



IRENE NEWS

17 April 2017

No 15 - 2017



ACHIEVEMENTS

The following members were on the podium at the Lynwood Ridge race on Monday:

Johan Janse van Vuuren	1 st GGM – 21.75 km
Ansie Breytenbach	1 st Master lady – 21.75 km
Joey Cloete	1 st GGM lady – 21.75 km
Sandra Steenkamp	1 st Lady walker & 1 st Master – 21.75 km
Jaap Willemse	1 st GM walker – 10.76 km
Gerard van den Raad	1 st GGM walker – 10.76 km
Rhoda Willemse	2 nd Lady walker – 10.76 km
Elsa Meyer	3 rd Lady walker & 1 st GGM – 10.76 km
Lucia Willemse	1 st GM lady walker – 10.76 km

Sandi Cloete 3rd Lady – Jan Smuts 15 km Trail

Congratulations!

PERSONAL ACHIEVEMENTS

Lindsay Croeser	PB – 21 km
Eric Croeser	PB – 21 km
Charnette van Rooyen	PB – 21 km
Vik Ramlugaan	First 21 km
Daleen Labuschagne	PB – Ultra Marathon
Annerine van Schalkwyk	First Ultra Marathon
Jayne Robertson	First Ultra Marathon
Linley September	Blue Two Oceans number (10 th race)
Aletha van den Bergh	Double Blue Two Oceans number (20 th race)

Well done!

Congratulations to all our members who finished the Two Oceans Marathon. The results were excellent with 92.3% of the 91 starters finishing.



THIS WEEK'S DIARY

Tuesday:

Time trials at 17:30 at the club house

Saturday:

Loskop Marathon

Pick 'n Pay Shoshanguve 5/10/21 at 06:30 – Giant Stadium, Shoshanguve

SPORT PSYCHOLOGIST

Please take note that the next Comrades talk by Maretha Claasen will take place on Tuesday, 25 April.

See the attachment from Maretha.

LOSKOP GAZEBO

We are looking for someone to put up the gazebo on Friday at the finish venue. It is the blue dome gazebo that won't take as much space as the ordinary gazebos. Please let us know if you will be able to help in this regard.

LOSKOP ACCOMMODATION

No 1

I have a 4 bed log cabin available (2 bedroom, 1 double, 2 single beds) for the weekend of the Loskop Marathon as I will not be running.

Should anyone be interested they can contact me on 084 788 9933. R 2000 (or nearest offer) per night available for Friday and Saturday.

Jacques du Preez.

No 2

Ek het verblyf by De Voetpadkloof, die naweek van Loskop Marathon sou iemand daarin belangstel.

Linda Krause

083 417 2931

SHOSHANGUVE RACE

Please take note that there won't be any gazebo or tog bag facility at the Shoshanguve race on Saturday. This is due to a lack of interest in the race of our members in the past.

HAT RACE – WALLY HAYWARD 21 KM

Start preparing your hats for the Wally 21 on 1 May. it is going to be a fun event as always with the Irene members pushing the drinks trolley while wearing funny hats. Apart from the trophy there will be a cash prize as well for the best hat. More next week.

LEAGUE RESULTS – BOBBIES RACE

We are in 13th position after the Bobbies race. Thanks to all our members who participated.

Feb	Bobbies Pos	Div 1 Club	Points League
100	1	Vtm	60
121	2	Ace	56
211	3	Pmmc	55
151	4	Agape	46
80	5	Hqh	42
35	5	Npo	42
141	7	Aurecon	36
100	8	Overkruin	35
35	9	PvR	32
160	10	Resbank	31
196	10	Ppmk	31
230	12	Rwfl	30
590	13	Irene	27
115	14	Affies	26
182	15	Love Running	24
35	16	Bmw	19
160	17	Csir	16
60	18	Run At Out	12
35	19	Enduro	3
35	20	Arete	2

SUPER LEAGUE

Although our ladies finished 2nd, they are still on top of the league. Well done ladies! Keep it there, don't allow Vitality to overtake you.

Bobbies	Female	Points
Pos	Club	Log
1	IRENE	145
2	TEAM VITALITY	143
3	VTM	133
4	GREEN MILE	132

5	MAGNOLIA	122
6	KPMG	121
7	ACRW	111
8	AGAPE	110
9	CSIR	104
10	HQH	99

Well done to our men who remain in 6th position. You can move up to 4th if all our faster men just turn up at the next league race.

Bobbies	Male	Points
Pos	Club	Log
1	PMMC	149
2	ACE	141
3	CORR SERV	139
4	NEDBANK	137
5	FARANANI	135
6	IRENE	134
7	VTM	126
8	TUKS	123
9	PHOBIANS	120
10	ARCADIA	109

Congratulations to the following members who earned super league points at the Bobbies race, you are stars!

POS	NAME	AGE	TIME	POINTS
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Women 10 km

	H DE BRUIN	39	0:46:12	21
	S CLOETE	31	0:47:53	17
	S MAREE	57	0:51:55	9
	Y VAN WYK	43	0:52:20	7
	J CLOETE	60	0:54:06	1

Women 21 km

	A BREYTENBACH	53	1:38:04	22
	R BRINK	41	1:46:09	18
	B VAN VUUREN	49	1:53:35	10
	R BOTES	43	1:55:50	1

Men 10 km

	M OBERHOLZER	30	0:44:03	8
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Men 21 km

	N VAN ROOYEN	29	1:22:19	46
	M MOKWALA	39	1:25:58	41
	N BANDA	52	1:36:39	21

WALKERS LEAGUE

Congratulations to our walkers who remain on top of the league, keep it there.

<i>Bobbies</i>	<i>Div 1</i>	<i>Points</i>
<i>Pos</i>	<i>Club</i>	<i>L'gue</i>
1	IRENE	59
2	PMWC	57
3	RWFL	56
4	RWFL B	50
5	VTM	49
6	LOVE RUNNING	45
7	SOLIDARITEIT	41
8	AURECON	33
9	PHOBIANS	27
10	AGAPE	26

PERSONALIA

Henk Basson and his wife Heilet were involved in a serious car accident while in Cape Town for the Two Oceans. Both of them were hospitalised until Sunday. Henk underwent an operation on Saturday. We are grateful that they are still alive and we wish them a complete and speedy recovery.

Congratulations to everybody celebrating their birthdays during the week:

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
Susan	Maree	21 Apr
Stevens	Skosana	21 Apr



NOTICE BOARD

Saturday 22 April

P'nP Soshanguve 21.1/10/5 km run/walk

Race Organisers: Morula Running Club

Venue: Giant Stadium, Buitekant Street, Soshanguve

	21.1 km	10 km	5 km
Pre entry-fee	R 70	R 50	R 30
Race day entry-fee	R 90	R 70	R 50
70+	R 30		
Start Time	06:30		06:45
Cut-off	04:30		

Goodie bags to the 1st 1000 pre entries on the 21.1 & 10km races

No wheelchair athletes

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Running Inn; Sweatshop Centurion; Sportmans Warehouse Kolonnade Centre; P'nP Soshanguve www.entrytime.com

League Race

Saturday 29 April

Tshwane Half Marathon 21.1/10/5 km

Race Organisers: City of Tshwane & AGN

Venue: Voortrekker Park, Pretoria Rd (Opposite Build Mart), Silverton

	21.1 km	10 km	5 km
Entry-fee	R 80	R 60	R 30
70+	R 50	R 40	
80+	Free		
Start Time	06:30		06:45
Cut-off	03:00		

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Running Inn; Sweatshop Centurion; Running Inn; AGN office

www.enteronline.co.za

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

Race Organisers: Alpha Centurion Runners/Walkers

Venue: Hoërskool Zwartkop, Mopani Road, Zwartkop

GPS: S 25 50'58.60 E 28 09'54.32

	42.2 km	21.1 km	10 km	4.9km	1 km
Entry fees	R 160	R 120	R 90	R 40	R 20
Entry fees 70+; blind & wheelchair athletes *race day only	Free	Free	Free		
Start time	06h30		06h45	07h00	09h00
Time Limit	05h30	03h30	02h00	None	

Wheelchair athletes welcome**No animals allowed**

Pre-entries at: Run-A-Way Sport; Running Inn; The Runners Store, The Randburg Runner;
Sweatshops – Southdowns, Dunkeld West, Fourways Crossing, Bedfordview;
Sportmanswarehouses – Centurion, Atterbury Value Mart, Fourways, Woodmead,
Roodepoort, Cresta

www.active.com

2017 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
CITY OF TSHWANE	10/21	29 Apr	X	X
JACKIE MEKLER	10/25	6 May	X	X
RACE FOR FRIENDSHIP	10/21	24 Jun	X	X
LONG WALK/RUN FOR FREEDOM	10/21	22 Jul	X	X
MARCEL VAN'T SLOT	15	19 Aug	X	X
ADDICTED TO LIFE	10/21	9 Sep	X	X
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

SA MASTERS

Local meetings

12 Augustus 2017	Claude Sterley Memorial	Pilditch
? Sept/? October 2017	SWD	Oudtshoorn
11 November 2017	Free State	Bloemfontein
4, 5 & 6 May 2017	SA Masters Chamionships	Parow

African Masters Track & Field Championship

Cameroon 27 – 29 May 2017

THOUGHT FOR THE WEEK

Train insane or remain the same.



Photo Corner (Two Oceans)



Andre Heuvel looking good



John Tadman and Riaan Lombard seem to enjoy themselves



Arno Smit and Linley September in good spirit



Musa Nkosi smiling all the way



Marks Mathebula



Charmaine Janse van Rensburg



Daleen Labuschagne getting rid of some extra clothing



Nadene and Louis Visser had time to pose for a photo



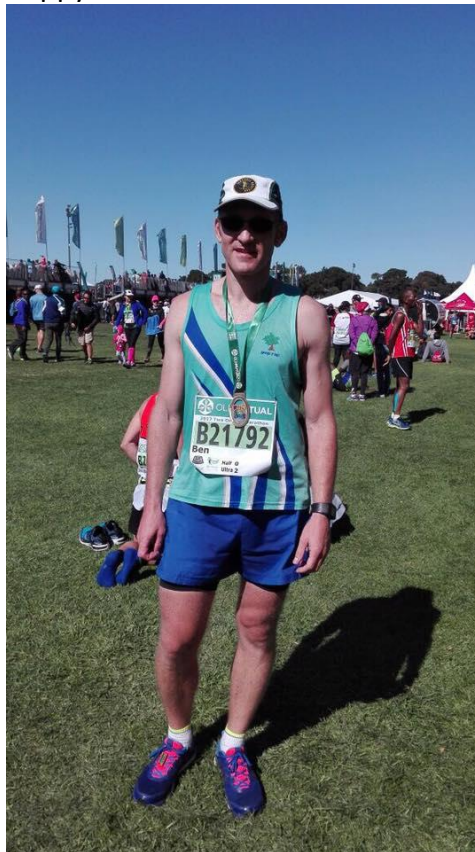
Philip Breytenbach, first Irene finisher



Mauritz Oberholzer finishing strong



A happy Heleen de Bruin with her medal



Ben Marais had a very good race



A proud farther, Andy Crawshay-Hall with his daughter Jayne



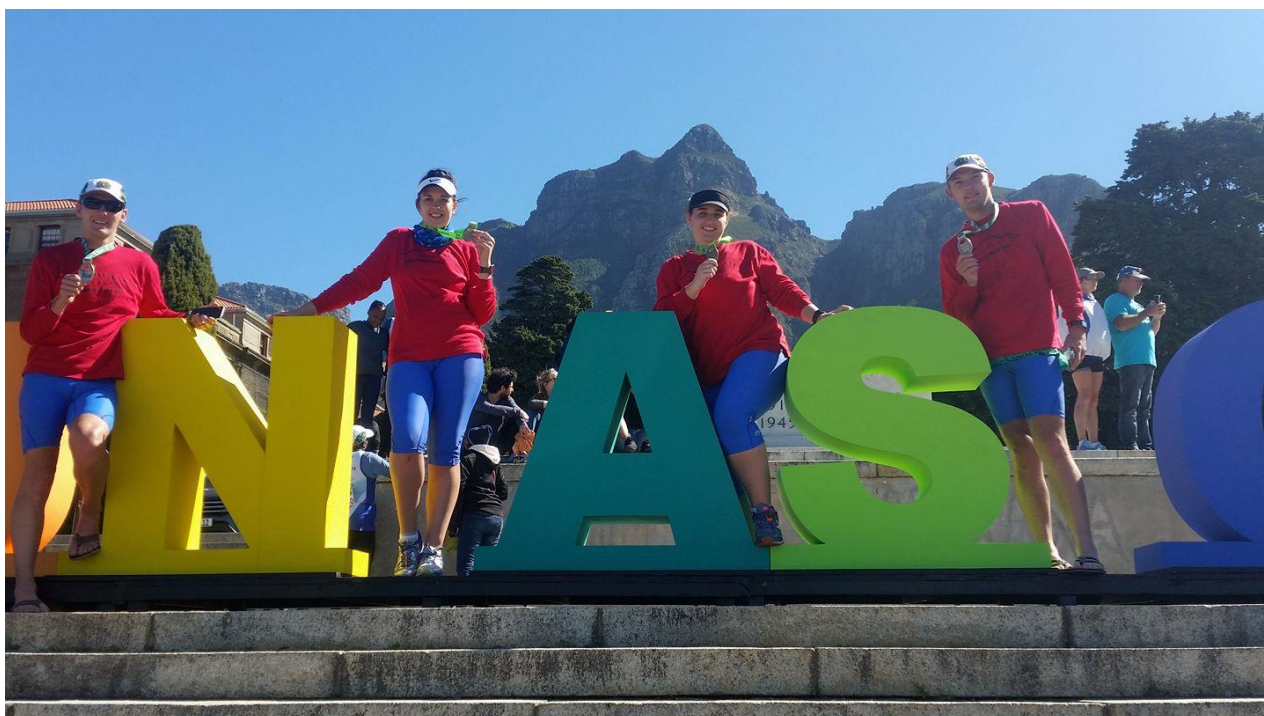
Lynette and Linley September



Holisizwe Malise



Linley "receiving" his blue number from Riaan Prinsloo



The van Rooyens posing with their Irene shirts and medals



Bruce Fordyce in action at the social evening last Tuesday