



# IRENE NEWS

**31 August 2020**

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## **WEEKEND ACTIVITIES**

Congratulations to all our members who did the Dawn to Dusk virtual race over the weekend (see the report below from Danie, the walkers captain).

Well done also to Johan Nel who did the virtual Mexico City Marathon in 3hrs 51 mins.

Our German member, Holger Hedelt, started with the Neckarlauf Challenge on Sunday morning. This is a race of 7 stages with a distance of about 380 km. We wish him luck!

## **FROM THE WALKERS CAPTAIN**

Uitslae vir Pierre v Ryneveld Dawn to Dusk groep as volg:

Annatjie Greyvenstein en Letha Kotze, span met beide lede ouer as 60 jaar, 70km om te kwalifiseer, voltooi 70 km in 'n puik nie-amptelike tyd van 9 uur. Hulle stap later nog twee km saam met Dave en Dianne wat ongelukkig hulle 'n amptelike tyd gee van 72km in 10h45min. Dit was 'n pragtige voorbeeld van die self opoffering sportmangees wat deurgaans geheers het.

Dianne du Plessis en Dave Roux, gemengde aflosspan, 80km om te kwalifiseer, voltooi in 11h19min. Dit was die hoogtepunt van "commitment and guts" vertoning! Welgedaan julle twee.

Tania Thompson en Danie Labuschagne, gemengde aflosspan, 80km om te kwalifiseer, voltooi 95km in 11h53min. Tania stap weereens 'n puik wedloop en sement haar posisie as die klub se huidige bobaas langasem stapper stewig vas.

Aangeheg is 'n paar fotos met die spanne se "victory lap", die amptelike skeidsregter en tegniese beampte en groepfoto aan die einde van die dag.

Dit was 'n dag vol lekker lag en uitdagings. Elkeen het dit baie geniet maar bowenal almal het dit geniet en elkeen het sy persoonlike doelwitte bereik.

Sien ieder-en-elk-en-inkelte stapper volgende jaar by D2D 21!

## **SPRING DAY TIMELESS CHALLENGE**

Traditions are traditions so they will live on, despite a possible tweak or two to cater for changing times or circumstances.

One such tradition is the running of the first Time Trial in Spring (September).

This time trial is however a little different. It is run in the reverse direction from normal and without a watch.

At the start you tell the timekeeper your distance and predicted time. The timekeeper will record this. At the end the timekeeper will note down your finishing time. The person who predicts their time the most accurately is the Spring Time Trial Champion for the year.

Obviously under the current Covid 19 regulations we cannot arrange to start in a group so the difference this year is that we will have a timekeeper with a log-sheet available at the starting point between 16:30 and 18:00.

Please maintain respect for each other and adhere to the Covid 19 protocols.

Regards

Keith

### **PERSONALIA**

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

Lindsay	Croeser	01 Sep
Themba	Mathebula	01 Sep
Bo	Mthethwa	01 Sep
Kobus	van As	02 Sep
Lydia	Fibiger	04 Sep
Debbie	Pretorius	05 Sep



Website: [www.csi-euf.co.za](http://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](mailto:info@caqs.co.za)  
[www.caqs.co.za](http://www.caqs.co.za)

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

### **THOUGHT FOR THE WEEK**

If people are doubting how far you can go, go so far that you can't hear them anymore.



## PHOTO CORNER



Johan van Vuuren and Johan Engelbrecht enjoying a cold one at the club house on Tuesday



Kayla and Jeanette Odendaal relaxing after their run on Tuesday



## Dawn to Dusk Virtual action



Annatjie Greyvenstein and Letha Kotze





Tania Thompson and Danie Labuschagne



Dave Roux and Dianne du Plessis





Anneline Maloney was the technical assistant who counted the rounds





Johan Nel did the Mexico City Virtual Marathon





Holger Hedelt, our German member, is always very proud to wear his Irene colours when doing a race in Germany. This is to show that he is ready for his 7 stage challenge



Holger Hedelt before the start on Sunday morning