



# ***IRENE NEWS***

*13 April 2015*

*No 15 - 2015*



## ***ACHIEVEMENTS***

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

Jacquie van der Waals	1 <sup>st</sup> Vet lady & 2 <sup>nd</sup> lady – 10 km
Lyn de Bruin	1 <sup>st</sup> GM lady – 10 km
Victor Phetoe	1 <sup>st</sup> Master – 10 km

Congratulations!

No times given because the 10 km route was about 800 meters short.

The following members won medals in their different age categories at the Central Gauteng Masters Athletics Championships held in Germiston on Saturday:

Ansie Breytenbach	Gold 5000 m, 1500 m and 800 m
Gerard van den Raad	Gold 5000 m walk,
Ray Patterson	Gold 5000 m walk
Fanie Venter	Silver 5000 m walk
Jaap Willemse	Bronze 5000 m walk
Elsa Meyer	Gold 5000 m walk,
Annatjie Greyvenstein	Gold 5000 m walk
Joey Cloete	Gold discus, shot put, Greek discus, and weight throw
Wynand Breytenbach	Silver Greek discus and 1500 m walk

Congratulations to all of you.

## ***PERSONAL ACHIEVEMENTS***

Renate Louw	PB – 21 km
Chantel van der Walt	PB – 10 km
Cassie Calaca	1 <sup>st</sup> 21 km
Teresia Stander	1 <sup>st</sup> 21 km
Landie Calaca	1 <sup>st</sup> 21 km
Michelle Lubbe	1 <sup>st</sup> 56 km

Well done!

### ***IRENE ATHLETICS CLUB FACEBOOK***

Don't forget to like us on Facebook. Click on the link below.



### ***IRENE WEBSITE***

There are more than 300 photos taken at 2015 races on our website. Visit our site at [www.irenerunner.co.za](http://www.irenerunner.co.za) to have a look.

### ***RED IRENE T-SHIRTS***

The red Irene T-shirts that a number of our members ordered will be available on Tuesday evening at the club house.

### ***SURVEY***

#### **Help us understand migraine**

Anyone is welcome to participate in this study if they:

- Live in Gauteng
- Are legally an adult
- Are  $\geq 18$  years old

**You don't have to suffer from any headaches to participate.**

To participate, simply:

- Find the survey link via Facebook: <https://www.facebook.com/migrainephd>

OR

- Send an email to [govenco@unisa.ac.za](mailto:govenco@unisa.ac.za) with the subject "Migraine PhD survey" and the link will be sent to you

OR

- Type this into your browser <http://tinyurl.com/pnrpzmm> and hit enter to go to the survey

**Feel free to pass this message along to other Gautengers!**

For more information, e-mail: [govenco@unisa.ac.za](mailto:govenco@unisa.ac.za)

Thank you, Jacqueline Harvey

## ***LOSKOP GAZEBO***

As in the past only the blue dome gazebo will be put up at the finish of the Loskop race. Don't look out for the caravan or green Irene gazebos. You won't find it.

Thank you to Len Bakker who will put it up on Friday. We need someone to bring it back after the race please!

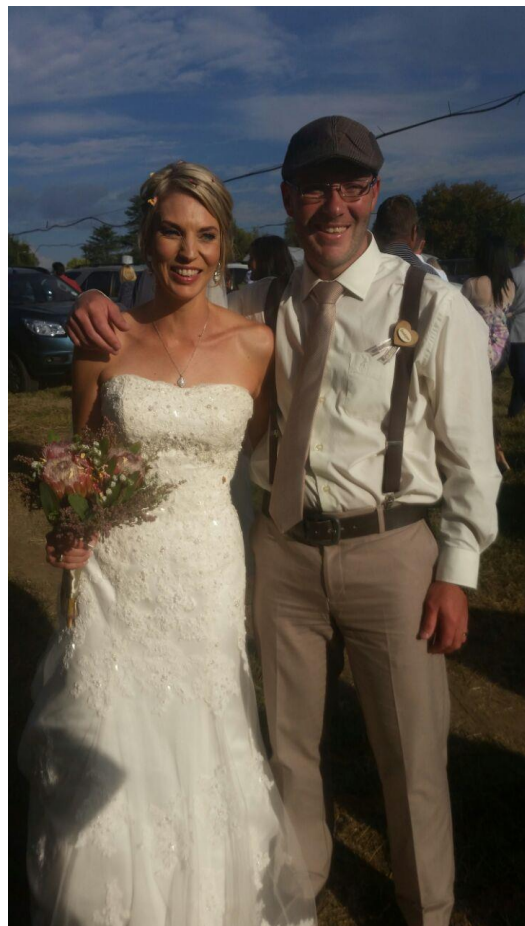


## ***PERSONALIA***

Congratulations to Diederick Steyn and Dorette Muller who got married on Saturday. We wish them a wonderful life together.

Congratulations to everybody celebrating their birthdays during the week.

Lea	van Wyk	13-Apr
Hennie	Keen	14-Apr
Tsungai	Mkumbuzi	14-Apr
Paul	Prinsloo	14-Apr
Johan	Saayman	14-Apr
Diederick	Steyn	14-Apr
Venita	Brown	15-Apr
Doris	Matibidi	16-Apr
Ester	Odendaal	16-Apr
Victor	Phetoe	16-Apr
Marinus	van der Merwe	16-Apr
Bill	Collatz	17-Apr
Mervin	Pottinger	17-Apr
Johan	van der Werff	17-Apr
Stephen	Albertyn	18-Apr
Pieter	White	18-Apr
Sandra	Trentham	19-Apr



### **WEDNESDAY LONG RUN**

Please take note that the Wednesday long run will start at Ridgebacks, cnr Jean Ave and South Street from this week. Starting time 17:30. Everybody is welcome.

### **NOTICE BOARD**

Saturday 18 April

Morula Run/Walk 5/10/21.1 km

Race Organisers: Morula Running Club

Venue: Giant Stadium, Soshanguve

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees 70+	Free		
Start time	06h00		06h15
Time Limit	??		

**Free t-shirts to the 1<sup>st</sup> 500 pre-entries**

**No wheelchairs allowed**

Pre-entries at: Run-A-Way Sport; Sweatshop Southdowns; Running Inn; Soshanguve P'nP

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

### **League race**

Saturday 25 April

Solomon Mahlangu Race 21.1/10/5 km

Race Organisers: AGN

Moretele Park, Mamelodi

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees 60+	R 30	R 30	
Start time	06h00		06h15
Time Limit	03 hrs		

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

[www.enteronline.co.za](http://www.enteronline.co.za)

Monday 27 April

Addicted to Life Freedom Run 21.1/10/5 km

Race Organisers: Addicted to Life

Venue: Temba Stadium, Unit D, Temba, Pretoria

GPS: S 25 22'42.5" E 28 14'58.1"

	21.1 km	10 km	5 km
Entry fees (16/03 – 20/04)	R 70	R 50	R 30
Late entry fees (21 – 27/04)	R 80	R 70	R 30
Entry fees 60 - 79	R 40	R 35	R 30
Entry fees 80+	Free		R 30
Start time	07h00	07h15	07h30
Time Limit	03h00		

**No wheelchairs allowed**

Pre-entries at: Running Inn; The Runners Store; Pick 'n Pay Soshanguve

[www.webtickets.co.za](http://www.webtickets.co.za)

Friday 1 May

Rockets Wally Hayward Marathon 42.2/21.1/10/5/1 km

Race Organisers: Alpha Centurion Runners/Walkers

Venue: Hoërskool Zwartkop, Mopani Road, Zwartkop, Centurion

GPS: S 25 50'58.60" E 28 09' 54.32"

	42.2km	21.1km	10 km	5 km	1 km
Pre-entry fee	R 110	R 80	R 60	R 30	R 10
Entry fees – race day	R 130	R 100	R 70		
GGM & GGGM (race day only)	Free				
Jardine Joggers	Free				
Start Time	06:30		06:45	07:00	07h30
Time Limit	05h:30	03h30	2h00		

Pre-entries: Run-A-Way Sports, Running Inn Pretoria, Sweatshop Dunkeld & Southdowns, Sportsmans Warehouse Centurion, Atterbury Value Mart, Kolonade, Fourways, Woodmead, Boksburg, Roodepoort, Cresta' Randburg Runner; Rockets Sport Shop

Enter on line: [www.entrytime.com](http://www.entrytime.com)

<b>2015 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
Mamelodi	10 km	25/04/15	X	X
Great Run Series II	10 km	30/05/15	X	X
Race Against Drugs	10 km	13/06/15	X	X
Mooikloof Realtors Winter Road Race	10 km	18/07/15	X	X
A4A Women's Rights Run/Walk	10 km	08/08/15	X	X
Value Log Ou Voetpad		12/09/15	X	X
Capital Classic		10/10/15	X	X
Muller Potgieter		28/11/15	X	X

### **Masters Athletics Fixture list**

#### **Local meetings**

18 July 2015 Claude Sterley meeting – Pilditch - **only if sponsored**  
 16 October 2015 Rassiebyeenkoms – Bronkhorstpruit  
 31 October 2015 SWD Champs – Oudtshoorn  
 14 November 2015 Vrystaat Champs - Bloemfontein

You are regularly informed about league meetings, please support these meetings. Results are taken into consideration when choosing the GN team for SA's

#### **SA Masters Championships**

15/16 May 2015 Nelson Mandela Metropolitan University – Port Elizabeth

#### **International Championships**

4 – 16 August 2015 WMA Championships, Lyon, France

<http://www.lyon2015.com>

26 Oct – 6 November 2016 MA Championships, Perth, Australia  
<http://www.perth2016.com>

**THOUGHT FOR THE WEEK**

A NEGATIVE  
MIND WILL  
NEVER  
GIVE YOU A  
POSITIVE LIFE





**Photo Corner (Action from the Masters Championships in Germiston)**



















**A proud Renate Louw after doing a 21 PB on Saturday**