



IRENE NEWS

14 March 2016

No 11 - 2016



ACHIEVEMENTS

The following members were on the podium at Om die Dam on Saturday:

Johan Nel	1 st GM – 50 km (4:11:20)
Ansie Breytenbach	1 st Master lady – 21 km (1:40:31)
Annatjie Greyvenstein	1 st GGM lady – 10 km (58:11)
Sandra Stenkamp	1 st Lady walker – 50 km (6:02:03)
Jaap Willemse	1 st Walker – 21 km (2:13:30)
Elsa Meyer	2 nd Lady walker – 21 km (2:20:18)

Congratulations!

PERSONAL ACHIEVEMENTS

Piet Phalahadi First Marathon

Well done!

Please let me know about your PB's etc. Don't be shy!

THIS WEEK'S DIARY

Monday:

Training session at 17:30 - Club house

Morning run from Rhapsody's – 04:30 - 12 km easy route

Tuesday:

Time trials at 17:30 - Club house

Sport psychologist at 19:00 – Club house

Wednesday:

Long run at 17:30 - Ridgebacks

Morning run from Rhapsody's - 04:30 – 15 km hilly route

Abusizwe Night Race 5/10/15 at 18:30 - Vanderbijlpark

Thursday:

Training session at 17:30 - Club house

Friday:



Morning run from Rhapsody's – 04:30 – 12 km easy route

Saturday:

Budget Kolonnade 5/10/21 at 06:00 – Kolonnade (League Race)

Sunday:

Klapperkop long run at 06:30 – Dros, Waterkloof Ridge Shopping Centre

CLUB 21KM WALKERS CHAMPIONSHIPS

The Budget Insurance 21 km on 19 March at the Kolonnade will serve as our walkers 21 km club championships. Trophies to all the category winners will be handed out on 5 April at the monthly social.

LEAGUE RACE

The Budget Kolonnade race this weekend is the next league race. We need you there in numbers, fast and slow, runners and walkers. All finishers will earn at least one league point.

LEAGUE RESULTS

We moved down from 13th to 15th position on the log after the Tuks race. This underlines the request that we need our members in big numbers at the league races.

<i>Ace Pos</i>	<i>Bestmed Pos</i>	<i>Div 1</i>	<i>Points League</i>
		<i>Club</i>	
1	1	Vtm	40
2	2	Ace	38
5	3	Pmmc	34
6	4	PvR	30
9	5	Resbank	28,5
7	6	Agape	28
11	7	Overkruin	26
8	8	Csir	25
4	8	Hqh	25
3	10	Npo	24
9	11	Ppmk	21,5
16	12	Rwfl	16
19	13	Enduro	15
14	14	Love Running	14
13	15	Irene	13
18	16	Bmw	12
12	17	Zwakala	11
15	18	Aurecon	10
17	19	Arete	7
20	20	Black Diamond	2

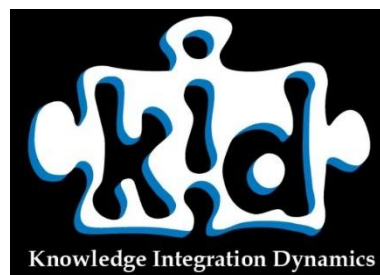
SUPER LEAGUE

The super league was a disaster for us at Tuks. Our ladies who usually are 1st finished in 6th position and moved down to 2nd position on the log.

<i>Ace</i>	<i>Bestmed</i>	<i>Female</i>	<i>Points</i>
<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>Log</i>
3	1	RUNAVATION	98
1	2	IRENE	95
7	3	MAGNOLIA	92
8	4	TUKS	90
12	5	LOVE RUNNING	85
10	6	VTM	84
18	7	NEDBANK	82
5	8	PHOBIANS	81
14	9	MONACO	77
13	9	RUN AT OUT	77

Our men dropped from 6th to 16th on the log! We really need our faster members to take this more serious.

<i>Ace</i>	<i>Bestmed</i>	<i>Male</i>	<i>Points</i>
<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>Log</i>
1	1	NEDBANK	100
5	2	CORR SERV	94
7	3	FARANANI	91
10	4	PMMC	90
4	4	TUT	90
8	6	MONACO	87
2	7	TRANSNET	84,5
16	8	RUNAVATION	81
9	9	PHOBIANS	80
18	10	ACE	75
21	10	WONDERPARK	75
14	12	HQH	71
13	13	UNISA	70,5
12	14	FORD	68,5
28	15	WINGATE	62
6	16	IRENE	61
3	17	TUKS	54
30	18	PPMK	53,5
38	19	MORETELE	50
23	20	ARCADIA	48,5



Midstream -012 940 9229

Congratulations to the following runners who scored super league points:

POS	Name	Age	Cat	TIME	POINTS
Ladies					
10 km					
	J VD WAALS	41	vet	00:40:24	22
	E J V VUUREN	44	vet	00:49:34	1
21 km					
	N BREYTENBACH	38	snr	01:41:03	23
	B BUSS	30	snr	01:50:54	3
	R BRINK	41	vet	01:51:17	2
Men					
10 km					
	V PHETOE	55	mas	00:39:54	16,5

WALKERS LEAGUE

Our walkers got a fright at the ACE race when they finisged 3rd. They pulled themselves together and finished 1st at Tuks and moved up to 2nd position on the log, well done!

<i>Ace</i>	<i>Bestmed</i>	<i>Div 1</i>	<i>Points</i>
<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>L'gue</i>
1	1	PMWC	39
3	2	IRENE	38
2	3	RWFL	37
4	4	RWFL B	33
5	5	LOVE RUNNING	29,5
6	6	ACRW	27
8	7	PHOBIANS	26
10	7	VTM	26
7	9	PPMK	24
18	10	TRANSNET	19,5

SPORT PSYCHOLOGIST

Sport psychologist Maretha Claasen will give her next talk on Tuesday after the time trials, starting time 18:30. If you are serious about your Comrades this year then you can't miss out on this.

 <p>SHORT TERM BROKERS Value. Service. Trust</p> <p>Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za</p>	<p style="font-size: 2em; margin: 0;">We go the distance</p> <p style="font-size: 0.8em; margin-top: 10px;">Short Term Brokers is an authorised financial services provider – FSP no. 10670</p>
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CARAVAN AND GAZEBOS

Please take note that the caravan and gazebo area at the races is a NON SMOKING area!!!!

CLUB RUNNING CLOTHES

Thank you to all our members who took note of the request to wear the correct running clothes at races. The response was fantastic!

However, there are still a few members wearing different colour shorts. Please help us in this regard. The blue shorts is the cheapest item in The Shop.

SOCIAL RESPONSIBILITY

Liewe Irene klublede

Baie dankie aan die lede wat reeds paaseiers gebring het! Die getal staan nou op 948 paaseiers, maar ek benodig nog 'n paar om uit te kan deel. Dinsdagaand is die laaste aand wat bydraes gebring kan word voor ek dit by die verskillende instansies gaan aflaai.

Onthou ook asseblief tweedehandse klere veral seunsklere asook tekkies vir seuns en dogters. Asook babaklere vir twee behoeftige mammas wat binnekort gaan kraam. Jou bydrae sal hoog op prys gestel word!

Groete

Dear Irene Club members

Thank you to all Irene members contributing to the Easter Egg collection. I have 948 Easter eggs so far but still need a few more. Tuesday evening will be the last day that you can contribute as I will be distributing them to the different organisations.

Please also remember to bring any second hand clothes especially boys clothes and tekkies for boys and girls. There is also a need for baby clothes for two soon to be mommy's. Your contributions will be highly appreciated!

Greetings

Lindie Steenkamp



PERSONALIA

Sandra Steenkamp will undergo surgery during the week. We wish her a speedy recovery.

Congratulations to everybody celebrating their birthdays during the week:

Sandi	Cloete	14 Mar
Jaco	de Bruin	16 Mar
Sandile	Ngwenya	16 Mar
Joy	Nicholl	16 Mar
Thembinkosi	Masinga	17 Mar
Steve	Sackett	18 Mar
Annette	MULLer	19 Mar
Werner	Du Toit	19 Mar
Emile	Myburgh	19 Mar
Anna	Pieterse	19 Mar
Egmond	van Niekerk	20 Mar
Gretel	Wundram	20 Mar



Giel Cillié, part sponsor of the Irene T shirts for the last 3 years with his quantity surveying firm in 10 Lenchen Park, 2029 Lenchen Ave South, Zwartkops x 4, Centurion. (Opposite Glasfit)

NOTICE BOARD

League Race

Saturday 19 March **Budget Insurance (Virseker) 3 in 1 21.1 / 10km / 5 km**

Race Organisers: Overkruin Athletics Club

Venue: Kolonnade Shopping Centre, c/o Sefako Makgatho Drive & Dr van der Merwe St.,
Montana Park

GPS: S 25.40.49 E 28.14.53

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees 60+	Free		
Start time	06h00		06h15
Time Limit	03h00	02h00	

No pets allowed

Pre-entries at: Run-Away Sports; Running Inn; Runners Store; Sweat Shop: Southdowns;
Kolonnade info desk; Wellness World

www.enteronline.co.za

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

Race Organisers: Arcadia Running Club

Venue: Sunnypark, c/o Steve Biko & Robert Sobukwe Streets, Sunnyside

GPS: S 25.45.2 E 28.12.11

	21.1 km	10 km	5 km
Entry fees	R 70	R 60	R 40
Start time	07h00		
Time Limit	??h00	??h00	

T-shirts & caps for the 1st 300 entrants at Sunnypark Goodie bags to the 1st 500 finishers. No pets allowed

Pre-entries at: Run-Away Sports; Running Inn; Runners Store; Cross Trainer & Sports Scene, Sunnypark

www.enteronline.co.za**Saturday 26 March****Bobbies 3 – in - 1 21.1 /10 / 5 km**

Race Organisers: PPMC

Venue: Wonderboom Junction, Wonderboom

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 40
Entry fees 60 - 69	R 40	R 20	R 10
Entry fees 70+ & blind/wheelchair athletes	Free		
Start time	05h30	05h40	05h50
Time Limit	??h00		

Pre-entries at: Run-Away Sport; Sweat Shop; Wonderboom Junction Centre Management

www.enteronline.co.za

Monday 28 March**Lynnridge Mall Family day run/walk 22.6 /11.2 / 6 km**

Race Organisers: Run-Walk for Life

Venue: Lynnridge Mall, c/o Jacobson & Lynnwood Road, Lynnwood

	22.6 km	11.2 km	6 km
Entry fees	R 60	R 50	R 30
Start time	07h00		
Time Limit	??h00		

No pets allowed

Pre-entries at: Run-Away Sport

www.entrytime.com**Saturday 2 April****Denel Road Race 21.1 /10 / 5 km**

Race Organisers: Denel Athletics Club

Venue: Denel, Irene Campus, Nelmapius Road, Irene

GPS: S 25 53.413 E28 11.429

	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	04h00	02h00	

Pre-entries at: Run-Away Sport; Sweat Shop; Running Inn; The Runners Store, The Natural Runner & various Sweatshops in Johannesburg

www.enteronline.co.za

2016 AGN LEAGUE FIXTURE LIST				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
Budget Insurance Kolonnade	10/21	19 Mar	X	X
Ford	10/21	9 Apr	X	X
The Love Run	10/21	14 May	X	X
Race 4 Faith	10/15	4 Jun	X	X
Zwartkop	10/21	30 Jul	X	X
Wierie	10/21	13 Aug	X	X
Andrew Greyling	10/21	17 Sep	X	X
King Price Irene Farm	10/21	29 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

Masters Athletics Fixture list

18 and 19 March	KZN Masters Championships	Durban, Kings Park
26 and 27 February	EP Master Championships	NMMU Athletics Stadium
2 April	AGN Masters Championships	Pretoria LC de Villiers Tuks
9 April	CGA Masters Championships	Gauteng Germiston
13 and 14 May	SA Masters Championships	Pretoria LC de Villiers Tuks
13 Augustus	Claude Sterley byeenkoms	Pilditch
? Oktober	SWD	Oudtshoorn
12 November	Vrystaat	Bloemfontein

THOUGHT FOR THE WEEK

It is of practical value to learn to like yourself. Since you must spend so much time with yourself you might as well get some satisfaction out of the relationship!

Photo Corner (Om die Dam)



Congratulations to Vanessa McClure and Elaine Cuffe on receiving their permanent Om die Dam numbers



Telanie Venter had the privilege to run the 21 km with her dad



It was strange to see Samantha Hall not doing the Ultra Marathon



Bertha van den Raad enjoying a sandwich after her race



Jaap Willemse taking a nap while waiting for the prize giving ceremony



Philip Breytenbach, first Irene member to finish the 50 km



It was good to see Dirk Cloete on the Ultra after battling with injuries for a long time. His wife Amanda was at the finish to welcome him



Luckson Mmola had an excellent run



Nadine Breytenbach was the first Irene lady to finish the Ultra



Mark Naicker also had a good race



Izaak and Charlene van Niekerk looking good



Rod Stocker looking good



Hanno and Nadia Barnard taking a break for a photo



Thabiso Mashaba enjoying himself



Elaine Cuffe only 5 km away from her permanent number



Paul Nel without pushing a pram this time



Erik van der Merwe



Liezel Anderson and Jenny Prinsloo having some fun



Pieter Olivier and Pierre Koch. Wearing permanent number 21 Pieter completed his 21st race