

IRENE NEWS

22 July 2019

No 29 - 2019



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Long Walk/Run to Freedom Race:

Ansie Breytenbach 1st Master lady – 10 km (48:47)

Sandra Steenkamp 1st Lady walker & 1st master – 10 km (58:26)

Letha Kotze 1st GGM lady walker – 10 km (1:19:10)

Jaap Willemse 1st GM walker – 10 km (1:05:55) Gerard van den Raad 1st GGM walker – 10 km (1:13:29)

Elsa Meyer 1st GGM Lady walker & 2nd lady – 21 km

John Cannon 1st GGM – 21 km

THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:15 – Club house (Special time trial with Elana Meyer running with us. Please start together at 17:15)

Talk by Elana Meyer after the time trials.

Saturday:

Zwartkop Lapa 4/6/10/21 km @ 07:00 – Zwartkop Lapa, Wierda road

ELANA MEYER TALK

Don't miss out on the Elana Meyer talk on Tuesday after the time trials. Let's fill up the lapa.

Bring your friend from other clubs along.









EXPERIENCE AFRICA'S GOLD

Guest speaker: ELANA VAN ZYL-MEYER

Please join the Sanlam Cape Town Marathon brand ambassador,
Olympian silver medallist Elana van Zyl – Meyer, as she shares her exciting journey of
marathon running and her dreams for the Sanlam Cape Town Marathon to become one
of the world's great city marathons.

Date: Tuesday 23 July 2019

Time: 18h30 hours Venue: Irene Club

Theme: Dress with a touch of gold



www.sanlamcapetownmarathon.com



















LEAGUE RACE

The Zwartkop Lapa race on Saturday is a league race. We need you to be there please.

Our ladies and walkers are on top of the log of the super league and walkers league respectively. It is therefore crucial for all our faster ladies and all our walkers to be there.

There will be something to eat for all members after the race.

Up until the Skosana Legend race the following ladies have earned super league points:

Amanda Cloete	Candice van der Spuy	Louisa Spangenberg	Renette Prinsloo
Ansie Breytenbach	Hestha Conradie	Megan Brown	Sonja du Toit
Anja Vlok	Heleen de Bruin	Melani Swart	Sunette Eybers
Belinda de Bruin	Joey Cloete	Nadia Liebenberg	Shalati Maponopono
Bernita Bormann	Joy Dekker	Rinaldi Botes	Thea van Helden
Cindy Frost	Jacquie van der Waals	Rosemary Brink	Yvonne van Wyk
Corné Johnstone	Joan van Wyngaard	Rialette Klopper	Zoë Scholtz

We need you there again on Saturday!!!

PERSONALIA

Condolences to Lucia Willemse whose father died during the week at the age of 96.

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

Jenny	Cairns	22 Jul
Brad	Mitchell	22 Jul
Jaimie	Moodley	22 Jul
Trevor	Netshiombo	22 Jul
Ruan	Coetzee	23 Jul
Musa	Mdlalose	23 Jul
Thea	van Helden	23 Jul
Nathan	Bezuidenhout	24 Jul
Rose	Magolego	24 Jul
Melani	Swart	24 Jul
Hendrik	van Deventer	24 Jul
Cari	Snyman	26 Jul
Vincent	Tikane	26 Jul
Cindy	van Zyl	26 Jul
Martin	Williams	26 Jul
Jaco	Du Toit	27 Jul
Karen	Geldenhuys	27 Jul
Andrea	Koen	27 Jul
Lorna	Mojapelo	27 Jul
Hanru	Koch	27 Jul



Website: www.csi-euf.co.za

Tel: 011 805 6316



LEAGUE RACE

Saturday 27 July

Zwartkop Road Race 21.1/10/6 /4 km

Race Organisers: Gereformeerde Kerk Wierda Park & Alpha Centurion Running Club

Venue: Zwartkop Lapa, Wierda Road (M10), Centurion

	21.1 km	10 km	6 / 4 km
Entry fee	R 100	R 80	R 50
Start Time	07:00		
Cut-off	04:00	02:00	

No Pets No iPods or listening devices are allowed

The race is wheelchair friendly only for the 4 & 6km races

Pre-entries at: Run-Away-Sport; Sweatshop Southdowns & Dunkeld; Natural Runner; Sportsman's Warehouse Centurion; Decathlon Centurion Lifestyle

www.enteronline.co.za

Friday 9 August

Clicks Wierie Road Race 21.1/10/5/2 km

Race Organisers: Laerskool Wierdapark in conjunction with Irene Athletics Club

Venue: Laerskool Wierdapark, c/o Ruimte Rd. & Willem Botha St., Wierdapark

GPS: S 25 51'16.74 E 28 08 21.26

	21.1 km	10 km	5 km	2 km
Entry fee	R 110	R 90	R 60	R 30
Entry fee 70 - 79	50% of normal entry fee			
Entry fee 80+, blind athletes & wheelchairs	Free			
Start Time	06:30		07:00	07:15
Cut-off	03:00			

No Pets No iPods or listening devices are allowed

Baby strollers only allowed for the 2 & 5km races

All distances are wheelchair friendly

Pre-entries at: Run-Away-Sport; Sweatshop Southdowns; Natural Runner; Sportsman's Warehouse Centurion, Kolonnade & Atterbury; Laerskool Wierdapark

www.enteronline.co.za

2019 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Zwartkop Road Race	21.1/10 km	27/07/19	Х	Х
Spirit of Flight	10 km	31/08/19	Χ	Х
Brooklyn Road Race	21.1/10 km	07/09/19	Х	Х
Capital Classic	21.1/10 km	05/10/19	Х	Х
Freedom of Expression	21.1/10 km	02/11/19	Х	Х



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REGISTERED QUANTITY SURVEYORS • GEREGISTREERDE BOUREKENAARS

Members: GJ Cillié B.Sc (QS) UP, PrQS, PMAQS, MRICS | Guillaume Cillié 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

Masters Athletics Fixture list

South Africa

10 August 2019 Mpumalanga Secunda

? October 2019 Rassies Bronkhorstspruit

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

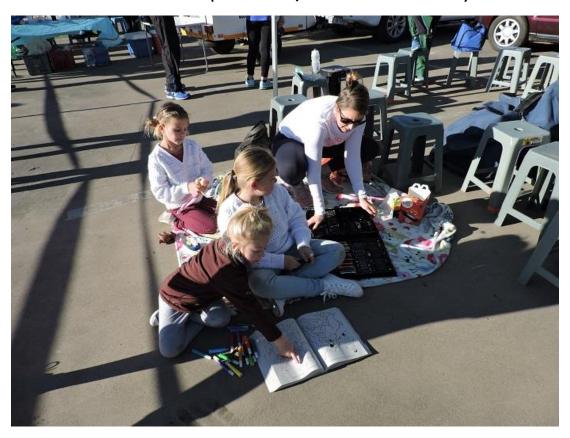
28/9-6/10 2019 30th Summer Universiade Naples, Italy

20/7/2020 – 1/8/2020 World Masters Athletics Champs Toronto, Canada

THOUGHT FOR THE WEEK

Don't ask Life: Why me? Instead say: Try me!

PHOTO CORNER (LONG WALK/RUN TO FREEDOM RACE)



Children enjoying themselves at the Irene gazebo while waiting for dad to finish



André Fourie enjoying a cup of coffee after the race



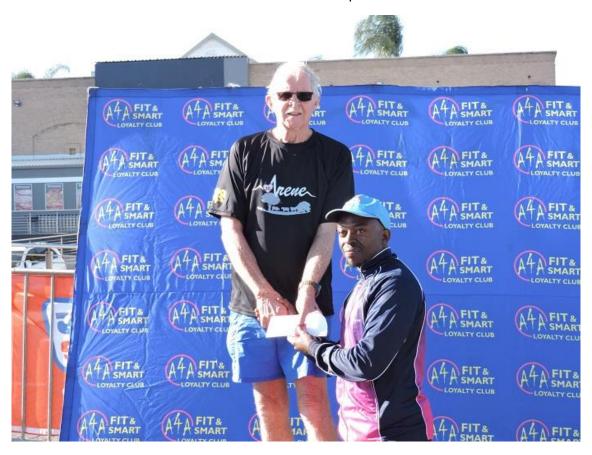
Letha Kotze with Lucia and Jaap Willemse



Ansie Breytenbach



Sandra Steenkamp



Gerard van den Raad



Jaap Willemse



John Cannon

PHOTOS FROM YESTERYEAR (2003)



Gathering at the Comrades Expo in 2003



Co ban den Raad and his family on Comrades day



Norbert Hannweg (51442)



The Irene "bus" finishing Comrades 2003