



IRENE NEWS

19 March 2018

No 11 - 2018



ACHIEVEMENTS

The following members were on the podium over the weekend:

Joey Cloete	2 nd GM Lady – Om die Dam 21 km (2:03:36)
Elsa Meyer	1 st Lady walker – Om die Dam 21 km (2:23:42)
Tania Thompson	1 st Lady walker – Om die Dam 50 km (6:44:10)
Theo Bohnen	2 nd GM – Om die Dam 50 km (4:41:21)
Johan Nel	3 rd GM – Om die Dam 50 km (4:46:59)
Annatjie Greyvenstein	1 st GGM lady – Kolonnade 10 km (55:30)

Congratulations!

PERSONAL ACHIEVEMENTS

Tania Thompson	First Ultra
Hesta van den Heever	First Ultra
Cindy van Deventer	First 42 km

Well done!

Tuesday:

Time trials at 17:30 – Club house

Wednesday:

Right to Run/Walk 5/10/21 at 07:00 - Sunnypark

Saturday:

Denel 5/10/21 at 06:00 – Denel Irene Campus (League race)

JOINTEZE IRENE ULTRA 8 APRIL

We require many more helpers for the race please, especially route marshals. We need you please!

LEAGUE RACE

The race on Saturday is the next league race. As always we require as many members as possible to attend to ensure maximum league points.

We also need our faster runners to be there to earn super league points. The first 50 AGN finishers in both distances (men and women), earn super league points. There are quite a number of our members who fall in this category. We need you there!

As always there will be something to eat afterwards (free of charge)

TWO OCEANS T-SHIRTS

Although we couldn't obtain a sponsor for the Two Oceans, the Two Oceans participants (both distances) will have the choice to buy a lovely dry-fit T-shirt at a subsidised price of only R50. Stock is limited so please send your order a.s.a.p. First come first serve.

Send you proof of payment and size required to info@irenerunner.co.za



WALKING CLINIC

There will be a walking clinic for all interested runners at the club house on Tuesday evening, the same time as the time trials. The purpose of this clinic is to learn our runners how to walk faster and more efficiently during races when they are forced to walk.

Runners who can master this technique will definitely be able to run a faster Comrades.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Hestha	Conradie	19 Mar
Annette	Muller	19 Mar
Emile	Myburgh	19 Mar
Anna	Pieterse	19 Mar
Marli	Hanekom	20 Mar
Chantal	Heuvel	20 Mar
Egmond	van Niekerk	20 Mar
Johan	Du Toit	21 Mar
Johan	Janse van Vuuren	21 Mar



Andries	Nel	21 Mar
Heinrich	Beukman	22 Mar
Nicholas	Southey	22 Mar
Pieter	Engelbrecht	23 Mar
Izaak	van Niekerk	23 Mar
Chantelle	Botha	24 Mar

WATER POINTS

We are still looking for a few more businesses/organizations to man a water point at our race on 8 April. It is free and will mean a lot of exposure.

RHODES ENTRY

Interested in doing the Rhodes this year? Contact Riaan Venter at 084 754 4580.

NOTICE BOARD

Wednesday 21 March

Right to Run/Walk 21.1/10/5 km

Race Organisers: Arcadia Running Club

Venue: Sunnypark Shopping Centre

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R 50
Start Time	07:00	07:00	07:00
Cut-off	03:00		

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

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MODERN
athlete



Knowledge Integration Dynamics



Saturday 24 March**Denel 21.1/10/5 km LEAGUE RACE**

Race Organisers: Denel Athletics Club

Venue: Denel Irene Campus

	21.1 km	10 km	5 km
Entry fee	R 80	R 60	R 30
Entry fee 60+	R 30	R 30	R 30
Entry fee blind athletes	Free		
Start Time	06:00	06:00	06:15
Cut-off	03:00		

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Natural Runner Bylsbridge

www.enteronline.co.za**Monday 2 April****Family Run/Walk 22/11/6 km**

Race Organisers: Run Walk for Life Athletics Club

Venue: Lynridge Mall

	22 km	11 km	6 km
Entry fee	R 90	R 70	R 40
Start Time	07:00	07:00	07:00
Cut-off	03:00		

Pre-entries at: Run-away Sport



Sunday 8 April

Modern Athlete Irene Ultra 48/21.1/5 km

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Nelmapius Dr, Irene (Opposite Denel)

GPS: S 25 89'71" E 28 18'87"

	48 km	21.1 km	5 km
Entry fee	R 320	R 100	R 50
Entry fee 60 - 69	R200	R 50	R 30
Entry fee 70+	Free		
Start Time	05:30		06:00
Cut-off	06:00	03:30	

Free t-shirt to all 48km entrants

Ultra-marathon entries limited to 4 000

5km is wheelchair friendly

No pets

No iPods or listening devices are allowed

48 km & 21 km Pre-entry only at www.championchip.co.za

2018 AGN LEAGUE FIXTURE LIST

<i>EVENT</i>	<i>DISTANCE</i>	<i>DATE</i>	<i>LEAGUE</i>	
			<i>RR</i>	<i>RW</i>
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 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

"Most people never run far enough on their first wind to find out they've got a second."

- William James



PHOTO CORNER (Om die Dam)



Kallie Coetzee and Pieter Saayman



Rosemary Brink



Victor Phetoe



Emile Myburgh



Themba Mathebula



Bernita Bornmann and Paul Nel



Kerry Trentham



Johan Nel



Yvonne van Wyk and Dave Roux



Michelle Lubbe



Relaxing after the race



Hesta van den Heever who did her first Ultra and Marks Mathebula



Holger Hedelt is finding it very difficult to train for Comrades in these conditions