



# IRENE NEWS

9 March 2020

No 10 - 2020



## ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Buco Bobbies:

Leon Page	1 <sup>st</sup> GM – 10 km (45:27)
Ansie Breytenbach	1 <sup>st</sup> Lady walker – 10 km (1:03:57)
Keith Reynolds	1 <sup>st</sup> Master – 10 km (1:32:24)
Sandra Steenkamp	1 <sup>st</sup> Lady walker – 21 km (2:12:37)
Amanda Cloete	2 <sup>nd</sup> Lady – Addo 77 km Trail Run

## PERSONAL ACHIEVEMENTS

Suzette Ruthven	PB – 10 km
Yolande Cowley	PB – 10 km
Ansie Breytenbach	PB – 10 km walk
Claudia Hannweg	First 10 km

## THIS WEEK'S DIARY

### Monday:

Strength training @ 17:30 – Club house

### Tuesday:

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

Bring and braai, the fire will be there!

### Wednesday & Thursday:

Training group @ 17:30 – Club house

### Saturday:

Om die Dorp 5/10/21 @ 06:00 – Community Church, Pierre van Ryneveld (AGN 21 champs)

### Sunday:

Training run @ 06:00 – Club House (your pace, your distance)



### ***CARA-FUN AT BUCO BOBBIES***

Due to the height of the Cara-Fun, Gerard couldn't get access to the venue on Saturday morning at the venue. There was also no parking space in the street due to the barriers. After considering various options the decision was taken to call it a day and he went home.

Apologies for any inconvenience. Those members present realised once again how spoiled we are with our facilities at the races.



No Cara-Fun. Riaan and Renette Prinsloo and Kobus van As relaxing on the floor before the race

### ***TWO OCEANS VERIFICATION***

The closing date for the Two Oceans verification is 13 March. Ensure that your info i.e. licence number and qualifying time is updated to allow us to verify your entry.

### ***WEARING OF RACE NUMBER***

In order to avoid disqualification at the finish, members must attach their race numbers in such a way that the number doesn't cover the logos of the sponsors on the licence number.



## **HELPERS AT THE JOINTEZE ULTRA**

Our JointEze Irene Ultra race takes place on Sunday, 5 April this year. As always, we need our members to help on the day to ensure that it is a successful race once again. Without you it won't be possible to present a race of this magnitude.

As you probably know, this race was the third biggest Ultra in the country last year. Only Comrades and Two Oceans had more finishers than us!

All helpers will receive R100 discount on their membership fees in 2021. We implemented the discount for the first time this year and there were many smiles of happy members. Working at all three our races means a discount of R300.

We will work on a first come first serve basis to ensure that you will be allocated to the job you prefer on the day.

Our members will be allowed to run the 48 km on condition that they provide a capable non-member to work in their place. No Irene members will be allowed to run the 21 km.

We require helpers for the following:

Registrations on the day

Registrations on the Friday and Saturday before the race

Handing out medals

Route marshals directing the runners

Traffic marshals

Helpers at water points

Cyclists to ride with the lead runners

Please reply to this email to secure your spot. Please indicate your work preference.

Thank you to those members who responded on the email was sent out on Thursday.



## PERSONALIA

Congratulations to the following members who celebrate their birthdays during the week:

Noel	Banda	09 Mar
Kobus	Oberholzer	10 Mar
Malusi	Sikwebu	10 Mar
Fhatuwani	Sinngu	10 Mar
Cassandra	Bhayla	13 Mar
Kevin	Rodwell	13 Mar
Jayson	Buyskes	14 Mar
Nicole	Fortune	14 Mar
Sune	van der Walt	14 Mar
Ignatius	van Rooy	14 Mar



Website: [www.csi-euf.co.za](http://www.csi-euf.co.za)

Tel: 011 805 6316

## NOTICE BOARD

### AGN 21.1km Championships

**Saturday 14 March**

**Om-Die-Dorp Road Race 21.1/10/5 km**

Race Organisers: Wingate Road Runners

Venue: PvR Community Church, Baltimore Avenue, Pierre van Ryneveld

	21.1 km	10 km	5 km
Entry fee	R 120	R 90	R 50
Entry fee 70+	Free		
Start Time	06:00		
Cut-off	03:30		

**No Pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-away Sport; Sweatshop Southdowns; PvR Community Church (Friday 13/03 – 15h00 – 18h00 & race day)

[www.enteronline.co.za](http://www.enteronline.co.za)



CAQS CC/BK Reg. No. 1997/052774/23 VAT No. 488 016 9828

REGISTERED QUANTITY SURVEYORS • GEREISTREERDE BOUREKENAARS

Members: GJ Cillie B.Sc (QS) UP, PrQS, PMAQS, MRICS | Guillaume Cillie B.Sc (QS) Hons UP, PrQS

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### **LEAGUE RACE**

**Saturday 21 March**

**Right to Run/Walk 21.1/10/5 km**

Race Organisers: Arcadia Running Club

Venue: Sunnypark Shopping Centre, c/o Steve Biko- & Robert Sobukwe Streets, Sunnyside

GPS: S 25.7507 E 28.2832

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R 50
Start Time	07:00		
Cut-off	03:00		

**No Pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Cross Trainer Sunnypark;  
Tshwane Running Shop

[www.entrytime.com](http://www.entrytime.com)

**Saturday 28 March**

**Kolonnade Road Race 32/15/5 km**

Race Organisers: Overkruin Athletics Club

Venue: Kolonnade Shopping Centre, c/o Sefako Makgatho Drive & Dr van der Merwe Street,  
Montana

	32 km	15 km	5 km
Entry fee	R 120	R 100	R 50
Entry fee 60+ (Race day only & proof of age)	Free		
Start Time	06:00		06:15
Cut-off	04:00	03:00	

**No Pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-away Sport; Sweat Shop Irene; Tshwane Running Shop; Kolonnade Info  
Desk

[www.entrytime.co.za](http://www.entrytime.co.za)

**Sunday 5 April**

**JointEze Irene Ultra 48/21.1/5 km**

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Nelmapius Road, Irene

GPS: S25 53'31 E 28 11'28

	48 km	21.1 km	5 km
Entry fee	R 250	R 120	R 60
Entry fee 60 - 69	R 160	R 70	R 50
Entry fee 70+	Free		
Start Time	05:30		06:00
Cut-off	06:00	03:30	

**48/21.1km athletes have an option to purchase t-shirt when entering**

**No Pets**

**No iPods or listening devices are allowed**

**On-line entries only** [www.championchip.co.za](http://www.championchip.co.za)

**Irene members will be allowed to run the 48 km only on condition that they supply a non club member to work in their place on the day**

***2020 AGN LEAGUE FIXTURE LIST***

<b><i>EVENT</i></b>	<b><i>DISTANCE</i></b>	<b><i>DATE</i></b>	<b><i>LEAGUE</i></b>	
			<b><i>RR</i></b>	<b><i>RW</i></b>
Right to Run/Walk	21.1 / 10	21/03	X	X
Ford Road Race	21.1 / 10	04/04	X	X
MiWay Wally Hayward	42.2 / 21.1 / 10	01/05	X	X
Fara Winter Challenge	10	20/06	X	X
Springbok Vasbyt	25 / 10	11/07	X	X
Fitness Test Run	21.1 / 10	08/08	X	X
Morula Half Marathon	21.1 / 10	19/09	X	X
CSI Irene Farm Race	21.1 / 10	31/10	X	X
Voortrekker Monument	21.1 / 10	21/11	X	X
Skosana Road Race	10	05/12	X	X

## **Masters Athletics Fixture list**

### **Local Meetings**

13/14 March 2020	EP	Westvaal Oval, PE
27/28 March 2020	CG/GN	Pilditch, Pretoria
4 April 2020	KZN	Kings Park Stadium
4 April 2020	WP	Cape Town
10/11 April 2020	GNMA	Pilditch, Pretoria
18 April 2020	CGMA	Sasolburg
22 August 2020	Mpumalanga MA	Secunda
3 October 2020	SWD	Oudtshoorn
30/31 October 2020	Free State	Bloemfontein

### **SA Masters Championships**

10/11 April 2020	CG/GN	Pilditch
April/May 2021	KZN	Durban

### **South African Championships**

30 April/2 May 2020	Central Gauteng	Herman Immelman
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### **Africa Championships**

2021	Nairobi, Kenya
2023	South Africa

### **International Championships**

13-15 March 2020	Indoor Championships	Baton Rouge, Louisiana
9 – 12 July 2020	Outdoor Championships	Greensboro, North Carolina
20 July – 1 August 2020	WMAC Outdoor Championships	Varsity Stadium, Toronto
6 – 12 April 2021	WMAC Indoor Championship	Edmonton
15-30 May 2021	W Masters	Kansai, Japan
16 -28 Aug 2022	WMAC Indoor	Gothenburg, Sweden

### ***THOUGHT FOR THE WEEK***

**Never put a wishbone where your backbone ought to be.**

***PHOTO CORNER (Buco Bobbies)***



Marinda Gatherer, Lisinda van Zyl and Keith Reynolds at the start



Kobus van As helping a distressed runner at the finish



Anéll de Beer and MC du Toit



Suzette Ruthven and Pieter Reynecke



Corné du Toit



André Nortje and Conrad Langerman



Nhlanhla Makhanya



Marinda Gatherer



Leon Page on the podium



Mariet Louw, Letha Kotze and Dean van Rooyen did the Marakele 21 km on Saturday

## Social Evening



Enjoying a shooter passing the club house



Carmen van Loggerenberg and Suzette van Vuuren also stopped for their shooter



Lucky draw time!



Best dressed prizewinners, Joy Dekker and Anéll de Beer



It was fun for everybody



Claudia Hannweg, daughter of Norbert, did her first 10 km in Irene colours on Sunday



After running 73,3 km at the Kosmos 3 in 1, Sonet Klopper decided this was the best way to relax afterwards



Bridget Mohlala and Mpho Motaung at the Kosmos. Mpho received her blue number



Amanda Cloete, 2<sup>nd</sup> lady at the Addo 77 km Trail Run