



IRENE NEWS

11 February 2019

No 6 - 2019



ACHIEVEMENTS

Congratulations to the following members who were on the podium at Bronkhorstspuit:

| | |
|-----------------------|--|
| Mike du Bruto | 1 st GGM – 10 km (47:09) |
| Jacquie van der Waals | 2 nd Lady – 10 km (40:28) |
| Annatjie Greyvenstein | 1 st GGM lady – 10 km (58:28) |

PERSONAL ACHIEVEMENTS

| | |
|------------------|------------|
| Tebogo Tselangoe | PB – 21 km |
| Bridget Mohlala | PB – 32 km |
| Luzaan van Zyl | PB – 10 km |
| Ann Crouse | PB – 10 km |

Well done!

Please let us know about your personal achievements i.e. personal best times, first race in a certain distance etc. Don't be shy!

THIS WEEK'S DIARY

Monday:

Strength training @17:30 – Club house

Tuesday:

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

Saturday:

Tuks 1/5/10/21/42 @ 05:30 – Hillcrest Sports Campus

Sunday:

Club run @ 06:00 – Club house – All welcome, your distance, your pace.

FROM THE WALKERS CAPTAIN

Our walkers go from strength to strength! Our three new walkers participated on the track for the first time on Saturday at the AGN track & Field meeting with excellent results. They all

did the 5000 meters. Ilse Merrick finished in an excellent time, Estien van Wyngaard qualified for AGN colours and Ansie Breytenbach finished within the required time for National colours.

Well done ladies, you made us proud!

Danie Labuschagne.

COMRADES GREEN NUMBER PANEL

A panel consisting of members who have permanent Comrades numbers will be at the club house (in the lapa) after the time trials on Tuesday evening. This is an excellent opportunity, especially for the novices, to ask your questions that you need answers for.

Please make use of this opportunity to prepare yourself better for the big C.

SHOE TEST

Make use of this opportunity on Tuesday evening and run your time trial with these shoes!



Run on clouds.

the sweat shop

**Testing Zone @
Irene Running Club**

DATE
12 FEBRUARY 2019

VENUE
ARC IRENE CAMPUS, CENTURION

STARTS AT 17:30PM | 4KM & 8KM RUN

JOINTEze™

MODERN
athlete

LEAGUE RESULTS – GEORGE CLAASSEN RACE

Thank you to all our members who participated in this league race, we started off with a bang!

In the general league we are in 5th position, an excellent position considering the handicap system.

Our ladies did us proud and are on top of the super league. With such a start there is no reason why they cannot stay there and bring the trophy home at the end of the year.

Our men were absent on the day and could only manage 25th position on the super league. A better performance at the next league race will make a huge difference.

Our walkers had a brilliant day! With 30 walkers who finished on the day, we are now leading all three divisions of the walkers league, first time ever that this has happened. Well done to all of you, the challenge is to keep it there.

Congratulations to the following members who earned super league points on the day:

| Overall position | Name | Age | Tme | Points |
|------------------|------|-----|-----|--------|
|------------------|------|-----|-----|--------|

Women 10 km

| | | | | |
|-----|-----------------------|----|---------|-----|
| 39 | JACQUIE VAN DER WAALS | 44 | 0:42:30 | 47 |
| 62 | SUNET EYBERS | 45 | 0:45:07 | 44 |
| 167 | HELEEN DE BRUIN | 40 | 0:52:09 | 32 |
| 227 | JOEY CLOETE | 62 | 0:55:48 | 27 |
| 317 | RENETTE PRINSLOO | 46 | 0:58:52 | 10 |
| 326 | ANJA VLOK | 40 | 0:59:06 | 8,5 |

Woman 21 km

| | | | | |
|-----|--------------------|----|---------|----|
| 108 | LOUISA SPANGENBERG | 28 | 1:43:51 | 47 |
| 179 | ANSIE BREYTENBACH | 54 | 1:48:30 | 43 |
| 250 | HESTHA CONRADIE | 51 | 1:52:09 | 40 |
| 275 | ROSEMARY BRINK | 40 | 1:53:36 | 39 |
| 333 | JOAN VAN WYNGAARD | 42 | 1:56:38 | 33 |
| 375 | AMANDA CLOETE | 34 | 1:57:49 | 32 |
| 506 | RINALDI BOTES | 45 | 2:02:43 | 19 |
| 596 | RIALETTE KLOPPER | 43 | 2:05:55 | 11 |
| 684 | ZOE SCHOLTZ | 38 | 2:09:21 | 1 |

Men 10 km

| | | | | |
|----|-------------------|----|---------|----|
| 46 | NELIUS VAN ROOYEN | 31 | 0:43:22 | 21 |
|----|-------------------|----|---------|----|

Men 21 km

| | | | | |
|----|------------|----|---------|---|
| 67 | NOEL BANDA | 53 | 1:39:37 | 8 |
|----|------------|----|---------|---|



NAMIBIA TOUR

Save the date for this epic tour to Namibia: 2 – 9 October

EPIC BUS TRIP **THROUGH THE DESERT**

As part of our 25th birthday celebration, we are planning a bus trip to Namibia, to take part in the awesome

HANGANA HAKE **RUN**

10, 21 or 42km
on the 5th of
October
2019



MORE DETAILS TO FOLLOW
WATCH THIS SPACE



IRENE APP

If you haven't downloaded the new Irene App, do so now. Only paid-up Irene members will be accepted.

IRENE AC

NOW HAS ITS OWN APP



Your Team. Your App.

Download our awesome new app now and stay up to date with all the latest information!

Install the Irene AC App on your smartphone or tablet now!

Follow these steps:

1. Download Team App from the Apple or Google Play app store.



2. Sign up to Team App. You will be sent an email to confirm your registration.
3. Log into the App and search for "Irene AC".
4. Choose your applicable access group(s).
5. If you don't have a smartphone go to ireneac.teamapp.com to sign up and view this App online.



Need help?

Email: info@irenerunner.co.za

teamapp.com

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

| | | |
|----------|--------------|--------|
| Corné | Du toit | 11 Feb |
| André | Fourie | 11 Feb |
| Mike | Gibbons | 12 Feb |
| Danny | Calaca | 13 Feb |
| Giel | Laubscher | 14 Feb |
| Ilse | Merrick | 14 Feb |
| Rita | Jordaan | 15 Feb |
| Brighton | Mabasa | 15 Feb |
| Wouter | Van der Bijl | 16 Feb |
| Sharleen | Atkins | 17 Feb |
| Riaan | Cloete | 17 Feb |



Website: www.csi-euf.co.za

Tel: 011 805 6316

NEW MEMBERS

Welcome to the following new members:



Anneri le Roux



Esthea le Roux



Jaimie Moodley



Neil Thompson



Tarryn Thompson



Sarah Carmichael



Sidwell Mabuya

NOTICE BOARD

Saturday 16 February

Bestmed Tuks Race 42.2/21.1/10/5/1 km

Race Organisers: Tuks Sport

Venue: Hillcrest Sports Campus, Burnett Street, Hatfield

GPS: S 25 44'58" E 28 14'47"

| | 42.1 km | 21.1 km | 10 km | 5km | 1 km |
|--------------------------------|---------|---------|------------------------------|-------|-------|
| Entry fee | R 200 | R 150 | R 100 | R 50 | R 30 |
| Entry fee 60 - 79 | R 100 | R 75 | R 50 | | |
| Entry fee 80+ / blind athletes | Free | | | | |
| Start Time | 05:30 | 06:00 | 06:30 Wheelchair 06:20 | 06:40 | 08:00 |
| Cut-off time | 05:30 | 03:00 | | | |

42.2km race is a pre-entry race only and limited to 4000

No Pets

Only the 10km race is wheelchair friendly

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld West, Fourways
Crossing; Tshwane Running Shop; UP Hatfield Campus www.entrytime.com



We offer professional quantity surveying services

Giel Cillié (PrQS)

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[WEBSITE](#) | [ABOUT US](#) | [Connect with Giel](#) 

**Sunday 24 February
(Pretoria Marathon)**

The Deloitte Challenge 42.2/21.1/10 km

Race Organisers: Phobians Athletics Club

Venue: Pretoria High School Old Boys Club, Hofmeyr Park, Queens Crescent, Lynnwood

| | 42.2 km | 21.1 km | 10 km |
|---|---------|---------|-------|
| Entry fee | R 200 | R 140 | R 90 |
| Entry fee 70+ (attach copy of ID to entry form) | Free | | |
| Start Time | 06:00 | | 06:15 |
| Cut-off | 05:30 | | |

42.2/21.1km entries open until 23 February – no race day entries

1st 4 500 pre-entries receive a free t-shirt

No Pets

Wheelchair athletes only recommended on 10km but are allowed on longer distances but will need assistance over animal grids

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld, Bedfordview

www.entrytime.com

Saturday 2 March

Medihelp Sunrise Monster 32/21.1/10/5 km

Race Organisers: Harlequin Harriers

Venue: Harlequin Club, Totius Street, Groenkloof

GPS: S 25'46.122 E 28'13.031

| | 32km | 21.1km | 10 km | 5 km |
|----------------|-------|--------|--------|-------|
| Pre-entry fee | R 160 | R 150 | R 100 | R 50 |
| Entry fees 60+ | R 80 | R 70 | R 50 | R 40 |
| Start Time | 06:03 | | 06:30 | 06:45 |
| Time Limit | 04h30 | 03h30 | 02h300 | |

Route not suitable for wheelchair athletes

Pre-entries: Run-A-Way Sports, Sweatshop Dunkeld, Bedfordview & Southdowns;
Natural Runner

| 2019 AGN LEAGUE FIXTURE LIST | | | | |
|-------------------------------------|-----------------|-------------|---------------|-----------|
| EVENT | DISTANCE | DATE | LEAGUE | |
| | | | RR | RW |
| Kolonnade Road Race | 21.1/10 km | 30/03/19 | X | X |
| Run Against Drugs | 21.1/10 km | 13/04/19 | X | X |
| 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

| | | |
|--------------------|------------|--------------------|
| ? March 2019 | KZN | Kings Park Stadium |
| 29/30 March 2019 | PE | Westbourne Oval |
| 29/30 March | GNMA | Pilditch |
| 5/6 April 2019 | WP | Cape Town |
| 13 April 2019 | CGMA | Herman Immelman |
| 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 th Summer Universiade | Naples, Italy |
| 20/7/2020 – 1/8/2020 | World Masters Athletics Champs | Toronto, Canada |

THOUGHT FOR THE WEEK

When you feel like quitting, think about why you started.

PHOTO CORNER



The talk by Bruce Fordyce on Tuesday evening was a huge success and thoroughly enjoyed by all who attended



Ready for action at Bronkhorstspuit. Joan van Wyngaard, Riaan Prinsloo, Rosemary Brink, Kobus van As and Zoë Scholtz



Candice van der Spuy and Vanessa Botha at the Bronkhorstspuit race



Hestha Conradie



Mthokozisi Mambi



André Fourie



Paul Nel and Bernita Bornmann



Mmakgabo Diangoane



MC du Toit



Jan van Wyk, Joan van Wyngaard and Rosemary Brink



Nhlanhla Makanya



Michelle Lubbe, Helandie Calaca and Wessel Oosthuizen



Heinrich Beukman and Corné Johnston



Gerhard Koekemoer



Lezanne Grove



Hendrik Steynberg



Irene Athletes lining up at for the 5000m walk at the AGN meeting at LC de Villiers