



IRENE NEWS

21 October 2019

No 40 - 2019



ACHIEVEMENTS

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

Ansie Breytenbach	1 st Master lady – 10 km (51:43)
Estien van Wyngaard	1 st Lady walker – 10 km (66:21)
Gerard van den Raad	2 nd walker – 10 km (72:12)
Joan van Wyngaard	1 st Vet lady – 21 km (1:45:03)
Rosemary Brink	2 nd Vet lady – 21 km (1:50:30)
Jaap Willemse	3 rd Walker – 21 km (2:24:50)
Marie van Dyk	2 nd Lady walker – 21 km

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:

CSi Irene Farm Race 5/10/21 @ 06:00 – ARC Grounds **Irene members not allowed to run**

Sunday:

Helpers run @ 06:00 – ARC Grounds (No entry fee, no need for club attire)

CSi IRENE FARM RACE

Thank you to all our members who have already volunteered to help at the race on 26 October. You will get your instructions during the week.

FUNKY PANTS

The new funky pants have arrived! Make sure that you get yours on Tuesday at the clothing shop. They have a pocket on each side as you can see on the photo.





ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 12 November at 18:00.

No nominations for the management committee can be accepted anymore.

PERSONALIA

Dave Roux and Fanie van Wyngaard will undergo operations during the week, we wish them a speedy recovery.

Congratulations to the following members who celebrated their birthdays last week and who will do so during this week:

Dumisani	Dlamini	22 Oct
Elmon	Mhlanga	23 Oct
Antoinette	Reynolds	23 Oct
Nelda	Smit	24 Oct
Johannes	Dekker	25 Oct
Tshilidzi	Ramanyimi	25 Oct
Tendani	Mantshimuli	27 Oct
Gert	Veldman	27 Oct



Website: www.csi-euf.co.za

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Thermopower Furnaces S.A. (Pty) Ltd



Knowledge Integration Dynamics

NOTICE BOARD

Saturday 26 October

CSI Irene Farm Race 21.1/10/5 km

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Nellmapius Drive, Irene

PRE-ENTRIES ONLY – IRENE MEMBERS ARE NOT ALLOWED TO PARTICIPATE

	21.1 km	10 km	5 km
Entry fee	R 130	R 100	R 60
Entry fee 60 – 69	R 80	R 80	R 60
Entry fee 70+	Free		
Start Time	06:00		06:15
Cut-off	03:00	02:00	

There will be a kiddies 1km race starting @ 07:45 @ R10

Parking also available at Denel No pets

No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns, Dunkeld, Bedfordview

www.csi-euf.co.za

Saturday 9 November

Fara Summer Challenge 21.1/10/5 km

Race Organisers: Faranani Athletics Club

Venue: Rietondale Park, c/o Soutpansberg Rd & Van der Merwe St, Rietondale

	21.1 km	10 km	5 km
Entry fee	R 130	R 100	R 50
Entry fee 70+	Free		
Start Time	06:00		
Cut-off	??		

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns, Tshwane Running Shop

www.faranaiac.co.za

2019 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
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
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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

The best way to get to the top is to get off your bottom.

PHOTO CORNER (CSIR Race)



Aileen Geere helped her husband Peter to run his first 10 km



Philip and Grazyna Koornhof



Johan van Vuuren with Estien and Fanie van Wyngaard



Fanna Njomo



Derick van der Merwe



André Fourie



The 10 km podium winners: Ansie Breytenbach, Gerard van den Raad and Estien van Wyngaard



Joseph Moagi



Mfundo Hadebe



Bernita Bornmann and Paul Nel



Con Purchase



Rosemary Brink and Joan van Wyngaard