



# IRENE NEWS

**3 February 2020**

**No 5 - 2020**



## **ACHIEVEMENTS**

Congratulations to the following members who were on the podium at the Intercare race:

Johan Saayman	2 <sup>nd</sup> Master – 10 km
Estien van Wyngaard	1 <sup>st</sup> Lady walker – 10 km
Danie Labuschagne	2 <sup>nd</sup> Walker – 10 km
Sandra Steenkamp	1 <sup>st</sup> Lady walker – 21 km

## **PERSONAL ACHIEVEMENTS**

Mia Hadlow	PB – 5 km
Anéll de Beer	First 5 km

## **THIS WEEK'S DIARY**

### **Monday:**

Strength training @ 17:30 – Club house

### **Tuesday:**

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

### **Saturday:**

Bronkhorstspuit 4/10/32 @ 06:00 – Erasmus Hoërskool, Bronkhorstspuit

### **Sunday:**

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

## **T-SHIRTS**

The club T-shirts for the first 500 members who registered can be collected at the club house on Tuesday at the admin counter (17:00 – 19:00). This also applies for the registration packs.

The 2019 licence cannot be used anymore.

## **IRENE BUSES**

Thank you to Buks van Deventer, Paul Nel, Bernita Bornmann and Johan Engelbrecht for “driving” the different Irene buses on the 21 km on Saturday. It was a huge success and it is

something that will form part of the races to come. What was interesting is the fact that many runners from other clubs ran with.

### ***RUNNING SHORTS***

Please take note that we have requested a new style of men's shorts that includes pockets, but delivery may be delayed. We will keep you posted.

### ***21 KM CLUB CHAMPIONSHIPS***

Congratulations to Michael Mokwala and Amanda Cloete who are our 21 km club running champions and to Keith Reynolds and Sandra Steenkamp who are the walking champions. Roger Brown and Dirk Cloete were 2<sup>nd</sup> and 3<sup>rd</sup> and Joan van Wyngaard and Rosemary Brink were the 2<sup>nd</sup> and 3<sup>rd</sup> ladies. The complete results of the different categories will be published once the full results have been received.



Michael Mokwala



Amanda Cloete



Keith Reynolds



Sandra Steenkamp

### ***MONTHLY SOCIAL***

The monthly social will take place on Tuesday after the time trials. Bring the whole family and enjoy a fun filled evening with your fellow club members.

As usual there will be a nice meal for sale at R50 pp and you stand a chance to win a pair of Asics running shoes worth R2500 in the lucky draw.

Thea requested that you dress up in your version of valentines.



*Sticky wings / drummets, sweet potato and salad.  
R50 per Person*



# *Cupid* GAME NIGHT



*Come join us for a fun filled  
social evening, bring the  
family and come  
enjoy good food, a  
jumping castle and  
fun games.*



**IRENE**



**IRENE ATHLETICS CLUB**

*After the time trial next week Tuesday 04 February*

4 FEBRUARY 2020  
SOCIAL NIGHT  
CUPID'S GAME NIGHT

How to play along.... Remember no cheating.

CUPID'S CHALLENGE

The purpose of this game is to watch what you say.

We have a list of forbidden words for the evening:

**Ie: heart, injury, single, can't, butterflies, More to follow.....**

Each time someone says one of the words, they get a sticker on them. The guest with the most stickers at the end of the party loses and is crowned cupid. Penalties apply.... Lol

WHO'S WHO?

We will write a Romantic Movie Theme on a sticker.

Ie: Titanic,

We will put one on your back. Throughout the evening/run you can ask questions about their movie but **no one** can reveal the answer.

Once you have guessed correctly you can collect your sweet surprise.

**JOINT**Eze™



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**the sweat shop**  
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## PERSONALIA

Caesar Tonkin had a heart attack before the start of the Intercare race on Saturday. He is in hospital at the moment. We wish him well.

Johan van Vuuren had another operation last week, this time to both his hands. We wish him a speedy recovery.

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

Bheki	Ndhlovu	03 Feb
Ray	Patterson	03 Feb
Theuns	Willemse	05 Feb
Shaun	Smee	07 Feb
Helandie	Calaca	08 Feb
Blanche	Janse van Vuuren	08 Feb
Glenham	Simmonds	08 Feb
Thabiso	Mashaba	09 Feb



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

Tel: 011 805 6316

## RUNNING SHORTS

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Knowledge Integration Dynamics



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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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Zwartkops x 4  
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WESTERN CAPE OFFICE  
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m: +27 (0) 83 655 4754



## ***NEW MEMBERS***

Welcome to the following new members:



Annéll de Beer



Clarissa Jacobs



Heiman Beukes



Jan Dijkstra



Lizili Gildenhuys



Philip Jacobson



Stha Mdhuli



Tsarfhiwa Ramuthaga



Francisca Rossouw

## NOTICE BOARD

### **Saturday 1 February**

### **Intercare Classic Road Race 21.1/10/5 km**

Race Organisers: Magnolia Road Runners

Venue: Rietondale Park, North Road, Rietondale

GPS: S 25 43.980 E 28 13.239

	21.1 km	10 km	5 km
Pre-entry fee	R 130	R 90	R 50
Pre-entry fee 60 - 79	R 60	R 50	R 50
Entry fee 31 January & 1 February	R 150	R 110	R 50
Entry fee 31 January & 1 February 60 - 79	R 80	R 60	R 50
Entry fee 80+ & blind runners	Free		
Start Time	06:00	06:20	06:25
Cut-off	03:00	02:00	01:00

**Event t-shirt @ R80 each – order on line**

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

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld West, Bedfordview;  
Sportsmans Warehouse Woodmead, Randburg, Centurion, Kolonnade Centre, Atterbury  
Value Mart      [www.intercare.co.za](http://www.intercare.co.za)

### **Saturday 8 February**

### **Bronkhorstspuit Race 32/10/4 km**

Race Organisers: Bronkhorstspuit Athletics Club

Venue: Hoërskool Erasmus, Church Street, Bronkhorstspuit (take Delmas off ramp)

	32 km	10 km	4 km
Entry fee	R 150	R 80	R 20
Entry fee 60+	Free		
Start Time	06:00	06:15	06:30
Cut-off	??		

**1<sup>st</sup> 200 32km entries at Run-Away Sport receive a t-shirt**

**No Pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-away Sport [www.enteronline.co.za](http://www.enteronline.co.za)

**Saturday 15 February**

**Bestmed Tuks Race 42.2/21.1/10/5/1 km**

Race Organisers: Tuks Sport

Venue: Hillcrest Sports Campus, Burnett Street, Hatfield

GPS: S 25 44'58" E 28 14'47"

	42.1 km	21.1 km	10 km	5km	1 km
Entry fee	R 200	R 150	R 100	R 50	R 30
Entry fee 60 - 79	R 100	R 75	R 50		
Entry fee 80+ / blind athletes	Free				
Start Time	05:30	06:00	06:30 Wheelchair 06:20	06:40	08:00
Cut-off time	05:30	03:00			

**The 42.2km is a pre-entry race only and is limited to 4000 athletes**

**No Pets**

**No iPods or listening devices are allowed**

**Only the 10km race is wheelchair friendly**

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld West, Fourways Crossing; Tshwane Running Shop; UP Hatfield Campus

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



**Sunday 23 February  
(Pretoria Marathon)**

**Phobians Pretoria Marathon 42.2/21.1/10 km**

Race Organisers: Phobians Athletics Club

Venue: Pretoria High School Old Boys Club, Hofmeyr Park, Queens Crescent, Lynnwood

	42.2 km	21.1 km	10 km
Entry fee	R 250	R 160	R 130
Start Time	05:30	06:00	06:15
Cut-off	05:30		

**42.2/21.1km entries at Phobians Clubhouse 21 & 22 February – no race day entries**

**1<sup>st</sup> 5000 entries receive a free t-shirt      No Pets**

**No iPods or listening devices are allowed**

**Wheelchair athletes are allowed but will need assistance over animal grids**

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld, Bedfordview, Broadacres: Sportmans Warehouse Centurion, Atterbury & Kolonnade **(42.2/21.1 until 19 February)**

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

**2020 AGN LEAGUE FIXTURE LIST**

<b>EVENT</b>	<b>DISTANCE</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
	<b>KM</b>			
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**

4 March 2020	Boland MA	Paarl
13/14 March 202	EPMA	Westvaal Oval, PE
4 April 2020	KZNM	Kings Park Stadium, Durban
4 April 2020	WPMA	Cape Town
<b>10/11 April 2020</b>	<b>GNMA</b>	<b>Pilditch, Pretoria</b>
18 April 2020	CGMA	Sasolburg
15 Augustus 2020	FSMA (Jumps & Throws)	Bloemfontein
22 Augustus 2020	Mpumalanga MA	Secunda
3 October 2020	SWD	Oudtshoorn
30/31 October 2020	FSMA	Bloemfontein

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

**Nothing wastes more energy than worrying.**

### ***PHOTO CORNER***



**Johan van Vuuren looking fighting fit after his operation**



A very proud Mia Hadlow after running a PB on the 5 km



It was great to see so many members at the Cara-Fun on Saturday.





Excitement at the start



Ignus van Rooy





Coretha Usher



Lezanne Grové





Lesiba Baloyi



Mmakgabo Diangoane





The 2:15 bus coming in



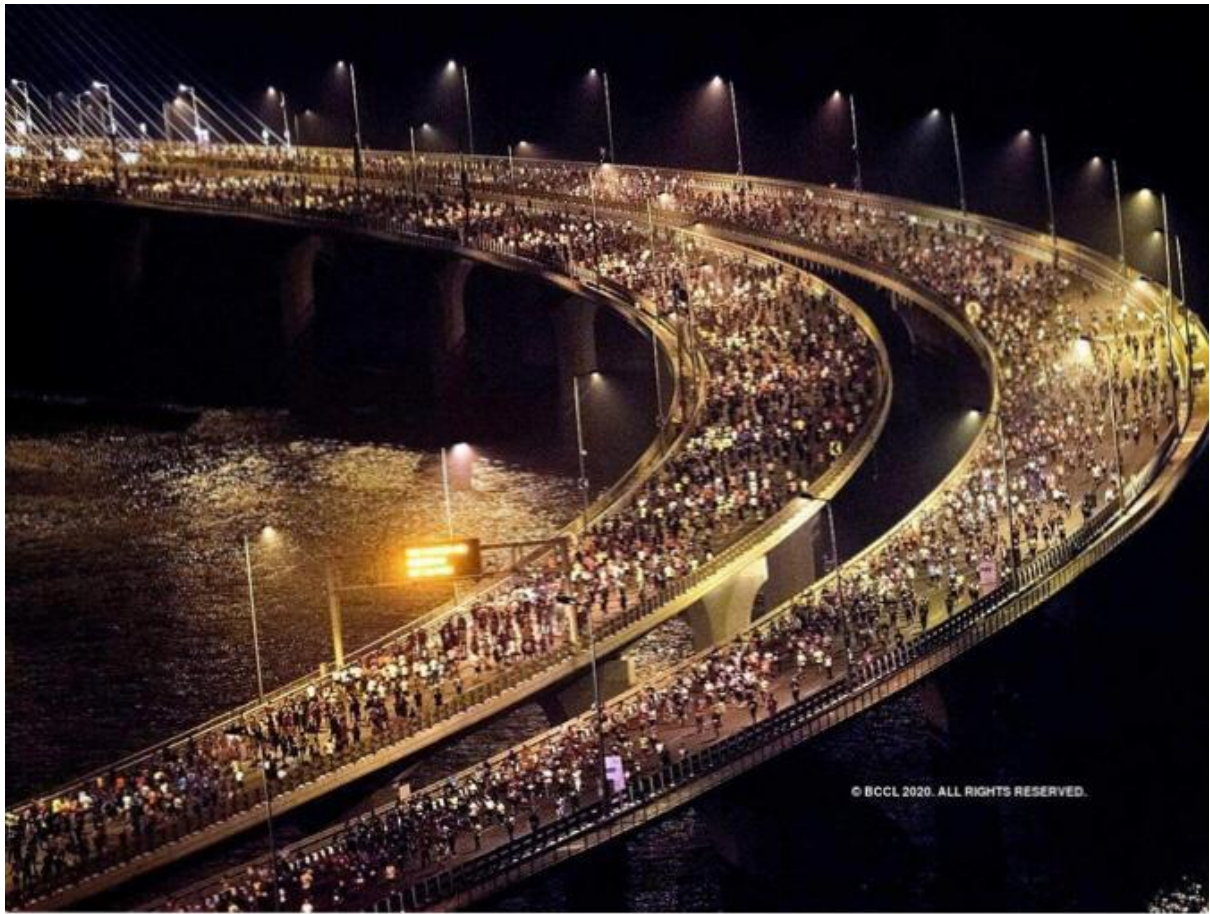
Estien and Fanie van Wyngaard wearing our new T-Shirts. The trophy is for the 1<sup>st</sup> lady walker on the 10 km





Rose Kavallineas and Lynette Gough did the Mumbai 21 km during December





There were 36 000 athletes at the race