



IRENE NEWS

19 February 2018

No 7 - 2018



ACHIEVEMENTS

The following members were on the podium at the Bestmed Tuks Race on Saturday:

Ansie Breytenbach	3 rd Master lady – 10 km (49:10)
Joey Cloete	1 st GM lady – 10 km (55:11)
Annatjie Greyvenstein	1 st GGM lady – 10 km (56:11)
Sandra Steenkamp	1 st Lady walker & 1 st Master – 21 km (2:14:13)
Elsa Meyer	1 st GGM lady walker & 2 nd lady – 21 km (2:24:43)
Retha Knoetze (social member)	1 st GM Lady walker – 21 km (2:32:35)
Jaap Willemse	1 st GM walker – 21 km (2:14:13)
Gerard van den Raad	1 st GGM walker – 21 km (2:31:59)
Victor Phetoe	2 nd Master – 42 km (3:15:57)

Congratulations!

PERSONAL ACHIEVEMENTS

Zoë Scholtz	PB – 10 km
Estien van Wyngaard	PB – 10 km
Tania Thompson	PB – 21 km
Lizé Welgemoed	PB – 21 km
Lindie Pretorius	PB – 42 km
Joubert Krugel	First Marathon
Sherilyn van Wyk	First 10 km

Well done!

Tuesday:

Helpers run 17:30 - Club house

Sunday:

Deloitte 10/21/42 at 06:00 – Phobians, Hofmeyr Park

LANTERN RACE

Thank you to all our members who helped to make the Lantern race such a huge success on Wednesday evening. It was one of the best Lantern races in the 21 year history of the race.

The committee decided two years ago not to chase numbers but rather concentrate on presenting a quality race to ensure that less participants have a better experience. We have definitely achieved that goal.

HELPERS RUN

The helpers race will be held on Tuesday evening in place of the time trials. The start will be at the club house at 17:30. There will be a choice of 5 km or 10 km. All finishers will receive a medal and a Spar goodie bag.

We require a few helpers to assist please. Please let me know if you can help.

CLUB MARATHON CHAMPIONSHIPS

Congratulations to Phumlani Mabophe and Nadine Breytenbach who are our 2018 champions. The category winners will be announced once the full results become available.

JOINTEze™



SUBSTITUTIONS

Members are requested to let us know if they entered for races like Two Oceans, Om die Dam and Comrades but are unable to participate. We have waiting lists of members who want to take over your entries.

Some of our members are also looking for Loskop numbers as well as Skukuza entries.

Please take note that the final verification for the Two Oceans will be done from 1 – 6 March

CONDUCT OF MEMBERS

As one of the leading clubs not only in Pretoria but also in the country, it is expected of all our members to set a leading example, not only on the road during races but also off the road at our gazebos or whenever wearing Irene colours.

Please conduct yourselves in such a way that you don't embarrass people around you or make them feel uncomfortable.

MODERN
athlete



PERSONALIA

Myrna van Wyk will undergo yet another operation to her Achilles on Wednesday. We trust that it will be successful and we wish her a speedy recovery.

Congratulations to everybody celebrating their birthdays during the week:

Tony	Gomes	19 Jan
Naomi	Havenga	19 Jan
Juan	Koekemoer	19 Jan
Tebogo	Tselangoe	19 Jan
Kgabo	Diansoane	19 Jan
Bets	Botha	22 Jan
Anne	Nortman	22 Jan
Nadene	Visser	22 Jan
Dirk	Blom	23 Jan
Dave	Roux	23 Jan
Renata	Louw	24 Jan
Suzelle	Engels	24 Jan
Alta	Struwig	24 Jan
Kerry	Trentham	24 Jan
Andy	Crawshay-Hall	25 Jan



Sunday 25 February **(Pretoria Marathon)**

The Deloitte Challenge 42.2/21.1/10 km

Race Organisers: Phobians Athletics Club

Venue: Pretoria High School Old Boys Club, Hofmeyr Park, Queens Crescent, Lynnwood

	42.2 km	21.1 km	10 km
Entry fee	R 190	R 130	R 80
Start Time	06:00		06:15
Cut-off	05:30		

42.2/21.1km entries open until 24 February – no race day entries

1st 5 000 pre-entries receive a free t-shirt

No Pets - Wheelchair athletes allowed

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld, Bedfordview

www.entrytime.com

Saturday 3 March**Medihelp Sunrise Monster 32/10/5 km**

Race Organisers: Harlequin Harriers

Venue: Harlequin Club, Totius Road, Groenkloof

GPS: S 25 40.122 E 28 13.031

	32 km	10 km	5 km
Entry fee	R 110	R 80	R 40
Entry fee 60+	R 60	R 40	R 30
Race day entry (excluding 60+)	R 130	R 90	R 50
Race day & race eve entries (70+ / 80+)	Free		
Start Time	06:03	06:30	06:45
Cut-off	04:30	02:00	

T-shirts to all finishers, while stocks last, sizes are not guaranteed**No Pets** **Wheelchair athletes allowed** www.entrytime.co.za

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Natuaral Runner Centurion

Saturday 10 March**Buco Bobbies 3-in-1 21.1/10/5 km**

Race Organisers: Pretoria Police Marathon Club

Venue: Wonderboom Junction, c/o Lavender & Lavender East St, Wonderboom

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 35
Entry fee 60+	R 60	R 40	R 35
Entry fee 70+, blind + wheelchair athletes	Free		
Start Time	06:00	06:00	06:15
Cut-off	03:00		

No Pets

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Shape Up Gym; Buco Wonderboom

www.enteronline.co.za

Saturday 17 March**Budget Insurance Road Race 21.1/10/5 km**

Race Organisers: Overkruin Athletics Club

Venue: Kolonnade Shopping Centre, Sefako Makgatho Drive, Sinoville

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 40
Race day entry (Grandmasters)	Free (proof of age required)		
Start Time	06:00		06:15
Cut-off	03:00	02:00	

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Info Desk Kolonnade Centre;
Tshwane Running Shop

www.entrytime.co.za

2018 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Denel Road Race	21.1/10 km	24/03	X	X
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**

23/24 Feb 2018	KZN Snr & masters Champs	Pietermaritzburg.
2-3 March 2018	PE	Westbourne Oval, PE,
23/24 March 2018	GNMA (throws & Track & Field)	Pilditch, Pretoria
7 April 2018	CGMA	Herman Immelman,
13/14 April 2018	WP	Parow
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 athletes to arrive at the Lantern race on Wednesday evening



Regulars at the entry tables, Rose Kavaliannas and Lynette Gough



You won't get a more colourful water point than this



Happy to be part of this wonderful race



Two couples enjoying Valentines day, Fanie & Estien van Wyngaard and Louwrens & Riëtte Smit



Annerine van Schalkwyk and Madelé Nelson



Well-known TV rugby commentator John van Rensburg and referee Corrie Fourie at the start



The Spar Irene Lantern race, one of its kind



A beautiful view of the venue



Ready for action



What a beautiful sight



It will always be a unique race



Lizé and Corné Welgemoed, two new members at the Tuks race on Saturday. Lizé did her PB on the 21 km



10 KM podium winners in the 50, 60 and 70 categories



2nd Master home in the 42 km, Victor Phetoe



Piet Phalahadi and Michael Mokwala



Phumlani Mabophe and Noel Banda



Amanda and Dirk Cloete



A group of “elderly” members relaxing at the cara-fun



Our facilities at the races are the best you can get



Amanda Cloete and Carolina van der Westhuizen feeling much better after their Marathon



Emile Myburgh and Club captain Linley September



Lengosane Modiba



Markus van der Westhuizen helped his brother to run a Marathon