



IRENE NEWS

28 October 2019

No 41 - 2019



CSI IRENE FARM RACE

What a fantastic event it was! It was a huge success and a big thank you to all our members who contributed towards it. You were great! The feedback thus far has been very positive.

With 3790 finishers we were 42% up on last year's figure, something to be very grateful for.

We want to thank our main sponsor, CSI Property Solutions for their part to make the race such a great success. Also to Vitality who came onboard this year to make the race part of the Vitality series in Pretoria.

THIS WEEK'S DIARY

Monday:

Strength training classes @ 17:30 – Club house (all members welcome)

Tuesday:

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

Saturday:

BDS 5/10/21 @ 06:00 – Wonderpark Shopping Centre (**League Race**) **This race is also part of the Vitality series. Although they will take entries on the day, it is advisable to pre-enter to ensure that your data is captured for the electronic timing.**

Kaapsehoop Marathon. There will be a club gazebo and tog bag facility.

ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 12 November at 18:00.

No nominations for the management committee can be accepted anymore.

CAPTAIN'S CORNER

Captain's Corner:

The Kaapsehoop Marathon you have been training for is here. You trained hard and looking forward to the race. Plan your race well and make sure you have all your things packed for the event. Your nutrition, clothes, shoes and whatever you use to get over that finish line.



Thank you to everyone who helped at our race. It is greatly appreciated and shows what type of people we have at our club. You can be proud of yourselves and to the members who work tirelessly behind the scenes to make it a success THANK YOU. We have one more League race to go so make every effort to be there please. Every point counts and will go towards the club's tally.

DATE TO REMEMBER:

2nd November – FREEDOM OF EXPRESSION LEAGUE RACE

PROUD IRENE GREETINGS

Linley

082 345 5343

PERSONALIA

Congratulations to the following members who celebrated their birthdays during this week:

Michael	Dekker	29 Oct
Goodness	Ndabambi	29 Oct
Arne	Vorster	29 Oct
Ernst	Gottschalk	30 Oct
Maeve	Marais	30 Oct
Johan	Visser	30 Oct
Joy	Carmicheal	30 Oct
Lynette	September	31 Oct
Bernita	Bornmann	02 Nov
Christelle	Struwig	02 Nov
Ilze	Botes	03 Nov



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Thermopower Furnaces S.A. (Pty) Ltd



Knowledge Integration Dynamics

NOTICE BOARD

LEAGUE RACE

Saturday 2 November

BDS Road Race 21.1/10/5 km

Race Organisers: Black Diamond Athletics Club

Venue: Wonderpark Shopping Centre, Heinrich Avenue, Karenpark

GPS: s 25 40.264 E 28 6.703

	21.1 km	10 km	5 km
Entry fee	R 130	R 100	R 60
Entry fee 60 - 69	R 80	R 80	R 60
Entry fee 70+	Free		
Start Time	06:00		
Cut-off	03h00	02h00	

There is a 1km kiddies run @07h45 @R10 No pets

No iPods or listening devices are allowed

21.1kom route is not wheelchair friendly

Pre-entries at: Cross Trainer Wonderpark; Sweatshop Southdowns & Dunkeld

www.entries.timeme.co.za

Saturday 9 November

Fara Summer Challenge 21.1/10/5 km

Race Organisers: Faranani Athletics Club

Venue: Rietondale Park, c/o Soutpansberg Rd & Van der Merwe St, Rietondale

	21.1 km	10 km	5 km
Entry fee	R 130	R 100	R 50
Entry fee 70+	Free		
Start Time	06:00		
Cut-off	??		

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns, Tshwane Running Shop

www.faranaiac.co.za

2019 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Freedom of Expression	21.1/10 km	02/11/19	X	X



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REGISTERED QUANTITY SURVEYORS • GEREISTREERDE 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 th Summer Universiade	Naples, Italy
20/7/2020 – 1/8/2020	World Masters Athletics Champs Toronto, Canada	

THOUGHT FOR THE WEEK

Doing what you like is freedom. Liking what you do is happiness.

PHOTO CORNER (CSI Irene Farm Race)



Irene members handing out the pre-entries at the Sweatshop Southdowns on Friday



The registration tables on Saturday morning



The lead vehicle splitting the runners to make way for the lead runners of the 10 km



Liezel Anderson and Jenny Cairns



Coenraad Legassick, the CEO of CSI on the left



The venue was very colorful with all the branding



The involvement of the CSI people was fantastic one again. Coenraad Legassick, the CEO used his own bike for the lead vehicle



Joseph Moagi, Lenin Sithole and Mthokozisi Mambi, members who contributed towards the success of the race



Virgin Active was responsible for the cooldown of the athletes



Venita Brown at her coffee stall



Runners relaxing after the race



The start of the helpers run on Sunday morning