



IRENE NEWS

13 March 2017

No 10 - 2017



ACHIEVEMENTS

The following members were on the podium at the Bobbies race on Sunday:

Ansie Breytenbach	1 st Master lady - 21 km (1:37:43)
Joan van Wyngaard	1 st Vet lady – 21 km (1:45:07)
Joey Cloete	1 st GM lady – 10 km (54:06)
Johan Nel	1 st GM – Kosmos 42 km, 3 rd GM Kosmos 21 km
	1 st GM Kosmos 10 km

Congratulations!

PERSONAL ACHIEVEMENTS

Heleen de Bruin	PB – 10 km
Sandi Cloete	PB – 10 km

Well done!

Congratulations to Dawie Roodt and Heiko Weidhase who completed the Baikal Ice Marathon on Tuesday. They had a great experience and kept the Irene name high! See photos in the photo corner.

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:30 at the club house

Saturday:

Budget Kolonnade 10/21 at 06:00 – Kolonnade

Om die Dam 10/21/50 at 06:00 - Hartbeespoort



WEIGHT LOSS COMPETITION

Congratulations to the winners of the wight loss competition:

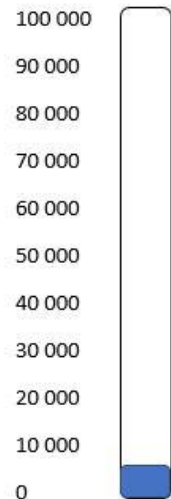
1st Arno Smit, 2nd Carmen Yallow and 3rd Kerry Trentham. It was great fun.

CARAVAN FUND

R420 was collected at the caravan on Saturday. The fund now stands on R6420. Still a long way to go!

You will notice the mini caravan at the counter of the caravan. Although it is a masterpiece by Gerard, it is not an ornament, but a collection box for the caravan fund. Make sure that you contribute your change to it.

We need some ideas from our members to boost this fund. Please let your thoughts go.



NEWS FROM THE CLOTHING SHOP

Winter is looming and therefore members are requested to order their Irene tracksuits now. It is a quality garment that can be worn with pride.

The cost is R595. Please be reminded once again that there is a card facility at the clothing shop.

Orders will be taken until the end of March



MODERN ATHLETE IRENE ULTRA 2 APRIL

The Modern Athlete Irene Ultra is the next race that Irene Athletics Club will be hosting. It is going to become one of the most popular Comrades qualifiers in the future. All indications are that there will be a big increase in numbers this year, the second time that it will be presented.

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 80 route marshals and will have to man 12 water points. The race will start at 06:00 and the cut-off will be at 12:00.

We cannot present the race without the assistance of our members. We need you to 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 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.



LEAGUE RESULTS

We are in 15th position on the log after the Bronkhorstspuit race, not where we want to be. Thank you to all our members who took part.

BHS	Div 1	Points
Pos	Club	League
1	VTM	40
2	ACE	38
3	PMMC	36
4	HQH	32
5	NPO	30
6	AGAPé	29

7	PvR	24
8	PPMK	22
9	AURECON	20
9	AFFIES	20
9	OVERKRUIN	20
12	RESBANK	17
12	LOVE RUNNING	17
12	RWFL	17
15	IRENE	15
16	BMW	14
17	CSIR	12
18	RUN AT OUT	9
19	ARETE	3.5
19	ENDURO	3

SUPER LEAGUE

The competition is fierce amongst the ladies this year. Although they didn't win at Bronkhorstspuit, our ladies are still on top of the log. Keep it there ladies and make us proud once again.

<i>BHS</i>	<i>Female</i>	<i>Points</i>
<i>Pos</i>	<i>Club</i>	<i>Log</i>
1	IRENE	96
2	TEAM VITALITY	93
3	KPMG	92
4	GREEN MILE	88
5	VTM	87
6	WINGATE	85
7	PHOBIANS	82
8	NPO	78
9	MAGNOLIA	76
10	ACRW	72

Our men are now in 6th place. We need all our faster men to run the league races to make a difference.

BHS	Male	Points
Pos	Club	Log
1	PMMC	99
2	NEDBANK	98
3	CORR SERV	93
4	ACE	92
5	TUKS	89
6	IRENE	89
7	FARANANI	88
8	PHOBIANS	85
9	VTM	83
10	EKANGALA	77

Congratulations to the following members who earned super league points at Bronkhorstspuit:

POSITION	NAME	AGE	TIME	POINTS
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Woman 10 km

146	C VAN DER SPY	34	00:52:50	8
167	J CLOETE	60	00:54:16	5

Woman 32 km

150	N BREYTENBACH	39	02:41:47	13
187	J VAN WYNGAARD	40	02:46:53	10
199	A BREYTENBACH	53	02:47:43	8
238	A CLOETE	32	02:51:47	3
239	R BRINK	42	02:51:48	2

Men 10 km

69	J SAAYMAN	48	00:46:20	3
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Men 32 km

10	P MABOPHE	21	02:00:24	45
41	B NDLOVU	35	02:21:42	24
42	N VAN ROOYEN	29	02:21:47	23
61	D CLOETE	45	02:25:43	10



WALKERS



LEAGUE

Our walker are leading but with one point. Well done, keep it there!

<i>BHS</i>	<i>Div 1</i>	<i>Points</i>
<i>Pos</i>	<i>Club</i>	<i>L'gue</i>
1	IRENE	39
2	PMWC	38
3	RWFL	37
4	RWFL B	33
4	VTM	33
6	LOVE RUNNING	30
7	SOLIDARITEIT	27
8	CORR SERV	24
9	AURECON	21
10	AGAPE	15

COMRADES SUBSTITUTIONS

Comrades Marathon runners who were unable to enter the 2017 Comrades Marathon during the official entry period (1 September – 30 November 2016) now have an opportunity to still be part of the world's biggest and oldest ultra-marathon through the official 2017 Comrades Marathon Substitution process between mid-March and mid-April.

The Comrades Marathon Association's (CMA) Substitution Rule allows for a runner who has not entered to substitute an entrant who has withdrawn, or intends to withdraw from the 2017 Comrades Marathon.

Substitutions can only take effect on a like for like basis, meaning SA runners can only substitute for SA entrants, Rest of Africa (ROA) for other ROA runners and International runners for International entrants. **The Substitution process officially opens on 14 March and closes on 14 April 2017.**

The completed application forms as specified in the Substitution Rule must reach the CMA office by close of business on 14 April 2017. There will be no extension of this deadline and no postal applications will be accepted.

Athletes intending to submit Substitution application forms are advised to visit the official Comrades Marathon website at www.comrades.com for the comprehensive list of rules and regulations which govern the Substitution process.

[The downloadable Substitution application forms will be available on the morning of 14 March 2017. Prospective substitutes are encouraged to do their application online.](#)

Race Director Rowyn James says, 'The Substitution Rule has been very well received by our runners, with more athletes taking over the entries of those runners who are unable to participate on race day due to illness, injury or non-qualification.'

James adds, "The Substitution Rule has therefore ensured that as many athletes as possible have the opportunity to participate in the Comrades Marathon. We urge our runners to get their applications in as soon as the process opens.'

BUDGET KOLONNADE RACE

Although the Om die Dam takes place on the same day, members are reminded that there is a very well organised race taking place in Pretoria on 18 March, please support it. Please bear in mind that the caravan will be at Om die Dam. -----

Overkruin Athletics Club wants to thank you for participating in our 2016 race and invites you to our 2017 race which is taking place on the 18th of March 2017 (06:00) at Kolonnade shopping centre.

Our sponsor: Budget insurance company

- ✓ **Budget is committed to affordability, so we've kept the race entry fees the same for the past 3 years**

Entry fees:

21km : R70

10km : R50

5km : R30

Entries available

www.entrytime.co.za

- Runaway sport
- Running inn
- Runner store
- The Sweat shop
- Wellness world Montana
- Kolonnade info desk

budget insurance 3 IN 1 5km | 10km | 21km

18 March 2017

Runners 10km & 21km - 06:00
Walkers 10km & 21km - 06:00
5km Fun Run - 06:15

Presented by Overkruin Athletics Club

SMS Budget to 42594 for an Insurance quote

KOLONNADE SHOPPING CENTRE

FREE OPEN PARKING

TEL: (012) 548 1902 WWW.KOLONNADECENTRE.CO.ZA

CNR SEFAKO MARGATHO DR. AND DR. VAN DER MERWE STR
MONTANA PARK, 0159

ENTRY AVAILABLE

Due to an injury, Marietjie Wanland is unable to participate in the Mapungubwe Trans frontier Wild run taking place in May. Her entry is available. You can contact her at mw@altimax.co.za or 082 809 7841

PERSONALIA

Yvette van der Westhuizen, our admin manager, will undergo a foot operation on Wednesday. We wish her a speedy recovery.

Congratulations to everybody celebrating their birthdays during the week:

Mathews	Maponopono	13 Mar
Yolanda	Meintjes	13 Mar
Sandi	Cloete	14 Mar
Nandi	Smit	14 Mar
Keira	Cook	15 Mar
Eric	Croeser	15 Mar
Alexander	Gray	15 Mar
Elisma	Jooste	15 Mar
Jaco	de Bruin	16 Mar
Riaan	Lourens	16 Mar
Sandile	Ngwenya	16 Mar
Cornelius	Rautenbach	16 Mar
Mthokozisi	Mambi	17 Mar
Mthokozisi	Mambi	17 Mar
Thembinkosi	Masinga	17 Mar
Steve	Sackett	18 Mar
Annette	Muller	19 Mar
Emile	Myburgh	19 Mar
Anna	Pieterse	19 Mar



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NOTICE BOARD

Saturday 18 March

Budget Kolonnade 21.1/10/5km

Race Organisers: Overkruin Athletics Club

Venue: Kolonnade Shopping Centre, Montana

GPS: S 25.4049 E 28.1453

	21.1 km	10 km	5 km
Entry-fee	R 70	R 50	R 30
Pre-entry fee 60 +	Free	Free	Free
Start Time	06:30	06:30	06:15
Cut-off	??		

Pre-entries at: Run-away Sport; The Runners Store Tram shed; Sweatshop – Southdowns; Running Inn; Wellness World Kolonnade; Kolonnade Info Desk

www.enteronline.co.za

Saturday 25 March

Denel Road Race 21.1/10/5km

Race Organisers: Denel Athletics Club Club

Venue: Denel Irene Campus, Nellmapius St, Centurion

GPS: S 25.53.413 E 28.11.429

	21.1 km	10 km	5 km
Entry-fee	R 80	R 60	R 30
Pre-entry fee 60 +	R 30		
Blind athletes	Free		
Start Time	06:00		06:15
Cut-off	04:00	02:00	

10/21.1 suitable for wheelchairs

5km fun run NOT suitable for wheelchairs

No baby strollers/dogs on the 10/21.1km

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Running Inn; Sweatshop – Southdowns; Natural Runner - Centurion

www.enteronline.co.za & www.saactive.com

Sunday 2 April

Modern Athlete Irene Ultra 48/21.1/5 km

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Irene

Entrance 1: GPS: S 25.53'49 E 28.13'29

Entrance 2: GPS: S 25.53'31 E 28.11'29

	48 km	21.1 km	5 km
Entry-fee	R180	R 90	R 50
Pre-entry fee 60 +	R 90	R 45	R 30
Entry fees 70+ & blind & wheelchair athletes	Free		
Start Time	06:00		06:15
Cut-off	06:00	03:30	

The 5km is wheelchair friendly

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Sweatshop – Southdowns, Dunkeld, Broad Acres, Bedfordview

www.championchip.co.za

2017 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
CITY OF TSHWANE	10/21	29 Apr	X	X
JACKIE MEKLER	10/25	6 May	X	X
RACE FOR FRIENDSHIP	10/21	24 Jun	X	X
LONG WALK/RUN FOR FREEDOM	10/21	22 Jul	X	X
MARCEL VAN'T SLOT	15	19 Aug	X	X
ADDICTED TO LIFE	10/21	9 Sep	X	X
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

SA MASTERS

Local meetings

31/3 & 1/4/2017	KZN Champs	Kingspark
1 April 2017	Gauteng North Championships	Tuks/Pilditch?
8 April 2017	Central Gauteng Championship	Germiston
12 Augustus 2017	Claude Sterley Memorial	Pilditch
? Sept/? October 2017	SWD	Oudtshoorn
11 November 2017	Free State	Bloemfontein
4, 5 & 6 May 2017	SA Masters Chamionships	Parow

African Masters Track & Field Championship

Cameroon 27 – 29 May 2017

International Masters Championships

18 – 25 March 2017 World Indoor Championship 2017 in Daegu, Korea

THOUGHT FOR THE WEEK

The best way to get to the top is to get off your bottom.

PHOTO CORNER (BOBBIES RACE)



Joan van Wyngaard and Rosemary Brink, 1st and 2nd Vet ladies in the 21 km



Mauritz and Nadia Oberholzer



Lyn de Bruin did her first race in 17 months after recovering from injuries.



Johan van Vuuren showing his strength, by picking up the smallest of the small



Joan again, this time with Yvonne van Wyk



Marion Burgess, Silvia Oliveira and Joy Nicholl



Heleen de Bruin did her PB on the 10 km



Lindsay Croeser and Marks Mathebula enjoying the food



Thabiso Mashaba and Musi Nkosi sharing a joke



For all her hard work, a few members renamed the caravan



The van Rooyen family. Jaco and Charmaine on the left with Nelius and Charnette on the right. The twins belong to Jaco and Charmaine



Telanie Venter with her sister Marelle Howell



After running a PB in the 10 km, Sandi Cloete took part in the functional fitness workout challenge and won the ladies challenge! Super lady!



Dawie Roodt before the start of the Baikal Ice Marathon



Heiko Weidhase looking cold after getting off the bus



Heiko and Dawie getting warm after their icy experience