



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	1 st Master lady – 10 km (48:47)
Sandra Steenkamp	1 st Lady walker & 1 st master – 10 km (58:26)
Letha Kotze	1 st GGM lady walker – 10 km (1:19:10)
Jaap Willemse	1 st GM walker – 10 km (1:05:55)
Gerard van den Raad	1 st GGM walker – 10 km (1:13:29)
Elsa Meyer	1 st GGM Lady walker & 2 nd lady – 21 km
John Cannon	1 st 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.



Thermopower Furnaces S.A. (Pty) Ltd



It's CAPE TOWN – Must run it!

EXPERIENCE AFRICA'S GOLD

Guest speaker: ELANA VAN ZYL - MEYER

Please join the Sanlam Cape Town Marathon brand ambassador, Olympic 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

Africa is our home, this is our race – Its Cape Town, must run it!



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 Kloppe	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	Geldenhuis	27 Jul
Andrea	Koen	27 Jul
Lorna	Mojapelo	27 Jul
Hanru	Koch	27 Jul



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JOINT**Eze**TM

NOTICE BOARD

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	X	X
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 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