



# IRENE NEWS

12 February 2018

No 6 - 2018



## ACHIEVEMENTS

The following members were on the podium at the Bronkhorstspuit Race on Saturday:

Rosemary Brink	3 <sup>rd</sup> Vet lady – 32 km (2:52:06)
Iain McFadyen (social member)	1 <sup>st</sup> GGM – 32 km (3:21:41)
Elsa Meyer	1 <sup>st</sup> GGM lady – 10 km (61:00)

Congratulations!

## PERSONAL ACHIEVEMENTS

Tania Thompson	PB 21 km
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Well done!

### Tuesday:

Time trials at 17:30 - Club house

### Wednesday:

Spar Lantern Race at 19:00 (Irene members are not allowed to participate)

### Saturday:

Bestmed Tuks 1/5/10/21/42 at 05:30 – UP Sports Campus

## LANTERN RACE

Thank you to 250 of our members who will be on duty at our race on Wednesday evening. Once again the response from our members was excellent. We can now look forward to a great event.

**We can still do with 25 more helpers on the “splitting” of the athletes.**

All the instructions will be sent out on Monday

All the helpers are requested to wear a headlamp or some light to contribute towards the romantic atmosphere



# JOINT Eze™

## **42 KM CLUB CHAMPIONSHIPS**

Just a reminder that the Bestmed Tuks 42 km will serve as the 2018 club Marathon championships.

## **SUBSTITUTIONS**

Members are requested to let us know if they entered for races like Two Oceans, Om die Dam and Comrades but are unable to participate. We have waiting lists of members who want to take over your entries.

Some of our members are also looking for Loskop numbers as well as Skukuza entries.

## **IRENE TRIPLE CHALLENGE**

Members are invited to enter for the Irene Triple Challenge. The entry fee for non-members is R480 this year but Irene members will only pay R180. To complete the Triple Challenge you will have to work at the Spar Irene Lantern Race, the Clover Irene Spring Race and the King Price Irene Farm Race. You also have to do the helpers runs of the three races.

Entries close on 14 February. Please find the entry form attached.

## **SOCIAL EVENING**

Thank you to Joy Nicholl and her team for a well organised social evening last Tuesday. Despite the weather it was well attended and enjoyed by all.

## **PERSONALIA**

Ben Taljaard will have surgery done to his back on Tuesday. We wish him a speedy recovery.

Congratulations to everybody celebrating their birthdays during the week:

Michael	Gibbons	12 Feb
Hannah	Pheiffer	12 Feb
Danny	Calaca	13 Feb
Mosimanegape	Moleme	13 Feb
Trudie	Botha	13 Feb
Walter	Strydom	13 Feb
Jacques	du Preez	14 Feb
Giel	Laubscher	14 Feb
Marion	Burgess	15 Feb
Rita	Jordaan	15 Feb
Ntombi	Masinga	15 Feb
Sharleen	Atkins	17 Feb
Mfundo	Hadebe	18 Feb
Joseph	Moagi	18 Feb
Linley	September	18 Feb



**Saturday 17 February****Bestmed Tuks Race 42.2/21.1/10/5/1 km**

Race Organisers: Tuks Athletics

Venue: UP 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 150	R 100	R 80	R 50	R 40
Start Time	05:30	06:00	06:30 Wheelchair 06:20	06:40	08:00
Cut-off	05:30	03:00			

**42.2km race is a pre-entry race only and limited to 4000 runners****1<sup>st</sup> 2 500 pre-entries receive a free t-shirt for 10/21.1 & 42.2km****No Pets      Wheelchair athletes allowed on the 10km**

Pre-entries at: Run-away Sport; Sweatshop Dunkeld, Fourways, Centurion

[www.entrytime.com](http://www.entrytime.com)**Sunday 25 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 190	R 130	R 80
Start Time	06:00		06:15
Cut-off	05:30		

**42.2/21.1km entries open until 24 February – no race day entries****1<sup>st</sup> 5 000 pre-entries receive a free t-shirt****No Pets - Wheelchair athletes allowed**

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

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

**Saturday 3 March****Medihelp Sunrise Monster 32/10/5 km**

Race Organisers: Harlequin Harriers

Venue: Harlequin Club, Totius Road, Groenkloof

GPS: S 25 40.122 E 28 13.031

	32 km	10 km	5 km
Entry fee	R 110	R 80	R 40
Entry fee 60+	R 60	R 40	R 30
Race day entry (excluding 60+)	R 130	R 90	R 50
Race day & race eve entries (70+ / 80+)	Free		
Start Time	06:03	06:30	06:45
Cut-off	04:30	02:00	

**T-shirts to all finishers, while stocks last, sizes are not guaranteed****No Pets      Wheelchair athletes allowed** [www.entrytime.co.za](http://www.entrytime.co.za)

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Natuaral Runner Centurion

***2018 AGN LEAGUE FIXTURE LIST***

<b><i>EVENT</i></b>	<b><i>DISTANCE</i></b>	<b><i>DATE</i></b>	<b><i>LEAGUE</i></b>	
			<b><i>RR</i></b>	<b><i>RW</i></b>
Denel Road Race	21.1/10 km	24/03	X	X
Morula Half Marathon	21.1/10 km	21/04	X	X
Race of Hope	21.1/10 km	19/05	X	X
Riana van Niekerk Run/Walk for Bibles	21.1/10 km	30/06	X	X
Ice Breaker	21.1/10 km	07/07	X	X
SMU Half Marathon	21.1/10 km	28/08	X	X
Clover Irene Spring Race	21.1/10 km	29/09	X	X
CSIR Road Race	21.1/10 km	21/10	X	X
Tom Jenkins	21.1/10 km	17/11	X	X

## **Masters Athletics Fixture list**

- **Local meetings**

23/24 Feb 2018	KZN Snr & masters Champs	Pietermaritzburg.
2-3 March 2018	PE	Westbourne Oval, PE,
<b>23/24 March 2018</b>	<b>GNMA (throws &amp; Track &amp; Field)</b>	<b>Pilditch, Pretoria</b>
7 April 2018	CGMA	Herman Immelman,
13/14 April 2018	WP	Parow
26 – 28 April	SA Masters Championships	Bloemfontein
4 Augustus 2018	FSMA Throws and jumps	Pelliespark, UFS
11 Augustus 2018	Mpumalanga	Secunda
27 October 2018	SWD	Oudtshoorn
10 November 2018	Free State	Bloemfontein



### ***THOUGHT FOR THE WEEK***

**The voice inside your head that says you can't do this is a liar.**



### Photo Corner (Bronkhorstspuit)



Musa Nkosi



Melanie Swart





Gerhard Koekemoer



Blanche van Vuuren





Yvonne van Wyk, Chris Marlin and Handri Kymdell



Vicky du Toit, Charleen Atkins and Johan Engelbrecht





Nicky Prinsloo



Maureen Mossop and Rialette Pretorius





Bernita Bornmann



Johan van Vuuren





Daleen Labuschagne



Vicki du Toit





Dave Roux



As always it was a big job to clean all the lanterns for Wednesday's race





Marie Viviers and Hanlie Lundie doing it with a smile



Everybody hard at work





Bertha and Gerard ensured that there was something to eat and drink



Thank you to a great team for their time and hard work





Candice van der Spuy announcing the winner of the chilli eat competition at Tuesday's social: Chantelle Botha!