



IRENE NEWS

2 December 2019

No 46 - 2019



THIS WEEK'S DIARY

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Run/Walk for Bibles race on Saturday:

Sunet Eybers	1 st Vet lady – 10 km (44:44)
Johan Saayman	2 nd Master – 10 km (45:27)
Louwrens Smit	1 st GM – 10 km (53:38)
Leon Page	3 rd GM – 10 km (64:00)
Ansie Breytenbach	1 st Lady walker & 1 st Master – 10 km (65:54)
Letha Kotze	1 st GGM Lady walker – 10 km (87:22)
Jaap Willemse	1 st Walker & 1 st Master – 10 km (63:05)
Danie Labuschagne	2 nd Walker – 10 km (65:33)
Gerard van den Raad	1 st GGM walker – 10 km (73:14)
Joey Cloete	2 nd GM lady – 21 km (2:06:14)
Sandra Steenkamp	1 st Lady walker & 1 st Master – 21 km (2:17:02)
Marie van Wyk	1 st GGM Lady walker – 21 km (3:22:14)
Heleen de Bruin	2 nd Vet lady – 42 km (4:10:00)

Monday:

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

Tuesday:

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

Saturday:

Skosana 5/10 @ 06:30 – Pretoria Correctional Services, Kgosi Mampuru Street

Year-end function & Prize giving @ 18:00 – ARC Grounds (Race venue, not club house)

Sunday:

Club Run @ 06:00 – Club House, your distance, your pace.

SKOSANA CHALLENGE

We will have to defend our title at the Skosana race on Saturday! The times of the first 30 finishers of the clubs are taken and added up. The club with the best total time will win that huge trophy again. Let's put in a big effort again and enjoy some fun together. More info will be sent out during the week.



YEAR-END FUNCTION

Please take note that the year-end function will take place at our race venue and not at the club house. That is 800 metres from the Nellmapius entrance.

CARA-FUN AND TOG BAG FACILITY

Our Cara-Fun and tog bag facility is something very special and a service rendered to our members that we are very proud of. We spend a lot of money on this to ensure that our members get only the best.

We want to invite all our members once again to make use of this facility. With the supervision we have in place, your tog bag is safer there than in your car. Come and enjoy a free cup of coffee and rusk before and after the race.

This is the place where we get to know each other and where friendships are formed. Be part of the club!

REGISTRATIONS 2020

We had a tremendous start last week! Just over 100 members registered within the first three days! Make sure that you don't miss out on your T-shirt (only the first 500 will receive a royal blue T-shirt with a new design)

See the attachment for the registration procedure.

Please remember to deduct your discount if you worked at our races during the year.

ADVERTS – 2020 INFO BOOKLET

The 2020 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.

SOCIAL RESPONSIBILITY (Thank you for the response last week)

To all our Club Members

As Christmas approaches, we ask that you remember that some people aren't as fortunate as us. While preparing for joyous holiday celebrations with your friends and family, it's important to stop and reflect on the joy and blessings in your own life while also being aware

that not everyone is so fortunate. While shopping for gifts and gatherings with loved ones, please consider setting aside part of your budget to support some of these needy families and individuals in our community.

Last year, we provided assistance to the community residents of Danville.

Our work has a powerful impact on the people, any amount or charitable gift you can share will be greatly appreciated and put to good use.

What better way to celebrate Christmas than by sharing what you have with people who are in need of assistance to meet their basic needs? Your generosity will have a positive impact on people who are in need. **Every gift matters.**

You can drop off gifts at:

The clubhouse on Tuesday evening @ time trials

Saturday Races @ the Cara-Fun

The yearend function on 7 December

The lights run in December

If you want make a donation:

Bank account Name: Irene AC

Bank: Standard Bank

Branch: 012645

Account number: 032183186

Reference: Donation and Name

Proof of payment: 082 564 0088.

List of ideas:

Any non-perishable foods (canned food, long-life milk, sugar, beverages, pasta, rice, maize, peanut butter, jams, spreads, oil)

New or second hand toys that are still in a good condition

New or second hand clothes and shoes that are still in a good condition

New or second hand Blankets and Towels

New or second hand School Stationary (rulers, coloured pencils, pens etc)

Soap, toothpaste, toothbrushes, shampoo, conditioner etc

Household cleaning: dish washing liquid, handy andy, toilet paper, tissues, sponges, dish towels, cloths

Plates, mugs, glasses, utensils etc

With deepest gratitude

Melanie Swart (Manager, Social Resonsibility)



PERSONALIA

Our condolences to Rudolf du Toit and his family. His father passed away recently.

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

Samantha	Dry	02 Dec
Isabella	Erlank	02 Dec
Elie	Van Wyk	02 Dec
John	May	05 Dec
Louise	Reynecke	05 Dec
Karien	van Niekerk	05 Dec
Johann	White	05 Dec
Willie	du Plessis	06 Dec
Jean	Overbeck	06 Dec
Miles	Saxby	06 Dec
Cindy	van Deventer	06 Dec
Johann	Van Zyl	06 Dec
Audrey	Smit	07 Dec
Nokwanda	Dlamini	08 Dec
Michelle	le Roux	08 Dec
Bernice	Swanepoel	08 Dec



Website: www.csi-euf.co.za

Tel: 011 805 6316



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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


GAUTENG HEAD OFFICE
10 Lenchen Park
2029 Lenchen Ave South
Zwartkops x 4
Centurion
0157

PO Box 7838, Centurion, 0046 R.S.A
m: +27 (0)83 655 7010
t: +27 (0)12 663 3300
f: +27 (0)86 670 2124
e: info@caqs.co.za
www.caqs.co.za

WESTERN CAPE OFFICE
Niagara Road
Tyger Waterfront, Suite 713
The Cliffs, Bellville, 7530
m: +27 (0) 83 655 4754

YEAR END FUNCTION

Don't miss out. Only space for 100 people, excellent value for money. Book a.s.a.p.




**You are invited to the IAC
Year End Function &
Prize Giving
Garden
PARTY**

Come casual & colourful

*Lamb spit braai
and salads will be served*

**Saturday 7 December 2019, 18h00
Irene ARC clubhouse
R50 per person
RSVP to Joy at joy@petretreat.co.za**



NOTICE BOARD

Saturday 7 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 100	R 50	R 50
Entry fee – race day	R 110	R 60	R 60
Start Time	06:30		08:30
Cut-off	02:00		

No pets

No iPods or listening devices are allowed

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

www.peaktiming.co.za

Saturday 14 December

The Combat Run 21.1/10/5 km

Race Organisers: Armscor Athletics Club & Titans Lifestyle

Venue: Gerotek Test Facilities, R104 WF Nkomo St., 17km West of Pretoria

GPS: S25 45.515 E28 00.522

	21.1 km	10 km	5 km
Entry fee	R 110	R 80	R 60
Start Time	06:00		
Cut-off	03:00		

There is a 6 & 12km trail race @ R70 & R90

No pets

No iPods or listening devices are allowed

Pre-entries at: The runners Store, Centurion

www.entrytime.com

Monday 16 December**Pheli Run, Walk & Ride 10/5 km**

Race Organisers: Capital City Active Athletics Club

Venue: Lucas Moripe Stadium, Atteridgeville

	10 km	5 km
Entry fee	R 90	R 60
Entry fee 70+; blind runners & wheelchair	Free	
Start Time	06:00	
Cut-off	03:00	

There is also a 30km cycle race

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Tshwane Running Shop; Pheli Shisanyoma

www.webticket.co.za

Tuesday 31 December**Old Year's Race 10/5 km**

Race Organisers: Arcadia Running Club

Venue: Rietondale Park, North Street, Rietondale

GPS: S 25.7316 E 28.2261

	10 km	5 km
Pre-entry fee	R 100	R 60
Start Time	17:00	
Cut-off	02:00	

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-away Sport; Sweatshop Southdowns

www.entrytime.com

2020 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
	KM		RR	RW
ACE	21.1 / 10	11/01	X	X
Medihelp Sunrise Monster	32 / 21.1 / 10	29/02	X	X
Right to Run/Walk	21.1 / 10	21/03	X	X
Ford Road Race	21.1 / 10	04/04	X	X
MiWay Wally Hayward	42.2 / 21.1 / 10	01/05	X	X
Fara Winter Challenge	10	20/06	X	X
Springbok Vasbyt	25 / 10	11/07	X	X
Fitness Test Run	21.1 / 10	08/08	X	X
Morula Half Marathon	21.1 / 10	19/09	X	X
CSI Irene Farm Race	21.1 / 10	31/10	X	X
Voortrekker Monument	21.1 / 10	21/11	X	X
Skosana Road Race	10	05/12	X	X

Masters Athletics Fixture list

The GNMA Championships - 27/28 March 2020 - Pilditch

South African Championships

30 April - 2 May 2020 – Pilditch

Africa Championships

2021 Nairobi, Kenya

2023 South Africa

International Championships

20/7/2020 – 1/8/2020 World Masters Athletics Champs Toronto, Canada

THOUGHT FOR THE WEEK

Opportunity may knock once, but temptation bangs on the front door forever.



metro-Beeld sport

Pretorianers kraai koning in wedloop

Andrea Küsel

Twee Pretorianers het onlangs eerste gekom in Atletiek Suid-Afrika (ASA) se wedloopstap-kampioenskap wat by die Universiteit van Pretoria (UP) gehou is.

Mthunzi Mnisi (31) en Sandra Steenkamp (59) het op 16 November onderskeidelik die mans- en vroue-afdeling in die strawwe 50 km-wedloop gewen.

Mnisi, 'n inwoner van Hatfield, het sy vyfde titel in dié kampioenskap verwerf toe hy die wedloop in vier uur, 53 minute en 40 sekondes voltooi het.

"Die wedloop het goed gegaan, maar dit was moeilik omdat dit baie warm was en die terrein was ook 'n bietjie uitdagend," sê Mnisi.

Hy sê hy het al 25 weke voor die wedloop begin voorberei deur weksdae twee keer 'n dag te oefen. Saterdag stap hy oor 'n lang afstand en Sondag rus hy.

Volgens Mnisi is wedloopstap 'n sport wat nie genoeg blootstelling kry nie.

"Dit is steeds 'n ontwikkelende sport in Suid-Afrika. Om die kampioenskap te wen motiveer my om jonger mense af te rig in die sport en hulle te wys dat hulle eendag iets daarmee kan bereik," sê hy.

Hy sê hy was vroeër jare eers 'n hardloper, waarna hy in 2009 begin het met wedloopstap.

Mnisi is tans 'n afrigter aan die UP se sportkampus.

Steenkamp, wat in Centurion woon, het die wedloop in vyf uur, 58 minute en

49 sekondes voltooi.

Sy sê die wedloop was goed georganiseer, maar sy stem saam dat die roete uitdagend was.

Sy sê die speelklippe wat op die oppervlak was, was grof en het verskeie probleme vir die stappers veroorsaak.

"Jy kon nie 100% die gepaste tegniek op die oppervlak toepas nie. Dit was te hobbelig," sê Steenkamp.

Volgens Steenkamp het die hitte veroorsaak dat sommige atlete flou geval het en sy het self ligte sonsteek opgedoen.

Sy stap 120 km tot 160 km 'n week om voor te berei vir 'n 50 km-wedloop.

"Ek sou baie graag tydens die wedloop my eie rekord van vyf uur en 16 minute wou verbeter, maar ek het te veel langafstande die afgelope maand gedoen."

Sy is ook 'n hardloper en moet vir albei dissiplines fiks bly.

Verskeie kenners stem saam dat wedloopstap 'n taal sport is en dat 'n 50 km-wedloop gelykstaande is aan 'n 80 km-marathon.

"Ek het al baie aan die Comrades-ultramarathon deelgeneem en ek hardloop eerder so 'n marathon as om aan 'n 50 km-stapwedloop deel te neem," sê Steenkamp.

Marissa Swanepoel, 'n leerling aan die Hoerskool Waterkloof, is ná die wedloop aangewys as die junior interprovinsiale stapkampioen van die jaar oor 'n afstand van 10 km.

Mthunzi Mnisi (31) het die 50 km-wedloop in die mansafdeling in Atletiek Suid-Afrika se wedloopstap-kampioenskap gewen.
Foto's: CECILIA VAN BERS

Sandra Steenkamp (59) is die vrouewenner in die 50 km-wedloop in Atletiek Suid-Afrika se wedloopstap-kampioenskap.

Sandra Steenkamp who won the SA 50 km walking Championships, received a lot of attention in the media. Well done Sandra!



Renette Prinsloo in action at the Run/Walk for Bibles race



Good to see Ruan Vlok on the road again



Jolandé Janse van Rensburg



Ansu Laubscher



Mauritz Oberholzer



Miles Saxby



Amanda Cloete



Alan Hyson



Ben Marais



Dirk Cloete



Kobus van As



Letha Kotze



Jaap Willemse and Danie Labuschagne



Leon Page and Louwrens Smit



Johan Saayman



Enjoying themselves after the race



Elsa Meyer receiving the trophy for the GNMA female walker of the year



Gerard van den Raad receiving the trophy for the GNMA male walker of the year

Well done to both of them!