



IRENE NEWS

24 June 2019

No 25 - 2019



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Fara Winter 10 km challenge:

Sunette Eybers
Elsa Meyer

3rd Vet lady – 43:19
1st GGM lady – 62:06

The following members received AGN medals in their respective age categories:

Sunette Eybers
Sandra Steenkamp
Ansie Breytenbach
Elsa Meyer
Letha Kotze
Marie van Dyk
Gerard van den Raad
Leon Page

Well done!

THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:15 – Club house (everybody starts together at 17:15)

Saturday:

Race of Friendship 5/10/21 km @ 07:00 – Glenfair Boulevard (League race)

Sunday:

Club run @ 07:00 – Club house – All welcome, your distance, your pace.

NAMIBIAN TOUR

Time is running out to book your place for the Namibian tour in October. The last day to book will be Sunday, 30 June 2019. Don't miss out on this wonderful opportunity.

LEAGUE RACE

The Glenfair race this weekend will be the next league race. Brave the cold and be there in numbers please. We need you there, fast or slow.

As always there will be something to eat afterwards.

All our members are invited once again to make use of our facilities at the races.

LEAGUE RESULTS (SKOSANA DEVELOPMENT RACE)

General league

We dropped from 9th to 11th on the log. Nothing to be proud of.

Super league (women)

Well done to our ladies who made us proud once again! They won on the day and retained their position on top of the log, 3 points ahead of Magnolia. It is now a matter of hanging in there ladies. Be there again this Saturday!

Super league (men)

Unfortunately our faster men didn't turn up on the day and they dropped from 9th to 14th position on the log.

Walkers league

No results received yet.

Congratulations to the following members who earned super league points:

	NAME	AGE	TIME	POINTS
Women 10 km				
	S EYBERS	46	0:42:51	47
	R PRINSLOO	47	0:54:50	17
	N BURGER	26	0:56:42	5
Women 21 km				
	A CLOETE	35	1:38:44	48
	A BREYTENBACH	55	1:43:00	47
	B BORNMANN	44	2:05:27	29
	M BROWN	31	2:11:37	21
	J DEKKER	44	2:14:34	15
	C VAN DER SPUY	36	2:14:35	14
	T VAN HELDEN	43	2:15:27	13
Men 10 km				
	J SAAYMAN	51	0:44:47	4
Men 21 km				
	N BANDA	54	1:30:45	32

SOCIAL EVENING

Please take note that next month's social will take place on 9 July instead of 2 July as was originally planned. It is going to be very special. More details to follow.

COMRADES 2020 CHALLENGE

Note this is not for Comrades Marathon runners only.

Comrades 2019 is done and dusted and many are taking a well deserved break or simply avoiding the cold winter mornings.

What I have seen over the years is that many people sit back till the new year and then suddenly jump into a program in January for the next Comrades. Many get injured in the "stampede" or carry injuries into Comrades and end up having an unnecessarily difficult time or even failing to finish on the day.

I have taken many lessons and experiences from Comrades since first putting my foot on the starting line on 31 May 1987. I believe it is time for me to give back a little. Based on this I would like to invite you to join me on a journey - 2020 km to Comrades 2020.

The journey will start on 1 July 2019 and on Comrades day 2020 (14 June).

The following should be noted:

- It does not mean you have to start on 1 July but the end date will not change.
- It does not mean you have to run Comrades 2020.

There is no fee involved.

There is no fixed program - this will be your personal challenge. We will however align with the club program. We realise that a standard program will not take specific goals and needs into consideration. For this reason, I will be making myself available to provide guidance and personal advice along the way.

The only requirement is for you to accept the challenge and keep a log of your progress which you submit monthly. I will provide a standard logbook (excel) which you can modify if you like and even give feedback that could be useful to others. The log will not only assist me in helping you but also give you some valuable insight into the way you go about your running.

Inbox me on WhatsApp 0824503275 or send an email to keith11523@gmail.com if you are interested.

Warm regards

Keith Reynolds

IRENE ATHLETICS CLUB

NAMIBIA TOUR

2-8 OCTOBER 2019

HANGANA HAKE RUN & RIDE

ONLY A: R1 600 or B: R2 460

Including: 1. Entry to the 21/42km

2. 3 Nights camping & 3 nights in chalet (opt. A)
6 Nights in chalet (opt. B)

3. R1250 Fuel contribution per person

4. Celebration dinner Saturday evening

Come celebrate our

25TH
anniversary



Your contribution

1. Extra fuel (if necessary)

2. Meals

3. Own camping gear

We encourage
4 people per car

Booking until end June

Space for 80 people

(1st come 1st serve)

Open for members/spouses/
partners/children



IRENE

PERSONALIA

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

Christine	Geldenhuis	24 Jun
Schalk	Engelbrecht	25 Jun
Jeffrey	Maleto	25 Jun
Urshula	Horn	27 Jun
Amanda	Lotheringen	27 Jun
Marie	van Dyk	27 Jun
Geoff	Carter	28 Jun
Belinda	de Bruin	28 Jun
Precious	Husvu	28 Jun
Suzanne	Janse van Vuuren	28 Jun
Derek	Oldnall	28 Jun
Lozaun	Scott	28 Jun
Danie	Oosthuizen	30 Jun



Website: www.csi-euf.co.za

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NOTICE BOARD

League Race

Saturday 29 June

Glenfair Boulevard Race of Friendship 21.1/10/5 km

Race Organisers: Run/Walk for Life

Venue: c/o Lynnwood & Daventry Rd, Lynnwood Manor

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 50
Start Time	07:00		
Cut-off	03:00		

No Pets

No iPods or listening devices are allowed

Pre-entries at: Lone Hawk Spur

www.enteronline.co.za



JOINTeze™

Saturday 6 July

Garsfontein Ice Breaker 21.1/10/5 km

Race Organisers: Wingate Road Runners

Venue: Garsfontein Primary School, Zita Street, Garsfontein

	21.1 km	10 km	5 km
Entry fee	R 110	R 80	R 50
Entry fee 70+	Free		
Start Time	Walk 06h30 Run 07:00		07:15
Cut-off	03:30		

No Pets

No iPods or listening devices are allowed

Pre-entries at: Run-Away Sport; Garsfontein Church (Emmy Hartmann Street)

www.enteronline.co.za

2019 AGN LEAGUE FIXTURE LIST

EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Race of Friendship	21.1/10 km	29/06/19	X	X
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 • 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

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

THOUGHTS FOR THE WEEK

Count your blessings, not your problems.

PHOTO CORNER

Our aches and pains social function on Tuesday evening was a lovely evening indeed. Thank you to Joy for a lovely function organized and to everybody who attended. The following Comrades trophies were handed out at the function:

First man	Alfred Matema	7:20:06
First lady	Rosemary Brink and Hestha Conradie	8:49:06
First Novice man	Joseph Kgodumo	9:24:02
First Novice lady	Lindsay Croeser	9:43:35
Last Irene Finisher	Lesedi Letwaba	11:58:34
Comrades Vasbyt	Suné van der Walt	
Spirit of Comrades	Linley September	

Congratulations to all of you!



Thea van Helden sharing her Comrades experience



Werner Zandberg, a Comrades legend, sharing his view of not training too much because it makes him tired! He finished in a sub 11 hours once again.



Everybody enjoyed the evening



Lesedi Letwaba, last Irene member to finish



Suné van der Walt, receiving the "Vasbyt" trophy



Lindsay Croeser, female novice



Joseph Kgodumo, male novice

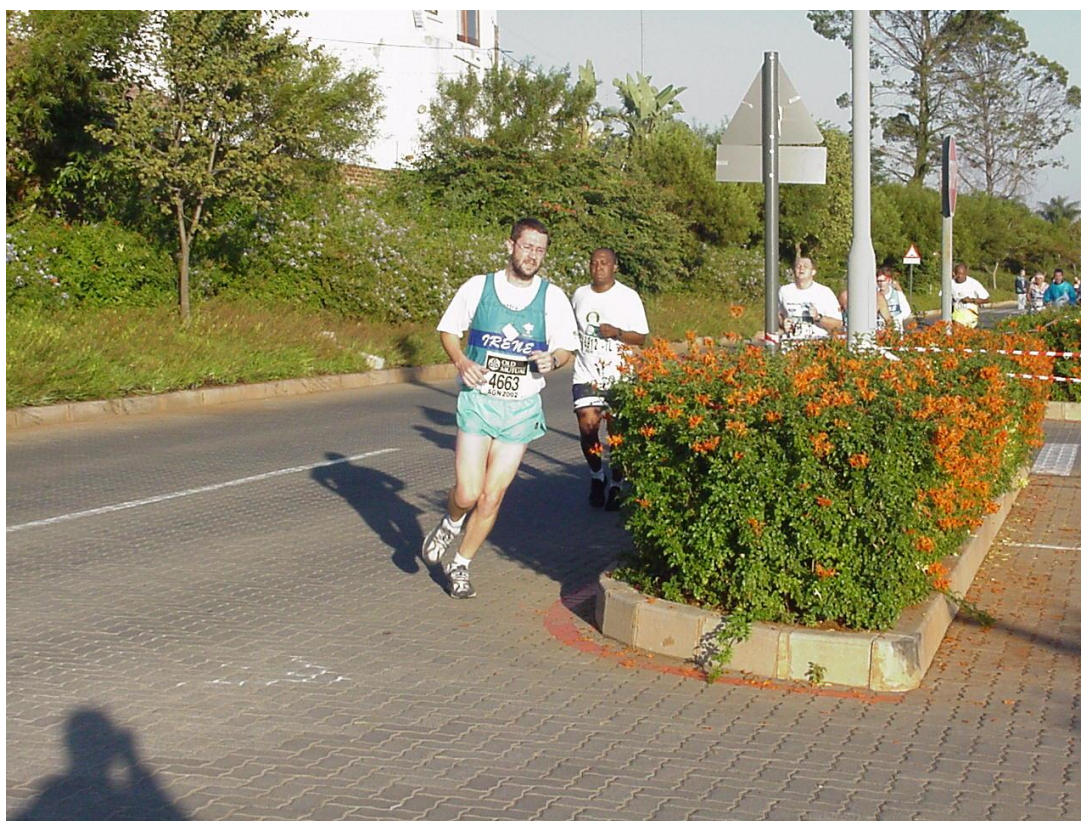


Hestha Conradie finished together with Rosemary Brink as the first Irene ladies

PHOTOS FROM YESTERYEAR (2002)



Kobus van As on the right



Johan de Klerk



Pieter Olivier



Wynand Breytenbach