



Our annual Irene Spring Race takes place at the Irene Village Mall on 28 September. It is a very popular race and it is important as always that we have enough helpers on the day. It is a great opportunity to show the rest of the runners and walker how a quality race should be presented. **Please take note that Irene members are not allowed to participate in the race.** We will have a helpers race the day after where you will get the opportunity to earn your medal.

We need our members to assist in the following areas on the day:

Route marshals

Parking marshals

Handing out medals

Water point helpers

Helpers at the entries

Cyclists

Please reply to this email to make yourself available and indicate your work preference.

Thank you to those members who responded after the first request last week.

### **LEAGUE RESULTS – ZWARTKOP RACE**

#### **General league:**

It looks as though the cold weather scared the Irene members. We dropped back from 12 to 13 on the log.

#### **Super league:**

Well done to our super ladies! They put in an outstanding effort once again to ensure that they extended their lead over the Magnolia ladies who are trying very hard this year to beat us.

Our faster men didn't show up and dropped back from 8<sup>th</sup> to 13<sup>th</sup> on the log, not something to be proud of.

Congratulations to the following members who earned super league points at the Zwartkop race:

POSITION	NAME	AGE	TIME	POINTS
<b>Women 10 km</b>	LOUISA SPANGENBERG	28	0:45:29	46
	ZOE SCHOLTZ	38	0:49:24	37
<b>Women 21 km</b>	AMANDA CLOETE	34	1:38:19	48
	TRACEY MACFADYEN	35	1:44:11	44
	HELEEN DE BRUIN	41	1:47:25	43
	LAURA ALBERTS	41	1:49:21	40
	ROSEMARY BRINK	44	1:50:56	38
	THEA V HELDEN	43	1:58:07	33
	CORETHA USHER	50	2:02:53	22
	RENETTE PRINSLOO	47	2:03:53	21
	JUDY FAINT	59	2:06:16	16
	RIALETTE KLOPPER	39	2:09:51	7,5
	YVONNE VAN WYK	46	2:12:16	2
<b>Men 21 km</b>	DIRK CLOETE	51	1:39:12	5

The results of the walkers league are not available yet.

## PERSONALIA

Eltina van Vuuren, wife of our financial manager Johan, underwent an operation during the week. We wish her a speedy recovery.

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

Deon	Hoffmann	26 Aug
Hennie	Potgieter	26 Aug
Jurie	Venter	26 Aug
Kayla	Odendal	27 Aug
Hlali	Msiza	28 Aug
Rene	du Bruyn	29 Aug
Lindsay	Croeser	01 Sep
Themba	Mathebula	01 Sep



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

Tel: 011 805 6316

## NOTICE BOARD

### **LEAGUE RACE**

**Saturday 31 August**

**Spirit of Flight 10/5km**

Race Organisers: Pretoria Military Marathon Club

Venue: Air Force Base Zwartkop, Old Johannesburg Road (Northern Entrance) Valhalla

GPS: S 25 47'58.75 E 28 09'51.49

	10 km	5 km
Entry fees	R 90	R 50
Start time	06h30	
Time Limit	02:00	01:30

**No pets**

**No iPods are allowed**

Pre-entries at: Run-Away-Sport; Sweat Shop Southdowns; Tshwane Running Shop

## LEAGUE RACE

**Saturday 07 September Brooklyn Road Race 32/21.1/10/5 km**

Race Organisers: Pretoria Marathon Club

Venue: c/o Veale & Bronkhorst Streets, Brooklyn

GPS: X -28.235 Y-25.772

	32km	21.1km	10 km	5 km
Entry fee	R 130	R 100	R 80	R 40
Entry fees 70+, blind runners & wheelchair athletes	Free – race day entry only			
Start Time	05:30	06:00		06:10
Time Limit	04h:00			

**1<sup>st</sup> 100 on line entries receive a free parking ticket**

**No pets**

**No iPods or listening devices are allowed**

**Baby strollers welcome on 5km**

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns, Dunkeld

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



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## 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)

### 2019 AGN LEAGUE FIXTURE LIST

EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
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**

? 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***

**Whatever your excuse is, it is time to stop believing it.**

### ***PHOTO CORNER***

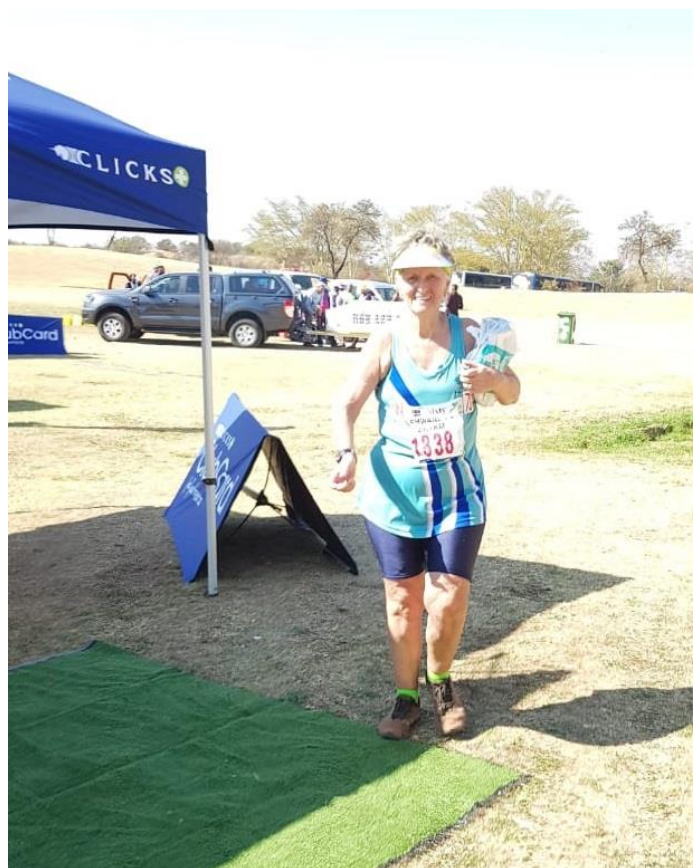


Runners at the club run on Sunday morning





Johan Saayman on the podium at the SMU race



Marie van Dyk at the SMU race



***PHOTOS OF YESTERYEAR (TOM JENKINS 2003)***

Pushing our drinks trolley then was something very special. We went big to ensure that we won the trophy for the biggest bus.





