



IRENE NEWS

10 April 2017

No 14 - 2017



ACHIEVEMENTS

The following members were on the podium at the Ford race:

Johan Nel	1 st GM – 21 km (1:35:12)
Gerard van den Raad	2 nd Walker – 10 km (1:06:00)

Elsa Meyer	Gold medal – CGA Masters Championships
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Anise Breytenbach	3 rd Master lady – SA Marathon Championships
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The following members earned medals at the AGN Masters Championships on 1 April:

Elsa Meyer
Lucia Willemse
Rhoda Willemse
Danie Labuschagne
Gerard van den Raad
Jaap Willemse
Joey Cloete

Congratulations!

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:30 at the club house

Social evening after the time trials – Bruce Fordyce

Saturday:

Race cancelled

TWO OCEANS T-SHIRTS

Members who ordered the Two Oceans T-shirts can collect it on Tuesday afternoon at the club house from 17:00.

There are still shirts available if you haven't ordered yet.

SOCIAL EVENING

The social evening on Tuesday night promises to be something special. With Bruce Fordyce around you can be sure that is going to be very special. Don't miss out! See the pamphlet.

Menu: Chilli Con Carne with Pancakes - 2 pancakes per person. Only R45 pp

A portrait of Bruce Fordyce, a middle-aged man with short grey hair, smiling. He is wearing a green polo shirt with yellow stripes on the sleeves and a circular logo on the chest that says "COMRADES RUNNING SOCIETY".

**IRENE APRIL
SOCIAL
11 April 2017
Irene
Athletics club
house
7:00pm**

A photograph of Bruce Fordyce in action, running a race. He is wearing a white singlet and shorts, with his arms raised in celebration. A crowd is visible in the background.

**Lets hear form
the Legend....**

BRUCE FORDYCE

Come and enjoy a relaxed evening at the time trial with dinner, lots of fun as well as a light hearted , inspirational talk by one of the great legends of running, Bruce Fordyce. Bruce will be sharing his experiences from his lifelong running career including his 9 Comrades wins.

SPORT PSYCHOLOGIST

Please take note that the next Comrades talk by Maretha Claasen will now take place on Tuesday, 25 April.



JUMPING KIDS

Dear friends,

I will be running the Two Oceans Marathon next weekend to raise funds and awareness for a charity called Jumping Kids. This charity gives children the gift of mobility by giving them prosthetic legs, and supporting them as they grow so that when those prostheses are too small, they provide them with new ones. These children deserve the right to play, walk, run and just be kids! Please see the link below with all the details of the charity – funds go directly into their bank account, and one can get a certificate for tax purposes. So if anyone has some spare change this month, any donation will be soooooo much appreciated!

<http://www.doit4charity.co.za/Lindie.Pretorius>

Thanks

Lindie Pretorius

PERSONALIA

Condolences to Marie van Dyk whose mother passed away last week.

Congratulations to everybody celebrating their birthdays during the week:

Magda	Wilcocks	11 Apr
Thuso	Thantsa	13 Apr
Michelle	Van Greuning	13 Apr
Hennie	Keen	14 Apr
Johan	Nel	14 Apr
Johan	Saayman	14 Apr
Maria	van Vuuren	15 Apr
Doris	Matibidi	16 Apr
Victor	Phetoe	16 Apr



MODERN
athlete

NOTICE BOARD

Monday 17 April

Lynnridge Mall Family day run/walk 21.56/10.76/6 km

Race Organisers: Run/Walk for Life

Venue: Lynnridge Mall, c/o Jacobson & Lynnwood Road, Pretoria East

	21.560 km	10.760 km	6 km
Entry-fee	R 80	R 60	R 40
Start Time	07:00		
Cut-off	?:00		

Manually operated wheelchairs allowed

Pre-entries at: Run-away Sport; The Runners Store Tramshed;

www.enteronline.co.za

Saturday 22 April

P'nP Soshanguve 21.1/10/5 km run/walk

Race Organisers: Morula Running Club

Venue: Giant Stadium, Buitekant Street, Soshanguve

	21.1 km	10 km	5 km
Pre entry-fee	R 70	R 50	R 30
Race day entry-fee	R 90	R 70	R 50
70+	R 30		
Start Time	06:30		06:45
Cut-off	04:30		

Goodie bags to the 1st 1000 pre entries on the 21.1 & 10km races

No wheelchair athletes

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Running Inn; Sweatshop Centurion; Sportmans Warehouse Kolonnade Centre; P'nP Soshanguve

www.entrytime.com

Monday 1 May MiWay Wally Hayward Marathon 42.2/21.1/10/4.9/1 km

Race Organisers: Alpha Centurion Runners/Walkers

Venue: Hoërskool Zwartkop, Mopani Road, Zwartkop

GPS: S 25 50'58.60 E 28 09'54.32

	42.2 km	21.1 km	10 km	4.9km	1 km
Entry fees	R 160	R 120	R 90	R 40	R 20
Entry fees 70+; blind & wheelchair athletes *race day only	Free	Free	Free		
Start time	06h30		06h45	07h00	09h00
Time Limit	05h30	03h30	02h00	None	

Wheelchair athletes welcome**No animals allowed**

Pre-entries at: Run-A-Way Sport; Running Inn; The Runners Store, The Randburg Runner;
Sweatshops – Southdowns, Dunkeld West, Fourways Crossing, Bedfordview;
Sportmanswarehouses – Centurion, Atterbury Value Mart, Fourways, Woodmead,
Roodepoort, Cresta

www.active.com

2017 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
CITY OF TSHWANE	10/21	29 Apr	X	X
JACKIE MEKLER	10/25	6 May	X	X
RACE FOR FRIENDSHIP	10/21	24 Jun	X	X
LONG WALK/RUN FOR FREEDOM	10/21	22 Jul	X	X
MARCEL VAN'T SLOT	15	19 Aug	X	X
ADDICTED TO LIFE	10/21	9 Sep	X	X
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

SA MASTERS

Local meetings

8 April 2017	Central Gauteng Championship	Germiston
12 Augustus 2017	Claude Sterley Memorial	Pilditch
? Sept/? October 2017	SWD	Oudtshoorn
11 November 2017	Free State	Bloemfontein
4, 5 & 6 May 2017	SA Masters Chamionships	Parow

African Masters Track & Field Championship

Cameroon 27 – 29 May 2017

International Masters Championships

18 – 25 March 2017 World Indoor Championship 2017 in Daegu, Korea

THOUGHT FOR THE WEEK

Sometimes you win, sometimes you learn.



Photo Corner



Ansie Breytenbach in action at the SA Marathon championships in Durban



Kiara Nizetich also took part in the Durban Marathon