



# IRENE NEWS

29 April 2019

No 17 - 2019



## ACHIEVEMENTS

Well done to the following members who were on the podium over the weekend:

Ansie Breytenbach	1 <sup>st</sup> Master lady – City of Tshwane 12.5 km
Derick van der Merwe	2 <sup>nd</sup> Vet – City of Tshwane 12.5 km
Jaap Willemse	1 <sup>st</sup> Walker – City of Tshwane 12.5 km
Danie Labuschagne	2 <sup>nd</sup> Walker – City of Tshwane 12.5 km
Estien van Wyngaard	1 <sup>st</sup> Lady walker – City of Tshwane 12.5 km
Lucia Willemse	2 <sup>nd</sup> Lady walker – City of Tshwane 12.5 km
Sam Molefe	3 <sup>rd</sup> Man – Robor Scaffolding 50 km

Congratulations to the following members who have qualified to participate as part of the AGN team in the SA Masters Championships in Oudtshoorn:

Ansie Breytenbach  
Joey Cloete  
Sunet Eybers  
Annatjie Greyvenstein  
Danie Labuschagne  
Elsa Meyer  
Gerard van den Raad  
Isabelle van der Schyff  
Estien van Wyngaard  
Jaap Willemse  
Estien van Wyngaard

## THIS WEEK'S DIARY

### Tuesday:

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

### Wednesday:

Wally Hayward 5/10/21/42 @ 06:30 – Centurion Rugby Club

### Saturday:

Love run 5/10/21 @ 07:00 – Hatfield Christian Church

### ***THE WALLY HAT RACE***

As always, we have our annual hat race at the Wally Hayward race on Wednesday. As in the past we want our members to wear hats on the day. There will be cash prizes for the best hats: 1<sup>st</sup> prize – R500, 2<sup>nd</sup> prize R300 and 3<sup>rd</sup> prize R200.

Be creative and funny, your hat may just let you take R500 home on the day!

Just look at some of the hats of previous years! Irene membership is much more than running/walking. Come and have fun on the day.



### ***SOCIAL***

The festivities at the Wally will also serve as our monthly social. There will be a nice meal at a very reasonable price as always. Come and spent some time with your fellow club members after the race.

### ***CAPTAIN'S CORNER***

The talk you hear at every race will be about Comrades. You will hear who is behind with their training, the niggling injuries etc. Don't fret and don't get distracted by this negative talk and

stay focused on your goals. This is the time in your training month where you ensure that you have your racing plans in place and you already visualising the race. The Jackie Meckler 25km will be the Captain's Run and you are encouraged to join this run to do last testing of your gadgets, clothes, chafing creams etc. This is a flattish route. The training program is very busy with many races happening so be careful not to throw your Comrades away at these events. **REMEMBER**, we race on the 9<sup>th</sup> of June. The Klapperkop and Clubhouse long run training groups is still on Sundays so join in. These long runs are enjoyable and you can get last minute advice from some of the experience members who attends these sessions.

Stay focused as we nearly at the end of our training for Comrades. I know it is getting harder to keep going and the colder days isn't helping much. **HANG IN THERE.**

Should you have any questions about training please drop me a mail at [training@irenerunner.co.za](mailto:training@irenerunner.co.za), call or Whatsapp me on 082 345 5343 and I will assist where possible.

Proud IRENE Greetings

Linley

### ***COMRADES GOODIE BAGS***

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 DATA***

Please ensure that all your required Comrades information is submitted to the CMA. We are in the process of verifying the entries and there are still lots of licence numbers outstanding. It is your duty to ensure that all your info is correct and updated, especially your qualifying details.

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

Comrades runners will get another chance to fit the Comrades shirts on Tuesday evening.

## PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Elbie	Louw	01 May
Sunet	Eybers	02 May
Ina	van As	03 May
Deane	van Rooyen	03 May
Johannes	Nel	04 May
Portia	Ravhuhali	04 May
Tania	Thompson	05 May



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

Tel: 011 805 6316

## NOTICE BOARD

### **Wednesday 1 May MiWay Wally Hayward Marathon 42.2/21.1/10/4.9/1 km**

Race Organisers: Alpha Centurion Runners/Walkers

Venue: Centurion Rugby Club, 270 West Avenue, Die Hoewes, Centurion (next to Supersport Park)

GPS: S 25 51'27.0 E 28 11'40.1

	42.2 km	21.1 km	10 km	4.9km	1 km
Entry fees	R 180	R 130	R 100	R 50	R 20
Entry fees 70+; blind & wheelchair athletes *1 May only	Free	Free	Free		
Start time	06h30		07h00	07h15	09h00
Time Limit	05h30	03h30	02h00	None	

**21.1/42.2km online entries only – No entries on race day**

**Wheelchair athletes welcome**

**No animals allowed**

**Entries capped at: 5km – 1000; 10km – 3000; 21.1km 4000; 42.2km - 5000**

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



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**Saturday 4 May****The McCarthy VW/Audi Love Run 21.1/10/5 km**

Race Organisers: Love Running Athletics Club

Venue: Hatfield Christian Church, January Masilela Rd, Waterkloof Glen

	21.1 km	10 km	5 km
Entry fee	R 120	R 80	R 50
Start Time	Run 07:00 Walk 06:45		07:15
Cut-off	??		

**Wheelchair athletes at own risk – steep hills on route****No Pets****No iPods or listening devices are allowed**

Pre-entries at: Run-away Sport; Audi Centre Arcadia &amp; Menlyn; McCarthy VW Wonderboom &amp; Silver Oaks

[www.entrytime.co.za](http://www.entrytime.co.za)**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 &amp; Montana Crossing

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

**MODERN**  
***athlete***

**JOINT****Eze**<sup>TM</sup>



<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>
Skosana Development Run	21.1/10 km	25/05/19	X	X
Race of Friendship	21.1/10 km	29/06/19	X	X
Zwartkop Road Race	21.1/10 km	27/07/19	X	X
Spirit of Flight	10 km	31/08/19	X	X
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

### **Masters Athletics Fixture list**

#### **South Africa**

10 August 2019	Mpumalanga	Secunda
? October 2019	Rassies	Bronkhorstspuit
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**

**Spending time with children is more important than spending money on children.**

## PHOTO CORNER



Derick van der Merwe on the podium at the Tshwane race. First time ever!



Lucia Willemsse and Estien van Wyngaard





Danie Labuschagne and Jaap Willemse



Ansie Breytenbach





The Irene water point at the Magnolia long run



Bertha van den Raad ensured that there was more than enough to eat





Werner van der Merwe and his dad



Samuel Molefe on the podium at the Robor Scaffolding race





Sandy Madzhie, Violet Madzhie, Peter Ramachela and Samuel Molefe at the Robor Scaffolding race



**PHOTOS FROM YESTERYEAR (2001)**



Prize giving at the Makhulu Walk in 2001



Elsa Meyer in Agapé colours at the Makhulu walk





Prize giving at the 2001 LiquiFruit race