

IRENE NEWS

10 December 2018

No 49 - 2018



EDITORIAL

This will be the last Irene News of 2018. The next issue will be sent out on 7 January 2019. The last official time trials will be held on Tuesday. The next official time trials will take place on 8 January when everything will be back to normal. Please take note that the office will be closed from 14 December until 7 January. The January social evening will take place on Tuesday, 15 January.

The management team want to make use of this opportunity to wish all our members a fantastic festive season. May you enjoy peace and happiness on Christmas day that will last a lifetime. If you are fortunate to go away, please drive carefully and come back safely.

ACHIEVEMENTS

Congratulations to the following members who were on the podium over the weekend:

Ansie Breytenbach	1 st Master lady – Skosana 10 km (48:05)
Elsa Meyer	1 st Lady walker – skosana 10 km (NTA)
Joey Cloete	1 st GM lady – Mandela 10 km (53:12)
Sandra Steenkamp	1 st Master lady – Mandela 21 km (1:44:25)
Elsa Meyer	1 st GGM lady – Mandela 21 km (2:16:12)

Well done to Dirk and Amanda Cloete who were the male and female winners of the 100 km Namib Desert Challenge.

PERSONAL ACHIEVEMENTS

Elsa Meyer is one of the nominees for the world masters athlete of the year.

Well done!

THIS WEEK'S DIARY

Monday: Strength training @17:30 – Club house

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

Christmas tree and Bring and Braai

Wednesday: Lights run @ 18:00 – Jan Cilliers Park, Groenkloof

Saturday:

No race

IRENE CHRISTMAS TREE

Our last time trials for the year will take place on Tuesday, 11 December. Let us enjoy the evening together and make it a memorable occasion.

Trene Christmas Tree Bring the kids to meet Santa! Bring your own meat. Salads and pap n' sous will be provided. Bring a present for your child, valued at not more than R50 Please mark it with their names, and Santa will hand it to them. 11th December at the clubhouse, after time trial. let's enjoy the bestivities of the binal time trial for 2078

LIGHTS RUN

Irene Christmas Lights Charity Run

Come and join us for some fun on the streets of Brooklyn and Run an Awesome short 6km to see the "Famous" Xmas Lights on Lawley street.

> Start and Finish at "Jan Cilliers Park" Broderick street, Groenkloof Date : Wed 12th December '18 Start time: 18h30

Water will be provided on route. Bring own drinks for afterwards.

> Kids are welcome Dress for the occasion

Please Bring a small toy or non perishable foods for charity

Contact: Mpho 0825746970 : Mike 0826520314

SKOSANA 5/10 KM RACE

Thank you to our members who turned out on Saturday to make it a very successful event. Irene was crowned one again as the best club (see the photo corner). The Irene spirit was excellent as always!

REGISTRATIONS FOR 2019

Registrations for 2019 started off with a bang! Make sure that you register before you go on leave to secure your moister management T-shirt.

Just go to our website <u>www.irenerunner.co.za</u> to download the form and to get all the required information with regards to the registration.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the holiday period:

Yolandi	Smit	11 Dec
Fanna	Njomo	12 Dec
Rynier	van der Watt	14 Dec
Ernest	Kenoshi	15 Dec
Shirley	Megannon	15 Dec
Rosemary	Brink	16 Dec
Gerald	Hartmann	16 Dec
Kobus	Faber	17 Dec
Lizelle	le Roux	17 Dec
Brett	Muir	18 Dec
Ansie	Breytenbach	19 Dec
Charnette	Van Rooyen	19 Dec
Mpute	Maake	20 Dec
Lourens	Van Aardt	20 Dec
Cindy	Van Deventer	20 Dec
Tiisetso	Malise	23 Dec
Thando	Myoli	23 Dec
Johan	Saayman	23 Dec
Marie	Viviers	23 Dec
Dirk	Cloete	24 Dec
Henk	Basson	26 Dec
Anton	De Klerk	26 Dec
John	Warmenhoven	26 Dec
Lean	du Plessis	27 Dec
Minky	Fourie	27 Dec
Rienta	Le Roux	27 Dec
Philip	Koornhof	29 Dec
Annatjie	Greyvenstein	31 Dec
Daleen	Labuschagne	31 Dec







Tel: 011 805 6316



Riana	Van den Berg	31 Dec
Louis	Visser	31 Dec
Majane	Matlala	01 Jan
John	Ellmore	02 Jan
Ntsako	Msomi	02 Jan
Hester	Swart	02 Dec
Naomie	De Beer	03 Jan
Annemarie	Breytenbach	06 Jan







NOTICE BOARD

Monday 31 December	24 th Old Year's Race 10/	/5 km
R	ace Organisers: Arcadia Running Club	
Venue: Rie	etondale Park, North Street, Rietondale	
	GPS: S 25.7316 E 28.2261	
	10 km	5 km
Pre-entry fee	10 km R 80	5 km R 50
Pre-entry fee Start Time		R 50

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-away Sport; Sweatshop Southdowns

www.enteronline.co.za

Monday 1 January

New Year's Race 11/5 km

Race Organisers: Run Walk for Life

Venue: Pretoria National Botanical Gardens, Cussonis Avenue, Silverton

	11 km	5 km
Pre-entry fee	R 80	R 50
Start Time	07:00	
Cut-off	02:00	

No pets

No iPods or listening devices are allowed

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

www.enteronline.co.za

Saturday 5 January

A4A Road Safety Run/Walk 21.1/10/5 km

Race Organisers: A4A Athletics Club

Venue: Centurion Lifestyle Centre, c/o Old Johannesburg Rd & Lenchen South

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 50
Start Time	06:30		06:45
Cut-off	??	??	

The race is wheelchair friendly

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns; Tshwane Running Shop

www.entrytime.com

Saturday 12 January

26th Eersterust Road Race 21.1/10/5 km

Race Organisers: Eersterust Athletics Club

Venue: Eersterust Sport Stadium c/o St Jospeh & Hans Coverdale West, Eersterust

GPS: S 25 42′54.12 E 28 18′25.79

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R 40
Start Time	06:00		06.15
Cut-off	03:00		

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-away Sport; Sweatshop Southdowns

www.enteronline.co.za

Masters Athletics Fixture list

South African Championships			
3/4 May 2019	Oudtshoorn		
Africa Champs			
December 2018	Africa Championships	Tunisia	
International Championships			
24-30 March 2019	WMA Indoor	Torun, Poland	
28/9-6/10 2019	30 th Summer Universiade	Naples, Italy	
20/7/2020 – 1/8/2020	World Masters athletics Champs	Toronto, Canada	

THOUGHT FOR THE WEEK

Life is not about the people who act true to your face, it's about the people who remain true behind your back.

PHOTO CORNER (Skosana Race)



Great fun to be part of Irene



Noel Banda and Bheki Khumalo



Isabel van der Schyff, new member and part of everything already



Mike Els, Annemarie Breytenbach and Derick van der Merwe



Tania Thompson and Dianne du Plessis



Melani Swart



Letha Kotze and Lynette Gough



Monte and Maryke Wessels are taking care of the "Cara-Fun" for the next few weeks



Elsa Meyer



Ansie Breytenbach



Annemarie Breytenbach receiving the trophies for the winning club