



# IRENE NEWS

**23 September 2019**

**No 37 - 2019**



## **ACHIEVEMENTS**

Congratulations to the following members who were on the podium during the week:

Ansie Breytenbach	1 <sup>st</sup> Master lady – Lester Mills 10 km (50:50)
Isabelle van der Schyff	1 <sup>st</sup> Lady walker – Lester Mills 10 km (64:12)
Elsa Meyer	1 <sup>st</sup> Lady walker – Marula 10 km (72:46)
Thea van Helden	1 <sup>st</sup> Vet lady – Sunninghill Striders 10 km (53:35)

## **PERSONAL ACHIEVEMENTS**

Greg Usher	PB – Marathon
Keith Reynolds	Completed his 100 <sup>th</sup> Ultra Marathon – wow!

Well done!

## **THIS WEEK'S DIARY**

### **Monday:**

Strength training classes @ 05:30 – Club house (all members welcome)

### **Tuesday:**

No Time trials

### **Tuesday**

Bophelong 5/10/21 @ 06:00 – Bophelong Community Centre, 19477 Molepo St., Mamelodi East **(The Cara-Fun and gazebo will be there)**

### **Saturday:**

Irene Spring Race 5/10/21 @ 06:00 – Irene Village Mall **(Irene Members are not allowed to participate)**

### **Sunday:**

Helpers run @ 06:00 – Irene Village Mall (Something to eat after the race, no entry fee)

## **IRENE SPRING RACE**

Instructions will be sent out during the week to all our members who volunteered to help on the day. thank you to all of you.



Due to a few withdrawals we need two more route marshals and two more traffic marshals.  
Please!!!

### **IRENE ATHLETICS CLUB ANNUAL SPRING WALK CHALLENGE**

Thank you to all the runners who participated and congratulations to Johan Visser and Suzette Ruthven who were the winners of the trophies.

### **TIME TRIALS**

Please take note that there will be no time trials on Tuesday. The club house will not be open.



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# **JOINT**Eze™



Knowledge Integration Dynamics



### **PERSONALIA**

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

Stephan	Craggs	23 Sep
Violet	Madzhie	24 Sep
Lindie	Pretorius	26 Sep
Estien	van Wyngaard	26 Sep
Tyrel	Tyler	26 Sep
Basie	Dreyer	27 Sep
Lisinda	van Zyl	27 Sep
Johan	Wolmarans	27 Sep
Pierre	du Bruyn	28 Sep
Esther	Johnson	28 Sep
Ashley	Williams	28 Sep
Arushka	Bothma	29 Sep
Mariet	Louw	29 Sep



Website: [www.csi-euf.co.za](http://www.csi-euf.co.za)

Tel: 011 805 6316



# LOVE LIVING LIFE!

**The Cows are coming to visit  
Joyful Louise! Come join the  
fun and help raise money  
for CHOC!**

**R80 Entry fee, includes a  
boerewors roll and ice-cold  
beer / cold-drink / glass  
of wine!**

**Awesome prizes for 1st, 2nd  
& 3rd place, plus great lucky  
draw prizes to be won!**

**24 September, 07h00  
Irene Athletics Club  
5km + 8km  
Routes**



## NOTICE BOARD

### **Tuesday 24 September      Bophelong Half Marathon 21.1/10/5 km**

Race Bophelong Athletics Club

Venue: Bophelong Community Centre, 19477 Molepo St., Mamelodi East

GPS: S 25.7168 E 28.3769

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R 50
Entry fee 70+	Free		
Start Time	06:00		06:10
Cut-off	03:00		

**No pets      No iPods or listening devices are allowed**  
**The race is not wheelchair friendly**

Pre-entries at: Run-A-way Sport; Sportsman's Warehouse – Atterbury Value Mart, Centurion Value Mart, Montana Shopping Centre; Tshwane Running Shop

[www.entrytime.co.za](http://www.entrytime.co.za)

### **Saturday 28 September      Irene Spring Race 21.1/10/5 km**

Race Organisers: Irene Athletics Club

Venue: Irene Village Mall, c/o Nellmapius Drive & Van Ryneveld Avenue, Irene

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R 50
Entry fee 60 – 69 / Jardine Joggers	R 50	R 50	
Entry fee 70+	Free		
Start Time	06:00		06:10
Start Time – walkers & wheelchairs	05:45		
Cut-off	??		

**No pets      No iPods or listening devices are allowed**

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns & Dunkeld; Irene Village Mall Centre Management

[www.championchip.co.za](http://www.championchip.co.za) or [www.irenevillagemall.co.za](http://www.irenevillagemall.co.za)

### **NEW VENUE**

**Saturday 12 October**

Jacaranda City Challenge 42.2/21.1/10/5 km

Race Organisers: Agapé Athletics Club & Sportsvendo

Venue: Hoërskool Oos Moot, Haarhoff Street, Waverley

	42.2km	21.1km	10 km	5 km
Pre-entry fee (until 3 October) or when entry capacity reached	R 200	R 120	R 110	R 50
Entry fees 60 – 79	R 100	R 60	R 50	
Late entry fees (10/12 October)	Closed	R 150	R 120	R 50
Late entry fees 60 - 79	Closed	R 70	R 60	
Jardine Joggers / 80+ athletes	Free			
Event t-shirts	R 85 On line only			
Start Time	<b>05:30</b>		06:00	06:25
Time Limit	05h:30	03h00	2h00	

**No completed tear-off strip – no results – Disposable time chip - 42.2km only**

**21.1 & 10km manually timed**

Pre-entries: Run-A-Way Sports; Sweatshop Dunkeld, Bedford & Southdowns; Sportmans Warehouse Atterbury value Mart, Centurion Value World & Kolonnade Retail Park; Gys Pitzer Motors, Steve Biko St. Gezina, Stormvoël Rd, Lindo Park, Solomon Mahlangu Dr. Silver Lakes; At venue 10 – 12 October

[www.entries.timeme.co.za](http://www.entries.timeme.co.za)

**Saturday 5 October**

**Chamberlain Capital Classic 21.1/10/5 km**

Race Organisers: Phobians Athletics Club / Alpha Centurion Road Runners

Venue: Phobians Club, Queens Crescent, Lynnwood

GPS: S25 45'64.4 E28 15'22.8

	21.1 km	10 km	5 km
Entry fee	R 100	R 70	R 40
Entry fee 70+ / blind runners	Free – race day only		
Start Time	06:00		06:15
Start time walkers & wheelchairs	05:45		
Cut-off	03:30		

**1<sup>st</sup> 2000 entries on the 10 and 21.1km races receives a free t-shirt**

**No pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns; Chamberlain Stores – Centurion Mega Store, Montana Mega Store, Silver Lakes Mega Store, Waterkloof Glen, Strubens Valley

[www.chamberlains.co.za/capital-classic](http://www.chamberlains.co.za/capital-classic) [www.acrw.co.za/projects](http://www.acrw.co.za/projects)  
[www.phobians.co.za/index.php/out-races/chamberlain-capital-classic/entry-form](http://www.phobians.co.za/index.php/out-races/chamberlain-capital-classic/entry-form)

**2019 AGN LEAGUE FIXTURE LIST**

<b>EVENT</b>	<b>DISTANCE</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
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 • GEREGISTREERDE 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 <sup>th</sup> Summer Universiade	Naples, Italy
20/7/2020 – 1/8/2020	World Masters Athletics Champs	Toronto, Canada

### **THOUGHT FOR THE WEEK**

Every sixty seconds you spend upset is a minute of happiness you'll never get back.

### **PHOTO CORNER**



Isabelle van der Schyff at the Lester Mills prizegiving



Thea van Helden on the podium at the Sunninghill Striders race





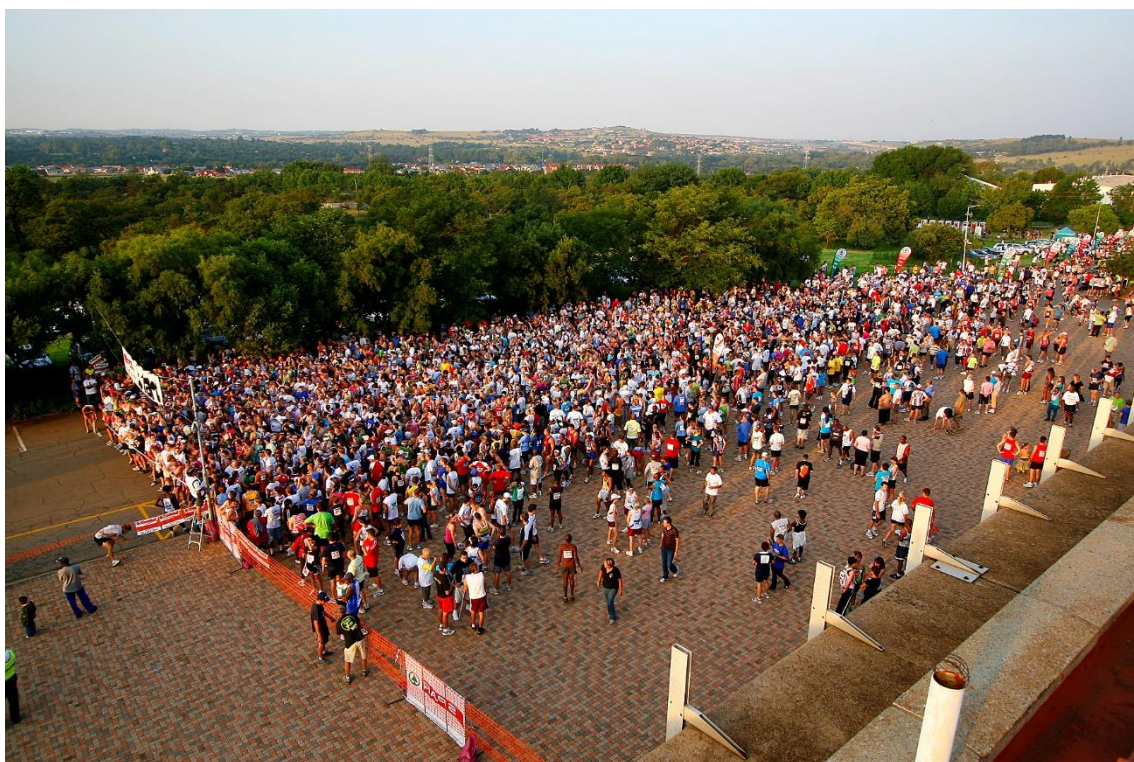
Michael van de Westhuizen did the Paris Disneyland 21 km



JP Labuschagne dis the Karkloof 100 Miler over the weekend. Suzelle Engels was there to support him



***PHOTOS FROM YESTERYEAR (2004)***



The start of the 2004 Spar Lantern race



The McCarthy race in 2004





Jacqui Burn (left) after the Loskop 50 km in 2004



Heinrich Piek and Pieter Coetzee after the Loskop race