



IRENE NEWS

16 April 2018

No 15 - 2018



ACHIEVEMENTS

Congratulations to our German member, Holger Hedelt, who won a 6 hour race in Moerfelden near Frankfurt in Germany.

The following members earned medals at the cross-country meeting on Saturday:

Ansie Breytenbach	Gold
Lyn de Bruin	Gold
Jacquie van der Waals	Silver
Joey Cloete	Silver

Well done!

Danie Labuschagne	Gold x 2
Elsa Meyer	Gold
Annatjie Greyvenstein	Gold and Silver
Jaap Willemse	Silver
Retha Knoetze (social member)	Silver
Joey Cloete	Gold x 3 and Silver x 2

Congratulations!

PERSONAL ACHIEVEMENTS

None received

Tuesday:

Time trials at 17:30 – Club house

Saturday:

Pick 'n Pay Morula 5/10/21 at 06:30 – Giant Stadium, Shoshanguve (League race)

T-SHIRTS FOR SALE

There are still some of the quality T-shirts left that was part of the 48 km entries. The 21 km entrants had the option to buy these shirts at R190.



Quality technical t-shirt

These shirts will now be available at our clothing shop at only R100. You can buy as many as you want as long as stock lasts.

LEAGUE RACE

The Morula race taking place at the Giant Stadium in Shoshanguve on Saturday is a league race. We need as many of our members to participate please. It is a very safe and enjoyable race. We need as many members as possible to participate please.

We can make a big impact on the super leagues if our faster runners will turn up on the day. we also need as many walkers as possible for the walkers' league.

There will be something to eat afterwards. Be there!

LEAGUE RESULTS – DENEL RACE

Thanks to a good attendance at the Denel race we moved up on the log from 16th to 10th position. Excellent!

Wonderpark Akasia	Denel	Div 1	Points
Pos	Pos	Club	League
1	1	Vtm	40
2	2	Pmmc	38
5	3	Overkruin	34
4	4	Ace	33
7	5	Ppmk	25
6	6	Resbank	24
3	6	Magnolia	24
10	8	Agape	23
8	8	Hqh	23
16	10	Irene	22
14	11	Rwfl	21
15	12	Aurecon	20
17	13	PvR	19
9	14	Affies	17
12	15	Pmwc	16
11	16	Csir	14
20	17	Arete	9
13	17	Bmw	9
18	19	Love Running	6
19	20	Npo	4

SUPER LEAGUE

Our ladies did very well and moved up from 3rd to joint 1st position. Well done ladies. The challenge now is to stay there. Be at the race on Saturday!

Wonderpark Akasia	Denel	Female	Points
Pos	Pos	Club	Log
3	1	IRENE	98
2	1	FPN	98
1	3	MAGNOLIA	96
4	4	VTM	93
5	5	NEDBANK	92
15	6	TUKS	84
10	7	PMMC	79
6	8	PPMK	78
8	9	WINGATE	76
7	10	RUNAVATION	71

Well done also to our men who moved up from 7th to 3rd position. Keep it there guys!

Wonderpark Akasia	Denel	Male
Pos	Pos	Club
2	1	PMMC
5	2	VTM
7	3	IRENE
8	4	FARANANI
4	5	ACE
16	6	CORR SERV
14	7	MAGNOLIA
9	8	FPN
11	9	KPMG
39	10	PHOBIANS

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

POS	NAME	AGE	TIME	Points
Women 10 km				
62	A CLOETE	33	0:46:46	42
63	H DE BRUIN	40	0:46:47	41
94	A BREYTENBACH	53	0:49:02	36
185	N VISSER	49	0:54:04	20
266	E VAN WYNGAARD	57	0:57:57	8
285	M VAN DER WALT	42	0:58:28	4
287	R MAGOLEGO	46	0:58:36	3
292	C USHER	48	0:58:51	2
Women 21 km				
192	R BRINK	43	1:47:55	44
207	H CONRADIE	51	1:48:49	43
384	B VAN VUUREN	50	1:58:37	26
407	Y VAN WYK	45	1:59:22	25
438	F FINBOW	23	2:00:30	24
473	J NICHOL	43	2:02:16	20
476	C VAN DER SPUY	35	2:02:18	19
502	Z SCHOLTZ	37	2:03:14	14
561	M KOCH	45	2:05:50	4,5
Men 10 km				
66	L PAGE	M	0:50:41	8
69	J SAAYMAN	M	0:50:53	5
Men 21 km				
9	A MATEMA	M	1:16:52	43
11	P MABOPHE	M	1:17:36	41
24	L SITHOLE	M	1:21:09	35
43	S NIENABER	M	1:28:08	22
52	N BANDA	M	1:30:51	19
62	P BREYTENBACH	M	1:33:40	13,5
63	D CLOETE	M	1:33:40	13,5
66	E MYBURGH	M	1:33:49	11
73	M OBERHOLZER	M	1:34:35	8
84	M WEBBER	M	1:36:59	1



WALKERS LEAGUE

Our walkers were joint 2nd on the day but are now in 3rd position on the log. A big effort is required to get to the top.

<i>Wonderpark Akasia</i>	<i>Denel</i>	+	<i>Points</i>
<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>L'gue</i>
1	1	RWFL	40
2	2	PMWC	38
2	3	IRENE	37
4	4	RWFL B	34
8	5	VTM	29
11	6	AGAPE	25
5	7	PMWC B	23
12	8	SOLIDARITEIT	22
9	9	ACRW	21
14	9	PPMK	21

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Ester	Odendaal	16 Apr
Victor	Phetoe	16 Apr
Marinus	Van der Merwe	16 Apr
Jaydene	Hills	19 Apr
Sandra	Trentham	19 Apr
Sandra	Faber	20 Apr
Mark	Forbes	20 Apr
Klarize	Van Wyk	20 Apr
Shalati	Maponopono	21 Apr
Stevens	Skosana	21 Apr



LOST AND FOUND

A pair of sunglasses - at the bar.

JOINTEze™

NOTICE BOARD

League Race

Saturday 21 April

P'nP Sosh Morula ½ Marathon 21.1 / 10 / 5km

Race Organisers: Morula Running Club

Venue: Giant Stadium, Buitekant Road, Soshanguve

	21.1 km	10 km	5 km
Entry fee	R 80	R 60	R 50
Entry fee 70+	Free – race day only		
Start Time	06:30		06:45
Cut-off	04:30		

1st 400 pre-entries on 21.1 & 10km receive a goodie bag

No Wheelchairs allowed No pets

No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sports; Tshwane Running Shop; Sweat Shop Centurion;
Soshanguve P'nP

www.entrytime.com

AGN Half Marathon Championships

Saturday 28 April

City of Tshwane ½ Marathon 21.1 / 10 / 5km

Race Organisers: Athletics Gauteng North/ CoT/DEA

Venue: Voortrekker Park, Pretoria Road (opposite Build Mart), Silverton

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 40
Entry fee 70 - 79	R 60	R 60	
Entry fee 80+	Free		
Start Time	06:30		06:45
Cut-off	03:00		

T-shirts to all entrants and sizes available on a first come first serve basis

No pets No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sports; Tshwane Running Shop; Sweat Shop Centurion; AGN Office
www.entrytime.com

2018 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Morula Half Marathon	21.1/10 km	21/04	X	X
Race of Hope	21.1/10 km	19/05	X	X
Riana van Niekerk Run/Walk for Bibles	21.1/10 km	30/06	X	X
Ice Breaker	21.1/10 km	07/07	X	X
SMU Half Marathon	21.1/10 km	28/08	X	X
Clover Irene Spring Race	21.1/10 km	29/09	X	X
CSIR Road Race	21.1/10 km	21/10	X	X
Tom Jenkins	21.1/10 km	17/11	X	X

Masters Athletics Fixture list

- **Local meetings**

26 – 28 April	SA Masters Championships	Bloemfontein
4 Augustus 2018	FSMA Throws and jumps	Pelliespark, UFS
11 Augustus 2018	Mpumalanga	Secunda
27 October 2018	SWD	Oudtshoorn
10 November 2018	Free State	Bloemfontein

THOUGHT FOR THE WEEK



Photo Corner



Waiting for the long run to start on Saturday morning



The attendance was excellent



Listening to the instructions



The Irene ladies who participated in the cross-country on Saturday. Jacquie van der Waals, Lyn de Bruin, Joey Cloete and Ansie Breytenbach



Johan van Vuuren in action at the cross-country



Mike du Bruto



Rialette Kloppe did the Paris Marathon last Sunday



Holger Hedelt at the prizegiving after his 6 hour race victory



Although residing in Germany, Holger is a proud Irene member