



IRENE NEWS

20 January 2020

No 3 - 2020



ACHIEVEMENTS

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

Sunet Eybers	1 st Vet lady – 10 km (44:07)
Leon Page	3 rd GM – 10 km (50:39)
Ansie Breytenbach	1 st Lady walker & 1 st Master – 10 km (65:12)
Annatjie Greyvenstein	1 st GGM lady walker & 3 rd Lady – 10 km (68:04)
Gerard van den Raad	1 st GGM walker – 10 km (74:54)
Sandra Steenkamp	1 st Lady walker & 1 st Master – 21 km (2:19:34)

THIS WEEK'S DIARY

Tuesday:

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

Saturday:

Akasia 5/10/21/42 @ 05:30 – Wonderpark Shopping Centre

Sunday:

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

REGISTRATIONS PACKS

Registration packs (licence number, windscreen disc and info booklet), can be collected at the club house on Tuesday from 17:00 till 19:00.

We will let you know when the T-shirts will be available.

"BUS" DRIVERS WANTED

We plan to have a few Irene "buses" in the races during the year. For those who are not familiar with the term, a "bus" is a group of runners running together to finish together in a specific time. The bus driver is the runner who paces the bus and who keeps the group together to make it an enjoyable "trip".

It is a wonderful opportunity to create spirit (gees) amongst members and to ensure that goals are achieved with the assistance and support of club members around you.

The aim is to have different buses on a distance, i.e. 2:00, 2:15 and 2:30 on a 21 km to accommodate as many members as possible.

Please make yourself available to “drive” one of these buses. We will provide a flag to carry to ensure that all the runners stay together. It is going to be great fun!

Reply to this email please.



A small Irene bus at the Jackie Mekler race last year

21 KM CLUB CHAMPIONSHIPS 1 FEBRUARY

The 21 km at the Intercare Classic Road race on 1 February will serve as our championship race once again this year (runners and walkers). Apart from the overall winners, the age category winners will also get recognition. It was a problem in the past when no 21 km entries were taken on the day which resulted in many athletes who were unable to compete.

Things have changed this year and those who slipped up to pre-enter, will also be able to enter on the day (at an additional R20). See the attached flyer for all the details. Be aware that there are limited entries, rather opt to pre-enter. Pre-entries close on 25 January.

We want as many members as possible to participate on the day, if you are not fit enough for the 21 km, then you can go for the 10 km or even the 5 km fun run.

There will be watermelon and snacks at the Cara-Fun afterwards.



Our Cara-Fun and gazebo's at the Intercare Classic Race last year

PLEASE MAKE USE OF OUR FACILITIES AT THE RACES

42 KM CLUB CHAMPIONSHIPS SUNDAY 23 FEBRUARY

The 42 km at the Phobians Pretoria Marathon on Sunday, 23 February, will serve as our Club Marathon Championships (runners only). This is an event where we want mass participation of our members.

To make it special for all our members, every paid-up Irene member who finishes any of the distances on the day and who visits the Cara-Fun after the race wearing Irene kit, will receive a pair of Irene socks. These socks will be available in our clothing shop soon.



We also plan to have a bring and braai at the club house on the Tuesday evening prior to the race. More details will follow. Save the date in the meantime.

INVITATION FROM OUR CLUB CAPTAIN

IRENE ATHLETICS CLUB

SO YOU WANT TO RUN OR WALK

Captain's Chat

General Discussion That Will Cover Various Aspects of Training.

The Session Will Be Open To All Irrespective of What You Are Planning To Do (5 km or Comrades)

After The Time Trial Next Week **Tuesday 21 January**, Starting at **18:45**

MASTERS ATHLETICS

Were you an athlete at school or university? Were you a sprinter, middle distance athlete, long jumper or javelin thrower? Master Athletics give you the opportunity to compete in any of these items you were good in. You can compete in 5 year age categories and have lots of fun and even earn Provincial and National colours. Minimum age is 30 years.

Attached you will find the membership form as well as the standards to obtain your Provincial colours. It will be great to see a big Irene contingent at these meetings.

PERSONALIA

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

Bets	Botha	22 Jan
Nadene	Visser	22 Jan
Jaco	Van Rooyen	23 Jan
Salim	Essack	24 Jan
Alta	Struwig	24 Jan
Kerry	Trentham	24 Jan
Danie	Joubert	26 Jan



Website: www.csi-euf.co.za

Tel: 011 805 6316



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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

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

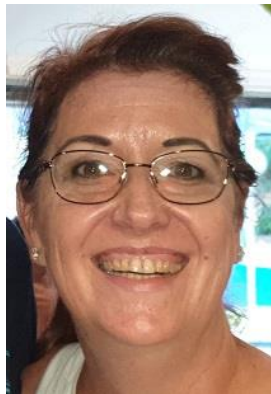
WESTERN CAPE OFFICE
Niagara Road
Tyger Waterfront, Suite 713
The Cliffs, Bellville, 7530
m: +27 (0) 83 655 4754

NEW MEMBERS

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



Amalia Thomas



Annemarie Chinchén



Paul Chinchén



Belinda Augustyn



Carmen van Loggerenberg



Celeste Booyens



Chantelle Badenhorst



Casper Badenhorst



Elize Oosthuizen



Thys Oosthuizen



Francois de Kock



Markus de Jong



Marlene Paddavatten



Tyla Francisco



Vicky Sidler



Zenna Naude

NOTICE BOARD

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

Saturday 1 February

Intercare Classic Road Race 21.1/10/5 km

Race Organisers: Magnolia Road Runners

Venue: Rietondale Park, North Road, Rietondale

GPS: S 25 43.980 E 28 13.239

	21.1 km	10 km	5 km
Pre-entry fee	R 130	R 90	R 50
Pre-entry fee 60 - 79	R 60	R 50	R 50
Entry fee 31 January & 1 February	R 150	R 110	R 50
Entry fee 31 January & 1 February 60 - 79	R 80	R 60	R 50
Entry fee 80+ & blind runners	Free		
Start Time	06:00	06:20	06:25
Cut-off	03:00	02:00	01:00

Event t-shirt @ R80 each – order on line

No iPods or listening devices are allowed No Pets

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld West, Bedfordview;
Sportsmans Warehouse Woodmead, Randburg, Centurion, Kolonnade Centre, Atterbury
Value Mart www.intercare.co.za

2020 AGN LEAGUE FIXTURE LIST

<i>EVENT</i>	<i>DISTANCE</i>	<i>DATE</i>	<i>LEAGUE</i>	
			<i>RR</i>	<i>RW</i>
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

You've only got three choices in life: give up, give in or give it all you've got.

PHOTO CORNER (10 km podium winners at the George Claassen)



Annatjie Greyvenstein



Ansie Breytenbach



Gerard van den Raad



Sunet Eybers



Leon Page



A very wet Aileen Campbell and Jolande Janse van Rensburg



Neldi Faure and Bradley Francis



Carla and Ian Cameron