



IRENE NEWS

19 August 2019

No 32 - 2019



ACHIEVEMENTS

Congratulations to the following members who were on the podium over the last two weekends:

Clicks Wierie:

Buks van Deventer	2 nd Vet – 10 km (43:35)
Leon Page	1 st GM – 10 km (47:23)
Sunette Eybers	1 st Vet lady – 10 km (43:22)
Danie Labuschagne	2 nd GM walker – 10 km (62:46)
Gerard van den Raad	1 st GGM walker – 10 km (69:41)
Lynette Gough	2 nd Master lady walker – 10 km (84:56)
Jaap Willemse	1 st GM walker – 21 km (2:19:47)
Sandra Steenkamp	1 st Lady walker & 1 st master – 21 km (2:03:51)
Lucia Willemse	1 st GM lady walker – 21 km (2:45:16)

Phobians 15 km:

John Cannon	1 st GGM (77:26)
Annatjie Greyvenstein	1 st GGM lady – (92:04)
Jaap Willemse	1 st GM walker & 3 rd man – (95:00)
Danie Labuschagne	2 nd GM walker – (95:03)
Gerard van den Raad	1 st GGM walker – (1:52:49)
Sandra Steenkamp	1 st Lady walker & 1 st master (87:24)
Lucia Willemse	2 nd GM lady walker (1:52:49)
Marie van Dyk	1 st GGM lady walker (2:02:15)

Ansie Breytenbach	1 st Master lady – 21 km, Danang International Marathon
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PERSONAL ACHIEVEMENTS

Tebogo Tselangoe	PB – 15 km
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THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:15 – Club house (Everybody starts together at 17:15)

Saturday:

Spirit of Flight 5/10 @ 06:30 – Zwartkop Airforce Base (League race and 10 km club champs)

Sunday:

Club run @ 07:00 – Club house – All welcome, your distance, your pace.

PERSONALIA

Johann van den Bergh, husband of Aletha, underwent an operation during the week. We wish him a speedy recovery.

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

Ben	Marais	21 Aug
Vicki	Du Toit	22 Aug
Allan	Soundy	22 Aug
Jacques	Odendal	22 Aug
Christine	Crause	23 Aug
Christiaan	Visser	23 Aug
Carike	Homann	24 Aug
Charne	Heunis	25 Aug
Wicus	Pretorius	25 Aug
Charlene	van Niekerk	25 Aug



Website: www.csi-euf.co.za

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10 KM CLUB CHAMPIONSHIPS

The Spirit of Flight 10 km taking place at the Zwartkop Airforce Base on Saturday will serve as our 10 km club championships. It will be interesting to see who will be the fastest overall and in the respective age categories. Be there wearing your fast shoes!

The race is also the next league race. It is crucial that we turn up in numbers and that our faster runners get as many super league points as possible. Our ladies are on top of the log and they can only stay there if they turn up and do their best. The same applies to the walkers.

As always there will be something to eat afterwards.

IRENE SPRING RACE

Our annual Irene Spring Race takes place at the Irene Village Mall on 28 September. It is a very popular race and it is important as always that we have enough helpers on the day. It is a great opportunity to show the rest of the runners and walker how a quality race should be presented. **Please take note that Irene members are not allowed to participate in the race.** We will have a helpers race the day after where you will get the opportunity to earn your medal.

We need our members to assist in the following areas on the day:

Route marshals

Parking marshals

Handing out medals

Water point helpers

Helpers at the entries

Cyclists

Please reply to this email to make yourself available and indicate your work preference.

NOTICE BOARD

LEAGUE RACE

Saturday 31 August

Spirit of Flight 10/5km

Race Organisers: Pretoria Military Marathon Club

Venue: Air Force Base Zwartkop, Old Johannesburg Road (Northern Entrance) Valhalla

GPS: S 25 47'58.75 E 28 09'51.49

	10 km	5 km
Entry fees	R 90	R 50
Start time	06h30	
Time Limit	02:00	01:30

No pets

No iPods are allowed

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

2019 AGN LEAGUE FIXTURE LIST

<i>EVENT</i>	<i>DISTANCE</i>	<i>DATE</i>	<i>LEAGUE</i>	
			<i>RR</i>	<i>RW</i>
Spirit of Flight	10 km	31/08/19	X	X
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

10 August 2019	Mpumalanga	Secunda
? 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
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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

Don't worry when you are not recognized, but strive to be worthy of recognition.



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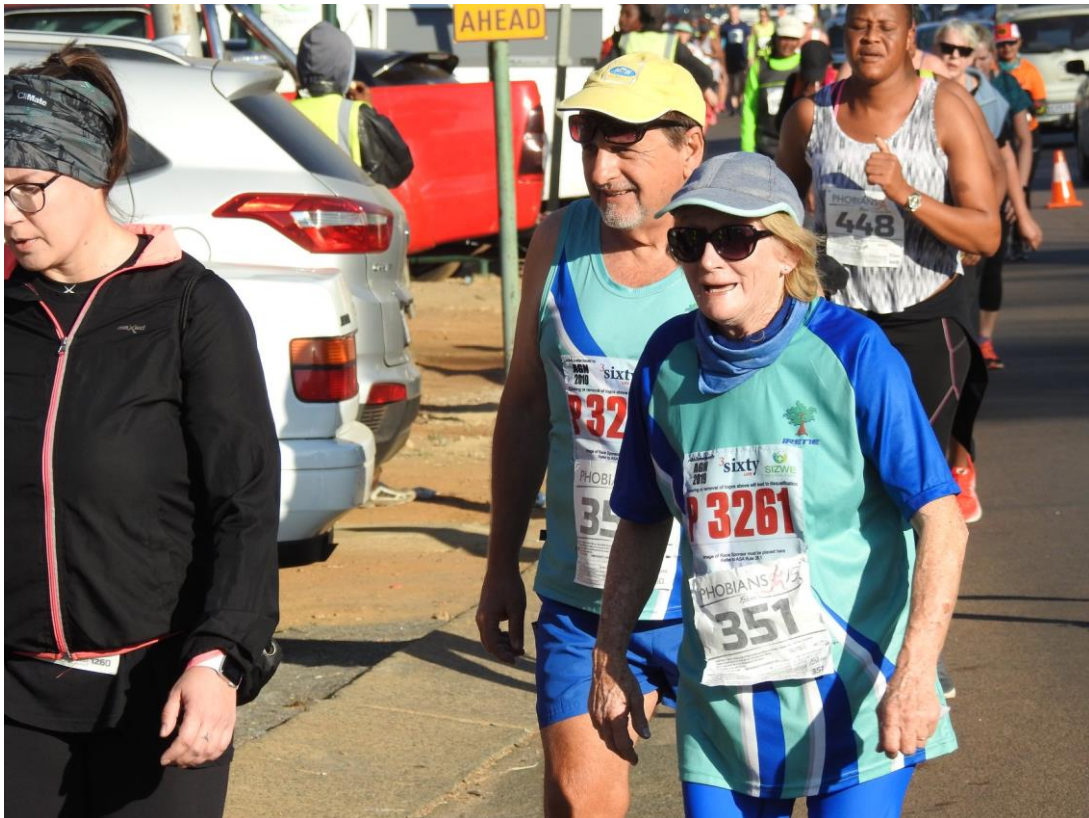
JOINTEze™



PHOTO CORNER (CLICKS WIERIE) Thanks to Norman Johnson



Trevor Netshiombo



Mike and Jackie Schlebush



Elmarie Ackerman



Sandra Steenkamp



Danie Labuschagne



Claude Truter



Greg Usher



Anya Swanepoel and Christine Crause



Bets Botha and Tania Thompson



Nhlanhla Makhanya and Miles Saxby



Tracey Mac Fadyen



Francois Thiebaut



Johann Stadler



Werner van der Merwe



Michelle Lubbe



Wynand and Ansie Breytenbach at the Danang International Marathon in Vietnam

PHOTOS FROM YESTERYEAR (2003)



Runners lining up at the start of the 2003 Lantern Race



The finish of the 2003 LiquiFruit Race (The CSI Farm Race)



The admin counter in 2003



Aletha and Johann van den Bergh