



IRENE NEWS

15 February 2016

No 7 - 2016



ACHIEVEMENTS

The following members were on the podium at Bronkhorstspuit on Saturday:

Ansie Breytenbach	1 st Master lady & 2 nd Lady – 10 km (43:05)
Bertha van den Raad	1 st GGM lady – 10 km (78:59)
Johan Nel	1 st GM – 32 km (2:30:57)

The following members were on the podium at the Love the Run Race on Sunday:
(no time given – route was approximately 600 meters short)

Victor Phetoe	3 rd Master
Mike du Bruto	1 st GM
Jacque van der Waals	2 nd Vet lady
Ansie Breytenbach	1 st Master lady
Bertha van den Raad	1 st GGM lady
Jaap Willemse	2 nd Master walker
Wynand Breytenbach	3 rd GM walker
Gerard van den Raad	1 st GGM walker
Sandra Steenkamp	1 st Maste lady walker & 2 nd lady
Elsa Meyer	1 st GM lady walker
Lucia Willemse	3 rd GM lady walker

Amanda Cloete 2nd lady – Potties 32 km (2:47:00)

Johan Nel 1st GM – Pick ‘n Pay 42 km (3:35:24)

It was indeed a great weekend for our Irene members. Congratulations!

PERSONAL ACHIEVEMENTS

Chantelle Zowitzkey	First 32 km
Mariska Shrives	First 32 km
Ronel Jooste	PB – 32 km and 42 km
Handri Kymdell	PB – 42 km
Yvette van der Westhuizen	First Midmar Mile

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:

Lantern helpers run 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 – 14 km hilly route

Thursday:

Training session at 17:30 - Club house

Friday:

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

Saturday:

Bestmed Tuks 1/5/10/21 at 06:00 – LC de Villiers Tuks (**League race**)

SA Marathon Championships – East London

Sunday:

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

Pirates 21 at 06:00 – Pirates Club, Greenside

LENTEN HELPERS RUN

The Lantern helpers run will take place on Tuesday evening instead of the normal time trials. Starting time 17:30 at the club house. There will be a 5 and 10 km to do. Come and earn your medal.

SPORT PSYCHOLOGIST

Sport psychologist Maretha Claasen will give her next talk on Tuesday after the helpers run, starting time 19:00. If you are serious about your Comrades this year then you can't miss out on this.

NEW MEMBERS INFORMATION SESSION

Please take note that the information session for new members will take place on Tuesday 23 February after the time trials. Please plan accordingly.

 <p>SHORT TERM BROKERS Value. Service. Trust Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za</p>	<p>We're there for the long run</p> <p><small>Short Term Brokers is an authorised financial services provider – FSP no. 10670</small></p>
--	--

LEAGUE RACE

The Tuks race this Saturday is the next AGN league race. please be there in big numbers. All finishers will score league points. As usual there will be something to eat for all members afterwards (free of charge).

CLUB 21 KM CHAMPIONSHIPS

There were a few errors in the published results last week, apologies for that. The correct results are as follows:

	Male	Female
Senior		
1	Schalk Liebenberg	Heleen de Bruin
2	Nelius van Rooyen	Kiara Nizetich
3	Nilo Saraiva	Charlene van Niekerk
40 - 49		
1	Tony Gomes	Rosemary Brink
2	Danie Cornelissen	Belinda de Bruin
3	Rinus Benade	Charmaine Janse van Rensburg
50 - 59		
1	John Hoffman	Ansie Breytenbach
2	Jan van Wyk	Rita le Roux
3	Johannes Liebenberg	Joey Cloete
60 - 69		
1	Mike du Bruto	Rita Jordaan
2	Johan Nel	Elsa Meyer
3	Henk Basson	Lucia Willemse
70+		
1	Johan Janse van Vuuren	

TWO OCEANS SUBSTITUTIONS

A number of our members missed the cut-off for both distances of the Two Oceans. They now rely on other members who entered but will not be going for some reason.

I want to call on these members to make their entries available for substitutions. You will at least get your money back. One can only substitute a runner in the same race – i.e. a Half Marathon South African entrant can only be substituted by a Half Marathon South African that wants to participate.

Please note that substitutions must be done before 23 February.

COMRADES SUBSTITUTIONS

Although Comrades substitutions can only be done in April, I call on all members who entered but who already know that they won't be running, to make their entries available for substitution.

LEAGUE RESULTS (ACE)

We started off in 13th position on the log. There is lots of room for improvement. Be there in big numbers on Saturday.

Sep	Ace	Div 1	Points	League Points	H'cap Points	Ace 10km	Ace 21km
	Pos	Club	League				
109	1	Vtm	20	20	464	208	45
128	2	Ace	19	19	309	196	2
38	3	Npo	18	18	295	39	17
70	4	Hqh	17	17	237	53	30
194	5	Pmmc	16	16	232	117	108
52	6	PvR	15	15	208	32	22
177	7	Agape	14	14	192	113	57
159	8	Csir	13	13	182	106	39
150	9	Resbank	11,5	11,5	168,0	65	61
175	9	Ppmk	11,5	11,5	168,0	92	55
143	11	Overkruin	10	10	145	65	39
100	12	Zwakala	9	9	140	14	56
762	13	Irene	8	8	120	221	236
250	14	Love Running	7	7	104,0	96	34
160	15	Aurecon	6	6	103,8	63	20
293	16	Rwfl	5	5	99	99	46
35	17	Arete	4	4	69	12	
49	18	Bmw	3	3	65,3	14	2
37	19	Enduro	2	2	64,9	10	2
35	20	Black Diamonds	1	1	29	2	3

SUPER LEAGUE

Our ladies started where they finished last year, on top of the log. Well done ladies, keep it there.

Ace	Female	Points	Ace
Pos	Club	Log	Log Pts
1	IRENE	50	50
2	TUT	49	49
3	RUNAVATION	48	48
4	TRANSNET	47	47
5	PHOBIANS	46	46

Our men are in 6th position. They can only improve on this effort!

Ace	Male	Points	Ace
Pos	Club	Log	Log Pts
1	NEDBANK	50	50
2	TRANSNET	49	49
3	TUKS	48	48
4	TUT	47	47
5	CORR SERV	46	46
6	IRENE	45	45
7	FARANANI	44	44
8	MONACO	43	43
9	PHOBIANS	42	42
10	PMMC	41	41



Congratulations to the following members who earned super league points:

POS	SURNAME	AGE	CAT	TIME	POINTS
-----	---------	-----	-----	------	--------

Ladies 10 km

68	J VAN DER WAALS	41	vet	00:40:55	20
84	L MARITZ	36	snr	00:42:48	15
108	N BREYTENBACH	38	snr	00:44:04	7
143	A BREYTENBACH	52	mas	00:46:26	2

Ladies 21 km

111	A CLOETE	31	snr	01:44:01	22
173	J VAN WYNGAARD	39	snr	01:49:33	17
249	C BRUWER	29	snr	01:54:16	9
254	D DONALDSON	34	snr	01:54:38	8
309	B DE BRUIN	44	vet	01:56:58	3

Men 10 km

42	P BREYTENBACH	39	snr	00:38:08	20
71	N SARAIVA	35	snr	00:41:26	1

Men 21 km

15	S LIEBENBERG	29	snr	01:25:38	37
16	N VAN ROOYEN	28	snr	01:25:55	36
44	T GOMES	39	vet	01:31:59	16



SPAR



WALKERS LEAGUE

Our walkers started off on a rather disappointed 3rd place. There is work to be done!

<i>Ace</i>	<i>Div 1</i>	<i>Points</i>	<i>L'gue</i>
<i>Pos</i>	<i>Club</i>	<i>L'gue</i>	<i>Points</i>
1	PMWC	20	20
2	RWFL	19	19
3	IRENE	18	18
4	RWFL B	17	17
5	LOVE RUNNING	16	16
6	ACRW	15	15
7	PPMK	14	14
8	PHOBIANS	12,5	12,5
9	MAGNOLIA	12,5	12,5
10	VTM	11	11

PERSONALIA

Condolences to Danél and Johan Geldenuys and their family with the loss of their son in law who passed away during the week.

Congratulations to everybody celebrating their birthdays during the week:

Peter	Hunter	15 Feb
Rita	Jordaan	15 Feb
Ntombi	Masinga	15 Feb
Sharleen	Atkins	17 Feb
Annemarie	Kruger	17 Feb
Mfundo	Hadebe	18 Feb
Linley	September	18 Feb
Jeff	Wiseman	18 Feb
Leonie	van Wyk	19 Feb
Peter	Damant	20 Feb
Michael	Freeman	20 Feb
Johannes	Liebenberg	20 Feb
Jill	Daniels	21 Feb
Stefan	Muller	21 Feb



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 20 February

Bestmed Tuks Race 21.1 / 10 / 5 km

Race Organisers: Tuks Sport

Venue: UP Sports Campus, Burnett Street, Brooklyn

GPS: S25 44'58" E28 14'47"

	21.1 km	10 km	5 km	1 km
Pre-entry fees	R 80	R 50	R 30	R 20
Race day entry fee	Pre-entry only	R 60	R 30	R 20
Entry fees 60+ (Race day entry only)	R 40	R 25		
Entry fees 80+ (Race day entry only)	Free	Free		
Start time	06h00	06h30	06h40	08h00
Time Limit	03h00			

Wheelchair race starts at 06h20 - only on the 10km

Pre-entries at: Run-A-Way Sport; Running Inn; The Runners Store; The Sweat Shio – Dunkeld, Fourways & Centurion www.entrytime.com or www.just-events.co.za

Sunday 28 February

Deloitte Pretoria Marathon 42.2 / 21.1 / 10km

Race Organisers: Phobians Athletic Club

Venue: Pretoria High School Ols Boys Club, Hofmeyr Park, c/o Kings Highway & Queens Crescent, Lynnwood

	42.2 km	21.1 km	10 km
Entry fees (42.2 & 21.1km pre-entries only)	R 150	R 100	R 70
Entry fees 70+ (must be licensed or buy temp)	Free	Free	Free
Start time	06h00		06h20
Time Limit	05h30		

1st 5 500 pre-entries will receive a free t-shirt

Pre-entries at: Run-Away Sports; Running Inn; Runners Shop; Sweat Shop: Southdowns, Bedfordview & Dunkeld www.enteronline.co.za & www.saactive.com

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

2016 AGN LEAGUE FIXTURE LIST				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
Tuks Bestmed	10/21	20 Feb	X	X
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	20 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
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

Don't ask Life: Why me? Instead say: Try me!

Photo Corner (Lantern race)



Proud to be associated with the Spar Irene Lantern Race



The start of the 2016 Lantern Race



What a beautiful picture



The route on the farm will always be something special



Samantha Dry at the medal tables



A few of the helpers at the medal tables



“Ask me girls” Elani Swanepoel and Joy Nicholl



Johannes and Rita Liebenberg waiting for the finishers to arrive



A few of the helpers at the second water point



One can always expect some fun when Travers Snyman is in charge of a water point



Arno Smit and Brendes Gresse having a bit of fun

Bronkhorstspuit Race



Phineas and Lorna Mojapelo



Kallie & Anina Coetzee, Douw & Miné Steyn and Nadia & Pieter Saayman



Kiara Nizetich



Anese Badenhorst



Hendrik Steynberg



May-Ann Henning



Marulette Erasmus



Erik van der Merwe



Yvonne van Wyk and Johan Engelbrecht



Lani Botha and Dorette Steyn sharing a joke



Dendré Theunissen



Rita Liebenberg and Giel Cillié



Mienke Saayman did her first 10 km in the pram



Yvette van der Westhuizen did her first Midmar Mile