



# 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 <sup>st</sup> Master lady – 10 km (49:21)
Annatjie Greyvenstein	1 <sup>st</sup> GGM lady – 10 km (56:42)
Sandra Steenkamp	1 <sup>st</sup> Lady walker – 10 km (58:22)
Isabelle van der Schyff	2 <sup>nd</sup> Lady walker – 10 km (63:59)
Jaap Willemse	2 <sup>nd</sup> Walker – 21 km (2:19:23)
Lucia Willemse	2 <sup>nd</sup> Lady walker – 21 km (2:44:11)
Lynette Gough	2 <sup>nd</sup> Lady walker 21 km (2:44:11)
Johan Nel	1 <sup>st</sup> GM – 32 km (2:37:55)
John Cannon	1 <sup>st</sup> GGM – 32 km (3:07:48)
Keith Reynolds	2 <sup>nd</sup> 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



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Tel: 011 805 6316



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## NOTICE BOARD

### **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](http://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	<b>05:30</b>		06:00	06:25
Time Limit	05h:30	03h00	2h00	

**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](http://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.

<b>2019 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DISTANCE</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
Brooklyn Road Race	21.1/10 km	07/09/19	X	X
Capital Classic	21.1/10 km	05/10/19	X	X
Freedom of Expression	21.1/10 km	02/11/19	X	X



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REGISTERED QUANTITY SURVEYORS • GEREGISTREERDE BOUREKENAARS

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

GAUTENG HEAD OFFICE  
10 Lenchen Park  
2029 Lenchen Ave South  
Zwartkops x 4  
Centurion  
0157

PO Box 7838, Centurion, 0046 R.S.A  
m: +27 (0)83 655 7010  
t: +27 (0)12 663 3300  
f: +27 (0)86 670 2124  
e: info@caqs.co.za  
www.caqs.co.za

WESTERN CAPE OFFICE  
Niagara Road  
Tyger Waterfront, Suite 713  
The Cliffs, Bellville, 7530  
m: +27 (0) 83 655 4754

## **Masters Athletics Fixture list**

### **South Africa**

? October 2019	Rassies	Bronkhorstspuit
25/26 October 2019	SWD	Oudtshoorn
8/9 November 2019	Free State	Bloemfontein

### **South African Championships**

April/May 2020	Central Gauteng	Herman Immelman
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### **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 Bronkhorstspuit 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