



IRENE NEWS

8 October 2018

No 40 - 2018



ACHIEVEMENTS

The following members were on the podium at the Chamberlain race on Saturday:

Annatjie Greyvenstein	1 st Lady walker & 1 st GGM – 10 km (66:46)
Danie Labuschagne	1 st GM walker – 10 km (63:36)
Gerard van den Raad	1 st GGM walker – 10 km (69:19)
Sandra Steenkamp	1 st Lady walker & 1 st Master – 21 km (2:05:56)
Lucia Willemse	1 st GGM lday walker – 21 km (2:38:17)
Elsa Meyer	1 st GGM lady walker – 21 km (2:29:08)
Jaap Willemse	1 st GM walker – 21 km (2:21:21)

Congratulations!



Minnette Swart, one of our social members and daughter of Melani Swart, has participated in the World Championships for athletes with Down Syndrome held in Madeira, Portugal during the week. She was absolutely outstanding and won 4 gold medals and 4 silver medals. She won the silver women mosaic trophy for the Games. Fantastic!!!

PERSONAL ACHIEVEMENTS

Helandie Calaca

PB – 21 km

Well done!



THIS WEEK'S DIARY

Tuesday:

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

Saturday:

Jacaranda City Challenge 5/10/21/42 @ 05:45) – Pretoria Rugby Club, Totius Street

CSI IRENE FARM RACE

As the leading club in Gauteng North, Irene is in the fortunate position to present 4 races per year. The race taking place on 27 October has been presented every year since 1994, the year when the club was formed.

After a few different sponsors in the first few years, LiquiFruit came onboard and sponsored it for many years until 2014. King Price took over the sponsorship in 2015 with a commitment for 3 years. From this year we are very privileged to have CSI Property Solutions onboard as the new sponsor for at least 4 years.



Website: www.csi-euf.co.za

Tel: 011 805 6316

It is one of the most popular 10/21 races in the country and runners from all over the country come to participate. The route is quite unique, there just isn't anything like it.

To make it successful we obviously require the help of our members once again to work on the day. Please send your names and indicate what you want to do on the day.

We already have a number of companies who will be doing the water points on the day. We do however need a few water point "captains" to guide them on the day with the setup etc.

We are pretty much sorted with our regular helpers at the finish and the traffic marshals, but we need helpers to assist with the following on the day:

- Route marshals
- Handing out medals
- Taking entries
- Cyclists
- Photographers

We had such a great response from our members to assist at the Irene Spring Race held last week. I am positive that it will be the same again this time.

RACE CANCELLED

Please take note the Correctional Services Night race due to take place on 10 October has been cancelled.

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.

You are invited once again to submit the names of candidates whom you would like to nominate for any specific position on the management committee.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Carla	Grobler	08 Oct
Corlia	Oberholzer	08 Oct
Freddy	Makoka	09 Oct
Yolandi	Wiese	10 Oct
Jaap	Willemse	11 Oct
Amanda	Cloete	12 Oct
Leon	Page	12 Oct
Frans	Strydom	13 Oct
Nonqaba	Swana	13 Oct
Marlé	Van der Walt	14 Oct
Martin	Webber	14 Oct



JOINTeZe™

**MODERN
athlete**



NOTICE BOARD

Saturday 13 October

Jacaranda City Challenge 42.2/21.1/10/5 km

Race Organisers: Agapé Athletics Club & Sportsvendo

Venue: Pretoria Rugby Club, Totius Street, Groenkloof (+/- 700m from old venue)

	42.2km	21.1km	10 km	5 km
Pre-entry fee (until 5 October) or when entry capacity reached	R 190	R 110	R 90	R 60
Entry fees 60 – 79	R 100	R 60	R 50	
Late entry fees (11/13 October)	Closed	Closed	R 110	
Late entry fees 60 - 79	Closed	Closed	R 60	
Jardine Joggers / 80+ athletes	Free			
Event t-shirts	R 80			
Start Time	05:45		06:15	06:30
Time Limit	05h:30	03h00	2h00	

No completed tear-off strip – no results Come early – start line is a 10-minute walk from venue

Pre-entries: Run-A-Way Sports; Sweatshop Dunkeld, Bedford & Southdowns; Sportmans Warehouse Atterbury value Mart, Centurion Value World & Kolonnade Retail Park; Brooks Gym 291 Main St. Brooklyn

Enter on line: www.timeme.co.za

League Race

Saturday 20 October

CSIR Race 21.1/10/5 km

Race Organisers: CSIR Athletics Club

Venue: CSIR, North Gate, Off Meiring Naude Road, Brummeria

GPS: S25 44.874 E28 16.323

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R 40
Entry fee 70+	Free		
Start Time	06:00		06:05
Cut-off	03:00		

No pets No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns, Sandton www.entrytime.com

League Races

<i>EVENT</i>	<i>DISTANCE</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
CSIR Road Race	21.1/10 km	20/10	X	X
Tom Jenkins	21.1/10 km	17/11	X	X

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

Local meetings

20 October 2018	SWD	Oudtshoorn
10 November 2018	Free State	Bloemfontein

South African Championships

3/4 May 2019	Oudtshoorn
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Africa Champs

December 2018	Africa Championships	Tunisia
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International Championships

24-30 March 2019	WMA Indoor	Torun, Poland
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

The dream of the person you would like to be is to waste the person you are.

PHOTO CORNER



The start of the annual pub run, it is always a fun-filled social event



Tanya Ungerer with her daughter, Courtney



The runners approaching the weather station



Refreshments of a different kind



Joy and Michael Dekker setting up the second “refreshment station”



Runners taking a break at the second station



Time to relax in the club house



As always there was an excellent meal available



Nadene Visser and Amanda Cloete at the Chamberlain race



Melani Swart finishing her 21 km



Candice van der Spuy, Danny & Helandie Calaca and Michelle Lubbe



Mfundo Hadebe



Corné Johnstone



Bridget Mohlala



Dianne du Plessis, Derick van der Merwe and Carla Hartmann