



IRENE NEWS

11 April 2016

No 15 - 2016



ACHIEVEMENTS

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

Susan Maree	1 st Master lady – 10 km
Elsa Meyer	1 st Lady walker

Congratulations!

No times given due to short routes.

The following members earned medals in their respective age categories at the CGA Masters Championships in Germiston on Saturday:

5000 Meter Walk:

Jaap Willemse	Silver
Lucia Willemse	Silver

Well done!

The following members also earned medals at Pilditch the previous week but the results were received late:

Liza Maritz	Gold – 800 meters and 1500 meters
Sandra Steenkamp	Gold 5000 meters walk
Joey Cloete	1 gold, 1 silver and 3 bronze in various field items

Congratulations!

Well done to Gerna Horak who completed the Tankwa Camino 256 km walk between Calvinia and Ceres

PERSONAL ACHIEVEMENTS

Estelle Jansen van Rensburg	- PB 10 km
Rita le Roux	- PB 10 km

Well done!



congratulations to the following members who have been selected for the AGN Masters team to participate in the SA Masters Championships to be held at Pilditch on 13 – 14 May

Joey Cloete
Annatjie Greyvenstein
Liza Maritz
Elsa Meyer
Ray Petterson
Sandra Steenkamp
Gerard van den Raad
Jaap Willemse
Lucia Willemse



Midstream - 012 940 9229

THIS WEEK'S DIARY

Monday:

Morning run from Rhapsody's – 04:30 – 12 km easy route

Tuesday:

Time trials at 17:30 - Club house

Wednesday:

Long run at 17:30 - Ridgebacks

Morning run from Rhapsody's - 04:30 – 15 km hilly route

Thursday:

Training session at 17:30 - Club house

Friday:

Morning run from Rhapsody's – 04:30 – 15 km easy route

Saturday:

Morula 5/10/21 at 06:30 – Shoshanguve

Loskop Marathon - Middelburg

Sunday:

Midrand Striders Comrades training 60 km

MODERN ATHLETE IRENE ULTRA

What a huge success! Compliments are steaming in from all over. The foundation is laid to ensure that this race is going to become one of the most popular races in the future. It also has the potential to grow to a very big race. There were about 3300 entries for the 3 distances with the majority by far on the 49 km. A great achievement for the first time indeed.

Thank you to each and every helper who worked so hard. You did us proud. You made the day! Thank you for your time and loyalty towards the club. We are indeed a great family and proud to be part of it.

There are obviously a number of points where we can improve on next year. Your feedback in this regard will be very welcome.

SOCIAL RESPONSIBILITY

Dear Irene Club members

Wow, you did it!! A record amount of 1435 easter eggs were collected! Thank you so much Irene! You are the best!

At Hasie in die Holte the 29 kids not only received Easter Eggs but also a toothbrush, toothpaste, soap and a wash cloth.



The rest of the Easter eggs were divided into 370 packets and distributed to the following places:

131 packets to Irene Homes

46 packets to Bramley Children's Home

150 packets to the Danville Retirement Village

43 packets to Kleinfontein



Thank you also to the members that have donated second hand clothing, shoes, baby clothes, baby strollers as well as toys. These have been distributed to the 40 families living in a radius of 10km from Kleinfontein.

Our winter project focussing on collecting blankets will soon be on its way!

Thank you again for putting a smile on someone's face by giving!

Warm wishes, Lindie

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Adriette	Dekker	11 Apr
Magda	Wilcocks	11 Apr
Alet	Fourie	13 Apr
Venita	Brown	14 Apr
Hennie	Keen	14 Apr
Johan	Nel	14 Apr
Johan	Saayman	14 Apr
Diederick	Steyn	14 Apr
Dalene	van Vuuren	15 Apr
Ester	Odendaal	16 Apr
Victor	Phetoe	16 Apr
Bill	Collatz	17 Apr



NOTICE BOARD

Saturday 16 April

Morula ½ marathon 21.1 / 10 / 5 km

Race Organisers: Morula Running Club

Venue: Giant Stadium, Buitekant Road, Soshanguve

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Race day entry fee	R 90	R 70	R 50
Entry fees 70 +	Free		
Start time	06h30		06h45
Time Limit	??h00		

No pets allowed

No wheelchair athletes

1st 500 pre-entries will receive a t-shirt

Pre-entries at: Run-Away Sport; Sweat Shop; Running Inn; P'nP Soshanguve

www.entrytime.com

Wednesday 27 April**FreedomRun 2 21.1 /12 / 5 km**

Race Organisers: Addicted to Life

Venue: Temba Satdium, Unit D, Temba

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees 60 +	R 40	R 30	
Entry fees – under 18	R 50	R 40	
Entry fees 80+	Free	Free	
Start time	07h00	07h15	07h30
Time Limit	When last athlete crosses the finish line		

Not suitable for wheelchair athletes**No animals allowed**

Pre-entries at: The Runners Store, P'nP Soshanguve

www.enteronline.co.za www.entrytime.co.za www.addictedtolife.co.za**Saturday 30 April****Solomon Mahlangu Race 21.1/10/5km**

Race Organisers: AGN

Venue: Moretele Park, Mamelodi

GPS: S 40 42' 46.021 E 74 0' 21.388

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Start time	05h45		06h15
Time Limit	03h00		

No animals allowed

Pre-entries at: Run-A-way Sports; Running Inn; Sweatshop Southdowns; The Runner's Shop

www.enteronline.co.za

Monday 2 May
42.2/21.1/10/4.9km

MiWay Wally Hayward Marathon

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

2016 AGN LEAGUE FIXTURE LIST				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			<i>RR</i>	<i>RW</i>
The Love Run	10/21	14 May	X	X
Race 4 Faith	10/15	4 Jun	X	X
Zwartkop	10/21	30 Jul	X	X
Wierie	10/21	13 Aug	X	X
Andrew Greyling	10/21	17 Sep	X	X
King Price Irene Farm	10/21	29 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

Masters Athletics Fixture list

13 and 14 May	SA Masters Championships	Pilditch
13 Augustus	Claude Sterley byeenkoms	Pilditch
? Oktober	SWD	Oudtshoorn
12 November	Vrystaat	Bloemfontein

THOUGHT FOR THE WEEK



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Photo Corner (Modern Athlete Irene Ultra)



The start of our first Ultra Marathon



The canon used to start our first Ultra with a bang



Runners in the mist



The outlay of the venue was excellent



Myrette Brink, winner of the half Marathon



The winners of the 8 km



The medal tables



Rulf Nkhi, winner of the Ultra



The first lady to finish, Charné Bosman



Caroline Wostmann, second lady



Piet Phalahadi, the first Irene member to finish



Supporter waiting for their loved ones



A real farm atmosphere was created



Prize giving for the ladies. Caroline Wostmann, Charné Bosman and Yolande Maclean



The sub 6 hour bus about to finish



Fun at a water point



More fun





Admiration for the Comrades champion



Susan Maree at the prize giving on Saturday



Gerna Horak on the road from Calvinia to Ceres