



IRENE NEWS

18 February 2019

No 7 - 2019



ACHIEVEMENTS

Congratulations to the following members who were on the podium at Bestmed Tuks:

Jacquie van der Waals	1 st Vet lady – 10 km (40:40)
Isabelle van der Schyff	1 st Master lady walker – 10 km (65:15)
Annatjie Greyvenstein	1 st GGM lady walker – 10 km (67:33)
Rosemary Brink	2 nd Vet lady – 21 km (1:51:50)
Ansie Breytenbach	1 st Master lady – 21 km (1:47:42)
Jaap Willemse	1 st GM walker – 21 km (2:21:40)
Gerard van den Raad	1 st GGM walker – 21 km (2:39:19)
Petro van Rensburg	1 st Master lady walker – 21 km (2:36:20)
Lucia Willemse	1 st GM lady walker – 21 km (2:42:03)
Elsa Meyer	1 st GGM lady walker – 21 km (2:21:11)
Sandra Steenkamp	1 st Lady walker & 1 st Master – 42 km (4:49:18)
Myrna van Wyk	2 nd Master lady – Sasol Secunda 10 km

PERSONAL ACHIEVEMENTS

Bridget Mohlala	PB – 21 km
Janene van Niekerk	PM – 10 km
Dian Lothering	First 10 km

Well done!

Please let us know about your personal achievements i.e. personal best times, first race in a certain distance etc. Don't be shy!

THIS WEEK'S DIARY

Monday:

Strength training @17:30 – Club house

Tuesday:

Time trials @ 17:30 – Club house (Everybody starts together at 17:30)

There will be a water point again at the 4 km turn

Sunday:

Deloitte 1/5/10/21/42 @ 06:00 – Hofmeyr Park

Sunday:

Club run @ 06:00 – Club house – All welcome, your distance, your pace.

MARATHON CHAMPIONSHIPS

The results of the championships will be published once the official results have been received.

COMRADES TRAINING CAMP

Please see the attachment regarding the launch of this great project. It will be the first time ever that we will have a Comrades training camp.

RACE STICKERS

Using these stickers on you race numbers instead of writing down your particulars will make it much easier for you at the races.



No more struggling filling in your details on the race entry. Get the Running Sticker™, with all your information, to solve that problem for you.



And for the price of less than a 10km entry, you will have enough stock for probably a year!

You support a worthy cause!!

Diani was born with a rare genetic disease, meaning that she will need life long support. Your purchase will contribute to her long term well being!



www.runningsticker.co.za to order your stickers!

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Mfundo	Hadebe	18 Feb
Linley	September	18 Feb
Janene	van Niekerk	18 Feb
Mmakgabo	Diangoane	19 Feb
Michael	Freeman	20 Feb
Johannes	Liebenberg	20 Feb
Freda	Hillocks	21 Feb
Nkululeko	Swana	22 Feb
Marinda	Gatherer	23 Feb
David	Roux	23 Feb
Suzelle	Engels	24 Feb



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NOTICE BOARD

Sunday 24 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 200	R 140	R 90
Entry fee 70+ (attach copy of ID to entry form)	Free		
Start Time	06:00		06:15
Cut-off	05:30		

42.2/21.1km entries open until 23 February – no race day entries

1st 4 500 pre-entries receive a free t-shirt

No Pets

Wheelchair athletes only recommended on 10km but are allowed on longer distances but will need assistance over animal grids

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

www.entrytime.com

Saturday 2 March**Medihelp Sunrise Monster 32/21.1/10/5 km**

Race Organisers: Harlequin Harriers

Venue: Harlequin Club, Totius Street, Groenkloof

GPS: S 25'46.122 E 28'13.031

	32km	21.1km	10 km	5 km
Pre-entry fee	R 160	R 150	R 100	R 50
Entry fees 60+	R 80	R 70	R 50	R 40
Start Time	06:03		06:30	06:45
Time Limit	04h30	03h30	02h30	

Route not suitable for wheelchair athletes

Pre-entries: Run-A-Way Sports, Sweatshop Dunkeld, Bedfordview & Southdowns;
Natural Runner

21.1km Championships**Thursday 21 March****Right to Run/Walk 21.1/10/5 km**

Race Organisers: Arcadia Running Club

Venue: Sunnypark Shopping Centre, c/o Steve Biko- & Robert Sobukwe Streets, Sunnyside

GPS: S 25 45'2 E 28 12'11

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R 50
Start Time	07:00		
Cut-off	??		

No Pets**No iPods or listening devices are allowed**

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Cross Trainer Sunnypark; Sports
Scene Sunnypark; Tshwane Running Shop

www.entrytime.com

2019 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Kolonnade Road Race	21.1/10 km	30/03/19	X	X
Run Against Drugs	21.1/10 km	13/04/19	X	X
Skosana Development Run	21.1/10 km	25/05/19	X	X
Race of Friendship	21.1/10 km	29/06/19	X	X
Zwartkop Road Race	21.1/10 km	27/07/19	X	X
Spirit of Flight	10 km	31/08/19	X	X
Brooklyn Road Race	21.1/10 km	07/09/19	X	X
Capital Classic	21.1/10 km	05/10/19	X	X
Freedom of Expression	21.1/10 km	02/11/19	X	X

Masters Athletics Fixture list

South Africa

? March 2019	KZN	Kings Park Stadium
29/30 March 2019	PE	Westbourne Oval
29/30 March	GNMA	Pilditch
5/6 April 2019	WP	Cape Town
13 April 2019	CGMA	Herman Immelman
10 August 2019	Mpumalanga	Secunda
? October 2019	Rassies	Bronkhorstspuit
25/26 October 2019	SWD	Oudtshoorn
8/9 November 2019	Free State	Bloemfontein

South African Championships

3/4 May 2019	SWD	Oudtshoorn
April/May 2020	Central Gauteng	Herman Immelman

Africa Championships

2021	Nairobi, Kenya
2023	South Africa

International Championships

24-30 March 2019	WMA Indoor	Torun, Poland
28/9-6/10 2019	30 th Summer Universiade	Naples, Italy
20/7/2020 – 1/8/2020	World Masters Athletics Champs	Toronto, Canada

THOUGHT FOR THE WEEK

When you feel like quitting, think about why you started.





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PHOTO CORNER (TUKS)



The Cara-Fun got stuck in the mud on Saturday after the race. In true Irene spirit Bets Botha (photo), Chantelle Botha and Candice van der Spuy came to the rescue. Thanks to their help, the problem was solved quickly.



Marinda Gatherer and Lisinda van Zyl



Johan van Vuuren and Pierre van Deventer



Amanda Lotheringen with her son, Dian



The van der Westhuizen brothers, Markus and Michael



Ali and Leonard van Antwerpen



Fun after the race



Ian Cameron with Letha Kotze, Mariet Louw and Maureen Mossop



Mike and Jackie Schlebusch



Bridget Mohlala seems very happy with her PB on the 21 km



Podium winners Petro van Rensburg, Elsa Meyer and Lucia Willemse



Jaap Willemse and Gerard van den Raad were also on the podium



Rosemary Brink on the podium



The training group at Klapperkop on Sunday morning



The walkers warming up at the training session on Tuesday



In action after the warmup



Action at the timer trials on Tuesday



There are many ways to do the time trials. Nadia Snyman and Amina Coetzee in action