



IRENE NEWS

21 January 2019

No 3 - 2019



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the George Claasen race:

Jacquie van der Waals	2 nd Vet lady – 10 km (42:30)
Sunet Eybers	3 rd Vet lady – 10 km (45:07)
Joey Cloete	1 st GM lady – 10 km (55:48)
Leon Page	2 nd Master – 10 km (49:31)
Rosemary Brink	3 rd Vet lady – 21 km (1:53:36)
Ansie Breytenbach	1 st Master lady – 21 km (1:48:30)
Hestha Conradie	2 nd Master lady – 21 (1:52:09)
Johan Nel	2 nd GM – 21 km (1:43:25)
Sandra Steenkamp	1 st Lady walker – 21 km (2:15:56)
Elsa Meyer	2 nd Lady walker – 21 km (2:27:26)

PERSONAL ACHIEVEMENTS

Luzaan van Zyl PB – 10 km

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)

Saturday:

Wonderpark Akasia 5/10/21/42 @ 05:30 – Wonderpark Shopping Centre, Karenpark.

Sunday:

Club run @ 06:00 – Club house – All welcome, your distance, your pace.

REGISTRATIONS FOR 2019

The registration packets will be available at the club house on Tuesday evening from 17:00. The 2018 licences are still valid until the end of January.

SUNDAY CLUB RUN

All our members are invited to be part of the club run/walk every Sunday morning at 06:00. This is the ideal opportunity to train in our safe environment.

21 KM CLUB CHAMPIONSHIPS

The Intercare Classic Road Race (former McCarthy Toyota Road Race) will serve as our 21 km club championships.

The 21 km is a pre-entry only race. Ensure that you enter in time.

RACE RULES

All members but especially new members to the sport are requested to make themselves familiar with the race rules to avoid disqualification. Read the flyers!

Please note that you have to wear both your licence numbers during a race (front and back). The race number of the specific race must be worn on the front but must be in such a position that the logos on the licence are not covered. Failure to adhere to these rules will lead to disqualification.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Bets	Botha	22 Jan
Nadene	Visser	22 Jan
Jaco	Van Rooyen	23 Jan
Salim	Essack	24 Jan
Renata	Louw	24 Jan
Alta	Struwig	24 Jan
Kerry	Trentham	24 Jan
Phumlani	Mabophe	25 Jan
Elmien	Louw	26 Jan
Danie	Joubert	26 Jan
Schalk	Liebenberg	27 Jan



NEW MEMBERS

Welcome to the following new members of which we were able to get photos:



Anzel vd Schyff



Arné Vorster



Chérie Siebert



Cornél v Heerden



Karien v Heerden



Hein Bezuidenhout



Ian Cameron



Jackie Mostert



Jessica Simmonds



Johan Roodt



Johan Wolmarans



Louise Delport



Stegman Coetzer



Sunet Eybers



SW Engelbrecht

MODERN
athlete

JOINTEze™

NOTICE BOARD

Saturday 26 January

Wonderpark Road Race 42.2/21.1/10/5 km

Race Organisers: Akasia Athletics Club

Venue: Wonderpark Shopping Centre, c/o Old Brits Road & Heinrich Avenue, Karenpark

GPS: S 25 40,264 E 28 6,703

	42.2km	21.1km	10 km	5 km
Pre-entry fee	R 150	R 130	R 100	R 50
Entry fees 60+	R 80	R 70	R 540	
Late entry fees (26 & 27 Jan)	R 150	R 130	R 100	
Entry fees 60+	R 80	R 70	R 50	
Jardine Joggers / 70+ athletes	Free			
Start Time	05:30		06:00	06:10
Time Limit	05h:30	03h00	02h30	01h50

Pre-entries: Run-A-Way Sport, Sweatshop Dunkeld, Bedfordview & Southdowns;
Cross Trainer; Total Sports Wonderpark

www.entryrush.co.za & www.akasiaathleticsclub.co.za



Website: www.csi-euf.co.za

Tel: 011 805 6316

Saturday 2 February**Intercare Classic Road Race 21.1/10/5 km**

Race Organisers: Magnolia Road Runners

Venue: Rietondale Park, North Road, Rietondale

GPS: S 25 43.980 E 28 13.239

	21.1 km	10 km	5 km
Pre-entry fee	R 130	R 90	R 50
Pre-entry fee 60 - 79	R 60	R 50	R 50
Entry fee 1 & 2 February	Closed	R 110	R 50
Entry fee 1 & 2 February 60 - 79	Closed	R 50	R 50
Entry fee 70+ & blind runners	Free		
Start Time	06:00	06:20	06:25
Cut-off	03:00	02:00	01:00

Event t-shirt @ R80 each**1st 1000 on-line entries will receive a goody bag****No Pets**

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld West, Bedfordview;
Sportmans Warehouse Woodmead, Randburg, Centurion, Kolonnade Centre, Atterbury Value
Mart

www.intercare.co.za**Saturday 9 February****Bronkhorstspuit Race 32/10/4 km**

Race Organisers: Bronkhorstspuit Athletics Club

Venue: Hoërskool Erasmus, Kerk Street, Bronkhorstspuit (take Delmas off ramp)

	32 km	10 km	4 km
Entry fee	R 150	R 80	R 20
Entry fee 60+	Free		
Start Time	06:00	06:15	06:30
Cut-off	??		

1st 200 32km entries at Run-Away Sport receive a t-shirt**No Pets**

Pre-entries at: Run-away Sport

www.enteronline.co.za

Saturday 16 February

Bestmed Tuks Race 42.2/21.1/10/5/1 km

Race Organisers: Tuks Sport

Venue: Hillcrest Sports Campus, Burnett Street, Hatfield

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

	42.1 km	21.1 km	10 km	5km	1 km
Entry fee	R 200	R 150	R 100	R 50	R 30
Entry fee 60 - 79	R 100	R 75	R 50		
Entry fee 80+ / blind athletes	Free				
Start Time	05:30	06:00	06:30 Wheelchair 06:20	06:40	08:00
Cut-off time	05:30	03:00			

42.2km race is a pre-entry race only and limited to 4000

No Pets

Only the 10km race is wheelchair friendly

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld West, Fourways Crossing; Tshwane Running Shop; UP Hatfield Campus

www.entrytime.com

2019 AGN LEAGUE FIXTURE LIST

EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
PWC George Claassen	21.1/10 km	19/01/19	X	X
Bronkhorstpruit	32/10 km	09/02/19	X	X
Medihelp Sunrise Monster	32/21.1/10 km	02/03/19	X	X
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

? March 2019	KZN	Kings Park Stadium
29/30 March 2019	PE	Westbourne Oval
29/30 March or 19/20 April 2019	GNMA	Pilditch
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 th Summer universiade	Naples, Italy
20/7/2020 – 1/8/2020	World Masters athletics Champs	Toronto, Canada

THOUGHT FOR THE WEEK

We are like tea bags whose true strength comes out when we are put in hot water.

PHOTO CORNER (George Claassen Race)



Lisinda van Zyl



Kobus and Annemarie Oberholzer



Isabel Erlank



Annette Muller and Tinie van Rensburg



Mike Fox-Martin with his daughter, Amy



Rachelle van der Walt and Jeannie Snyman



Ilze Botes and Gabriel Booyse



One of the founder members, Derek Oldnall, displaying the age of the club



Christine Crause in good spirit



Noel Banda in action



Emile Myburgh



MC du Toit



Dressed for the occasion, Magda Willcocks and Uida Enslin



Potential super league points makers, Joan van Wyngaard, Ansie Breytenbach, Rosemary Brink and Amanda Cloete



Loekie Mans and daughter Lullu Krugel



Another mother and daughter team, Roz Henson and Zoë Scholtz



Annemarie Breytenbach with Wynand Breytenbach



Hestha Conradie (her daughter got 10 distinctions in the matric exams)



Mfundo Hadebe, Precious Hlabisa and Musa Nkosi



Nthombi Mthethwa



Goode to have Yvette van der Westhuizen back on the road



Mpho Motaung, Corlia Oberholzer, Tseko Nell and Bridget Mohlala



Jacque van der Waals won her age category at the SA Sprint Triathlon championships, well done!