



IRENE NEWS

5 August 2019

No 31 - 2019



EDITORIAL

Please take note that there will be NO newsletter next week. I will be on leave and will only be back on 16 August.

Wynand

ACHIEVEMENTS

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

Sandra Steenkamp	4 th Lady walker – Spar women 10 km (58:26)
Isabelle van der Schyff	8 th Lady walker – Spar women 10 km (65:49)
Carolina van der Westhuizen	3 rd Master lady – Skukuza 21 km

THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:15 – Club house (**Everybody starts together at 17:15**)
Social evening after the time trials.

Friday:

Wierie 2/5/10/21 @ 06:30 – Laerskool Wierdapark

Saturday:

Eyethu Fitness test run 5/10/21 @ 06:300 – Lynnridge Mall

Sunday:

Club run @ 07:00 – Club house – All welcome, your distance, your pace.

TOG BAGS

Members who haven't collected the tog bags that they ordered some time ago must please collect it on any Tuesday evening from 17:00 till 19:00.



JOINT**Eze**™



CAPTAIN'S CORNER

We are almost into the warmer days so hang in there and don't despair. The core strength training will resume as of Monday, and I would suggest you attend these sessions if you want to be a stronger runner. Gym and core strength sessions is what you can work on so when the season starts you raring to go. As mentioned in last month's Captain's Corner, that cross training not only enhances your fitness, but it also adds variety and flexibility. Anything to keep the boredom away.

From now to the end of the year is always loaded with fun events as well as some serious races where you can get your qualifiers done. The Kaapsehoop(Nelspruit) and the Bela Bela (Limpopo) marathons are two popular ones that comes to mind. The club also has its 25th anniversary and the plan is to run the Hangana Marathon (www.hangana-hakerun.com) in Namibia in October. Details have been sent out in the newsletter if you want to be part of this event. You have to train with a purpose as it doesn't do you any good to enter for a marathon that reduce you to a walk or worse a crawl, punctuated by self-doubt.

Good luck with your training and remember to take it one day at a time. No rushing anything.

DATES TO REMEMBER that we need you to help at our two races:

28th September – IRENE SPRING RUN @ Irene Village Mall

26th October – IRENE FARM RACE @ ARC CAMPUS

PROUD IRENE GREETINGS

Linley

082 345 5343

PERSONALIA

Congratulations to the following members who celebrate their birthdays during the next two weeks:

Francois	Naude	06 Aug
Gapes	Stoltz	06 Aug
Guy	Stocker	07 Aug
Willem	Fourie	08 Aug
Danie	Labuschagne	09 Aug
Marisa	Oosthuizen	12 Aug
Mark	van Deventer	12 Aug
Pieter	Erasmus	13 Aug
Jurgens	Potgieter	13 Aug
Dieter	Meyer	14 Aug
Marietjie	van Deventer	14 Aug
Gert	Scheepers	17 Aug
Johann	Stadler	18 Aug
Chris	Peddle	18 Aug



Website: www.csi-euf.co.za

Tel: 011 805 6316

SOCIAL EVENING

Don't miss out on the social evening on Tuesday evening, be part of the quiz. Bring the whole family and enjoy the evening with your fellow club mates. You might just walk away with a pair of Asics running shoes worth R2500.



**Tuesday 6
August
2019
7pm**

After time trial

"Show us your wits!"

Teams of 6.
R50 entry fee per team.
Winning team takes all.
Delicious Pub Grub
on sale @ R50





2020 CHALLENGE UPDATE

The first month of the 2020 challenge has already come and gone.

We already have 68 people who have indicated an interest in the challenge and a number of progress logs have already been returned. Some of the group have committed to only starting this month and others have already put in some good training.

The key and purpose of the challenge is to start training "early" so that we can get through the season with less risk of injury by allow enough time to create a base which we can launch our Comrades (or other) training from.

One thing that was quite common across the group, from feedback to date, was a lack of variety in training. Basically a number of people trained, attended races and completed time trials at the same pace. Bringing some variation to such a routine has already shown benefits. We have already seen a number of successes on the program with people coming up with PB's and other successes such as having completed their first non-stop 10km run.

For those seeing the challenge for the first time, the 2020 Challenge is a target to be achieved in training between 1 July and Comrades 2020. Running Comrades is not a requirement.

I will assist with some guidance on your training and goals as you attempted to conquer this challenge.

Send an email to Keith on keith11523@gmail.com if you would like to join or requested to join and but we have somehow overlooked you (you do not have a logbook from us yet).

Cheers for now

Keith Reynolds

NOTICE BOARD

Friday 9 August

Clicks Wierie Road Race 21.1/10/5/2 km

Race Organisers: Laerskool Wierdapark in conjunction with Irene Athletics Club

Venue: Laerskool Wierdapark, c/o Ruimte Rd. & Willem Botha St., Wierdapark

GPS: S 25 51'16.74 E 28 08 21.26

	21.1 km	10 km	5 km	2 km
Entry fee	R 110	R 90	R 60	R 30
Entry fee 70 - 79	50% of normal entry fee			
Entry fee 80+, blind athletes & wheelchairs	Free			
Start Time	06:30		07:00	07:15
Cut-off	03:00			

No Pets No iPods or listening devices are allowed

Baby strollers only allowed for the 2 & 5km races

All distances are wheelchair friendly

Pre-entries at: Run-Away-Sport; Sweatshop Southdowns; Natural Runner; Sportsman's Warehouse Centurion, Kolonnade & Atterbury; Laerskool Wierdapark

www.enteronline.co.za

Saturday 10 August

Eyethu Fitness test run 21.1/10/5 km

Race Organisers: Eyethu Athletics Club

Venue: Lynnridge Mall, Jaconson Drive, Lynnwood Ridge

GPS: S25 45.947 E 28 17.17.917

	21.1 km	10 km	5 km
Entry fee until 27 May 2019	R 85	R 65	R 50
Entry fee from 28 May 2019	R 100	R 80	
Start Time	06:30		06:45
Cut-off	??		

No Pets No iPods or listening devices are allowed

The race is wheelchair friendly only for the 4 & 6km races

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

www.entrytime.com

Saturday 17 August

Phobians 15/5 km

Race Organisers: Phobians Athletic Club

Venue: Pretoria High School Old Boys Club, Roper Street, Brooklyn

	15 km	5 km
Entry fee	R 90	R 40
Entry fee 70+, wheelchair & blind athletes	Free – race day only	
Start Time	07:00 Running 06:50 Walking	07:10
Cut-off	??	

No Pets

No iPods or listening devices are allowed

Baby strollers welcome on the 5km race

Parking at North gate, University Avenue & East gate on Roper Street

Pre-entries at: Run-A-Way Sports; Sweatshop Southdowns & Dunkeld; Sportman's Warehouse Centurion Value World, Atterbury Value Mart, Kolonnade

www.entryrush.co.za/event/phobians-15km5km-run-and-walk

2019 AGN LEAGUE FIXTURE LIST

EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Spirit of Flight	10 km	31/08/19	X	X
Brooklyn Road Race	21.1/10 km	07/09/19	X	X
Capital Classic	21.1/10 km	05/10/19	X	X
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

10 August 2019	Mpumalanga	Secunda
? October 2019	Rassies	Bronkhorstspuit
25/26 October 2019	SWD	Oudtshoorn
8/9 November 2019	Free State	Bloemfontein

South African Championships

April/May 2020	Central Gauteng	Herman Immelman
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Africa Championships

2021	Nairobi, Kenya
2023	South Africa

International Championships

28/9-6/10 2019	30 th Summer Universiade	Naples, Italy
20/7/2020 – 1/8/2020	World Masters Athletics Champs	Toronto, Canada

THOUGHT FOR THE WEEK

If anyone speaks badly of you, live so none will believe it.

PHOTO CORNER (SKUKUZA) Thanks to Magda Koekemoer for the photos



Michael Freeman



Carolina van der Westhuizen with Melodi and Adriaan Botha



Gerhard Koekemoer



Michael and Markus van der Westhuizen



Andre Fourie



Aletha van den Bergh



PHOTOS FROM YESTERYEAR



Walkers of the Irene Country Walk walking past the club house



The well-known actress Anna Mart van der Merwe at the prizegiving ceremony



A Wednesday long run from Fanie's Place. Vanessa McClure (left) Joy Dekker in the centre with Liezel Anderson wearing the other red shorts



The Mossop family enjoying an evening at the club house