



# IRENE NEWS

24 February 2020

No 8 - 2020



## ACHIEVEMENTS

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

Sandra Steenkamp	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> Vet – 10 km (60:37)
Ansie Breytenbach	2 <sup>nd</sup> Lady walker & 1 <sup>st</sup> master – 10 km (63:43)
Estien van Wyngaard	3 <sup>rd</sup> Lady walker – 10 km (65:05)
Elsa Meyer	1 <sup>st</sup> GGM lady walker – 10 km (70:15)
Gerard van den Raad	1 <sup>st</sup> GGM walker – 10 km (70:15)
Alfred Matema	2 <sup>nd</sup> Master – 42 km (2:56:47)

## PERSONAL ACHIEVEMENTS

Estien van Wyngaard	PB – 5000 meters
Estien van Wyngaard	PB – 10 km walk
Maryke Viljoen	PB – 10 km walk
Ansie Breytenbach	PB – 10 km walk
Mia Hadlow	PB – 10 km
Ann Eckard	First 21 km

## THIS WEEK'S DIARY

### Monday:

Strength training @ 17:30 – Club house

### Tuesday:

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

### Wednesday & Thursday:

Training group @ 17:30 – Club house

### Saturday:

Sunrise Monster 5/10/21/32 – Harlequin Club, Groenkloof (League race, ChampionChip required for results)

### Sunday:

Training run @ 06:00 – Club House (your pace, your distance)

## **LEAGUE RACE**

The Sunrise Monster 10/21/32 is a league race. Please attend in big numbers. We need you to get as many league points as possible. Please read your info booklet to find out how the AGN league works.

As always there will be something to eat to all Irene finishers after the race.

Fast or slow, we need you there.

## **ADMIN DESK**

Please note that Maggie will be away on a business trip and therefore the admin desk will not be open this Tuesday evening.

## **42 KM CLUB CHAMPIONSHIPS**

Congratulations to Lenin Sithole and Joan van Wyngaard who are our 2020 Club Marathon champions! The rest of the results will be sent out once the full results are available.



## **POST-COMRADES FUNCTION**

A request once again to complete the following survey.

Your Management Committee hereby invites all members who have entered Comrades 2020 to attend a social get-together in Durban, the day after Comrades. It is an ideal opportunity for you to share your Comrades experience with like-minded and equally elated club members and friends. The event is hosted at the Durban Skiboat Club, next to the entrance

to the Durban harbour. The format is a bring-and-braai, with a cash bar. More details will be provided closer to the date.

It is highly recommended that you attend this event with your family, friends and loved ones, who are welcome to join you. Meanwhile, please save the date and arrange your homeward travelling such that you will be in Durban the day after Comrades. Whether you are able to attend or not, we would appreciate your completing a brief survey, which takes less than a minute. Please click on this link and answer the questions: <https://www.surveymonkey.com/r/3NNFW2N>

### ***BRING AND BRAAI***

The bring and braai last Tuesday evening was a huge success. There will be fire again this Tuesday evening and you are all invited to do the same again.





## **IN THE MAILBOX**

### **No 1:**

I have a voucher available for the Two Oceans 56km should there be anyone interested in the club. Voucher number: H57VWVP3V Do you mind sharing it with the rest of the crew?

Sonja Strydom - [sonja.strydom@escoglobal.com](mailto:sonja.strydom@escoglobal.com)

### **No 2:**

I wish to express my appreciation to members of the club for their support at the Tuks road race on Saturday.

After completing the 42.2km race, I collapsed and needed assistance. Within minutes Buks van Deventer and Gerard van den Raad were on hand to help.

Through their help and later a glass of Guinness, I recovered and was able to return home.

This is what makes the Irene running club one of the best in the country, not only having some of the best runners and walkers, but also caring and helpful members.

Kind Regards

John Cannon

## **TWO OCEANS VERIFICATION**

Please ensure that your details, i.e. 2020 licence numbers and qualifying times are updated on your profile to allow the club to verify your entry.

## **PERSONALIA**

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

Suzelle	Engels	24 Feb
Sandra	McIntosh	24 Feb
Theo	Bohnen	25 Feb
Andrew	Crawshay-Hall	25 Feb
Annemarie	Oberholzer	25 Feb
Philip	Jacobson	27 Feb
Dimakatso	Moloantoa	29 Feb
Rob	Hudson	01 Mar
Michael	Langton	01 Mar



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

Tel: 011 805 6316



## NOTICE BOARD

### LEAGUE RACE

**Saturday 29 February**

**Medihelp Sunrise Monster 32/21.1/10/5 km**

Race Organisers: Harlequin Harriers

Venue: Harlequin Club, Totius Street, Groenkloof

GPS: S 25°46.122 E 28°13.031

	32km	21.1km	10 km	5 km
Pre-entry fee	R 160	R 130	R 110	R 50
Entry fees 60+	R 100	R 90	R 80	R 40
Entry fees 70+ (race day only & ID)	Free			
Start Time	06:03		06:30	06:45
Time Limit	04h30	03h30	02h30	01h30

**Route not suitable for wheelchair athletes The 32/21.1/10km races are ChampionChip races No pets No iPods or listening devices are allowed**

Pre-entries: Run-A-Way Sports, Sweatshop Dunkeld, Bedfordview & Southdowns;  
Natural Runner

[www.medihelp.co.za/showcase/events](http://www.medihelp.co.za/showcase/events)

**Saturday 7 March**

**Buco Bobbies 3-in-1 21.1/10/5 km**

Race Organisers: PPMC

Venue: Hatfield Plaza, Burnett Street, Hatfield

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R 40
Entry fee GGM	Free		
Start Time	06:00		06:15
Cut-off	03:00		

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

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Buco Wonderboom

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

### **AGN 21.1km Championships**

**Saturday 14 March**

**Om-Die-Dorp Road Race 21.1/10/5 km**

Race Organisers: Wingate Road Runners

Venue: PvR Community Church, Baltimore Avenue, Pierre van Ryneveld

	21.1 km	10 km	5 km
Entry fee	R 120	R 90	R 50
Entry fee 70+	Free		
Start Time	06:00		
Cut-off	03:30		

**No Pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-away Sport; Sweatshop Southdowns; PvR Community Church (Friday 13/03 – 15h00 – 18h00 & race day)

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

### **LEAGUE RACE**

**Saturday 21 March**

**Right to Run/Walk 21.1/10/5 km**

Race Organisers: Arcadia Running Club

Venue: Sunnypark Shopping Centre, c/o Steve Biko- & Robert Sobukwe Streets, Sunnyside

GPS: S 25.7507 E 28.2832

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R 50
Start Time	07:00		
Cut-off	03:00		

**No Pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Cross Trainer Sunnypark; Tshwane Running Shop

[www.entrytime.com](http://www.entrytime.com)

**Saturday 28 March**

**Kolonnade Road Race 32/15/5 km**

Race Organisers: Overkruin Athletics Club

Venue: Kolonnade Shopping Centre, c/o Sefako Makgatho Drive & Dr van der Merwe Street,  
Montana

	32 km	15 km	5 km
Entry fee	R 120	R 100	R 50
Entry fee 60+ (Race day only & proof of age)	Free		
Start Time	06:00		06:15
Cut-off	04:00	03:00	

**No Pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-away Sport; Sweat Shop Irene; Tshwane Running Shop; Kolonnade Info Desk

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



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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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<b>2020 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DISTANCE</b>	<b>DATE</b>	<b>LEAGUE</b>	
	<b>KM</b>		<b>RR</b>	<b>RW</b>
Medihelp Sunrise Monster	32 / 21.1 / 10	29/02	X	X
Right to Run/Walk	21.1 / 10	21/03	X	X
Ford Road Race	21.1 / 10	04/04	X	X
MiWay Wally Hayward	42.2 / 21.1 / 10	01/05	X	X
Fara Winter Challenge	10	20/06	X	X
Springbok Vasbyt	25 / 10	11/07	X	X
Fitness Test Run	21.1 / 10	08/08	X	X
Morula Half Marathon	21.1 / 10	19/09	X	X
CSI Irene Farm Race	21.1 / 10	31/10	X	X
Voortrekker Monument	21.1 / 10	21/11	X	X
Skosana Road Race	10	05/12	X	X

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

4 March 2020	Boland MA	Paarl
13/14 March 202	EPMA	Westvaal Oval, PE
4 April 2020	KZNM	Kings Park Stadium, Durban
4 April 2020	WPMA	Cape Town
<b>10/11 April 2020</b>	<b>GNMA</b>	<b>Pilditch, Pretoria</b>
18 April 2020	CGMA	Sasolburg
15 Augustus 2020	FSMA (Jumps & Throws)	Bloemfontein
22 Augustus 2020	Mpumalanga MA	Secunda
3 October 2020	SWD	Oudtshoorn
30/31 October 2020	FSMA	Bloemfontein

#### **THOUGHT FOR THE WEEK**

**Champions believe in themselves, even when no one else does.**



***PHOTO CORNER (Phobians race)***



Rizé Blom



Kovilan Rajaruthnam





Dean van Rooyen



Johann Stadler





It was a busy morning at the Cara-Fun



The Eckard sisters, Ann and Lourensa





Alfred Matema



Christine Crause





Joubert Krugel, Amelia Bakker and Elmarie Ackerman



Freddy Mokoka





Thumeka Sibulela



Jacqui Burn





Francois de Klerk



Marie van Dyk





Rosemary Brink and Emile Engelbrecht



Nico Basson





The 2:15 bus of Riaan Prinsloo coming in on time



All smiles after a successful bus trip. Fortunately they had Renette as a backseat driver!





Elsa Meyer having fun on the podium



Our walking ladies took the first 3 places in the 10 km walk. Well done to Ansie Breytenbach (2<sup>nd</sup>), Sandra Steenkamp (1<sup>st</sup>) and Estien van Wyngaard (3<sup>rd</sup>)