

# **IRENE NEWS**

6 May 2019

No 18 - 2019



#### **ACHIEVEMENTS**

Well done to the following members were on the podium during the week:

## **Wally Hayward**

Hestha Conradie  $1^{st}$  Master lady -42 km Ansie Breytenbach  $3^{rd}$  Master lady -21 km Joey Cloete  $1^{st}$  GM lady -10 km

Estien van Wyngaard 3<sup>rd</sup> Lady walker – 21 km (2:34:49)

Gerard van den Raad 1<sup>st</sup> GGM walker – 10 km

#### The Love Run

 $\begin{array}{lll} \mbox{Leon Page} & 2^{nd} \mbox{ GM} - 10 \mbox{ km } (52:59) \\ \mbox{Theo Bohnen} & 1^{st} \mbox{ GM} - 21 \mbox{ km } (1:55:22) \\ \mbox{John Cannon} & 2^{nd} \mbox{ GGM} - 21 \mbox{ km } (2:16:27) \\ \mbox{Joan van Wyngaard} & 2^{nd} \mbox{ Vet lady} - 21 \mbox{ km } (1:51:09) \\ \mbox{Gerard van den Raad} & 1^{st} \mbox{ GGM walker} - 10 \mbox{ km } (70:15) \\ \end{array}$ 

Estien van Wyngaard 1<sup>st</sup> Master lady walker & 2<sup>nd</sup> Lady – 10 km (68:31)

Annatjie Greyvenstein 1<sup>st</sup> GGM lady walker – (69:44)

Lenin Sithole finished 8th in the Wings for Life world Run with a distance of 44.51 km.

Congratulations to the following members who earned medals at the SA Masters Championships held in Oudtshoorn over the weekend:

Sunet Harmse 1 x Gold, 1 x Silver, 1 x Bronze

Isabel van der Schyff 2 x Gold

Lucia Willemse 1 Gold, 1 x Silver
Danie Labuschagne 1 x Gold, 1 x Bronze

Jaap Willemse 1 x Gold

#### **PERSONAL ACHIEVEMENTS**

Hestha Conradie PB – 42 km Estien van Wyngaard PB – 10 km

Nadia Liebenberg PB – 21 km (3 consecutive races)

Anja Vlok 1st 32 km

Neil Thompson  $1^{st}$  21 km Tarryn Thompson  $1^{st}$  21 km Yolande Cowley PB - 21 km

Elsa Meyer was crowned as the SA Masters Sport woman of the year. Danie Labuschagne received his National colours.

Well done to all of you!

#### THIS WEEK'S DIARY

#### Tuesday:

Time trials @ 17:15 – Club house (Everybody starts together at 17:15)

#### **Saturday:**

Jackie Mekler 5/10/25 at 06:30 – Pretoria Military Sports Grounds

#### WINGS FOR LIFE WORLD RUN

As you all know we hosted the Wings for Life World Run on the ARC grounds on Sunday. This was an international event that was televised world-wide. SuperSport Park, the normal venue for this race wasn't available this year and we are very grateful to the ARC management who gave permission that the race could take place on their premises. This was a good indication that they really care about the community.

We faced many challenges in the build up to the race. The biggest of these challenges was the strike of the ARC personnel that started on Friday. On Sunday they illegally gathered outside the Nellmapius gate and threatened to disrupt the race.

Due to great leadership of the ARC management, the protest action was peaceful with no disruption at all. Thank you to Professor Norman Maiwashe, the general manager of the Irene Campus, who wanted to run himself, but instead spent the whole day on the scene to ensure that everything was peaceful. Thank you also to Dr Andrew Magadlela, CEO, who also spent a few hours on the scene and to John Mkhatshwa, the head of security also stayed there right until the end. The names of James Joubert and our own Dr Louwrens Smit must also be mentioned in this regard. We worked together like a big family.

The names of these persons are mentioned to indicate to all our members that we are indeed very privileged to have our facilities on the ARC premises. These people care about us and want to ensure that we enjoy what we love so much.

From our side we have a big responsibility to ensure that we don't take everything for granted. We have an obligation to keep the area clean and adhere to the rules.

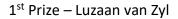
The ARC management is without doubt part of the Irene family.

#### **TIME TRIALS**

Please take note that the time trials will start at 17:15 from this week. This will be the case until the end of August.

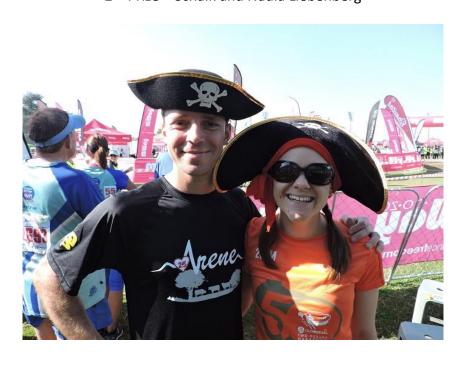
## **WALLY HAT COMPETITION**

Thank you to all our members who wore hats on Wednesday at the Wally. It was fun and some came up with something really original. The winners are:

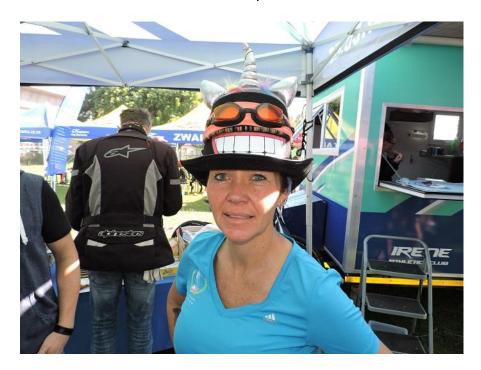




2<sup>nd</sup> Prize – Schalk and Nadia Liebenberg



# 3<sup>rd</sup> Prize – Joy Nicholl



# **COMRADES GOODIE BAGS (2<sup>nd</sup> REQUEST)**

Our Comrades runners have been spoiled in the past with fantastic goody bags. To do it once again we need your help. Thank you to those of you who have already indicated that you will contribute towards it. However, we still require many more items for the goody bags.

This is an ideal opportunity to advertise your business or service that you render. A small chocolate, packet of chips etc. with your business card attached to it will make the ideal item for the goody bag.

If you work for a company who can supply us with anything, no matter how small, please try your best to get them to donate something.

We work on 180 goody bags.

We need it not later than 30 May, the evening when the goody bags will be packed.

Make use of this opportunity and support our Comrades runners please.

#### **COMRADES T-SHIRTS**

Comrades runners have the opportunity to order their Comrades T-shirts at a highly subsidised prize of R100. Please reply to this email to order your shirt. Please also send your proof of payment. Use your name/comrades as reference.

Standard Bank

Acc 032183186





#### **COMRADES SPONSORSHIPS**

We received a few smaller sponsorships from our members that will ensure that the Comrades shirts can be subsidised once again. Thank you to Derek Oldnall who is always willing to put his hand in his pocket to help out where he can.



The names of the other members will be announced once we have received their logos.

#### **PERSONALIA**

Congratulations to everybody celebrating their birthdays during the week:

Simone Basson 06 Mar Claude Truter 06 Mar Helene Meyer 07 Mar Rian Boonzaaier 08 Mar Sheren Naidoo 09 Mar Marius Smit 09 Mar	
Helene Meyer 07 Mar Rian Boonzaaier 08 Mar Sheren Naidoo 09 Mar	1ay
Rian Boonzaaier 08 Mar Sheren Naidoo 09 Mar	1ay
Sheren Naidoo 09 Ma	1ay
1101000	1ay
Marius Smit 09 Ma	1ay
	1ay
Werner Zandberg 10 Mar	1ay
Esti Boonzaaier 11 Ma	1ay
Maryke Geldenhuys 11 Ma	1ay
Handri Kymdell 12 Mar	1ay
Derick Viviers 12 Mar	1ay



Website: www.csi-euf.co.za

Tel: 011 805 6316



## Saturday 11 May

## Jackie Mekler Race 25/10/5 km

Race Organisers: PMMC

Venue: Pretoria Military Sportsgrounds, Thaba Tshwane (Voortrekkerhoogte)

GPS: S 25 47'15.35 E 28 8 20.22

	25 km 10 km		5 km	
Entry fee	R ??	R ??	R ??	
Start Time	06:30		06:45	
Cut-off	04:00	02:30	01:30	

# Free t-shirt for the 1<sup>st</sup> 1000 entries on the 25km only No Wheelchair athletes allowed due to traffic conditions

# **No Pets**

## No iPods or listening devices are allowed

Pre-entries at: Run-away Sport; Sweat Shop Irene: Sportsman's Warehouse Princess Crossing & Montana Crossing

www.enteronline.co.za

## **Saturday 18 May**

## Race of Hope 21.1/10/5 km

Race Organisers: Run/Walk for Life

Venue: The Grove Mall, c/o Lynwood & Simon Vermooten Rd, Equestria

	21.1 km   10 km   5 km			
Entry fee	R 90	R 70	R 50	
Start Time	07:00			
Cut-off		03:00		

#### **No Pets**

# No iPods or listening devices are allowed

Pre-entries at: Gen-X Clothing, Upper Level, The Grove Mall

www.enteronline.co.za

2019 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEA	GUE
			RR	RW
Skosana Development Run	21.1/10 km	25/05/19	Χ	Х
Race of Friendship	21.1/10 km	29/06/19	Χ	Х
Zwartkop Road Race	21.1/10 km	27/07/19	Х	Х
Spirit of Flight	10 km	31/08/19	Х	Х
Brooklyn Road Race	21.1/10 km	07/09/19	Х	Х
Capital Classic	21.1/10 km	05/10/19	Х	Х
Freedom of Expression	21.1/10 km	02/11/19	Х	Х

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

#### **South Africa**

10 August 2019 Mpumalanga Secunda

? October 2019 Rassies Bronkhorstspruit

25/26 October 2019 SWD Oudtshoorn

8/9 November 2019 Free State Bloemfontein

**South African Championships** 

3/4 May 2019 SWD Oudtshoorn

April/May 2020 Central Gauteng Herman Immelman

**Africa Championships** 

2021 Nairobi, Kenya

2023 South Africa

**International Championships** 

24-30 March 2019 WMA Indoor Torun, Poland

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

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

THOUGHT FOR THE WEEK

Perfection is not attainable, but if we chase perfection, we can catch excellence.

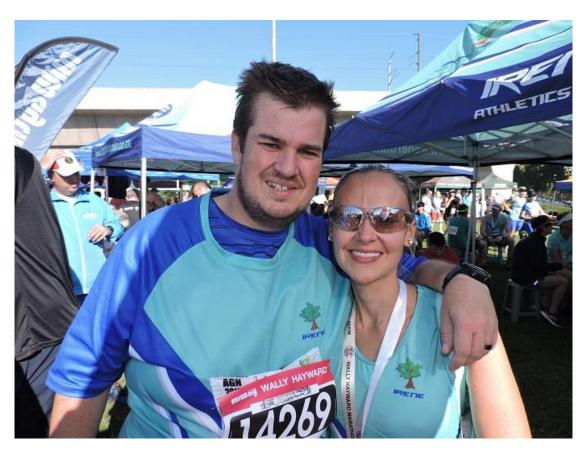
# PHOTO CORNER (HUSBAND AND WIFE PHOTOS AT THE WALLY)



Renette and Riaan Prinsloo



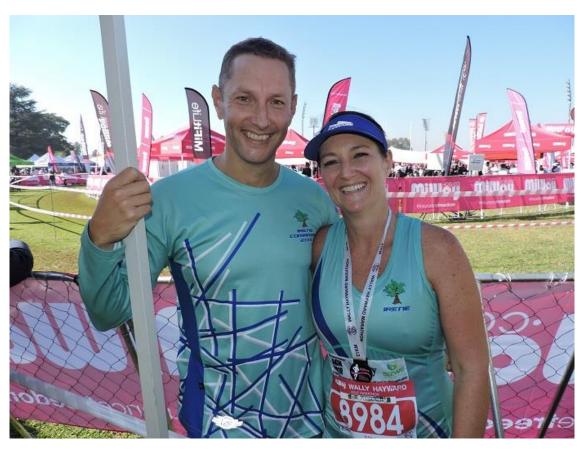
Pieter an Louise Reynecke



Pieter and Arushka Bothma



Yolandi and Pieter Wiese



Werner and Yolandi Smit



Marisa and Danie Oosthuizen



Kathleen and Gerrit Faling



Trevor and Mpho Netshiombo



Isabel and Leo Erlank



Tarryn and Neil Thompson



Sunet Eybers with her medals at the SA Masters Championships



A proud Danie Labuschagne and his wife after receiving his National colours

# PHOTOS FROM YESTERYEAR (2001)



Corrie Fourie, well known referee in the middle



Werner Zandberg