



# **IRENE NEWS**

**20 February 2017**

**No 7 - 2017**



## **ACHIEVEMENTS**

The following members were on the podium at the Bestmed Tuks race on Saturday:

Ansie Breytenbach	1 <sup>st</sup> Master lady – 21 km (1:41:18)
Mike du Bruto	1 <sup>st</sup> GM – 10 km (44:56)
Elsa Meyer	1 <sup>st</sup> GGM lady walker – 10 km (66:56)
Gerard van den Raad	1 <sup>st</sup> GGM walker – 10 km (66:56)

Congratulations!

## **PERSONAL ACHIEVEMENTS**

Johan van Vuuren	PB – 32 km
Thea van Helden	PB – Marathon
Johan Nel	PB - Marathon
Jayne Robertson	First Marathon
Yolanda Meintjes	PB – 10 km
Silvia Oliveira	First 32 km

Congratulations!

Well done to Gerard van den Raad who received his 300<sup>th</sup> gold medal on Saturday. He started walking 14 years ago. You are an inspiration to all Gerard!

## **THIS WEEK'S DIARY**

### **Tuesday:**

Helpers run at 17:30 at the club house

### **Wednesday:**

Correctional Services Night Race 5/10km at 18:00 – Kgosi Mampuru sports grounds

### **Sunday:**

Deloitte 10/21/42 at 06:00 – Phobians sports grounds, Hofmeyr Park

### **LANTERN RACE**

The race was a huge success. Thank you to all our members who contributed towards the success of the race. You were awesome.

You can have a look at a video of the venue and start on You Tube at: [https://www.youtube.com/results?search\\_query=irene+spar+lantern+night+race](https://www.youtube.com/results?search_query=irene+spar+lantern+night+race)

Thank you to Johan Welman for an excellent job.

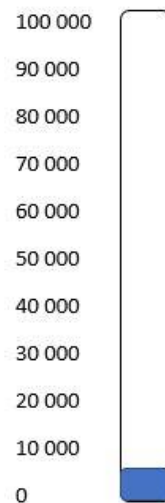
### **CALENDARS**

Those of you who haven't collected your calendars yet can do so on Tuesday evening. Bring your money along if you haven't paid yet.

### **CARAVAN FUND**

Thank you to those members who have already contributed to our caravan fund. Another R500 was paid in during the week. The fund now stands on R5500. Still a long way to go!

Please make your contribution today, no contribution is too small.



### **HELPERS RACE**

The helpers race will take place from the club house on Tuesday at 17:30 in place of the time trials. There will be no entry fee and it won't be necessary to wear club colours. The first 3 men and woman running and walking will receive gold medals. The rest will receive bronze.

We require a few helpers to help at the water point and at the finish. It will all be at the club house.

### **BAR SETUP**

The bar will be outsourced in the future. Quite a few people showed interest after it was advertised. After all the interviews it was decided to give the opportunity to two ladies, Retha Venter and Mellany Hoffmann, both ex members of the club. They will also be involved in the catering at the social events in future. We can look forward to exciting times.



### **OM DIE DAM ENTRIES**

Quite a number of our members missed the cut-off date for the Om die Dam 21/50. Please let us know if you cannot participate anymore so that your entry can be substituted.

### **NEW MEMBERS**

Welcome to the following new members who joined us recently:

Carina	Furstenburg
Walter	Jacobs
Lauren	Jacobs
Corne	Rautenbach
Adeline	Pretorius
Harry	de Wet
Marion	Burgess
Juan-dre	de Beer
Jean-Pierre	Labuschagne
Johan	van den Berg
Sibusiso	Sibisi
Keneiloe	Sibisi
Jacobus	Naude
Ian	Louw
Richard	Goodchild
Arden	Finn
Nomonde	Thamaga



We trust that you are going to enjoy every moment with us.

### **PERSONALIA**

Congratulations to everybody celebrating their birthdays during the week:

Johannes	Liebenberg	20 Feb
Stefan	Muller	21 Feb
Joel	Loftus	23 Feb
Dave	Roux	23 Feb
Luanne	Thomson	24 Feb
Theo	Bohnen	25 Feb
Andy	Crawshay-Hall	25 Feb
Annemarie	Oberholzer	25 Feb



## NAME TAGS

The following name tags for new members are available for pick up at the administration desk.

We will advise when the next batch of names for new members will be available for pick up.

NAME TAGS READY FOR PICK UP - NEW MEMBERS	
Alexander	Lindsey
Andre	Maria
Anri	Mark
Bernita	Martin
Chris	Maryke
Christiaan	Melani
Coenie	Michelle
David	Monica
Diana	Natasha
Gavin	Paul
Hendrik	Peter
Henriette	Piet
Ilana	Pieter
Ilze	Riaan
Jacobus	Roelof
Jacqueline	Silvia
Jeremy	Sylvia
Johan	Willem
Leon	Zanele

There are a lot of embroidered names in stock at the Admin Desk of existing members. I attempted to list them all in alphabetical order but this is a huge and almost impossible task.

Please visit the Admin Desk to pick up your name should you want one. If your name is not in stock I will order you one.

Yvette

**MODERN**  
**athlete**

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## ***NOTICE BOARD***

### **Wednesday 22 February**

Correctional Services Nite Race 5/10km

Race Organisers: Kgosi Mampuru II Athletics Club

Race Venue: Kgosi Mampuru II Sportsgrounds, 1 Kgosi Mampuru Street, Pretoria

GPS: S 25.7447 E 28.1806

	10km	5km
Entry Fee	R 60	R 30
Start Time	18:00	18:15
Time Limit	2hrs	

Entries will be taken on 20, 21 February at the venue from 14h00 – 18h00 and 22 February from 14h00 until 5 minutes before the race starts

### **Sunday 26 February**

### **Pretoria Marathon 42.2/21.1/10km**

Race Organisers: Phobians Athletics Club

Venue: Pretoria High School Old Boys Club, Hofmeyr Park, Queens Crescent, Lynnwood

GPS: S 25 44' 58" E 28 14' 47"

	42.2 km	21.1km	10km
Entry-fee	R 160	R 110	R 80
Entry-fee 70+	Free – must submit a copy of ID		
Start Time	06:00		06:40
Cut-off	?h00		

**42.2 & 21.1km races are pre-entries only**

**Free t-shirts to 1<sup>st</sup> 5000 pre-entries**

**Wheelchair athletes – only the 10km recommended**

Pre-entries at: Run-away Sport; Running Inn; The Runners Store Tramshed; Sweatshop - Dunkeld West, Bedfordview, Centurion

**Saturday 4 March****Medihelp Sunrise Monster 32/10/5km**

Race Organisers: Harlequin Harriers

Venue: Harlequin Club, Totius Road, Groenkloof

GPS: S 25 40.122 E 28 13.031

	32 km	10 km	5 km
Pre entry-fee	R 100	R 70	R 40
Pre-entry fee 60 +	R 60	R 40	R 20
Entry fees 70+ race day & race eve only	Free		
Start Time	06:03	06:30	06:40
Cut-off	04h30	02h00	

**Free t-shirts to all finishers while stocks last****Route not suitable for wheelchairs**Pre-entries at: Run-away Sport; The Runners Store Tramshed; Sweatshop – Southdowns;  
Running Inn[www.entrytime.com](http://www.entrytime.com)**LEAGUE RACE****Saturday 11 March****Bobbies 3-in1 21.1/10/5km**

Race Organisers: Pretoria Police Marathon Club

Venue: Wonderboom Junction, c/o Lavender &amp; Lavender East Roads, Wonderboom

GPS: S 25.6857 E 28.1890

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 50
Pre-entry fee 60 +	R 50	R 30	R 20
Entry fees 70+ & blind & wheelchair athletes	Free		
Start Time	05:30	05:40	05:50
Cut-off	03h15		

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Sweatshop – Southdowns;  
Shape-Up Gym[www.enteronline.co.za](http://www.enteronline.co.za)

<b>2017 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
PRETORIA BOBBIES	10/21	11 Mar	X	X
CITY OF TSHWANE	10/21	29 Apr	X	X
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**

31/3 & 1/4/2017	KZN Champs	Kingspark
<b>1 April 2017</b>	<b>Gauteng North Championships</b>	<b>Tuks/Pilditch?</b>
8 April 2017	Central Gauteng Championship	Germiston
<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>Groenpunt Stadium</b>

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

Cameroon 27 – 29 May 2017

### **International Masters Championships**

18 – 25 March 2017 World Indoor Championship 2017 in Daegu, Korea

### **THOUGHT FOR THE WEEK**

**Champions believe in themselves, even when no one else does.**

Photo Corner (Lantern race)



Ready for action at the entry tables



You could ask Candice van der Spuy and Arno Smit anything about the race



A bird's eye view of the finish outlay



Activities starting to increase at the entries



Sunset before the start



Waiting in anticipation for the start



Athletes gathering at the start



The three top ladies at the start



Ready to go



The medals are packed out



"Flash" Snyman and his pink team who manned the water point at the finish



Carla Hartmann and her team at their water point



Dieter Meyer and his Rhapsody's team manned the other water point



This gentleman ran his last 10 km due to an imbalance problem. Thea van Helden made sure he finished it. Well done Thea!



Athletes enjoying themselves after the race

### Bestmed Tuks Race



Paul and Sarie Nel, Elize Dieckmann and friends



Bertha van den Raad and Mariet Louw



Gerard van den Raad with his 300<sup>th</sup> gold medal