



# ***IRENE NEWS***

*18 April 2016*

*No 16 - 2016*



## ***ACHIEVEMENTS***

The following members were on the podium at the Morula race on Saturday:

Joy Nicholl	1 <sup>st</sup> Vet lady – 21 km (2:09:34)
Sandra Steenkamp	1 <sup>st</sup> Lady walker – 21 km (2:16:09)
Bertha van den Raad	1 <sup>st</sup> GGM lady – 10 km (1:19:05)
Elsa Meyer	1 <sup>st</sup> Lady walker – 10 km (1:04:16)
Danie Labuschagne	1 <sup>st</sup> Walker – 10 km (1:04:43)
Roelof Beukes	2 <sup>nd</sup> Walker – 10 km (1:06:52)
Susan Maree	2 <sup>nd</sup> Master lady – Loskop 21 km
Estelle Jansen van Vuuren	1 <sup>st</sup> Vet lady – Rosemary Hill Trail Run

Congratulations!

Danie Labuschagne has also been selected for the AGN Masters team

Bertha van den Raad                      1<sup>st</sup> GGM lady – Ford 10 km

Congratulations!

## ***PERSONAL ACHIEVEMENTS***

Telanie Venter	First Ultra Marathon
Stephan Craggs	PG – 50 km

Well done!



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

### **Monday:**

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

### **Tuesday:**

Time trials at 17:30 - Club house

### **Wednesday:**



Long run at 17:30 - Ridgebacks

Morning run from Rhapsody's - 04:30 – 15 km hilly route

**Thursday:**

Training session at 17:30 - Club house

**Friday:**

Morning run from Rhapsody's – 04:30 – 15 km easy route

**Saturday:** Race cancelled     30 km LSD from Rhapsody's

**Sunday:**

Magnolia long run at 06:00 – Magnolia Club House

**PERSONALIA**

Congratulations to everybody celebrating their birthdays during the week:

Santie	Naude-Serena	18 Apr
Jaydene	Hills	19 Apr
Sandra	Trentham	19 Apr
Sandra	Faber	20 Apr
Marc-Steven	Havinga	20 Apr
Shalati	Maponopono	21 Apr
Susan	Maree	21 Apr
Philip	Breytenbach	24 Apr
Dee	Donaldson	24 Apr
Alan	Hyson	24 Apr
Gerhard	Koekemoer	24 Apr
Adele	Weber	24 Apr



**COMRADES SUBSTITUTIONS**

Please take note that the deadline for substitutions is 21 April.

**SPORT PSYCHOLOGIST**

Maretha Claasen's next talk will take place on 26 April

**MAGNOLIA LONG RUN**

MAGNOLIA will be hosting their 14th long run on **24 April 2016** through the shaded and quiet streets of Brooklyn and Groenkloof. To cater for all types of runners, either fast or slow and to provide the flexibility of allowing the runner to determine their own distance, the route is a 15 km loop that goes no further than 3 km from the club at any time.

The Long Run offers you the following:

- Determine your own distance from 15 to 45. The nature of the course will allow for incomplete laps.
- Ideally placed 5 weeks before Comrades.
- 5 fixed water points on route stocked with Coke, Powerade/Energade, water and snacks.
- There will also be a sweep vehicle to identify the last runner or to provide aid to anybody wanting a lift back to the club.
- Drop off warm or wet clothing at the clubhouse after the first lap.
- Collect your own special drink from your car as the run progresses.
- 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.

**Cost per person**, as this is a non-sponsored event: Magnolia buys the drinks for all 5 points as well as snacks for 2 water points, arrange car guards, and gives an amount to each of the 3 helping clubs/sport store to cover some of their (snacks) costs of the day.

**3 laps, 45 km – R 80**

**2 laps, 30 km – R 60**

**1 lap, 15 km – R 40 (Walkers welcome)**

Start **6:00** from the Magnolia Clubhouse, c/o Middel & Dey streets, the white building next to Mimmos/ Crawdaddies/Shell Petrol garage. 2 Blocks from the Brooklyn Circle/Shopping Centre. GPS co-ordinates: S25 46.321 E28 13.816

As always Irene will be responsible for the water point at the 12 km mark. We need a few volunteers to help out please. It will be great fun.

### ***CHAMPIONCHIP UPDATE***

#### **Championchip User Details Update.**

This is a friendly reminder to all our members to update your details on [Championchip.co.za](http://Championchip.co.za).

This is especially important for new members to update their club details as these would have changed and also very important for all Comrades participants as this is a Championchip race.



Steps to update your details:

- Go to [www.championship.co.za](http://www.championship.co.za)
- To find your championship code (you will need this to update your details) go to [this](#) link enter you ID number in the field provided and click **Go Get My Chip Code**.
- Once you have your championship code you can go to this [link](#), fill in the fields provided and click **Next (login)**.
- You will now be logged in.
- You will see a link in the paragraph above your name that read **[Change Details]**. Click this to update your details.
- Make sure that your Club is **Irene Athletics Club** and that your AGN License number is entered correctly.
- Once you are done click **Change My Details!** at the bottom of the page.

You are done... Thanks!

## NOTICE BOARD

**Wednesday 27 April**

**FreedomRun 2 21.1 / 12 / 5 km**

Race Organisers: Addicted to Life

Venue: Temba Satdium, Unit D, Temba

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees 60 +	R 40	R 30	
Entry fees – under 18	R 50	R 40	
Entry fees 80+	Free	Free	
Start time	07h00	07h15	07h30
Time Limit	When last athlete crosses the finish line		

**Not suitable for wheelchair athletes**

**No animals allowed**

Pre-entries at: The Runners Store, P'nP Soshanguve

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

**Saturday 30 April****Solomon Mahlangu Race 21.1/10/5km**

Race Organisers: AGN

Venue: Moretele Park, Mamelodi

GPS: S 40 42' 46.021 E 74 0' 21.388

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Start time	05h45		06h15
Time Limit	03h00		

**No animals allowed**

Pre-entries at: Run-A-way Sports; Running Inn; Sweatshop Southdowns; The Runner's Shop

[www.enteronline.co.za](http://www.enteronline.co.za)**Monday 2 May****42.2/21.1/10/4.9km****MiWay Wally Hayward Marathon**

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](http://www.active.com)

2016 AGN LEAGUE FIXTURE LIST				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			<b>RR</b>	<b>RW</b>
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	29 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

### **Masters Athletics Fixture list**

13 and 14 May	SA Masters Championships	Pilditch
13 Augustus	Claude Sterley byeenkoms	Pilditch
? Oktober	SWD	Oudtshoorn
12 November	Vrystaat	Bloemfontein

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

**Somedays you have to create  
your own sunshine**



**MUGG & BEAN**

**Midstream - 012 940 9229**

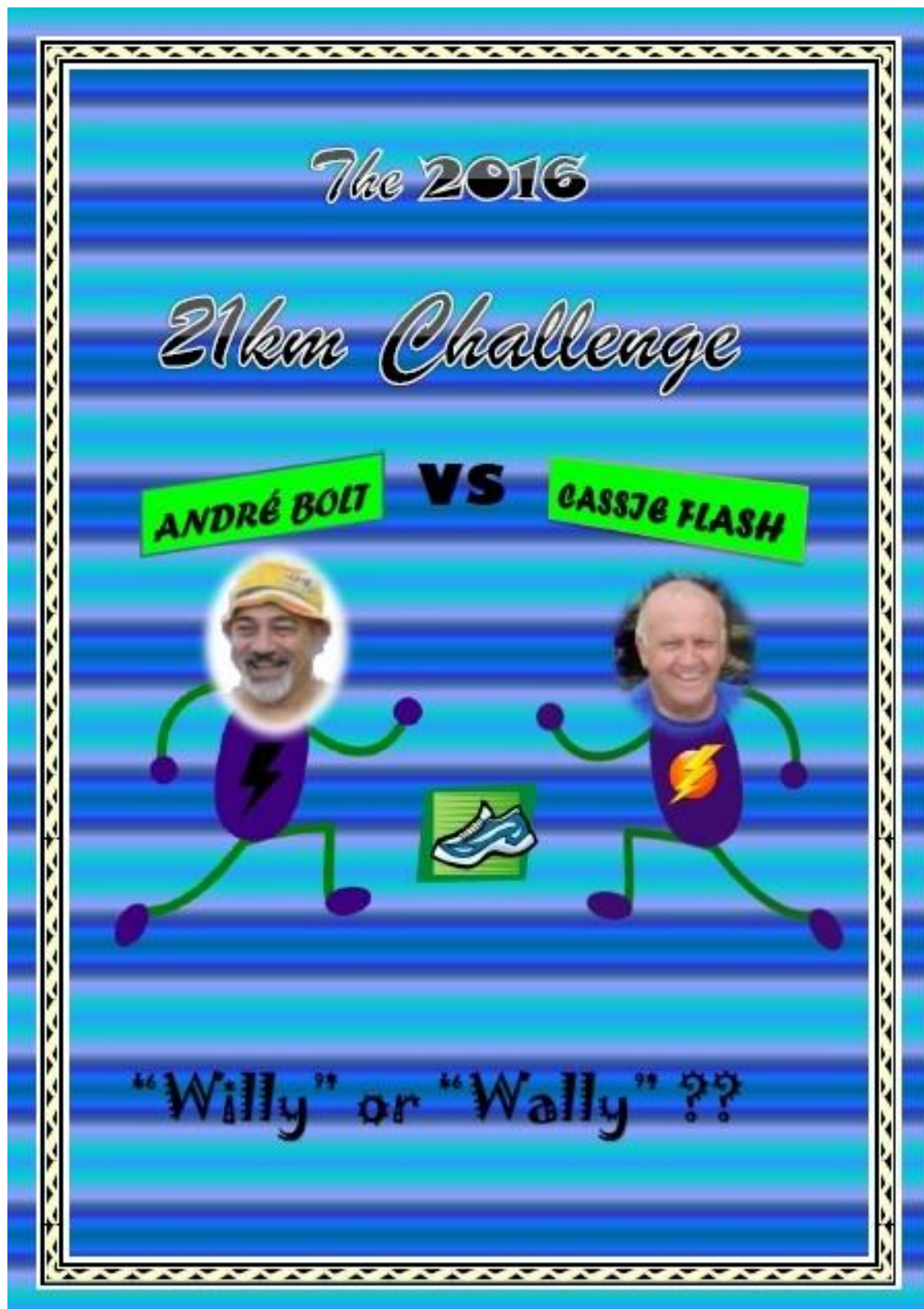
 <p><b>SHORT TERM BROKERS</b> Value. Service. Trust Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mwweb.co.za</p>	<p><b>We go the distance</b></p> <p><small>Short Term Brokers is an authorised financial services provider – FSP no. 10670</small></p>
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**SPAR**



Please take note of the following challenge take place on 2 May at the Wally:





### Photo Corner (Loskop)



Schalk Liebenberg, 1<sup>st</sup> Irene man at the Loskop ultra



Amanda Cloete, 1<sup>st</sup> Irene lady with husband Dirk





Johan Nel



Nelius van Rooyen



Noel Banda



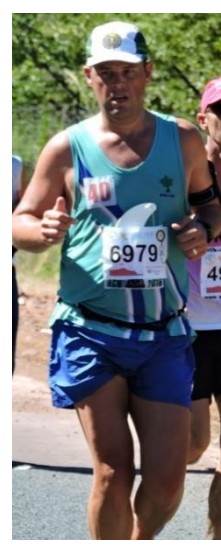
Theo Bohnen



Pieter Engelbrecht



Paul Theron



Johan Nel (No 2)



Patrick Seboane



Carla Bruwer



Hennie van der Walt





Danie Cornelissen and Johnny Maritz



Riaan Lombard and Wessel Oosthuizen





Emile Myburgh and Stephan Craggs



Barney van Heerden with Nadene and Louis Visser





Bernadette Buss



Norton Mole



Werner du Toit



Shaun Smee



Adriaan vd Merwe, Linley September, Paul Nel, Liesel Anderson and Antoinette Reynolds



Heinrich Beukman



Mpho Netshimbo



Maureen Mossop



Kiara Nizetich





Lizelle le Roux did the Paris Marathon two weeks ago