



# IRENE NEWS

29 July 2019

No 30 - 2019



## ACHIEVEMENTS

Congratulations to the following members who were on the podium over the weekend:

Sandra Steenkamp 4<sup>th</sup> Master lady – SA 21 km Championships

Holger Hedelt 3<sup>rd</sup> Overall – 6 hour Circuit race – Germany

### Zwartkop race

Isabelle van der Schyff 1<sup>st</sup> Lady walker & 1<sup>st</sup> master – 10 km (64:35)

Gerard van den Raad 1<sup>st</sup> GGM walker – 10 km (70:10)

Keith Reynolds 1<sup>st</sup> Master walker – 21 km (2:02:17)

Elsa Meyer 1<sup>st</sup> Lady walker & 1<sup>st</sup> GGM – 21 km (2:26:33)

## PERSONAL ACHIEVEMENTS

Thea van Helden PB – 21 km

## THIS WEEK'S DIARY

### Tuesday:

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

### Saturday:

Spar Ladies 5/10 @ 14:00 – SuperSport Park (Please note that there will be no club gazebo)

### Sunday:

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

## TOG BAGS

Members who haven't collected the tog bags that they ordered some time ago must please collect it on any Tuesday evening from 17:00 till 19:00.



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## **LEAGUE RESULTS – RACE OF FRIENDSHIP**

### **Super league:**

Our ladies did it again! Well done to our ladies who won on the day once gain and who are still on top of the log with Magnolia in second place, 4 point behind us. We are very proud of you.

<b><i>Race of Friendship</i></b>	<b><i>Female</i></b>	<b><i>Points</i></b>
<b><i>Pos</i></b>	<b><i>Club</i></b>	<b><i>Log</i></b>
1	IRENE	249
2	MAGNOLIA	245
3	VTM	231
4	NEDBANK	221
5	LOVE RUNNING	199
6	PMMC	194
6	GREEN MILE	194
8	PHOBIANS	159
9	ACRW	158
10	CITY OF TSHWANE	157

Due to better participation by our faster men, they jumped up from 14<sup>th</sup> to 8<sup>th</sup> position on the log! Well done guys, keep it there!

<b><i>Race of Friendship</i></b>	<b><i>Male</i></b>	<b><i>Points</i></b>
<b><i>Pos</i></b>	<b><i>Club</i></b>	
1	PMMC	200
2	FARANANI	193
3	NEDBANK	186
4	ACE	178
5	CORR SERV	172
6	TUKS	167
7	ACRW	149
8	IRENE	146
9	EYETHU	144
10	MAGNOLIA	143

The overall league log is not available yet.

## Walkers league

Our walkers are where they belong, on top of the log. Well done to you. It is now a matter of staying there.

<i>Race of Friendship</i>		<i>Points</i>
<i>Pos</i>	<i>CLUB</i>	<i>L'gue</i>
1	IRENE	98
2	PMWC	94
2	RWFL	93
4	PMWC B	83
5	VTM	71
6	AGAPE	63
7	RWFL B	55
8	MAGNOLIA	51
9	MEDIHELP	46
10	SOLIDARITEIT	43

Congratulations to the following members who earned super league points:

	<b>SURNAME</b>	<b>AGE</b>	<b>TIME</b>	<b>POINTS</b>
<b>Women 10 km</b>				
	S EYBERS	46	0:45:16	49
	L SPANGENBERG	28	0:47:38	45
	H CONRADIE	52	0:48:23	40
	R PRINSLOO	47	0:54:16	30
	J JANSE VAN RENSBURG	48	0:58:00	19
<b>Women 21 km</b>				
	A BREYTENBACH	55	1:46:50	45
	J SCHOLTZ	38	1:54:46	37
	T MACFADYEN	35	1:55:56	35
	R BRINK	43	1:58:20	32
	B BORNMANN	43	2:07:05	18
	R KLOPPER	39	2:17:26	8
<b>Men 10 km</b>				
	M OBERHOLZER	33	0:42:17	38
	J SAAYMAN	51	0:46:36	20
<b>Men 21 km</b>				
	M DU TOIT	39	1:44:14	27
	J VAN WYK	55	1:51:06	15

**JOINT**Eze™

## PERSONALIA

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

Dianne	Du Plessis	30 Jul
Nita	van Vuuren	31 Jul
Thurston	Tyler	31 Jul
Martin	Meyer	31 Jul
Jacqueline	Burn	01 Aug
Douw	Van Zyl	02 Aug
Venessa	van Der Merwe	02 Aug
Michelle	Lubbe	03 Aug
Elsa	Meyer	04 Aug



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

Tel: 011 805 6316

## NOTICE BOARD

### **Friday 9 August**

### **Clicks Wierie Road Race 21.1/10/5/2 km**

Race Organisers: Laerskool Wierdapark in conjunction with Irene Athletics Club

Venue: Laerskool Wierdapark, c/o Ruimte Rd. & Willem Botha St., Wierdapark

GPS: S 25 51'16.74 E 28 08 21.26

	21.1 km	10 km	5 km	2 km
Entry fee	R 110	R 90	R 60	R 30
Entry fee 70 - 79	50% of normal entry fee			
Entry fee 80+, blind athletes & wheelchairs	Free			
Start Time	06:30		07:00	07:15
Cut-off	03:00			

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

**Baby strollers only allowed for the 2 & 5km races**

**All distances are wheelchair friendly**

Pre-entries at: Run-Away-Sport; Sweatshop Southdowns; Natural Runner; Sportsman's Warehouse Centurion, Kolonnade & Atterbury; Laerskool Wierdapark

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

**Saturday 10 August**

**Eyethu Fitness test run 21.1/10/5 km**

Race Organisers: Eyethu Athletics Club

Venue: Lynnridge Mall, Jaconson Drive, Lynnwood Ridge

GPS: S25 45.947 E 28 17.17.917

	21.1 km	10 km	5 km
Entry fee until 27 May 2019	R 85	R 65	R 50
Entry fee from 28 May 2019	R 100	R 80	
Start Time	06:30		06:45
Cut-off	??		

**No Pets**

**No iPods or listening devices are allowed**

**he race is wheelchair friendly only for the 4 & 6km races**

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

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

**2019 AGN LEAGUE FIXTURE LIST**

<b>EVENT</b>	<b>DISTANCE</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
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 <sup>th</sup> Summer Universiade	Naples, Italy
20/7/2020 – 1/8/2020	World Masters Athletics Champs	Toronto, Canada

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

**Either you control your attitude, or it controls you.**

### ***PHOTO CORNER***



Part of the group that attended Elana Meyer's very successful talk on Tuesday evening





Elana Meyer



Jolandé Janse van Rensburg, Riaan Prinsloo, Elana Afrika-Bredenkamp, Renette Prinsloo, Elana Meyer, Charmaine Janse van Rensburg and Rosemary Brink



Holger Hedelt at the prizegiving of the 6 hour circuit race on a 400m track in Germany. He completed 171 laps totaling 68.5 km.





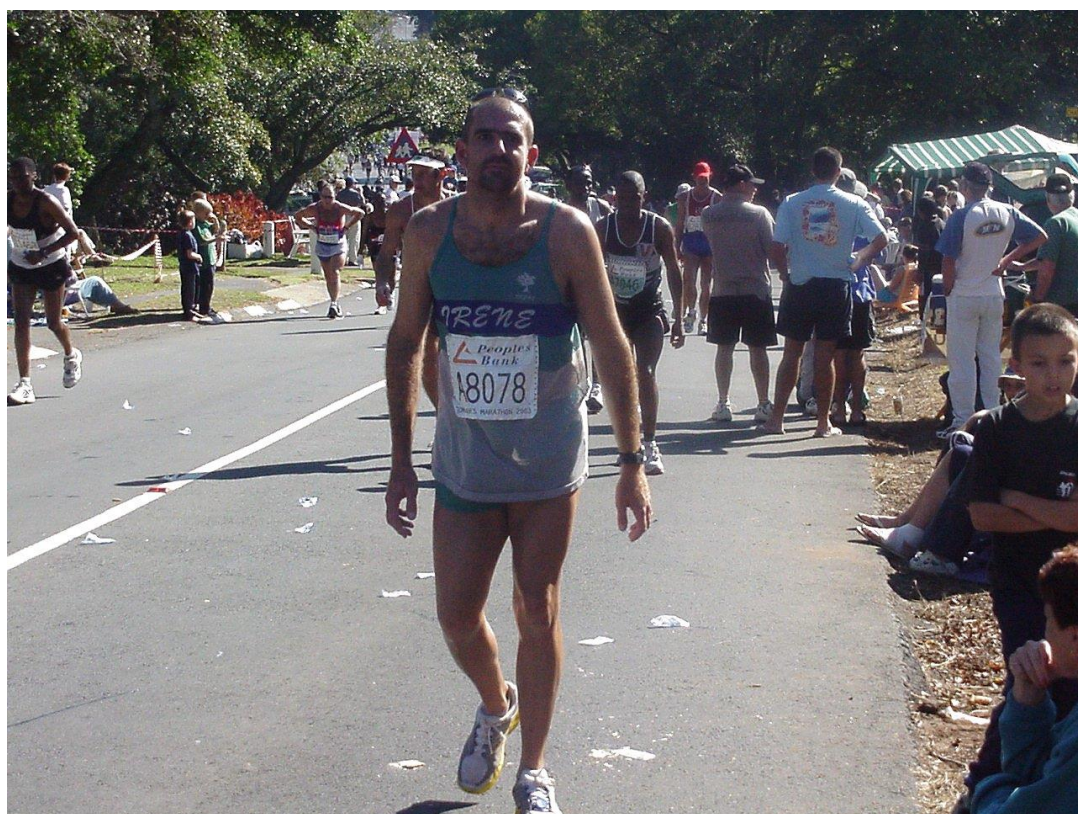
Our other German member, Christiaan Roeder at the Zwartkop race



**PHOTOS FROM YESTERYEAR (COMRADES 2003)**



Irene Support station at Cowies Hill



Werner Zandberg at Cowies Hill



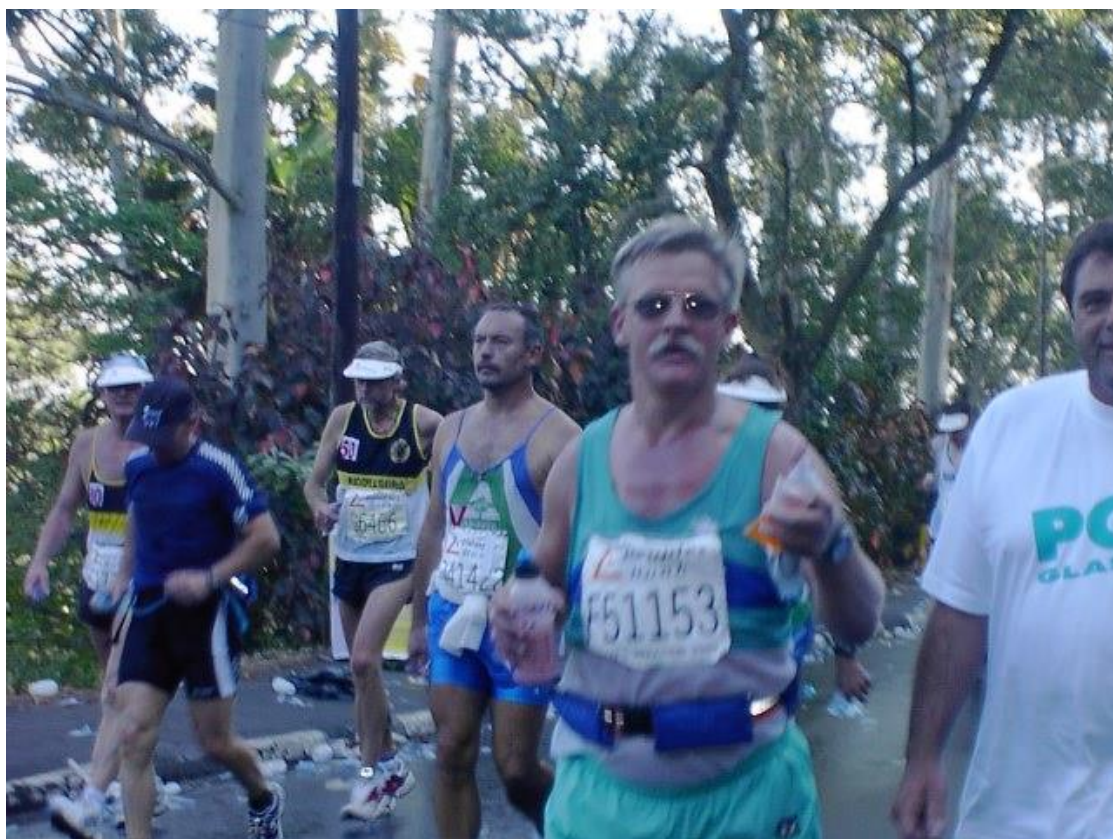


Brendes Gresse looking strong



Aletha van den Bergh getting some attention from Vanessa White





Pieter Coetzee



Pieter Olivier at the post function the day after