



IRENE NEWS

22 October 2018

No 42 - 2018



ACHIEVEMENTS

The following members were on the podium at the CSIR race on Saturday:

Johan Nel	1 st GM – 21 km (1:39:26)
Rosemary Brink	2 nd Vet lady – 21 km (1:51:18)
Sandra Steenkamp	1 st Lady walker – 21 km (2:07:29)
Elsa Meyer	2 nd Lady walker – 21 km (2:29:21)
Jaap Willemse	2 nd Walker – 21 km (2:19:56)
Joey Cloete	1 st GM lady – 10 km (1:01:53)
Keith Reynolds	2 nd Man – Uganda 6 hour Ultimate Circuit race
Annette Muller	3 rd Lady – OPAL NOS 10km Challenge in Oman

The following walkers will participate as part of the AGN team in the SA Walking Championships in Cape Town this Saturday:

Jaap Willemse
Lucia Willemse
Annatjie Greyvenstein
Elsa Meyer
Danie Labuschagne
Sandra Steenkamp
Retha Knoetze (social member)



We wish them all the best. Go make us proud!

PERSONAL ACHIEVEMENTS

Tania Thompson PB – 21 km

Well done!

THIS WEEK'S DIARY

Tuesday:

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



Website: www.csi-euf.co.za

Tel: 011 805 6316

Saturday:

CSi Irene Farm Race 5/10/21 @ 06:00) – ARC (Irene Members are NOT allowed to participate)

Sunday:

Helpers race @ 06:00. You will be able to do the 5/10/21. No entry fee and you don't have to wear club colours.

AWAY WEEKEND

Members who have booked accommodation through Joy for the away weekend who haven't paid yet, are requested to do so a.s.a.p. Please help us to settle this matter.

ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 13 November at 19:00.

You are invited once again to submit the names of candidates whom you would like to nominate for any specific position on the management committee.

The closing date for nominations is today (Monday 22 October)

KAAPSEHOOP SUPPORT

One of our new members is looking for someone who can assist him on the Kaapsehoop Marathon by handing him his special drinks on the route. Please contact Francois on 082 887 2935 if you can help.

LEAGUE RESULTS (IRENE SPRING RACE)

After the Irene Spring Race we are in 12th position on the log. Thank you to those members who did the helpers race.

Our men are in 23rd position on the super league log. No comment.

Our ladies are in 2nd position on the super league log. Well done to them!

Well done to our walkers who are on top of the log with 4 points. We are very proud of you. With only one league race left (Tom Jenkins) there is no reason why you cannot be crowned as winners once again.

Congratulations to the following members who earned super league points:

NAME	CLUB	AGE	GENDER	TIME	POINTS
Women 10 km					
E Matetsaime	IRENE	39	F	0:46:20	46,5
A Breytenbach	Irene	54	F	0:49:50	39
M van der Walt	Irene	42	F	0:58:45	3
T Ungerer	Irene	43	F	0:58:51	2

Women 21 km

N Visser	Irene	49	F	02:00:47	5
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Men 21 km

P Mabophe	Irene	23	M	01:16:23	45
S Molefe	Irene	41	M	01:16:49	43
N van Rooyen	Irene	30	M	01:31:10	17

PERSONALIA

Fanie van Wyngaard had an accident during the week and was admitted to the ICU in a Bloemfontein hospital. He is making good progress and should be back at home during the week. We wish him well.

Congratulations to everybody celebrating their birthdays during the week:

Antoinette	Reynolds	23 Oct
Heinrich	Piek	24 Oct
Nelda	Smith	24 Oct
Johan	Dekker	25 Oct
Gert	Veldman	27 Oct
Tendani	Mantshimuli	27 Oct

**NOTICE BOARD****Saturday 27 October****Irene Farm Race 21.1/10/5 km**

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Nellmapius Drive, Irene

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R50
Entry fee 60 – 69 – race day only	R 50	R 50	
Entry fee 70+ - race day only	Free		
Start Time	06:00 running 05:45 walking		06:00
Cut-off	03:30	02:00	

NO IRENE MEMBERS WILL BE ALLOWED TO PARTICIPATE

League Races

<i>EVENT</i>	<i>DISTANCE</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
Tom Jenkins	21.1/10 km	17/11	X	X

Masters Athletics Fixture list **Masters Athletics Fixture list**

Local meetings

10 November 2018 Free State Bloemfontein

South African Championships

3/4 May 2019 Oudtshoorn

Africa Champs

December 2018 Africa Championships Tunisia

International Championships

24-30 March 2019 WMA Indoor Torun, Poland
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 pray for your problems to go away but rather for courage and strength to overcome them.

JOINTEze™

MODERN
athlete



PHOTO CORNER (CSIR)



Joey Cloete and Suzelle Engels



Kobus van Niekerk and Gerard van den Raad



André Maree and Theuns Willemse



Renette and Riaan Prinsloo



Trevor Netshiombo



Carla Hartmann, Phumlani Mabophe and Derick van der Merwe



Elna Botes and Debra Arkell



Dirk Cloete with his son Damian



Rosemary Brink and Johan Nel



Lindsay Croeser and Marks Mathebula



A tired Deane van Rooyen



Annette Muller at the prizegiving ceremony in Aman



Keith Reynolds finishing his race in Uganda



Stephan Craggs, Barney van Heerden and Shaun Smee did the Otter train run over the weekend



Nathan Bezuidenhout, Dieter Meyer, Rinaldi Botes and Ilze du Rand did the Germiston 5150 Triathlon, they all finished in PB times. Well done!