



IRENE NEWS

12 March 2018

No 10 - 2018



ACHIEVEMENTS

The following members were on the podium over the weekend:

Joey Cloete 1st GM – Bobbies 10 km (53:39)

Samuel Molefe 1st Vet – Edenvale 42 km (2:50:09)

Congratulations!

PERSONAL ACHIEVEMENTS

Ronél le Roux PB – 10 km

Tuesday:

Time trials at 17:30 – Club house

Saturday:

Budget Insurance 5/10/21 at 06:00 – Kolonnade
Om die Dam 10/21/50 at 06:00 - Hartbeespoort

JOINTEZE IRENE ULTRA 8 APRIL

The JointEze Irene Ultra powered by Modern Athlete is the next race that Irene Athletics Club will be hosting. It is the third time that the race will be presented and already it is becoming become one of the most popular Comrades qualifiers. All indications are that there is going to be a big field this year.

The race is presenting a number of challenges to us. The route is an out and back down to Fountains Valley going through Irene and Doringkloof. Apart from the normal helpers at the entries, medals, start/finish and traffic marshals, we also require at least 90 route marshals and will have to man 14 water points. The race will start at 05:30 and the cut-off will be at 11:30.

We cannot present the race without the assistance of our members. We need you the make the race a huge success once again. Please let me know if you can help and where you prefer to assist.

Businesses are also invited to man the water points. It will be free of charge. This is an ideal opportunity to make yourself visible in your community. It can also be a team building exercise.

We will give our members the opportunity to run the Ultra (not the 21 km) on condition that they provide a non-club member to work on the day. It can be a family member or friend.

Please reply to this email to become part of the event.

JOINT*Eze* IRENE ULTRA

POWERED BY *MODERN athlete*

> #THEQUALIFIER <

5km 21km 48km

**ARC IRENE
CAMPUS
8 APRIL 2018**

FREE QUALITY T-SHIRT TO ALL 48 KM ENTRANTS

ULTRA MARATHON ENTRIES LIMITED TO 4000

FREE RACE PHOTO FOR ALL RUNNERS

IDEAL SEEDING OPPORTUNITY.
QUALIFYING TIME IS 6 HOURS, THE SAME AS FOR 50KM, BUT WITH 2KM LESS TO RUN. MAT TO MAT TIMING.



DISTANCE	START	PRIZE-GIVING
48km	05:30am	11:30pm
21.1 km	05:30am	08:30am
5km fun run	06:00am	08:00am

**> 082 951 2581
INFO@IRENERUNNERCO.ZA <**

JOINT*Eze*

#STAY IN THE GAME <

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Anthony	Cox	12 Mar
Chris	Marlin	12 Mar
Mathews	Maponopono	13 Mar
Yolanda	Meintjes	13 Mar
Jayson	Buyskes	14 Mar
Eric	Croeser	15 Mar
Elisma	Jooste	15 Mar
Jaco	de Bruin	16 Mar
Ansu	Laubscher	16 Mar
Riaan	Lourens	16 Mar
Bongani	Mthetwa	16 Mar
Sandile	Ngwenya	16 Mar
Cornelius	Rautenbach	16 Mar
Mthokozisi	Mambi	17 Mar
Precious	Hlabisa	18 Mar
Steve	Sackett	18 Mar



JOINTEze™

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Saturday 17 March

Budget Insurance Road Race 21.1/10/5 km

Race Organisers: Overkruin Athletics Club

Venue: Kolonnade Shopping Centre, Sefako Makgatho Drive, Sinoville

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 40
Race day entry (Grandmasters)	Free (proof of age required)		
Start Time	06:00		06:15
Cut-off	03:00	02:00	

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Info Desk Kolonnade Centre;
Tshwane Running Shop

www.entrytime.co.za

Wednesday 21 March**Right to Run/Walk 21.1/10/5 km**

Race Organisers: Arcadia Running Club

Venue: Sunnypark Shopping Centre

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R 50
Start Time	07:00	07:00	07:00
Cut-off	03:00		

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Sports Scene Sunnypark; Cross Trainer Sunnypark; Tshwane Running Shop

www.enteronline.co.za**Saturday 24 March****Denel 21.1/10/5 km LEAGUE RACE**

Race Organisers: Denel Athletics Club

Venue: Denel Irene Campus

	21.1 km	10 km	5 km
Entry fee	R 80	R 60	R 30
Entry fee 60+	R 30	R 30	R 30
Entry fee blind athletes	Free		
Start Time	06:00	06:00	06:15
Cut-off	03:00		

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Natural Runner Bylsbridge

www.enteronline.co.za

Sunday 8 April

Modern Athlete Irene Ultra 48/21.1/5 km

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Nelmapius Dr, Irene (Opposite Denel)

GPS: S 25 89'71" E 28 18'87"

	48 km	21.1 km	5 km
Entry fee	R 320	R 100	R 50
Entry fee 60 - 69	R200	R 50	R 30
Entry fee 70+	Free		
Start Time	05:30		06:00
Cut-off	06:00	03:30	

Free t-shirt to all 48km entrants

Ultra-marathon entries limited to 4 000

5km is wheelchair friendly

No pets

No iPods or listening devices are allowed

48 km & 21 km Pre-entry only at www.championchip.co.za

2018 AGN LEAGUE FIXTURE LIST

<i>EVENT</i>	<i>DISTANCE</i>	<i>DATE</i>	<i>LEAGUE</i>	
			<i>RR</i>	<i>RW</i>
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 March 2018	GNMA (throws & Track & Field)	Pilditch, Pretoria
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



PHOTO CORNER



Riaan Prinsloo and Kobus van As in action at the time trials



Hesta van den Heever



Freya Finbow



The time trials will always be something special



Corné Johnstone



Dudley Peacock



Many of our members shared in the fun at the social evening last Tuesday



Daléne van Vuuren and her daughter Nerisse Kooiman hanging out



Joy Nicholl with the mother and daughter



Giel and Ansu Laubscher



As always, the food was excellent



It was good to see Werner Zandberg and his sister Michelle



Dean and Maggie van Rooyen



Willem Botha and his family



Jan van Vuuren and Phineas Mojapelo



Neels Grobbelaar and John Hoffman at the Buco Bobbies race



Ronél le Roux did a PB on Saturday



Nadia Liebenberg and Tony Gomes



Mthokozisi Mambi, Ben Taljaard, Ansie Breytenbach and Joey Cloete



The backyard of our German member Holger Hedelt, two weeks ago. Not ideal training weather