



# IRENE NEWS

29 October 2018

No 4 - 2018



## ACHIEVEMENTS

Our walkers did us proud at the SA Walking Championships held in Cape Town on Saturday. Irene was the club who received the most medals. Congratulations to the following members who were on the podium to receive the following medals in their respective age categories:

Jaap Willemse	Gold
Lucia Willemse	Gold
Annatjie Greyvenstein	Gold
Sandra Steenkamp	Gold
Elsa Meyer	Gold
Retha Knoetze (social member)	Gold
Danie Labuschagne	Silver



Elsa Meyer was crowned as the best female walker at the championships!

Dirk Cloete	2 <sup>nd</sup> Man – Clarens Ultra Trial 53 km
Amanda Cloete	3 <sup>rd</sup> Lady – Clarens Ultra Trail 53 km

Well done!

## THIS WEEK'S DIARY

### Tuesday:

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

### Saturday:

Oppibol 5/10/21 @ 06:00 – Rietondale Park

## CSi IRENE FARM RACE

It was one of those races where everything just went right. Thank you to all our members who contributed towards the success of the race. The people of our new sponsor were extremely satisfied, and we can look forward to an excellent future relationship. We applaud them for their involvement. They brought along an excellent package.



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

Tel: 011 805 6316

Unfortunately, we lost a number of potential participants who went to the Angus Buchan event. Due to this we only had 2500 finishers.

You can watch a video of the start at

<https://www.facebook.com/pete.vandermerwe/videos/10218039064910410/?t=0>

## AWAY WEEKEND

# Kaapsehoop

## away weekend

### Program...



**Friday 2 November**

- Arrive and check-in from 14h00.
- 18h00 Welcome drinks and snacks at the pool
- 18h30 Dinner is available on site, or in town, at your own cost.



**Saturday 3 November**

- Kaapsehoop race... Good luck!
- After race, relaxing at the pool.
- 17h00 Bring and braai at the pool, salads and bread will be provided. Please bring your own drinks and meat, and a deck chair.

**Sunday 4 November**

- Breakfast is available on site, or in town, at your cost.



**Nomndeni View Lodge**  
4 Wentelbaan St, Nelspruit, 1201  
GPS - 25.5047° S, 30.9999° E



Members who have booked accommodation through Joy for the away weekend who haven't paid yet, are requested to do so a.s.a.p. Please help us to settle this matter.

Please take note that there will be a tog bag facility at the finish.

## **ANNUAL GENERAL MEETING**

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 13 November at 19:00.

## **INVITATION**



## **AGN OPEN RACEWALKING RELAY CHALLENGE**

**Exciting News October 2018**

The AGN Walking Commission has organised an open Race Walk for all athletes on 3 November 2018. This is going to be a race with a twist. All attendees will be assigned to a team in a random fashion and walkers will compete as a team. There will still be walking judges so walking rules will apply. The team of 5 (typically, maybe more or less) will typically consist of a young person, a senior athlete, one or two master's athletes, depending on who arrives on the day. Athletes will walk a minimum of one and a maximum of five kilometres each, so that the team have a total of 15km (to 20km) at the end of the race. A small baton will be provided that will be passed to the next team member at the end of each 1 km leg. Thus only one member of each team will be on the track at any given stage, except when transferring the baton. Different coloured bandanas will be given to all team members to easily identify the teams.

One item will be offered:

1. 15 to 20km AGN Team Walking Relay Race for Mixed Ages and Mix of Men & Women

We would like to see many Youths, Sub-youths, Juniors, Seniors and Masters on race day, come and enjoy yourself and also see the best athletes in action over 1km laps.

The race will take place on the morning of 3 November 2018 at the 1km race walking track behind the swimming pool at the Tuks Sportsgrounds. (entry at Tuks LC de Villiers gate in Hatfield Pretoria.)

**Entries will close at 6:30 and team compilation will begin, so be sure to be early.**

**Racing will start at 07:00.**

**Excellent surprise prizes will be provided!**

**The top three teams will win medals.**

Program:			
No.	Age Group	Distance	Start Times
1.	Team Race (mixed men & women)	15 to 20km total	07:00
2.	Prize giving	-	Est 9:30
3.	Start Braai	-	Est 10:00

**After the prize giving we will move to the Braai area next to the dam and have a braai of boerewors rolls. All walkers and officials are invited.**

## PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Ernst	Gottschalk	30 Oct
Rose	Kavaliannes	30 Oct
Magda	Saayman	31 Oct
Lynette	September	31 Oct
Bernita	Bornmann	02 Nov
Lotte	Britz	04 Nov
Johan	Engelbrecht	05 Nov
Bridget	Mohlala	05 Nov



## NOTICE BOARD

### **Saturday 4 November      Oppie Bol Disability Awareness Run 21.1/10/5/2.5 km**

Race Organisers: Oppie Bol Athletics Club

Venue: Rietondale Park, Soutpansberg Road

**The race is not just for people with disabilities – it is for everyone**

	21.1 km	10 km	5 km	2.5 km
Entry fee	R 80	R 60	R 30	R 20
Start Time	06:00	06:00	06:30	
Cut-off	03:30			

<http://qkt.io/Oppiebol>

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### League Race

**Saturday 17 November**    **Tom Jenkins Run/Walk Challenge 21.1/10/5 km**

Race Organisers: Arcadia Running Club

Venue: Pretoria Union Buildings, Church Street Arcadia

GPS: S 27.7402   E 28.2102

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R50
Start Time	06:00		06:20
Cut-off	03:30	02:00	

**No pets**

**No iPods or listening devices are allowed**

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

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

### **League Races**

<i><b>EVENT</b></i>	<i><b>DISTANCE</b></i>	<i><b>DATE</b></i>	<i><b>LEAGUE</b></i>	
			<b>RR</b>	<b>RW</b>
Tom Jenkins	21.1/10 km	17/11	X	X

### **Masters Athletics Fixture list**

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### **Local meetings**

10 November 2018

Free State

Bloemfontein

### **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	30 <sup>th</sup> Summer Universiade	Naples, Italy
20/7/2020 – 1/8/2020	World Masters athletics Champs	Toronto, Canada

## THOUGHT FOR THE WEEK

What you speak about, you can bring about

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## PHOTO CORNER



Ready for action at the entry tables



Musa Nkosi and Precious Hlabisa can't wait to start helping our guests



Friendly people at the entry tables make a huge impression





The start of the 25<sup>th</sup> edition of this race, this time with CSi as the new sponsor



Away they go





The reason why it is called the CSi Irene Farm Race



Our finish arch is one of a kind





We are proud to be associated with CSI



CSi personnel relaxing in the tent





The tent was a winner as always



The company who manned the water point at the finish handed out small goodie bags





The youngest participant on the day, he was part of the kiddies run



Part of the crew on Saturday, Henk Basson, Bets & Chantelle Botha and Buks van Deventer





More crew members, Loubser & Yvonne van Wyk, Rena van Wyk and Johan Engelbrecht



Relaxing after the helpers race, Yolande Cowley, Marlé van der Walt, Bridget Mohlala and Mareli Erasmus





The Jallow family with Carmen's dad who joined her on the 5 km



Bucs van Deventer handled the finish at the helpers race





Gerard and Bertha provided something to eat



Helpers running in Southdowns





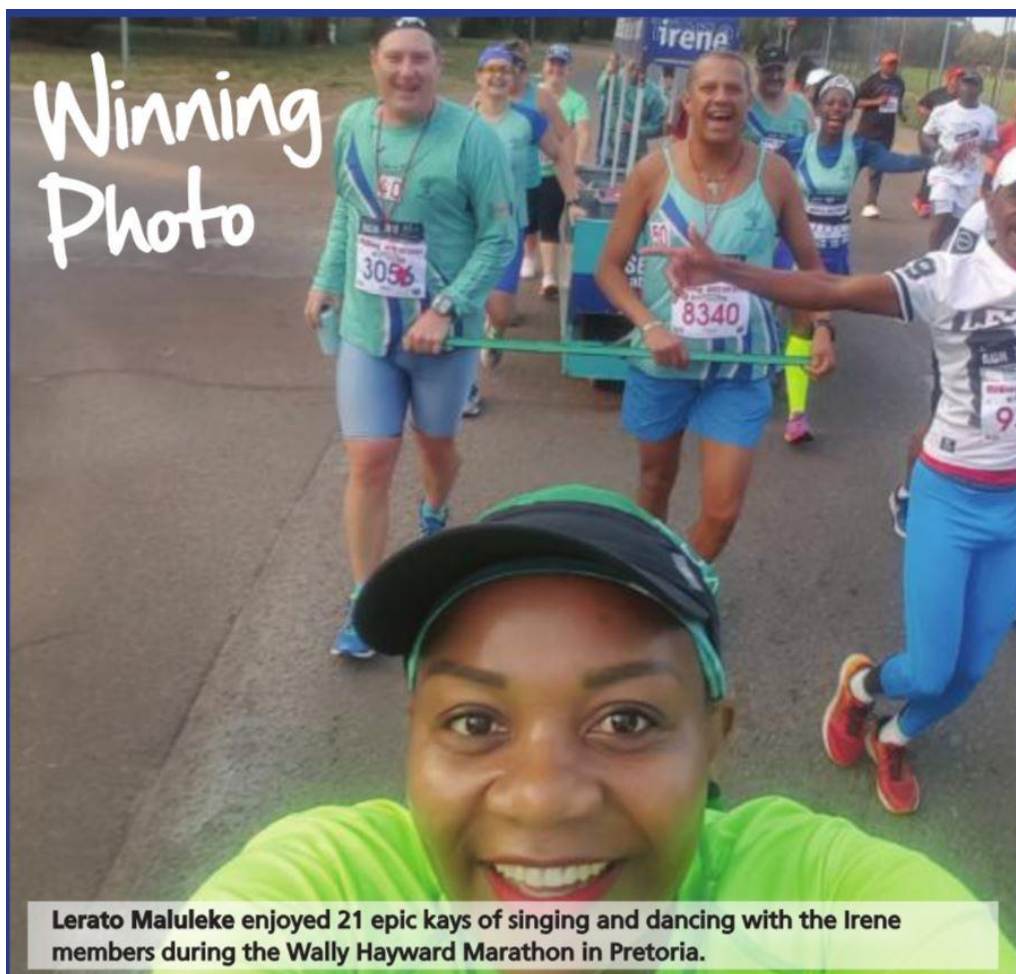
Happy to be an Irene member



Elsa Meyer, best lady walker at the SA Walking Championships



Dirk and Amanda Cloete, both podium winners at the Clarens Ultra Trail Run



The monthly winning photo of the latest Modern Athlete Magazine