



# **IRENE NEWS**

**15 April 2019**

**No 15 - 2019**



## **ACHIEVEMENTS**

The following members who were on the podium at the Frenus Zietsman league race:

Sunet Eybers	3 <sup>rd</sup> Lady – 10 km
Ansie Breytenbach	1 <sup>st</sup> Master lady – 10 km
Mike du Bruto	1 <sup>st</sup> GGM – 10 km
John Cannon	1 <sup>st</sup> GGM – 21 km
Sandra Steenkamp	1 <sup>st</sup> Lady walker – 21 km
Keith Reynolds	1 <sup>st</sup> Walker – 21 km

The following members earned medals in their respective age categories:

CGA Masters championships in Germiston:

Elsa Meyer	Gold
Issy van der Schyff	Gold
Gerard van den Raad	Gold
Estien van Wyngaard	Silver
Annatjie Greyvenstein	Silver
Lucia Willemse	Silver
Danie Labuschagne	Bronze

Cross Country league meeting:

Sunet Eybers	Gold
Ansie Breytenbach	Gold

Congratulations to all of you!

## **PERSONAL ACHIEVEMENTS**

Dianne du Plessis	PB – 50 km
Corné Johnstone	PB – 10 km
Luzaan van Zyl	First 21 km
Ann Crous	First 21 km
Maryke Viljoen	First 10 km
Johan Nel	Permanent Loskop number

### ***THIS WEEK'S DIARY***

**Monday:**

Strength training @17:30 – Club house

**Tuesday:**

Time trials @ 17:30 – Club house (Everybody starts together at 17:30)

**Saturday:**

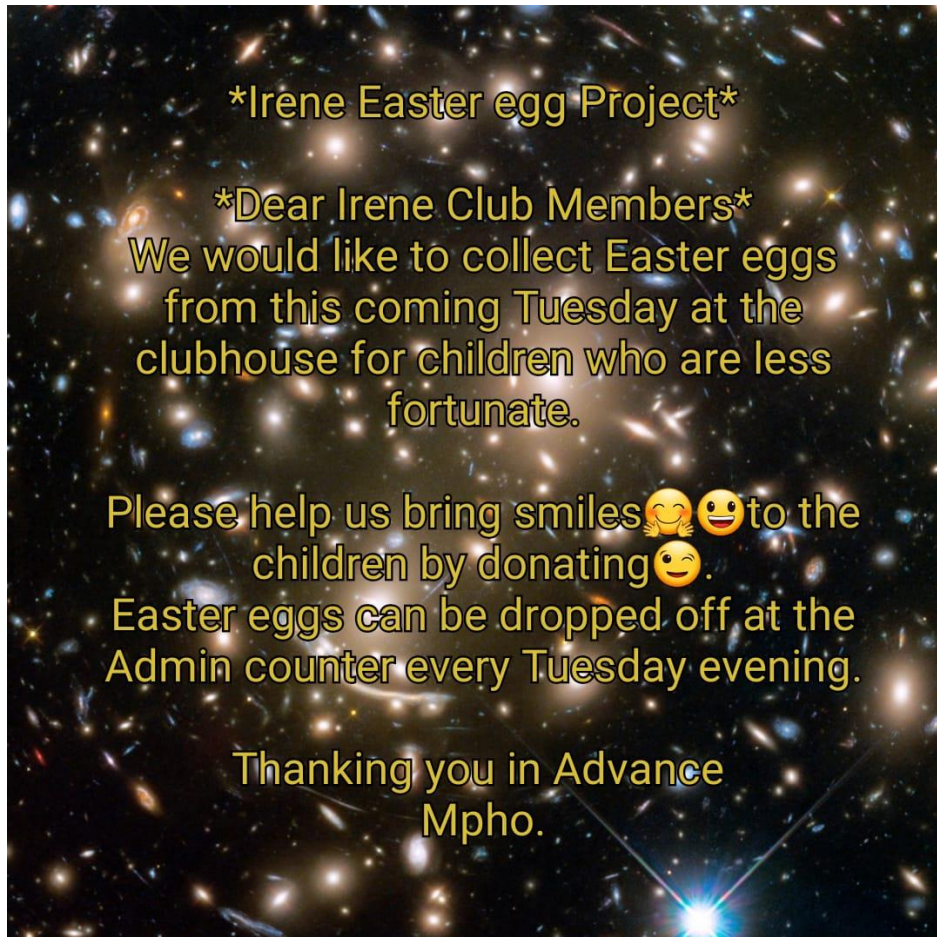
Castle Walk Easter 5/10 @ 07:00 – Castle Walk Shopping Centre

**Monday:**

Run Away Sport Family Day run/walk 6/11/22 @ 07:00 – Lynnridge Mall

### ***EASTER EGGS PROJECT***

Last chance to bring those Easter eggs on Tuesday!



### ***RHODES ENTRIES AVAILABLE***

Two Rhodes entries available with accommodation at Alpine Swift, 4 km outside Rhodes.

Contact Willem Haarhoff on 076 44 00 832.

## MAGNOLIA LONG RUN

As has been the case for many years, we will be part of the Magnolia long run again this year. It is an ideal Comrades preparation. We will be doing a water point again



28 April 2019 6:00

# MAGNOLIA LONG RUN

The 17th Magnolia long run caters for all types of runners, fast or slow, allowing the runner to determine their own distance on a 15 km loop that goes no further than 3km from the club at any time.

**3 LAPS, 45KM - R100**  
**2 LAPS, 30KM - R80**  
**1 LAP, 15KM - R50**  
**(WALKERS WELCOME)**



**RocoMamas**  
RocoMamas Brooklyn is offering all runners 10% discount on their bill on the day of the long run. You have to present your wristband to receive discount. Valid from 9-12AM

### MAGNOLIA'S LONG RUN OFFERS:

- 5 fixed water points stocked with Coke, Powerade/Energade, water and snacks.
- sweep vehicle to identify the last runner or to provide aid to anybody on the route.
- Cut-off for the start of round 3 is 10:00 at club house. Cut-off for support at club house is 12:00.
- Drop off warm or wet clothing at the club house after the first lap.
- Run on quiet shaded streets with very little traffic, no big hills and relatively flat.
- Shower facilities will be available afterwards.
- Parking and guards – but parking still at your own risk
- Remember this is an organised long training run and is not a race. No medals will be issued.
- NO MARSHALS. You are responsible for your own safety - traffic has priority. Follow arrow markers indicating the route.
- PLEASE do not litter along the route and use the water points for your waste
- Runners participate at own risk. You agree to absolve the organisers and Magnolia Running club or any other person or entity from any liability for injury or loss that you may suffer as a result of attempting this event, however it may be caused.

Entries at the club house from 5:00 am. You will receive a colour coded wristband indicating the distance you will be doing which must be worn during the run.

**START 6:00 FROM THE  
MAGNOLIA CLUBHOUSE,  
229 MIDDEL STREET**



Thank you to the following water points:

- Run-A-Way Sport (Club house)
- Overkruin Running Club (3km)
- Natural Runner (6km)
- Sportmans Warehouse (9km)
- Irene Athletics Club (12km)



## READY FOR TWO OCEANS 2019

There are only a few days left for the TWO OCEANS and it is time you ensure you get to the start well rested and ready to race. If TWO OCEANS is your goal race forget about mileage and concentrate on sharpening up and adding some last-minute finishing touches to your preparations. The idea is to do shorter sessions with tempo runs to ensure the fast-twitched muscles are ready for what lies ahead. If you can, get a good sports massage before the time to get rid of all the niggles, knots and what have you. Cut your toenails a few days before the race.

It is time to start visualising your race so you can mentally prepare for it. If you are feeling nervous then you are on the right track and race ready. You can train for the race, but you cannot train for the elements so be prepared. Plan, Plan and Plan is what will get you over the finish line.

Ensure on the morning of the race you apply plasters, anti-chafing cream **EVERYWHERE**, sunblock and whatever else you require. Leave early to get to the start of the race and get into your seeding pens. Try and get a loo stop on your way to the race as the ones at the start will be busy with long queues and you don't want to panic even more than what you already are.

Lastly, eat what you practiced at your training long runs and don't **WHATEVER** you do try anything new on race day. Finish with a **BIG SMILE OF JUBILATION AND ACHIEVEMENT**.

Good Luck,

Linley

## KOLONNADE LEAGUE RESULTS

Thank you to all our member who participated in the league race at Kolonnade.

### General league:

We moved down from 5<sup>th</sup> to 8<sup>th</sup>.

<b>GEORGE CLAASSEN</b>	<b>KOLONADE</b>	<b>Div 1</b>	<b>Points</b>
<b>Pos</b>	<b>Pos</b>	<b>Club</b>	<b>League</b>
2	1	Pmmc	39
1	2	Vtm	38
3	3	Ace	37
6	4	Overkruin	32
8	5	Faranani	29
7	6	Magnolia	27
9	7	Corr Serv	26
5	8	Irene	25

### Super league:

Our ladies finished 2<sup>nd</sup> and are now in joint 1<sup>st</sup> place on the log, well done!

<b>GEORGE CLAASSEN</b>	<b>KOLONADE</b>	<i>Female</i>	<b>Points</b>
<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>Log</i>
2	1	MAGNOLIA	99
1	1	IRENE	99
6	3	PHOBIANS	93
4	3	VTM	93
5	5	PMMC	90
3	5	NEDBANK	90
12	7	GREEN MILE	84
7	7	ACRW	84
8	9	AFFIES	82
11	10	LOVE RUNNING	81

Our men moved up from 25<sup>th</sup> position to 14<sup>th</sup>! Fantastic!

<b>George Claassen</b>	<b>Kolonade</b>	<i>Male</i>	<b>Points</b>
<i>Pos</i>	<i>Pos</i>	<i>Club</i>	
1	1	PMMC	100
3	2	FARANANI	97
8	3	ACE	91
7	3	NEDBANK	91
4	5	ACRW	87
9	6	MURRAY & ROBERTS	84
6	7	TUKS	83
5	8	CORR SERV	78
2	9	MAGNOLIA	75
15	9	ARCADIA	75
18	11	MEDIHELP	74
21	12	TMPD	73
15	12	EYETHU	73
25	14	IRENE	72

There is a dispute about the walkers log. We will keep you posted about the outcome.

Congratulations to the following members who earned super league points:

POS	NAME	AGE	TIME	POINTS
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**Ladies 15 km**

245	RENETTE PRINSLOO	46	1:22:02	24
247	NADIA LIEBENBERG	27	1:22:06	23
	ANJA VLOK	40	1:23:38	19

**Ladies 32 km**

158	AMANDA CLOETE	34	2:41:25	43
162	LOUISA SPANGENBERG	28	2:41:47	42
274	SONJA DU TOIT	40	2:51:57	31
328	ROSEMARY BRINK	44	2:55:11	28
398	BELINDA DE BRUIN	47	2:59:23	17
424	ZOE SCHOLTZ	38	3:01:52	12

**Men 15 km**

27	SCHALK LIEBENBERG	33	0:59:35	31
64	NOEL BANDA	54	1:07:17	14

**Men 32 km**

7	LENIN SITHOLE	34	2:05:10	46
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**PERSONALIA**

Johan van Vuuren, our financial manager received a knee replacement on Wednesday. He is making good progress.

Congratulations to everybody celebrating their birthdays during the week:

Elze	Le Roux	15 Apr
Tanya	Ungerer	15 Apr
Venita	Brown	15 Apr
Sidwell	Mabuya	16 Apr
Doris	Matibidi	16 Apr
Tseko	Nell	16 Apr
Victor	Phetoe	16 Apr
Marinus	van der Merwe	16 Apr
Hannetjie	Voges	16 Apr
Jaydene	Hills	19 Apr
Bertus	Botes	19 Apr
Sandra	Faber	20 Apr
Mark	Forbes	20 Apr
Kobus	Stapelberg	20 Apr
Louie	Mans	21 Apr
Shalati	Maponopono	21 Apr
Tertius	Dekker	22 Apr



Website: [www.csi-euf.co.za](http://www.csi-euf.co.za)

Tel: 011 805 6316

## NOTICE BOARD

### **Saturday 20 April**

### **Castle Walk Easter Road Race 10/5 km**

Race Organisers: Fusion Sports

Venue: Castle Walk Shopping Centre, c/o Nossob & Swakop Streets, Erasmuskloof

	10 km	5 km
Entry fee	R 90	R 50
Start Time	07:00	07:15
Cut-off	??	

**Pets allowed on the 5km only**

**Wheelchair athletes are allowed on the 5km only**

**No iPods or listening devices are allowed**

Pre-entries at: Run-away Sport; Sweat Shop Irene, Dunkeld West & Fourways; Curves  
Castle Walk Shopping Centre

### **Monday 22 April**

### **Run-a-way Sport Family Day Run/Walk 22/11/6 km**

Race Organisers: Run/Walk for Life Athletics Club

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

	22 km	11 km	6 km
Entry fee	R 90	R 70	R 50
Start Time	07:00		
Cut-off	??		

**Wheelchair athletes welcome**

**No Pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-away Sport; Sweat Shop Irene

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

**Wednesday 1 May MiWay Wally Hayward Marathon 42.2/21.1/10/4.9/1 km**

Race Organisers: Alpha Centurion Runners/Walkers

Venue: Centurion Rugby Club, 270 West Avenue, Die Hoewes, Centurion (next to Supersport Park)

GPS: S 25 51'27.0 E 28 11'40.1

	42.2 km	21.1 km	10 km	4.9km	1 km
Entry fees	R 180	R 130	R 100	R 50	R 20
Entry fees 70+; blind & wheelchair athletes *1 May only	Free	Free	Free		
Start time	06h30		07h00	07h15	09h00
Time Limit	05h30	03h30	02h00	None	

**21.1/42.2km online entries only – No entries on race day****Wheelchair athletes welcome****No animals allowed****Entries capped at: 5km – 1000; 10km – 3000; 21.1km 4000; 42.2km - 5000**[www.active.com](http://www.active.com)**Saturday 4 May****The McCarthy VW/Audi Love Run 21.1/10/5 km**

Race Organisers: Love Running Athletics Club

Venue: Hatfield Christian Church, January Masilela Rd, Waterkloof Glen

	21.1 km	10 km	5 km
Entry fee	R 120	R 80	R 50
Start Time	Run 07:00 Walk 06:45		07:15
Cut-off	??		

**Wheelchair athletes at own risk – steep hills on route****No Pets****No iPods or listening devices are allowed**

Pre-entries at: Run-away Sport; Audi Centre Arcadia &amp; Menlyn; McCarthy VW Wonderboom &amp; Silver Oaks

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



<b>2019 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DISTANCE</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
Run Against Drugs	21.1/10 km	13/04/19	X	X
Skosana Development Run	21.1/10 km	25/05/19	X	X
Race of Friendship	21.1/10 km	29/06/19	X	X
Zwartkop Road Race	21.1/10 km	27/07/19	X	X
Spirit of Flight	10 km	31/08/19	X	X
Brooklyn Road Race	21.1/10 km	07/09/19	X	X
Capital Classic	21.1/10 km	05/10/19	X	X
Freedom of Expression	21.1/10 km	02/11/19	X	X

### **Masters Athletics Fixture list**

#### **South Africa**

10 August 2019	Mpumalanga	Secunda
? October 2019	Rassies	Bronkhorstspuit
25/26 October 2019	SWD	Oudtshoorn
8/9 November 2019	Free State	Bloemfontein

#### **South African Championships**

3/4 May 2019	SWD	Oudtshoorn
April/May 2020	Central Gauteng	Herman Immelman

#### **Africa Championships**

2021	Nairobi, Kenya
2023	South Africa

#### **International Championships**

24-30 March 2019	WMA Indoor	Torun, Poland
28/9-6/10 2019	30 <sup>th</sup> Summer Universiade	Naples, Italy
20/7/2020 – 1/8/2020	World Masters Athletics Champs	Toronto, Canada

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

**You can get your children off your lap, but you can never get them out of your heart.**

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## PHOTO CORNER



Thank you to Buks van Deventer who was in charge of the gazebo at Pilditch. The turnout of the Irene members was very poor. Looking at the number of people at the other club gazebos one would never say that Irene is the biggest club in AGN





Heleen de Bruin had a very nice run



It was good to see Mike du Bruto on the podium again





John Cannon, 1<sup>st</sup> GGM on the 21 km



Maryke Viljoen did her first 10 km





Sunet Eybers in action at the cross country



Ansie Breytenbach at the cross country





Estien van Wyngaard in action at the CGA Masters championships

A few members did the Paris Marathon on Sunday



Mauritz Oberholzer





Geoff and Megan Brown



Mfundo Hadebe



## PHOTOS FROM YESTERYEAR (2000)



Dirk Cloete with the late George Knoezen, well known MC at the races in those days



Louwrens Smit at the Loskop of 2000





Comrades 2000 pre-function