



IRENE NEWS

1 October 2018

No 39 - 2018



PERSONAL ACHIEVEMENTS

Cindy van Deventer	PB – 21 km
Jan van Wyk	PB – 21 km
Karen Geldenhuys	PB – 21 km
Elmarie Ackerman	PB – 21 km
Estien van Wyngaard	PB – 10 km

Well done!



THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:30 – Club house (Social evening- Pub Run)

Saturday:

Chamberlain Capital Classic 5/10/21 @ 06:00 (Walkers @ 05:45) – Phobians Club

IRENE SPRING RACE

What a fantastic event! It was one of those races where just about everything went right. There was a big field with 4100 finishers in the 3 distances who enjoyed it.

Thank you to each and every Irene member who contributed towards the success of the race, you were awesome and made us proud. The contribution you made to our sport was tremendous.

Our next race coming up is the CSI Irene Farm Race on 27 October. Diarised it please.

SOCIAL EVENING

Don't miss out on the social evening on Tuesday evening! It will be our annual pub run. As always it promises to be great fun.

See the flyer on the next page.

There will be a lucky draw afterwards

where a lucky member will win a pair of Asics shoes to the value of R2500.

We are grateful to the Sweat Shop in Southdowns and Asics for this sponsorship.





Pub Run/Crawl

Irene Social

2nd October 2018



Join us for the pub crawl

Part of the time trial route, including 2 "water tables", where we will enjoy shooters and craft beer.

Back to the clubhouse for a fun-filled pub evening, with bangers and mash and mushy peas.

R50

CAPTAIN'S CORNER

Kaapsehoop 2018 is nearly upon us. Most of you have been working towards this race and hopefully you ready to tackle it and qualify. The preparation you put in and the hard work will pay off in the end. This will be a good end to a long and hard training year for most of you. After this, you can keep on maintaining your fitness and do some fun events to keep it interesting. Go to gym to swim or do strengthening exercises that is fun and challenges you.

I challenged you in July to bring along a family member, colleague, friend or neighbour to join the club so they can live a healthier lifestyle. Hopefully you still working on these people to join and be part of an amazing club. Please be reminded we have a few league races still left for the year and your attendance will be required. Check the newsletter for when they are please. Anyone requiring Pepto products, please get in touch with Suzelle Engels.

Thank you for your ongoing support.

See you on the road and trails.

PROUD IRENE GREETINGS

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PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Aletha	Van den Bergh	01 Oct
Hesta	Van den Heever	03 Oct
Holisizwe	Malise	04 Oct
Joan	van Wyngaard	04 Oct
Christo	Van der Merwe	05 Oct
Brian	Peters	07 Oct
Gerna	Horak	07 Oct
Rena	van Wyk	07 Oct



NOTICE BOARD

Saturday 6 October Chamberlain Capital Classic 21.1/10/5 km

Race Organisers: Phobians Athletics Club / Alpha Centurion Road Runners

Venue: Phobians Club, Queens Crescent, Lynnwood

GPS: S25 45'64.4 E28 15'22.8

	21.1 km	10 km	5 km
Entry fee	R 100	R 70	R 450
Entry fee 70+ / blind runners	Free – race day only		
Start Time	06:00		06:15
Start time walkers & wheelchairs	05:45		
Cut-off	03:30		

1st 2000 entries on the 10 and 21.1km races receives a free t-shirt

No pets No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns; Chamberlain Stores – Centurion Mega Store, Montana Mega Store, Silver Lakes Mega Store, Waterkloof Glen, Strubens Valley

www.entryrush.co.za



Saturday 13 October

Jacaranda City Challenge 42.2/21.1/10/5 km

Race Organisers: Agapé Athletics Club & Sportsvendo

Venue: Pretoria Rugby Club, Totius Street, Groenkloof (+/- 700m from old venue)

	42.2km	21.1km	10 km	5 km
Pre-entry fee (until 5 October) or when entry capacity reached	R 190	R 110	R 90	R 60
Entry fees 60 – 79	R 100	R 60	R 50	
Late entry fees (11/13 October)	Closed	Closed	R 110	
Late entry fees 60 - 79	Closed	Closed	R 60	
Jardine Joggers / 80+ athletes	Free			
Event t-shirts	R 80			
Start Time	05:45		06:15	06:30
Time Limit	05h:30	03h00	2h00	

No completed tear-off strip – no results Come early – start line is a 10-minute walk from venue

Pre-entries: Run-A-Way Sports; Sweatshop Dunkeld, Bedford & Southdowns; Sportmans Warehouse Atterbury value Mart, Centurion Value World & Kolonnade Retail Park; Brooks Gym 291 Main St. Brooklyn

Enter on line: www.timeme.co.za

League Races

<i>EVENT</i>	<i>DISTANCE</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
CSIR Road Race	21.1/10 km	20/10	X	X
Tom Jenkins	21.1/10 km	17/11	X	X

Masters Athletics Fixture list
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Local meetings

20 October 2018

SWD

Oudtshoorn

10 November 2018

Free State

Bloemfontein

South African Championships

3/4 May 2019

Oudtshoorn

Africa Champs

December 2018

Africa Championships

Tunisia

International Championships

24-30 March 2019

WMA Indoor

Torun, Poland

28/9-6/10 2019

30th Summer Universiade

Naples, Italy

20/7/2020 – 1/8/2020

World Masters athletics Champs

Toronto, Canada

THOUGHT FOR THE WEEK

The most popular persons are those who take the world as it is, who find the least fault.

PHOTO CORNER



It is 04:30 and our crew is ready to take the entries



Just over 4000 athletes ready to start



Off they go!



Runners are so privileged to enjoy the beauty of nature



One lane of Pierre van Ryneveld Road wasn't enough



The way to set up a water point



The CSI crowd at their water point, (our new sponsors for the Irene Farm Race)



Our own members manned the JointEze water point, (fantastic to see the involvement of our race sponsors)



As always Carla Hartmann and her team did an excellent job at their point



The crew of the water point at the finish



Our finish structure is an impressive structure



Peak time at the finish



The end of a very successful event



Tannie Bertha feeding the crowd at the helpers run on Sunday morning



Magda Willcocks, Uida Enslin, Ina van As and Renette Prinsloo relaxing at the helpers run



Phumlani Mabophe and Samuel Molefe both finished the 21 km in 1:16 at the helpers run