



IRENE NEWS

5 November 2018

No 44 - 2018



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Kaapsehoop Race:

Ansie Breytenbach	1 st Master lady – 10 km (46:50)
Retha Knoetze (social member)	1 st Lady walker – 21 km (2:26:07)

At the AGN prizegiving ceremony we received the trophy for the best AGN walking club, a very special recognition for our walkers section.

Danie Labuschagne, our walkers captain, also received the trophy for the best administrator of the year. Well done to our walkers and to Danie in particular. We are proud of you!

PERSONAL ACHIEVEMENTS

This is the longest list of personal achievements we have ever had! This is something to get excited about. Well done to everyone.

Tony Gomes	PB 42 km
Henry Enslin	PB 42 km
Handri Kymdell	PB 42 km
Loubser van Wyk	PB 42 km
Werner Smit	PB 42 km
Christo van der Merwe	PB 42 km
Tania Thompson	PB 42 km
Nadene Visser	PB 42 km
Suzelle Engels	PB 42 km
Bridget Mohlala	PB 42 km
Cindy van Deventer	PB 42 km
Jaco van Rooyen	PB 42 km
Matome Mahapa	PB 42 km
Joey Cloete	PB 21 km
Emgee van der Merwe	1 st Marathon
Karen Geldenhuys	1 st Marathon
Le Roy Geldenhuys	1 st Marathon
Elmarie Ackerman	1 st Marathon
Francois Thiebaut	1 st Marathon
Zoë Scholtz	1 st Marathon
Helandie Calaca	1 st Marathon



Website: www.csi-euf.co.za

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Well done to Bets Botha who did her first Marathon in more than 3 years after a major back operation!

The following letter was received from one of the members who did a PB:

“Thank you to the Coach for those of us who are unable to come for daily training but we appreciate his early sms's on what to do on a daily basis. We are able to keep up because of that. He is always available to assist us.”

This is an indication that Linley's hard work and dedication is not in vain. Thank you also to Suzelle Engels for the strength training exercises on every Monday. The two of you form a great team and what you are doing is appreciated by many of our members.

More members should make use of what you have to offer.

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:

Race cancelled

AWAY WEEKEND

Thank you to our social manager, Joy Dekker for organising a lovely away weekend. It was thoroughly enjoyed by everyone.

CAPTAIN'S CORNER

With Kaapsehoop 2018 done and dusted it is time to focus on a new goal. This time around we want to ensure we keep our fitness so we don't rock up in 2019 unfit. That is usually the hard part and put you on the back foot. Let's start on the front foot and make 2019 the year we all succeed on the racing front.

Let's make 2019 the year of reaching goals, be proactive with club duties and making ourselves available to whatever is needed. 2019 is going to be huge year with all the new sponsors on-board. I want to encourage you to bring new members to the club and introduce them to the sport of running and walking. It is both a good, healthy and cheaper way of staying fit. Bring your family, extended family, friends, colleagues and neighbours to come and experience the club.

Use the club's safe training facilities during the week where the group trains for a little more encouragement if you can make it.

Thank you for your ongoing support during the past year.

See you on the road and trails.

PROUD IRENE GREETINGS

Linley

082 345 5343

SOCIAL EVENING

MOVEMBER
Tuesday 6 November

Sport a stylish moustache
at time trial... ladies come
show the men how it's done!

Join us for some **R50**
Delicious lasagne

Prize for best moustache



Be there! You can be the winner of a pair of Asics running shoes.

ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 13 November at 19:00.

WINTER PROJECT



WINTER WARMER

We would like to thank all the members that donated non-perishable food we gave it to The NG Church Wespoort to their feeding and outreach project, last week. See the photos attached. That was just some of the food that the three ladies are holding the other photo of the plastic bags and boxes are the clothes that the members donated that you leave in that white box at the club house.



Thank you so much for your generosity.

Bets Botha

See the photos in the Photo Corner

PERSONALIA

Marie van Dyk is recovering after being hospitalised for a few days. We wish her a speedy recovery.

Congratulations to everybody celebrating their birthdays during the week:

Johan	Engelbrecht	05 Nov
Bridget	Mohlala	05 Nov
Francois	Thiebaut	05 Nov
Kallie	Coetzee	07 Nov
Jan	van Wyk	08 Nov
Elna	Botes	09 Nov
Luckson	Mmola	11 Nov
Vaughn	Hills	11 Nov
Pierre	Koch	12 Nov



NOTICE BOARD

League Race

Saturday 17 November Tom Jenkins Run/Walk Challenge 21.1/10/5 km

Race Organisers: Arcadia Running Club

Venue: Pretoria Union Buildings, Church Street Arcadia

GPS: S 27.7402 E 28.2102

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R50
Start Time	06:00		06:20
Cut-off	03:30	02:00	

No pets

No iPods or listening devices are allowed

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

www.entrytime.com

Saturday 24 November Voortrekker Monument Road Race 21.1/10/5 km

Race Organisers: Voortrekker Monument Athletics Club

Venue: Voortrekker Monument, Eufees Road

GPS: S 25.77690 E 28.17747

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R40
Entry fee – Jardine joggers; 60 - 69	R 50	R 50	
Entry fee – 70+; athletes celebrating their birthday (Show ID)	Free		
Start Time	06:00		06:15
Cut-off	03:00		

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sport; Postnet Pretoria West; Sportman's Warehouse – Atterbury Value Mart, Centurion Value Mart, Menlyn Park Shopping Centre

www.entrytime.com

League Races

<i>EVENT</i>	<i>DISTANCE</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
Tom Jenkins	21.1/10 km	17/11	X	X

Masters Athletics Fixture list **Masters Athletics Fixture list**

Local meetings

10 November 2018 Free State Bloemfontein

South African Championships

3/4 May 2019 Oudtshoorn

Africa Champs

December 2018 Africa Championships Tunisia

International Championships

24-30 March 2019 WMA Indoor Torun, Poland

28/9-6/10 2019 30th Summer Universiade Naples, Italy

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

THOUGHT FOR THE WEEK

You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.

JOINTeze™

MODERN
athlete



PHOTO CORNER (Kaapse Hoop)



Wynand & Ansie Breytenbach with Phineas Mojapelo



Henry Enslin – PB on the Marathon



Werner Smit - PB on the Marathon



Nadene Visser - PB on the Marathon



Lindsay Croeser - PB on the Marathon



Marinda Gatherer – leader of the pack



Zoë Scholtz - PB on the Marathon



Tanya Ungerer – her first race in Irene colours



Loubser van Wyk - PB on the Marathon



Helandie Calaca – her first Marathon



Karen Geldenhuys – her first Marathon



Aletha van den Bergh and Suzelle Engels – PB on the Marathon for Suzelle



Le Roy Geldenhuys – his first Marathon



Tania Thompson - PB on the Marathon



Bridget Mohlala and Charleen Atkins. Bridget did a PB on the Marathon



Lenin Sithole, Ntombi Mthethwa and Noel Banda



Ansie Breytenbach at prizegiving



Danie Labuschagne at the AGN prizegiving ceremony



Jaap Willemse receiving his National colours officially



Personnel of the church receiving the food that was donated by our members



More donations from our members (see the letter from Bets)