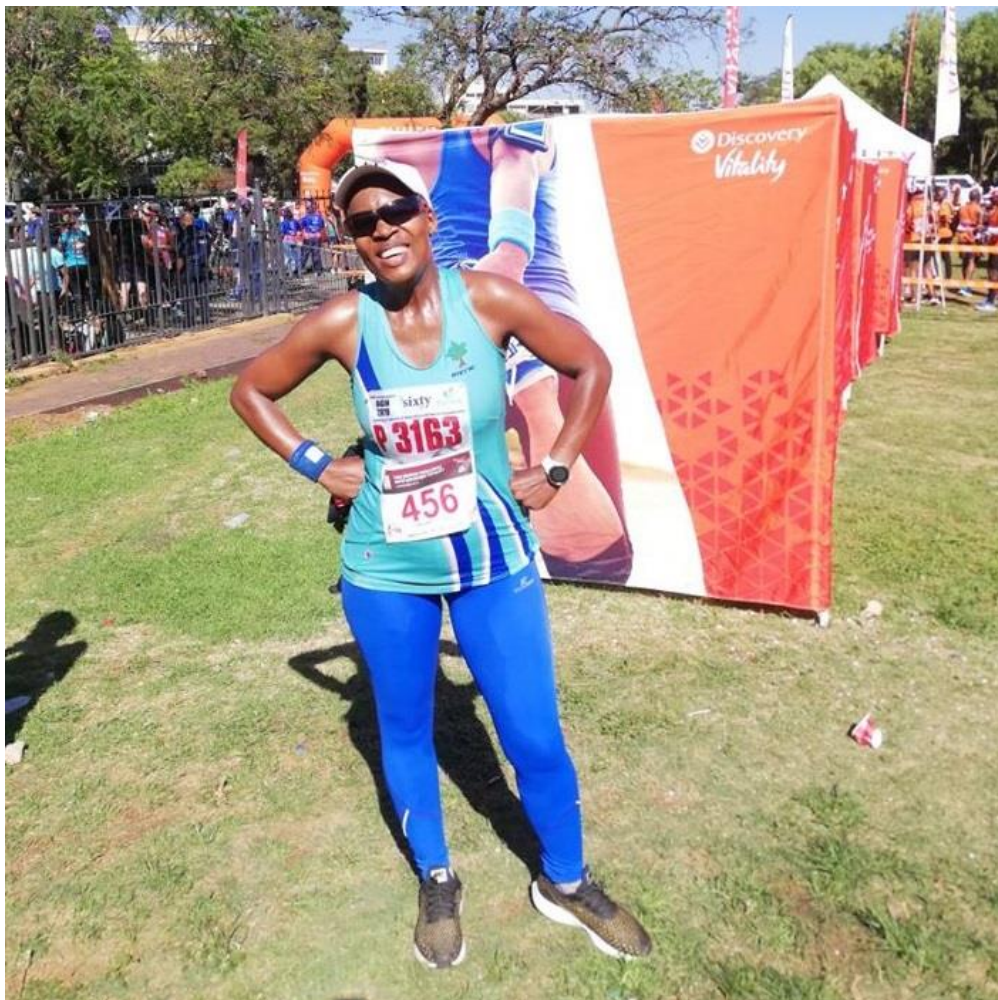


Megan Brown





Loubser van Wyk



Bridget Mohlala





Jacqui Burn did another International Marathon on Sunday, this time the Palermo Marathon. Well done Jacqui!