

# **IRENE NEWS**

### 9 September 2019

No 35 - 2019



#### **ACHIEVEMENTS**

Congratulations to the following members who were on the podium at the Brooklyn race:

Ansie Breytenbach  $1^{st}$  Master lady -10 km (49:21)
Annatjie Greyvenstein  $1^{st}$  GGM lady -10 km (56:42)
Sandra Steenkamp  $1^{st}$  Lady walker -10 km (58:22)
Isabelle van der Schyff  $2^{nd}$  Lady walker -10 km (63:59)
Jaap Willemse  $2^{nd}$  Walker -21 km (2:19:23)
Lucia Willemse  $2^{nd}$  Lady walker -21 km (2:44:11)
Lynette Gough  $2^{nd}$  Lady walker 21 km (2:44:11)

 Johan Nel
  $1^{st}$  GM - 32 km (2:37:55)

 John Cannon
  $1^{st}$  GGM - 32 km (3:07:48)

 Keith Reynolds
  $2^{nd}$  Walker - 32 km (3:24:56)

Congratulations also to Mike du Bruto and Sunet Eybers who won gold and bronze medals respectively at the SA Cross Country Championships. They were also part of the AGN teams that won silver and gold medals.

### THIS WEEK'S DIARY

#### Tuesday:

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

### Saturday:

Muller Potgieter 5/10/21 @ 06:00) – Military Sport Club, Thaba Tshwane

### **Sunday:**

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

### **TIME TRIALS**

Just a reminder that the time trials start at 17:30 from now. This will be the starting time until the end of April.

#### **IRENE SPRING RACE**

Thank you to all our members who have already made themselves available to work at our race on 28 September. However, we still need many more. Please send me your names to

become part of a great event. We just cannot present a race of this magnitude without the help of our members.

Please take note that Irene members are not allowed to participate in the race. We will have a helpers race the day after where you will get the opportunity to earn your medal. No entry fee.

We need our members to assist in the following areas on the day:
Route marshals
Parking marshals
Handing out medals
Water point helpers
Cyclists



Please reply to this email to make yourself available and indicate your work preference.

#### **PERSONALIA**

Condolences to Yolandi Wiese whose brother passed away last week.

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

| Aileen  | Geere        | 09 Sep |
|---------|--------------|--------|
| Pierre  | Marais       | 09 Sep |
| Henry   | Enslin       | 12 Sep |
| Manqoba | Msomi        | 12 Sep |
| Pieter  | Saayman      | 12 Sep |
| Sandra  | Steenkamp    | 12 Sep |
| Danie   | Cornelissen  | 13 Sep |
| Jason   | Hubner       | 13 Sep |
| Suzette | Ruthven      | 13 Sep |
| Marisia | Koch         | 14 Sep |
| Wessel  | Oosthuizen   | 14 Sep |
| Deon    | van Deventer | 14 Sep |
| Pieter  | Venter       | 14 Sep |
| Marie   | Van Zyl      | 15 Sep |



Website: www.csi-euf.co.za

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### Saturday 14 September Muller Potgieter Road Race 21.1/10/5 km

Race Organisers: Voortrekker Monument Atletiekklub

Venue: Military Sport Club, Hendrik Potgieter Road, Thaba Tshwane

GPS: S 25.471160 E 28.081530

|  | 21.1 km | 10 km | 5 km  |
|--|---------|-------|-------|
| Entry fee  | R 100   | R 80  | R 50  |
| Entry fee 60 – 69 / Jardine Joggers                          | 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; Sportsman's Warehouse – Atterbury Value Mart, Centurion Value Mart, Menlyn Shopping Centre; Postnet Pretoria West

www.entrytime.co.za

### **Wednesday 18 September**

### **Lester Mills Memorial Night Race 10/5km**

Race Organisers: Tuks Athletics Club

Venue: Hillcrest Sports Campus, Pretoria

GPS: S 25.74538 E 28.24718

|  | 10 km   | 5 km |
|--|---------|------|
| Entry fees                                     | R 80    | R 50 |
| Entry fees 60 – 69 – race day only             | ½ price |      |
| Entry fees 70+ & blind runners – race day only | Free    |      |
| Start time                                     | 18h30   |      |
| Time Limit                                     | 01:     | 30   |

**Route is not suitable for wheelchairs** 

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-Away-Sport; Sweat Shop Southdowns; UP Shop

#### **NEW VENUE**

Saturday 12 October Jacaranda City Challenge 42.2/21.1/10/5 km

Race Organisers: Agapé Athletics Club & Sportsvendo

Venue: Hoërskool Oos Moot, Haarhoff Street, Waverley

|  | 42.2km            | 21.1km | 10 km | 5 km  |
|--|-------------------|--------|-------|-------|
| Pre-entry fee (until 3 October) or when entry capacity reached | R 200             | R 120  | R 110 | R 50  |
| Entry fees 60 – 79   | R 100             | R 60   | R 50  |       |
| Late entry fees (10/12 October)                                | Closed            | R 150  | R 120 | R 50  |
| Late entry fees 60 - 79  | Closed            | R 70   | R 60  |       |
| Jardine Joggers / 80+ athletes                                 |                   | Free   |       |       |
| Event t-shirts   | R 85 On line only |        |       |       |
| Start Time   | 05:30             |        | 06:00 | 06:25 |
| Time Limit   | 05h:30            | 03h00  | 2h0   | 0     |

No completed tear-off strip - no results - Disposable time chip - 42.2km only

### 21.1 & 10km manually timed

Pre-entries: Run-A-Way Sports; Sweatshop Dunkeld, Bedford & Southdowns; Sportmans Warehouse Atterbury value Mart, Centurion Value World & Kolonnade Retail Park; Gys Pitzer Motors, Steve Biko St. Gezina, Stormvoël Rd, Lindo Park, Solomon Mahlangu Dr. Silver Lakes; At venue 10 – 12 October

www.entries.timeme.co.za

### **BIG SPRING WALK**

Please take note that the annual Big Spring Walk will take place on 17 September at the club house as part of the time trials. All runners are challenged to walk the 4 km route.

Lovely trophies for the male and female winners.

| 2019 AGN LEAGUE FIXTURE LIST |            |          |        |    |
|------------------------------|------------|----------|--------|----|
| EVENT                        | DISTANCE   | DATE     | LEAGUE |    |
|                              |            |          | RR     | RW |
| 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  |



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REGISTERED QUANTITY SURVEYORS • GEREGISTREERDE BOUREKENAARS

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

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### **Masters Athletics Fixture list**

#### **South Africa**

? October 2019 Rassies Bronkhorstspruit

25/26 October 2019 SWD Oudtshoorn

8/9 November 2019 Free State Bloemfontein

**South African Championships** 

April/May 2020 Central Gauteng Herman Immelman

**Africa Championships** 

2021 Nairobi, Kenya

2023 South Africa

**International Championships** 

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

Be kind to people on your way up because you are going to meet them again on your way down.

# PHOTO CORNER (Brooklyn)



Joey Scholtz



Mauritz Oberholzer and Ben Marais



Brian Marais



Danny Calaca



Lindie Pretorius



Noel Banda



Johan Nel



Marinda Gatherer



André Fourie



Mfundo Hadebe



Isabelle van der Westhuizen



Sandra Steenkamp



Ansie Breytenbach



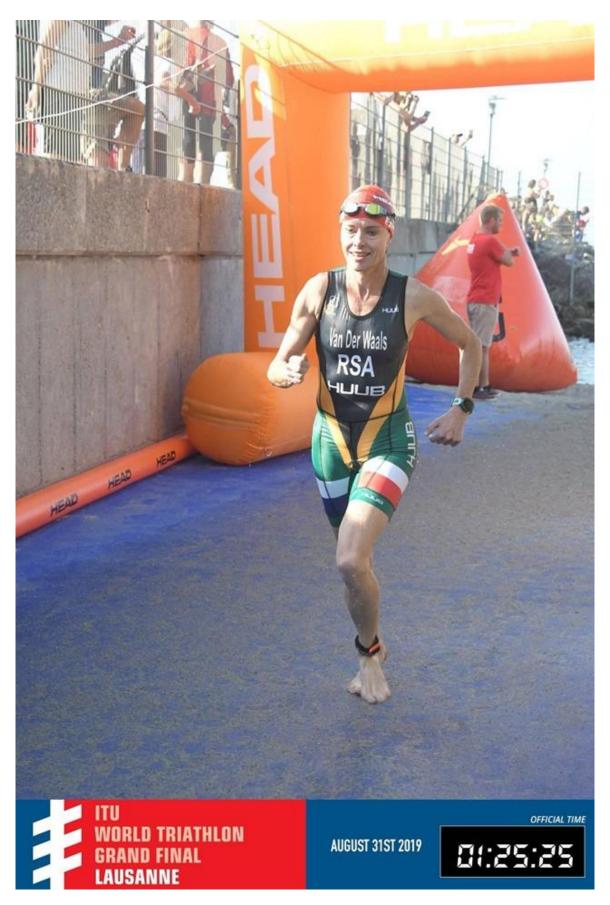
Conrad Langerman



Lynette Gough and Lucia Willemse



Hanru Koch took part in the SA Cross Country Championships



Jacquie van der Waals in action at the World Triathlon Championships

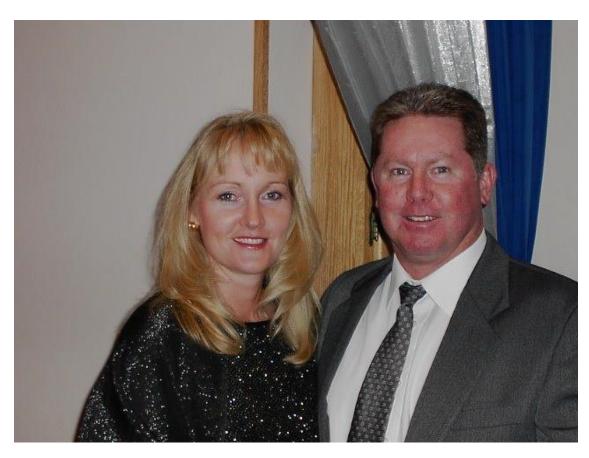
# PHOTOS FROM YESTERYEAR (2004)



The Bronkhorstspruit race in 2004



Uida and Henry Enslin at the Chairman's Ball in 2004



Maureen and Ian Mossop at the Chairman's Ball



Dishing up. Renette and Riaan Prinsloo with Uida and Henry Enslin