



IRENE NEWS

26 November 2018

No 47 - 2018



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Voortrekker Monument 10/21 on Saturday:

Joey Cloete	1 st GM lady – 10 km (58:27)
Elsa Meyer	1 st GGM lady walker – 10 km (68:44)
Dirk Cloete	1 st Master – 21 km (1:45:06)
Sandra Steenkamp	1 st Master lady – 21 km (1:51:31)

THIS WEEK'S DIARY

Monday:

Strength training @17:30 – Club house

Tuesday:

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

Saturday:

No Race

ANNUAL INFO BOOKLET

This is the last opportunity for members to advertise in our 2019 information booklet.

The 2019 information booklet that every member will receive when joining the club next year will be printed soon. A total of 800 copies will be printed.

We want to give our members the opportunity to advertise their businesses/services in there. As you know it will be in full colour. The cost of the ads will be minimal: Full page – R800, half page – R400 and business card – R200.

Please send your ads a.s.a.p. to secure your spot.

Don't miss out on this opportunity, space is limited.

REGISTRATIONS FOR 2018

Registrations will start during the week. Instructions will be sent out early during the week.

YEAR-END FUNCTION

GREAT NEWS!!!

We have managed to secure **DAN VEE** to entertain us at the year-end function. Please click on the link to wet your taste buds.

https://www.youtube.com/watch?v=FUc0gk2_ADU

Please book ASAP as we can only take 100 people and it is filling up quickly!!

Don't miss out on a great function!

Irene Year End Function and Prize Giving

You are invited to the
Legendary
Irene Year End Function
and Prize Giving.

The Irene Country Club
1st December 2018
6 for 6:30pm
Dress smart casual



R80 per person
RSVP Joy
083 284 4884



IRENE CHRISTMAS TREE

Our last time trials for the year will take place on Tuesday, 11 December. Let us enjoy the evening together and make it a memorable occasion.



Irene Christmas Tree

Bring the kids to meet Santa!

*Bring your own meat.
Salads and pap n' sous will be provided.*

*Bring a present for your child,
valued at not more than R50*

*Please mark it with their
names, and Santa will
hand it to them.*

*11th December at the
clubhouse, after time trial.*

*Let's enjoy the festivities
of the final time trial
for 2018*



SOUTH AFRICAN MASTERS ASSOCIATION (SAMA)

To be part of the Masters athletics is something very special. Everybody older than 35 years can become a member and participate in track and field events. This is the ideal opportunity to show the skills you had as a youngster. They compete in 5 year age categories. It is fun and you will be surprised what you can achieve. You might just earn you Gauteng North colours next year. It will be great to have as many Irene members as possible to be part of it.

Please contact Gretha Viljoen for more information. gretha.viljoen45@gmail.com

Below you will find the latest discussions they had with ASA.

FEEDBACK ON THE SAMA MEETING WITH ASA ON TUESDAY 23RD OCTOBER 2018 AT THE SHERATON HOTEL PRETORIA

SAMA President and Vice- President had a meeting with ASA president and the CEO on 23rd October 2018 and the following points were discussed:

- To promote SAMA in South Africa it was approved by ASA to have 4 events as exhibition events on the SA Senior Championship. After deliberations the following events will be presented: 100m master's men, 400m master's women, 800m master's men and 5000 master's walk women. The Statistician will do an evaluation of SAMA results and athletes will be selected to take part in this events.
- ASA agree that SAMA may use their sponsorship company negotiate sponsors for SAMA. The Vice-President will arrange a meeting with the company ASAP.
- ASA instructed SAMA to meet with the regional provincial body to discuss the following:
 - To submit an agenda point for discussion to the Provincial Board regarding a Masters representative on their boards and commissions for Track and field, Road running and Cross Country. This must be reflected on their minutes for their AGM to ensure an output is achieved.
 - SAMA is an associated member of ASA therefor SAMA must be an associated member at provincial level also. That mean that we should have a vote on their different commissions and their Board.
- During Road Races In road running races the prize monies is still in 10 year age groups. This however cannot be dictated to change in 5 year age groups as it is the sponsor's decision. But to overcome this problem ASA suggest that SAMA issue a rule that the prize monies must include all age groups between the 10 year gap such as 35 - 49, 50 -69, and 70+. SAMA must submit the rule to ASA to be captured the house rules of ASA and in next year's team manuals. For Road Running we must have a Masters delegate who can do the Age Category Results
- ASA have agreed that SAMA can use the Protea Colours for the World Masters Outdoor Championship **BUT** we have to have our selection criteria in order. We will have to choose a team every two years to represent South African Masters (to be self-funded at this stage) and one will have to qualify within the season prior to the WMA Champs to be eligible. SAMA will submit a criteria for the team to ASA to be endorsed. ASA will endorse the team prior to the issue of the Colours. SAMA must then submit a size chart to the official supplier to enable the athletes to order a KIT from them.
- ASA give a guideline that all SAMA should contact the Minister of Social Development (Responsible for Senior Citizens programme's and the Elderly

in a Community) as they have a budget that we as masters should be able to take advantage of this for the development of the elderly or masters. SAMA should use similar terms as the "Golden Oldies Games" to obtain funding for our championships.

- For SAMA to successfully host the 2023 Africa Masters Athletic Championship a letter from Africa needs to be submitted to ASA to obtain approval. This will ensure that ASA list it on their Calendar and assist in obtaining the approval of the Minister of Sport.
(ASA have a letter on their website to be followed for hosting International events)
- In order to accommodate the Africa Countries at the SAMA Championship, the name needs to be change to SA Masters Open Championships, that way anyone from Africa can compete and are eligible for medals. ASA will then sanction our Championship to incorporate the Africa Teams.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Lynette	Gough	26 Nov
Glenn	Thompson	27 Nov
Gerard	Van Den Raad	27 Nov
Lorraine	Jonker	29 Nov
Caitlin	Visser	29 Nov
Aneldi	Grundlingh	30 Nov
Thando	Koyana	30 Nov
Andre	Knoop	01 Dec
Samantha	Dry	02 Dec
Isabel	Erlank	02 Dec



Website: www.csi-euf.co.za

Tel: 011 805 6316



Saturday 8 December**Skosana Road Race 10/5 km & 1 kiddies' mile**

Race Organisers: Nedbank Running Club

Venue: Pretoria Correctional Services, Kgosi Mampuru Street

	10 km	5 km	mile
Entry fee	R ??	R ??	R??
Start Time	06:30		08:30
Cut-off	??	??	

Free t-shirts for the 1st: 600 entries (10km); 300 (5km) & 100 (mile)**No pets****No iPods or listening devices are allowed**

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns; AGN Office

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

Some people always throw stones in your path. It depends on you what you do with them – build a wall or a bridge? Remember you are the architect of your life.

PHOTO CORNER



It was serious business last Tuesday when these members discussed their plans for the Lesotho Ultra Trail Run



Serious carbo-loading before the race



Johan Engelbrecht and Loubser van Wyk before the start



All the Irene members before the start: Loubser van Wyk, Claude Truter (12th in the 38 km), Johan Engelbrecht, Jaco du Toit, Vicky du Toit, JP Labuschagne and Pieter van der Westhuizen



Kobus van Niekerk at the Voortrekker Monument race



Dirk Cloete



Ernst Gottschalk



Melani Swart



Bernie Ruthven



Henk Basson



Mariet Louw and Letha Kotze



Ansie Breytenbach and Elsa Meyer



Annemarie Breytenbach with the new love in her life and Derick van der Merwe



The AGN Masters crowned Jaap Willemse as their best walker of 2018. Well done!