



# IRENE NEWS

1 May 2017

No 17 - 2017



## ACHIEVEMENTS

The following members were on the podium over the long weekend:

Tshwane league race: (official finishing times were not correct)

Ansie Breytenbach	1 <sup>st</sup> Lady and 1 <sup>st</sup> Master – 10 km
Heleen de Bruin	2 <sup>nd</sup> Lady – 10 km
Joey Cloete	1 <sup>st</sup> Gm lady – 10 km
Elsa Meyer	2 <sup>nd</sup> Lady walker – 10 km
Phumlani Mabophe	2 <sup>nd</sup> Man – 21 km
Johan van Vuuren	1 <sup>st</sup> GGM – 21 km
Jaap Willemse	2 <sup>nd</sup> Walker – 21 km
Belinda de Bruin	1 <sup>st</sup> Vet lady -21 km
Lucia Willemse	1 <sup>st</sup> Lady walker – 21 km

Wally Hayward:

Chris Harmse	2 <sup>nd</sup> GM – 10 km (51:40)
Joey Cloete	1 <sup>st</sup> GM – 10 km (54:44)
Jaap Willemse	1 <sup>st</sup> GM walker & 2 <sup>nd</sup> man – 10 km (61:34)
Lucia Willemse	1 <sup>st</sup> GM Lady walker & 2 <sup>nd</sup> lady – 10 km (68:12)
Gerard van den Raad	1 <sup>st</sup> GGM Walker – 21 km (2:29:04)
Sandra Steenkamp	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> Master – 42 km (4:49:23)

Cradle:

Johan Nel	1 <sup>st</sup> GM – 32 km (2:29:10)
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Wellington Safari:

Rita le Roux	2 <sup>nd</sup> Master lady – 10 km (51:00)
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Marula

Elsa Meyer	1 <sup>st</sup> Lady walker – 21 km
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Cross Country (Cullinan)

Ansie Breytenbach	1 <sup>st</sup> Master lady
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Congratulations to all of you!



## ***PERSONAL ACHIEVEMENTS***

Chantelle Botha	First Ultra Marathon
Johan van Vuuren	PB – 42 km
Marlise Pienaar	First 21 km

Well done!

## ***THIS WEEK'S DIARY***

### **Tuesday:**

Time trials at 17:15 at the club house

### **Saturday:**

Jackie Mekler 5/10/25 at 06:30 – Pretoria Military Sports Grounds (League race)

## ***TIME TRIALS***

Please take note that the time trials will start at 17:15 from this week. This will be the case until the end of August

## ***LEAGUE RACE***

Please note that the Jackie Mekler 10/25 this Saturday is the next league race. As always there will be something to eat to all Irene members. Be there in numbers, we need you.

Remembers we need all the faster runners for the super league!

## ***THE WALLY HAT RACE***

A number of our members put in a great effort with their hats, thank you for that. It was a difficult task for the panel of judges to choose a winner. At the end the prize winners were:

1<sup>st</sup> Bertha van den Raad, 2<sup>nd</sup> Bets and Chantelle Botha and 3<sup>rd</sup> Handri Kymdell. Well done, you were great!

## ***COMRADES GOODY BAGS (2<sup>ND</sup> REQUEST)***

Our Comrades runners have been spoiled in the past with fantastic goody bags. To do it once again we need your help. Thank you to those of you who have already indicated that you will contribute towards it. However, we still require many more items for the goody bags.

This is an ideal opportunity to advertise your business or service that you render. A small chocolate, packet of chips etc. with your business card attached to it will make the ideal item for the goody bag.

If you work for a company who can supply us with anything, no matter how small, please try your best to get them to donate something.

We work on 200 goody bags.

We need it not later than 25 May, the evening when the goody bags will be packed.

Make use of this opportunity and support our Comrades runners please.

## PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Francois	Nelson	03 May
Ina	van As	03 May
Johan	Nel	04 May
Portia	Ravhuhali	04 May
Nadia	Smith	04 May
Tania	Thompson	05 May
Simone	Basson	06 May
Mardine	Laubscher	07 May
Clinton	Nicholl	07 May



## NOTICE BOARD

### League Race

**Saturday 6 May**

**Jackie Mekler Race 25/10/5 km run/walk**

Race Organisers: PMMC

Venue: Pretoria Military Sports ground, Thaba Tshwane (Voortrekkerhoogte)

GPS: S25 47'15.35" E28 8'20.22"

	25 km	10 km	5 km
Entry-fee	R 90	R 70	R 30
60+	R 40	R 30	Free
70+	Free (no t-shirt)		
Start Time	06:30		06:45
Cut-off	04:00	02:30	01:30

**Free t-shirts to the 1<sup>st</sup> 1 200 online entries**

**No wheelchair athletes or prams will be allowed due to traffic conditions**

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Running Inn; Sweatshop Dunkeld West, Southdowns; Sportmans Warehouse Princess Crossing, Montana Crossing

[www.entrytime.com](http://www.entrytime.com)

**Saturday 13 May****The Love Run 21.1/10/5km**

Race Organisers: Love Running

Venue: Hatfield Christian Church, c/o January Masilela Drive &amp; Garsfontein Road, Menlyn

	21.1 km	10 km	5 km
Pre-entry fees	R 90	R 70	R 50
Race day entry fees	R 100	R 80	R 50
Entry fees 70+	Free	Free	
Start time	07h00 run 06h45 walk	07h15 run 06h45 walk	07h20
Time Limit	When last athlete crosses the finish line		

Pre-entries at: Run-A-Way Sport, Running Inn, Sweatshop Southdowns; Audi Centre, Arcadia; McCarthy VW Wonderboom; Audi Centre Menlyn; McCarthy VW Menlyn; McCarthy VW Silver Oaks

**Saturday 20 May****Race of Hope 21.1/10/5 km**

Race Organisers: Run/Walk for Life

Venue: The Grove Mall, c/o Lynnwood &amp; Simon Vermooten Rd, Equestria, Pretoria

	21.1 km	10 km	5 km
Entry-fee	R 80	R 70	R 40
Start Time	07:00		
Cut-off	?:00		

Pre-entries at: Total Sports – The Grove Mall

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

**Saturday 27 May Superspar Hercules Skosana Legend 10/5 km run/walk**

Race Organisers: Run/Walk for Life

Venue: Superspar, Moort Street, Hercules, Pretoria

	10 km	5 km
Entry-fee	R 60	R 40
Start Time	07:00	
Cut-off	?:?:00	

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Hercules Superspar

[www.enteronline.co.za](http://www.enteronline.co.za)**2017 AGN LEAGUE FIXTURE LIST**

EVENT	DIST	DATE	LEAGUE	
			RR	RW
JACKIE MEKLER	10/25	6 May	X	X
RACE FOR FRIENDSHIP	10/21	24 Jun	X	X
LONG WALK/RUN FOR FREEDOM	10/21	22 Jul	X	X
MARCEL VAN'T SLOT	15	19 Aug	X	X
ADDICTED TO LIFE	10/21	9 Sep	X	X
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

## **SA MASTERS**

### **Local meetings**

<b>12 Augustus 2017</b>	<b>Claude Sterley Memorial</b>	<b>Pilditch</b>
? Sept/? October 2017	SWD	Oudtshoorn
11 November 2017	Free State	Bloemfontein
<b>4, 5 &amp; 6 May 2017</b>	<b>SA Masters Chamionships</b>	<b>Parow</b>

### **African Masters Track & Field Championship**

Cameroon                      27 – 29 May 2017

### **THOUGHT FOR THE WEEK**

**Perfection is not attainable, but if we chase perfection we can catch excellence.**



## Photo Corner



Heleen de Bruin and Ansie Breytenbach, 2<sup>nd</sup> and 1<sup>st</sup> ladies at the Tshwane race



Joey Cloete, 1<sup>st</sup> GM lady



Belinda de Bruin, 1<sup>st</sup> Vet lady



Johan van Vuuren, 1<sup>st</sup> GGM



Chris Harmse, 2<sup>nd</sup> GM at the Wally 10 km



Emile Myburgh



The finalists of the hat competition



Handri Kymdell who finished third



Runners up Bets and Chantelle Botha



The winner, Bertha van den Raad



Gerhard Koekemoer



Shalati Maponopono



Kerry Trentham, Heleen de Bruin and Dieter Meyer



Iain McFadyen



Mpho Motaung



Thabiso Mashaba



Silvia Oliveira



Frances Lezar with former member Kobus van Schalkwyk who now lives in Walvis Bay



Telanie Venter with Schalk and Nadia Liebenberg



Rinaldi Botes and Blanche van Vuuren



Lucia and Jaap Willemse



Martin Struwig and Riaan Lombard