



IRENE NEWS

4 November 2019

No 42 - 2019



ACHIEVEMENTS

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

BDS 10/21

Heleen de Bruin	2 nd Vet lady – 21 km (1:52:49)
Elsa Meyer	2 nd Lady walker – 21 km (2:40:33)
Ansie Breytenbach	2 nd Master lady – 10 km (46:35)
Louwrens Smit	2 nd GM – 10 km (48:18)
Danie Labuschagne	3 rd Walker – 10 km (68:40)
Lucia Willemse	3 rd Lady walker – 10 km (72:12)

Kaapsehoop

Sandra Steenkamp	3 rd Master lady – 42 km (3:32:59)
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PERSONAL ACHIEVEMENTS

Congratulations to all our members who did a PB over the weekend. The info of the following has been received:

Zoë Scholtz	PB - Marathon
Rosemary Brink	PB – Marathon
Thea van Helden	PB – Marathon
Chris Roeder	PB - Marathon
Aileen Campbell	PB – 21 km
Lisinda van Zyl	PB – 21 km

THIS WEEK'S DIARY

Monday:

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

Tuesday:

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

Monthly social after the time trials – **BlackTuesday**

Saturday:

Fara Summer Challenge 5/10/21 @ 06:00 – Rietondale Park



MONTHLY SOCIAL – BLACK TUESDAY

Don't miss the last monthly social of the year! Wear black and get your food for free!

Stand a chance to win a pair of Asics running shoes in the lucky draw.



**BLACK
TUESDAY**

TUESDAY 5 NOVEMBER

**Wear all black and enjoy
A FREE MEAL!**

**CORONATION CHICKEN SALAD
WITH CRISPY BREAD**

R50 for the colourful.

Bar specials
Bucket with 6x Castles R100
50% off all shooters

Clothing specials
50% off selected old stock



ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 12 November at 18:00.

No nominations for the management committee can be accepted anymore.

2020 CHALLENGE

Can you believe that 4 months have already passed by since the 2020 Challenge was launched on 1 July? Collectively we have already passed the 10 000 km mark.

Quite a number of people on the challenge have already posted PB's or best times recorded in a number of years. Just goes to show what a little focus can do for you.

The Comrades entries cap was reached in record time despite more entries being made available for the race next year. If you missed out, keep training and apply for a "substitution" when the window opens (next year).

Well done to all those who have qualified for Comrades already. There is still time for other to get a qualifier in or improve on their current times (and seeding). The Pietermaritzburg start is a lot more congested than Durban so the extra effort in your preparation and qualifying will have a big impact on your race next year.

If you have not signed up yet and are interested in joining the challenge which requires you to run 2020km between 1 July and Comrades Marathon (you do not have to run Comrades) next year, send an email to keith11523@gmail.com or WhatsApp 0824503275.

Regards

Keith

PERSONALIA

Congratulations to the following members who celebrated their birthdays during this week:

Johan	Engelbrecht	05 Nov
Bridget	Mohlala	05 Nov
Francois	Thiebaut	05 Nov
Warren	Adams	06 Nov
Mark	Adams	07 Nov
Carel	Coetzee	07 Nov
Anneri	Le Roux	08 Nov
Ilse	Mills	08 Nov
Jan	van Wyk	08 Nov
Elna	Botes	09 Nov
Marinda	de Beer	10 Nov
Gus	Van Niekerk	10 Nov



Website: www.csi-euf.co.za

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Knowledge Integration Dynamics

NOTICE BOARD

Saturday 9 November

Fara Summer Challenge 21.1/10/5 km

Race Organisers: Faranani Athletics Club

Venue: Rietondale Park, c/o Soutpansberg Rd & Van der Merwe St, Rietondale

	21.1 km	10 km	5 km
Entry fee	R 130	R 100	R 50
Entry fee 70+	Free		
Start Time	06:00		
Cut-off	??		

No pets

No iPods or listening devices are allowed

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

www.faranaiac.co.za

Saturday 16 November Tom Jenkins Run/Walk Challenge 21.1/10/5 km

Race Organisers: Arcadia Running Club

Venue: Pretoria Union Buildings, Government Avenue, Arcadia

GPS: S 27.7402 E 28.2102

Pre-entries only – capped at 10 000

	21.1 km	10 km	5 km
Entry fee	R 130	R 100	R 60
Entry fee 60 - 69	R 80		
Entry fee 70+	Free		
Start Time	06:00		06:15
Cut-off	03:30	02:00	

No pets

No iPods or listening devices are allowed

Parking at Sunnypark Shopping Centre & Rietondale Park (both within walking distance to the venue) & adjacent streets at start

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns, Dunkeld, Bedfordview, Board Acres

www.timeme.co.za

2019 AGN LEAGUE FIXTURE LIST

EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
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

8/9 November 2019

Free State

Bloemfontein

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

Be somebody who makes everybody feels like somebody.

PHOTO CORNER



At the start of the Kaapsehoop Marathon



Wild horses running through the runners on the Marathon. Fortunately, nobody was injured



Marinda Gatherer and Lisinda van Zyl



A very happy Zoë Scholtz after doing yet another PB



Chris Rhoeder at the Soweto Marathon