



# IRENE NEWS

1 April 2019

No 13 - 2019



## ACHIEVEMENTS

No results received of the Kolonnade race.

Congratulations to the following members who earned medals in their respective age categories at the AGN Masters championships held at Pilditch on Saturday:

Sunet Harmse	Gold x 2
Joey Cloete	Gold x 1, Silver x 2
Elsa Meyer	Gold x 2
Gerard van den Raad	Gold x 2
Keith Reynolds	Gold x 1, Silver x 1, Bronze x 1
Lucia Willemse	Gold x 1
Danie Labuschagne	Gold x 2
Issy van der Schyff	Gold x 1
Ansie Breytenbach	Silver x 1
Estien van Wyngaard	Bronze x 1

## PERSONAL ACHIEVEMENTS

Allan Soundy	PB – 32 km
Estien van Wyngaard	PB – 5000m track
Issy van der Schyff	PB – 5000m track

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)

Social evening

### Saturday:

Ford 3 in 1 @ 06:30 – Ford Motor Company Sports Grounds

### Sunday:

JointEze Irene Ultra @ 05:30. Irene members who entered for the 48 km will be allowed to run on condition that they provide a competent non club member to work in their place on the day.

### CAPTAIN'S CORNER

The month of April is quite a business one with all the big races happening. The training for most people is going very well and most are into the swing of it. High mileage is the order of the day and this will carry on for the next few weeks. With Two Oceans looming, this is the time to start practising your pacing, test your nutrition, socks and shoes, clothes and check where you chafing if any and get mentally prepared for the journey ahead. We have training groups on Sundays at the club and at Klapperkop. Join in these various groups for your long runs as it is an enjoyable and fun group to be part of.

The club has a WhatsApp group should you want to be part of it. Here we discuss upcoming events, races and race numbers etc. Let me know if you keen by sending me your **name** and **surname** and I will add you. The **IRENE APP** is also available to be downloaded to your mobile so please do so. We will start using the APP as our communication tool in the future. There are chat groups which you can choose to belong so please download it and let's get talking.

Should you have any questions about training please drop me a mail at [training@irenerunner.co.za](mailto:training@irenerunner.co.za), call or WhatsApp me on 082 345 5343 and I will assist where possible.

Proud IRENE Greetings

Linley

### JOINTEZE IRENE ULTRA



The poster features a large red circular stamp with the words 'SOLD OUT' repeated three times around the perimeter. In the center of the stamp are three stars. To the right of the stamp, the text 'JointEze IRENE ULTRA' is displayed in a bold, green and black font. Below this, in a smaller font, it says 'BY MODERN athlete'. Further down, the hashtag '#THEQUALIFIER' is visible with a double arrow pointing left. At the bottom, a blue banner contains the text 'JointEze Irene Ultra 48 km entries are sold out! Only a few 21km entries are still available... get them while they're hot!'. Below the banner is a table with two columns: 'START' and 'PRIZE-GIVING'. The 'START' column has the value '05:30am' and the 'PRIZE-GIVING' column has the value '11:30am'.

START	PRIZE-GIVING
05:30am	11:30am

A proud moment indeed! It took us 4 years to reach this point. While the numbers are declining in other races, our entries have increased with more than 1000 compared to last year!

The club and all its members can be very proud to be part of this race on Sunday. It is up to us now to present a high quality race to ensure that we are sold out earlier next year.

We are still looking for a few more water point helpers.

**SOCIAL EVENING**

**Let's get to know each other**  
**April Fools Fact Fiasco**  
**Irene Social 2nd April 2019**  
**after time trial.**



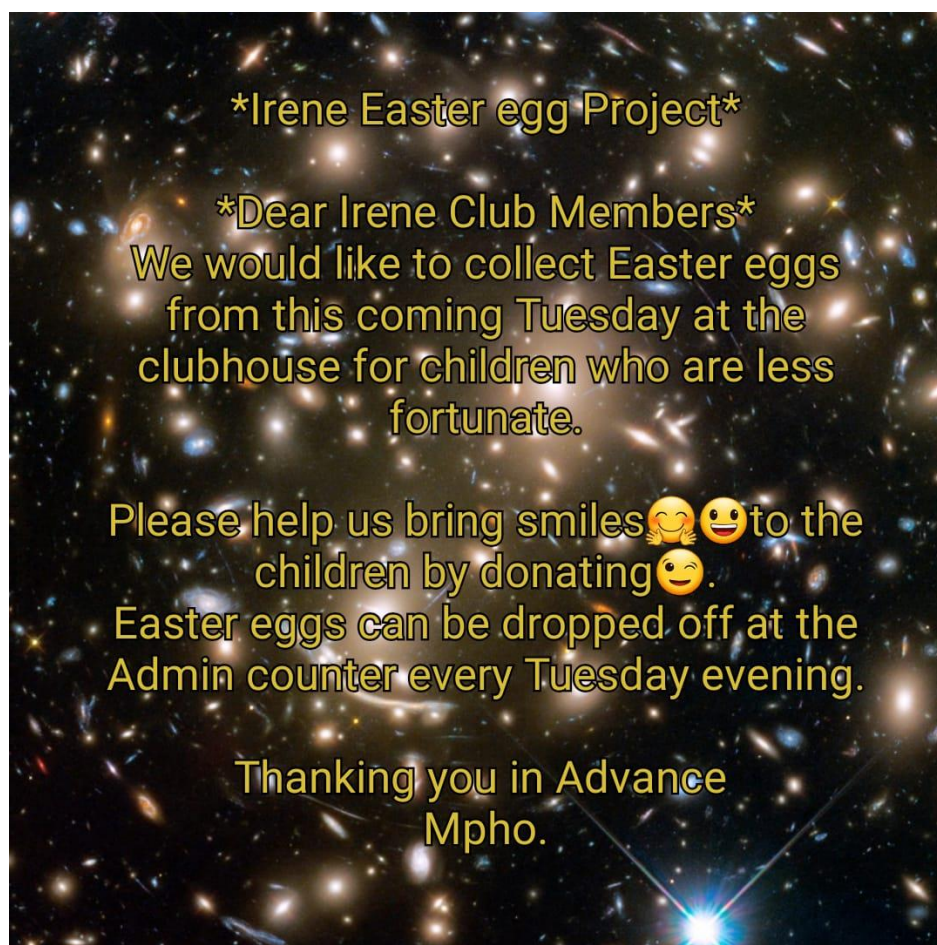
**Old and new members, lets get to know each other. Everyone wears a name tag, plus an interesting fact about themselves, and is then eligible for a free drink at the bar. Prizes for most interesting fact, person who remembers the most facts about people, and more. But wait, there is a catch, not all facts might be true. Guess the April Fools for more prizes.**

**Chicken phylo pie with salads R50**

**ACCOMMODATION AVAILABLE**

Gerald Croukamp has a camp-site available for the Loskop weekend (i.e. nights of 12 & 13 April 2019), at Devoetpadkloof, approximately 12 km from Loskop resort. The rate is R750.00 for the weekend. Any person interested may contact him on 084 582 7242.

## **EASTER EGGS PROJECT**



## **ENTRIES REQUIRED**

Please let me know of Loskop and Skukuza entries that might be available.

## **PERSONALIA**

Congratulations to everybody celebrating their birthdays during the week:

Tumi	Mathabatha	01 Apr
Reinhardt	van Zyl	01 Apr
Holger	Hedelt	02 Apr
Carina	Furstenberg	02 Apr
Marks	Mathebula	02 Apr
Mmemezi	Dlamini	03 Apr
Ann	Crous	04 Apr
Hendrik	Steynberg	05 Apr
Ben	Taljaard	06 Apr
Travers	Snyman	07 Apr
Con	Purchase	07 Apr
Jackie	Mostert	07 Apr



Website: [www.csi-euf.co.za](http://www.csi-euf.co.za)

Tel: 011 805 6316

## NOTICE BOARD

### NOTICE BOARD

#### **Saturday 6 April**

#### **Ford 3-in-1 Road Race 21.1/10/5 km**

Race Organisers: Ford Athletics Club

Venue: Ford Motor Company Sports Ground, c/o Simon Vermooten & Alwyn Road, Silverton

	21.1 km	10 km	5 km
Entry fee	R 100	R 70	R 50
Start Time	06:30		06:45
Cut-off	03:00		

**No Pets**

**No iPods or listening devices are allowed**

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

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

#### **Sunday 7 April**

#### **JointEze Irene Ultra 48/21.1/5 km**

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Nelmapius Road, Irene

GPS: S25 53'31 E 28 11'28

**Starting time: 05:30**

**No Pets**

**No iPods or listening devices are allowed**

**SOLD OUT**

### **League Race**

**Saturday 13 April**  
**km**

**Frenus Zietsman Run/Walk against drugs 21.1/10/5**

Race Organisers: Mamelodi Athletics Club

Venue: Pilditch Athletic Stadium, Maltzan Street, Pretoria West

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R 50
Start Time	07:30		
Cut-off	??		

**The race is wheelchair friendly**

**No Pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-away Sport; Sweat Shop Irene; Tshwane Running Shop; Cross Trainer Sunnypark; Sport Scene Sunnypark

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

**Saturday 20 April**

**Castle Walk Easter Road Race 10/5 km**

Race Organisers: Fusion Sports

Venue: Castle Walk Shopping Centre, c/o Nossob & Swakop Streets, Erasmuskloof

	10 km	5 km
Entry fee	R 90	R 50
Start Time	07:00	07:15
Cut-off	??	

**Pets allowed on the 5km only**

**Wheelchair athletes are allowed on the 5km only**

**No iPods or listening devices are allowed**

Pre-entries at: Run-away Sport; Sweat Shop Irene, Dunkeld West & Fourways; Curves Castle Walk Shopping Centre

**Monday 22 April      Run-a-way Sport Family Day Run/Walk 22/11/6 km**

Race Organisers: Run/Walk for Life Athletics Club

Venue: Lynnridge Mall, c/o Jacobson & Lynnwood Road, Lynnwood

	22 km	11 km	6 km
Entry fee	R 90	R 70	R 50
Start Time	07:00		
Cut-off	??		

**Wheelchair athletes welcome**

**No Pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-away Sport; Sweat Shop Irene

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

***2019 AGN LEAGUE FIXTURE LIST***

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

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 <sup>th</sup> Summer Universiade	Naples, Italy
20/7/2020 – 1/8/2020	World Masters Athletics Champs	Toronto, Canada

### **THOUGHT FOR THE WEEK**

**Be sure your goal is a right one, for if it isn't, it's a wrong one and nothing wrong ever turns out right.**

**JOINT**Eze™

**MODERN**  
*athlete*



**We offer professional quantity surveying services**

**Giel Cillie (PrQS)**

**Tel:** +27 (0) 12 663 3300

**Fax:** +27 (0) 86 670 2124

**Physical Address:** 10 Lenchen Park, 2029 Lenchen Ave South,  
Zwartkops X4, Centurion

**Postal Address:** PO Box 7838, Centurion, 0046

[WEBSITE](#) | [ABOUT US](#) | [Connect with Giel](#) 

***PHOTO CORNER (AGN MASTERS CHAMPIONSHIPS)***



The lady walkers at the start of the 5000m at the AGN Masters championships



Issy van der Schyff and Estien van Wyngaard



Elsa Meyer



Lucia Willemse



Danie Labuschagne



Gerard van den Raad



Sunet Harmse

***PHOTOS FROM YESTERYEAR (2000)***



Derek Oldnall



Sunet Harmse with the well-known Nuno Thomas



Johan Saayman

These photos were taken after a very wet Lantern helpers race