



IRENE NEWS

18 March 2019

No 11 - 2019



ACHIEVEMENTS

The following members were on the podium at the Om die Dorp Race:

Jacquie van der Waals	1 st Lady & 1 st Vet – 10 km (40:13)
Johan Saayman	1 st Master – 10 km (47:34)
Ansie Breytenbach	1 st Master lady – 21 km (1:42:10)
Elsa Meyer	1 st GGM lady – Om die Dam 21 km (2:12:23)

Well done!

PERSONAL ACHIEVEMENTS

Luzaan van Zyl	PB – 10 km
Anja Vlok	PB – 10 km
Tania Thompson	PB – 21 km
Con Purchase	PB – 21 km
Dieter Meyer	PB – 50 km

Congratulations!

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)

Thursday:

Right to Run/Walk 5/10/21 @07:00 – Sunnypark Shopping Centre - AGN 21 km championships

Saturday:

Green Mile 4/8/16 miles @ 06:00 – Sportpark, Lyttelton

Sunday:

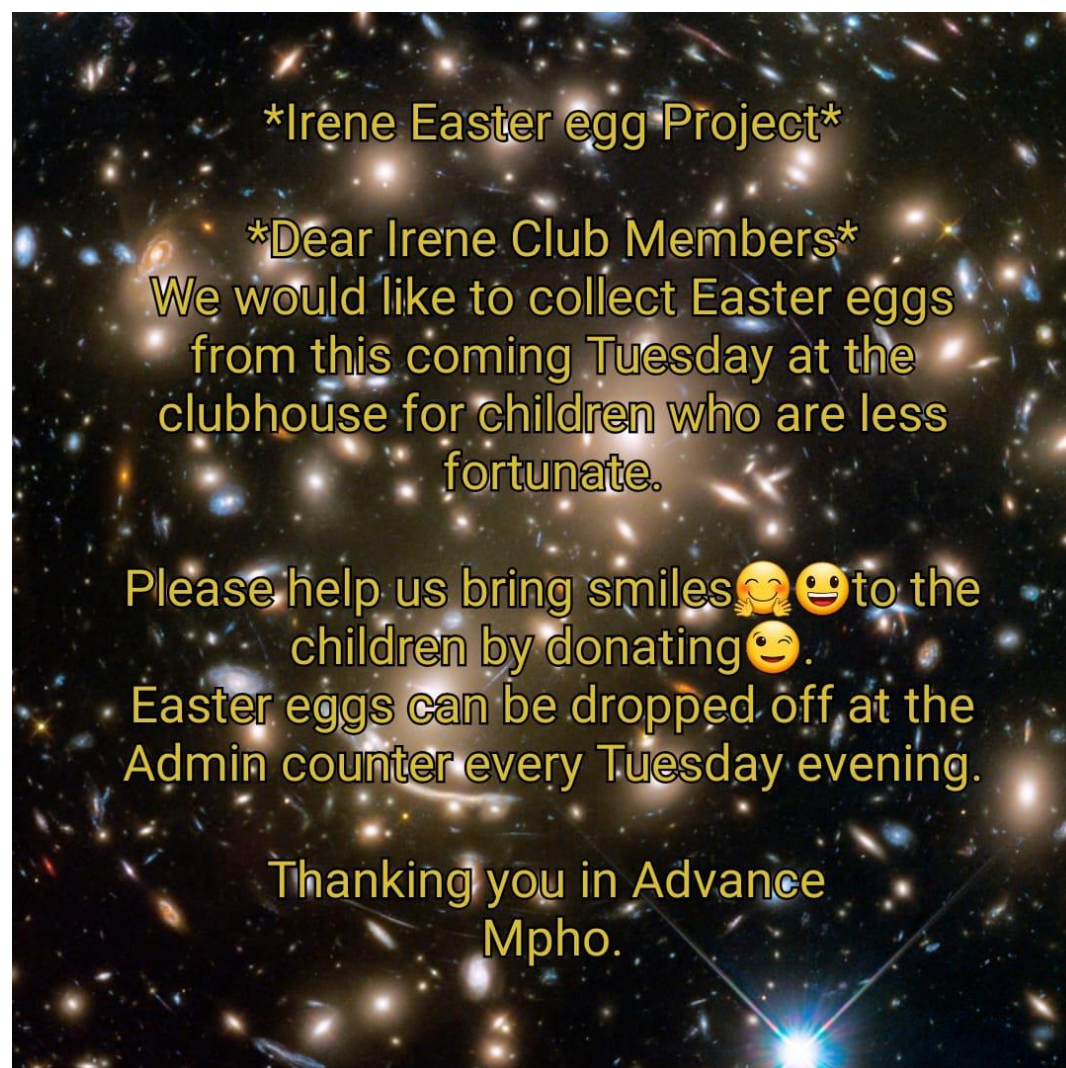
Club run @ 06:00 – Club house – All welcome, your distance, your pace.

HELPERS REQUIRED

The response from our members after the email on Thursday was much better, thank you for that. However, we still need many more helpers please, especially route marshals. We also need more helpers to hand out medals and more water point helpers. In addition to this we also require a few cyclists to ride with the front runners on the day. Please reply to this email to make yourself available. We cannot present a race of this magnitude without you.

Please note that Irene members will be allowed to run the 48 km on the day on condition that they provide a non-member to work on the day. This applies to the 48 km only. Members will not be allowed to do the 21 km on the day.

The Management committee has decided to reduce the 2020 membership fee with R100 for each race a member works at in 2019. We trust that this will also inspire our members to make themselves available to help on the day.

EASTER EGGS PROJECT

TWO OCEANS VERIFICATION

Please take note that the club verifications can only be done between 25 March and 31 March.

GREEN MILE PRIZE MONEY

The organisers adjusted the prize money for the walkers. See the table below:

WALKERS WINNERS	½ Mile (Men and Women)							
	Winners [Open]	Juniors	40-49 yrs	50-59 yrs	60-69 yrs	FREE entry		
						70-79 yrs	80 yrs +	
	1st	350	NA	100	100	100	70	70
	2nd	200	NA	75	75	75	NA	NA
	3rd	125	NA	50	50	50	NA	NA
	8 Mile (Men and Women)							
	Winners [Open]	Juniors	40-49 yrs	50-59 yrs	60-69 yrs	FREE entry		
						70-79 yrs	80 yrs +	
	1st	250	75	75	75	75	45	45
2nd	150	50	50	50	50	NA	NA	
3rd	100	25	25	25	25	NA	NA	
Gold Medals • All Category Winners			Price Money • R5 360					
Grand Total Price Money • R16 010								

RUNNERS WINNERS	½ Mile (Men and Women)							
	Winners [Open]	Juniors	40-49 yrs	50-59 yrs	60-69 yrs	FREE entry		
						70-79 yrs	80 yrs +	
	1st	800	NA	200	200	200	175	175
	2nd	400	NA	100	100	100	NA	NA
	3rd	250	NA	75	75	75	NA	NA
	8 Mile (Men and Women)							
	Winners [Open]	Juniors	40-49 yrs	50-59 yrs	60-69 yrs	FREE entry		
						70-79 yrs	80 yrs +	
	1st	500	150	150	150	150	125	125
2nd	300	100	100	100	100	NA	NA	
3rd	150	50	50	50	50	NA	NA	
Gold Medals • All Category Winners			Total Price Money • R10 650					

PERSONALIA

Congratulations to Ian and Carla Cameron with the birth of Jana on Wednesday. What a blessing!



Congratulations to everybody celebrating their birthdays during the week:

Steve	Sackett	18 Mar
Precious	Hlabisa	18 Mar
Anna	Pieterse	19 Mar
Annette	Muller	19 Mar
Hestha	Conradie	19 Mar
Emile	Myburgh	19 Mar
Anzel	van der Schyff	19 Mar
Egmond	van Niekerk	20 Mar
Chantel	Heuvel	20 Mar
Ruan	Vlok	20 Mar
Johan	van Vuuren	21 Mar
Logan	Nair	21 Mar
Nicholas	Southey	22 Mar
Heinrich	Beukman	22 Mar
Izaak	van Niekerk	23 Mar
Louise	Delpont	24 Mar
Chantelle	Botha	24 Mar



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NEW MEMBERS

Welcome to the following members who joined recently:



Anita du Plessis



Arushka Bothma



Christa Thiebaut



Chris Roede



Genevieve Tyler



George Mahlangu



Inus Kritzingner



Joseph Kgodumo



Kate Mole



Lucky Luckhwareni



Mandy Macaskill



Mpho Notsaathebe



Pieter Bothma



Riaan Cloete



Rudi Neuhoof



Sonja du Toit



Suzette Ruthven



Venita Brown



Vicus Pretorius

JOINTEze™

MODERN
athlete



NOTICE BOARD

AGN 21 km 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

Saturday 23 March

Green Mile 16/8/4 mile

Race Organisers: Green Mile AC

Venue: Sportpark, Lyttelton

	16 mile	8 mile	4 mile
Entry fee	R 120	R 80	R 50
Start Time	06:00		
Cut-off	??		

No iPods or listening devices are allowed

Pre-entries at: Run-away Sport; Sweatshop Southdowns

LEAGUE RACE

Saturday 30 March

Kolonnade Road Race 32/15/5 km

Race Organisers: Overkruin Athletics Club

Venue: Kolonnade Shopping Centre, c/o Sefako Makgatho Drive & Dr van der Merwe Street, Montana

	32 km	15 km	5 km
Entry fee	R 110	R 90	R 40
Entre fee 60+ (Race day only & proof of age)	Free		
Start Time	06:00		06:15
Cut-off	04:00	03:00	

No Pets

No iPods or listening devices are allowed

Pre-entries at: Run-away Sport; Sweat Shop Irene; Tshwane Running Shop; Kolonnade Info Desk

www.entrytime.co.za

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

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

Those who say it can't be done are being passed by those doing it.



We offer professional quantity surveying services

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PHOTO CORNER (OM DIE DORP)



Luzaan van Zyl and her mother, Ann Crous



Ina van As and Uida Enslin



Johan Saayman



Jacquie van der Waals



Theuns Willemse



Jaap and Lucia Willemse with their daughter, Rhoda van Staden



Nadia Liebenberg



Christa Thiebaut



MC du Toit



Bernice Swanepoel



Hestha Conradie and Kobus van As



Vanessa Botha and Cherie Siebert



Cindy and Buks van Deventer



Gwen Siyotula



Dieter Meyer, Rinaldi Botes, Heleen de Bruin and Lindie Pretorius ready for Om die Dam