



IRENE NEWS

15 January 2018

No 2 - 2018



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the ACE Race on Saturday:

Annatjie Greyvenstein	1 st GGM lady 10 km (51:10)
Johan Nel	1 st GM – 21 km (1:42:41)
John Cannon	1 st GGM – 21 km (2:02:17)
Ansie Breytenbach	1 st Master lady – 21 km (1:48:26)
Jaap Willemse	1 st Walker – 21 km (2:15:16)
Elsa Meyer	1 st Lady walker – 21 km (2:28:19)

PERSONAL ACHIEVEMENTS

Members are invited to let us know about personal achievements i.e. personal best times, first race in a specific distance etc. Send the info to info@irenerunner.co.za. Please don't be shy.

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:30 - Club house (social evening)

Saturday:

George Claassen 5/10/21 at 06:00 (walkers 05:30) – Pick 'n Pay Hyper, Atterbury Road

REGISTRATIONS FOR 2018

Registrations are way ahead of the previous two years. We are getting close to the 500 mark. Make sure you don't miss out on the T-shirt. Send your ASA licence form and proof of payment to admin@irenerunnera.s.a.p.

REGISTRATION PACKS

The registration packs will be available for collection at the club house on Tuesday evening from 17:00 until 19:00

TIME TRIALS

Come run together and let your Time Trials take you to the next level

Irene Time Trials – what a great place to meet! Here we run together and get to know each other while we assess ourselves and our progress towards the goals we set out to achieve.

In 2018, we will once again focus strongly on our weekly club Time Trials. A new trophy will be handed out at the year-end function for the member who participated in the most time trials during the year. The rules are very simple:

- You have to start in the group at 17:30 (17:15 during the winter months)
- You have to do 4/6/8 km
- You have to fill in the time trial book with your name, distance and time.

SOCIAL EVENING

Please take note that our first social evening will take place on Tuesday, 16 January after the time trials



CARA-FUN

We are very proud of our new "Cara-Fun" and new gazebos and we want our members to make use of these facilities. Leave your tog bag there and enjoy a cup of coffee/tea before and/or after the race. This is the place where we get to know each other and where we bond as "Irene family". Don't run with your car keys, leave it at the Cara-Fun.

RACE CANCELLED

The Correctional Services Night Race of 7 February has been cancelled.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

John	Hoffman	15 Jan
Jean-Pierre	Labuschagne	15 Jan
Bernie	Ruthven	15 Jan
Johann	Stander	15 Jan
Tjaart	Van Wyk	16 Jan
Gloria	Mangwane	17 Jan
Fanie	van Wyngaard	17 Jan
Hermien	Velleman	17 Jan
Tony	Gomes	19 Jan
Naomi	Havenga	19 Jan
Juan	Koekemoer	19 Jan
Tebogo	Tselangoe	19 Jan



NOTICE BOARD

Saturday 20 January

PWC George Claassen Memorial Road Race

Race Organisers: Pretoria Marathon Club

Venue: Pick 'n Pay Hyper, c/o Atterbury Road & Selikats Causeway, Faerie Glen

GPS: S 25.7841 E 28.3051

	21.1 km	10 km	5 km
Entry fee	R 100	R 70	R 40
Entry fee 70+ 80+ & blind runners	Free – race day only		
Start Time	05:30 Walk 06:00 Run		06:15
Cut-off	03:00		

1st 500 online entries receive a dri fit long sleeve shirt

No Pets

Baby strollers welcome on the 5km

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld West, Fourways Crossing; Sportmans Warehouse East Rand Mall, Fourways Crossing, Woodmead, Randburg, Centurion, Kolonnade Centre, Atterbury Value Mart

www.enteronline.co.za

League Race

Saturday 27 January

Wonderpark Road Race 42.2/21.1/10/5 km

Race Organisers: Akasia Athletics Club

Venue: Wonderpark Shopping Centre, c/o Old Brits Road & Heinrich Avenue, Karenpark

GPS: S 25 40,264 E 28 6,703

	42.2km	21.1km	10 km	5 km
Pre-entry fee	R 120	R 100	R 80	R 50
Entry fees 60+	R 60	R 50	R 40	
Late entry fees (26 & 27 Jan)	R 150	R 130	R 100	
Entry fees 60+	R 80	R 70	R 50	
Jardine Joggers / 70+ athletes	Free			
Start Time	05:30		06:00	06:10
Time Limit	04h:30	02h30	02h00	

Wheelchair athletes and walkers welcome on 21.1 / 10 & 5km

Pre-entries: Run-A-Way Sports, Sweatshop Dunkeld, Bedfordview & Southdowns;
Virgin Active, Cross Trainer & Panarotti's Wonderpark

www.enteronline.co.za



Saturday 3 February**Bidvest McCarthy Toyota Race 21.1/10/5 km**

Race Organisers: Magnolia Road Runners

Venue: Rietondale Park, North Street, Rietondale

GPS: S 25 43.980 E 28.13.239

	21.1 km	10 km	5 km
Entry fees until 28 January	R 120	R 80	R 50
Entry fees 2 & 3 February	Closed	R 100	R 50
Entry fee 60+	R 60	R 50	R 40
Entry fee 80+	Free		
Start Time	06:00	06:20	06:25
Cut-off	03:00		

Free t-shirt to the 1st 2000 pre-entries - No Pets - No wheelchair athletes allowedPre-entries at: Bidvest McCarthy: Arcadia, Hatfield, Gezina, Lynnwood, Sinoville, Centurion;
Run-away Sport; Sweatshop Southdowns, Dunkeld Westwww.entrytime.com**Saturday 10 February****Bronkhorstspuit 32/10/4 km**

Race Organisers: Bronkhorstspuit Athletics Club

Venue: Hoërskool Erasmus, Cathy Street, Bronkhorstspuit

	32.1 km	10 km	4 km
Entry fee	R 150	R 80	R 20
Entry fee 60+	Free		
Start Time	06:00	06:15	06:30
Cut-off	04:30		

1st 200 pre-entries receive a free t-shirt-No Pets-No wheelchair athletes allowed**THOUGHT FOR THE WEEK****Running is nothing more than a series of arguments between the part of your brain that wants to stop and the part that wants to keep going.**

Photo Corner



As always the Irene “Cara – Fun” and gazebos was an attractive spot



It looks like Johan Nel has recovered from his injuries – winning GM on the 21 km



Suzelle Engels, the lady responsible for the strength training on Mondays



Lotte Britz looking relaxed after running the 21 km



John Cannon, winning GGM on the 21 km



Dave Roux, Walter Strydom and Pieter van der Westhuizen enjoying a cold one



Joey Cloete with Iain McFadyen in the background



Chris Marlin, Louis Visser and Barney van Heerden finishing their race



Markus van der Westhuizen



Loubser van Wyk



Rod Stocker



Bradley Francis



Bernita Bornmann and Paul Nel



Thabiso Mashaba



Mpho Netshiombo and Marks Mathebula



Trevor Netshiombo