



IRENE NEWS

21 March 2016

No 12 - 2016



ACHIEVEMENTS

The following members were on the podium at the Budget Kolonnade race on Saturday:

Mike du Bruto	1 st GM – 21 km (1:33:14)
Ansie Breytenbach	1 st Master lady – 21 km (1:39:48)
Jaap Willemse	1 st Walker – 21 km (2:15:51)
Annatjie Greyvenstein	1 st GGM – 10 km (56:14)

The following members did us proud at the Sunnypark race on Monday:

Joy Nicholl	1 st Vet lady – 21 km (1:44:31)
Ansie Breytenbach	1 st Master lady – 21 km (1:37:53)
Elsa Meyer	1 st Lady walker & 1 st GM – 21 km (2:20:24)
Gerard van den Raad	1 st GGM walker – 10 km (1:05:10)
John van de Venter	1 st 80+ Walker – 10 km (1:45:00)
Annatjie Greyvenstein	1 st GGM lday walker – 10 km (1:06:10)

Lydia Fibiger	1 st Vet lady - Verulam Gaterite Marathon
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Congratulations!

PERSONAL ACHIEVEMENTS

Gerrit Faling	PB – 21 km
Estelle Jansen van Vuuren	PB – 15 km
Ronel Jooste	First Ultra
Llewellyn Jacobs	First Marathon

Well done!

Please let me know about your PB's etc. Don't be shy!

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:30 - Club house

Wednesday:



Long run at 17:30 - Ridgebacks

Morning run from Rhapsody's - 04:30 – 15 km hilly route

Thursday:

Training session at 17:30 - Club house

Friday:

Morning run from Rhapsody's – 04:30 – 12 km easy route

Saturday:

Bobbies 5/10/21 at 05:30 – Wonderboom Junction

Two Oceans Marathon

Sunday:

Klapperkop long run at 06:30 – Dros, Waterkloof Ridge Shopping Centre

Monday:

Lynnridge Mall 6/11/22 at 07:00 – Lynnridge Mall

TWO OCEANS INFO

The same info that was sent out last week, please read it and book your place for the lunch and/or dinner.

We wish all our members going down to the Two Oceans Ultra and half Marathon a safe trip and a wonderful race.

1. Two Oceans T-Shirt

Those of you who have ordered this quality shirt can collect it at the club house every Tuesday before/after Time Trials, as from 22 March 2016.

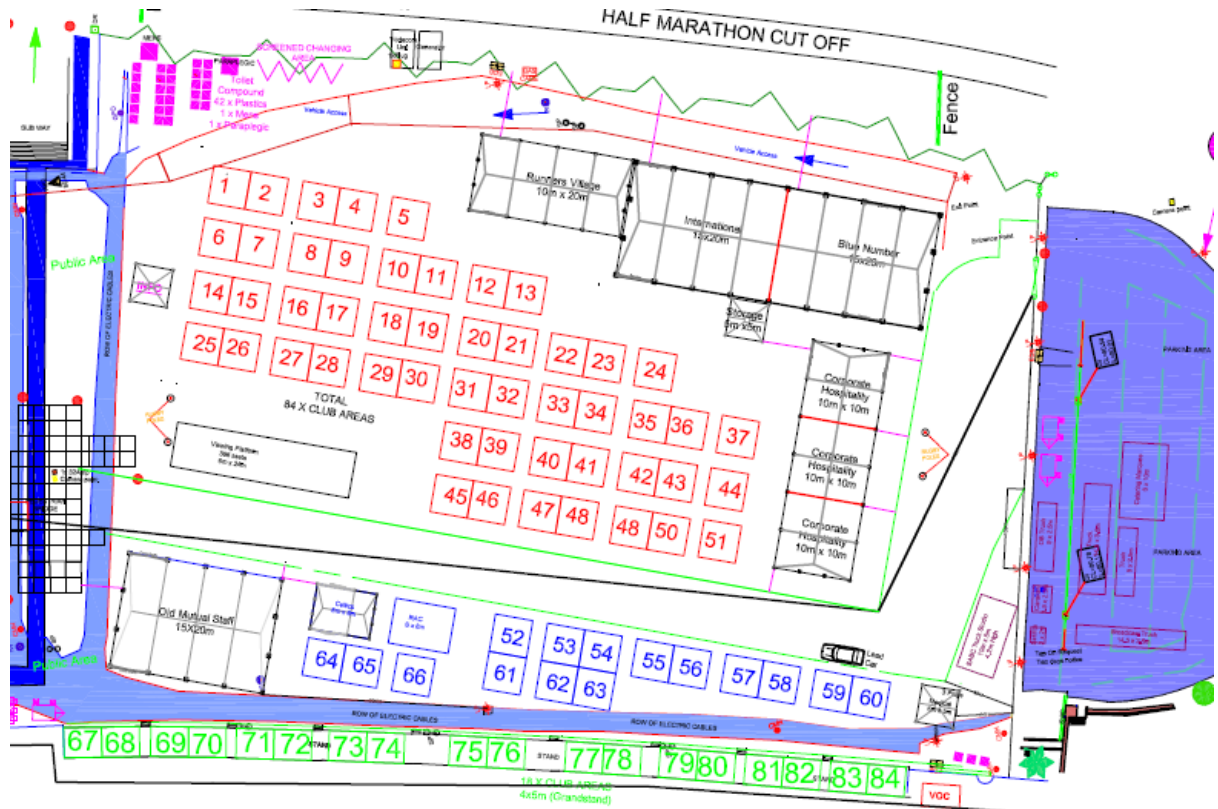
2. Club Gazebo on race-day

The IAC gazebo will be at Stand number 28 of the race venue as from 04:00 on race-day. The gazebo will be manned by Gideon Human and his friend, who have agreed to care for the security of your gym bag, until the conclusion of the race/s. They will also hand out a food and drinks parcel to each IAC member who has participated in any of the Two Oceans races. The IAC has kindly agreed to carry the cost hereof for the benefit of those members participating. I advise you to make use of these facilities, as it drastically reduces the complexity of your logistics at this huge event.

3. Post-race dinner/lunch

A large group dinner table has been reserved at the Quay Four restaurant at the V&A for 18:30 on Saturday evening 26 March 2016 (ask for the Castle Corner). This is particularly arranged for those members who are leaving Cape Town on Sunday. In addition, a lunch table has been reserved at the Mariner's Warf restaurant in Hout Bay for 12:00 on Sunday 27 March 2016 (ask for the Royal Navy room).

These events are very enjoyable as it provides you with an opportunity to share your race stories and relax with fellow club members. Kindly note that these event are open to IAC members as well as their family and friends. Each person will pay his/her own bill. Please confirm by email to me by no later than 24 March which of these you would like to attend and the number of persons who will be attending, to allow us to confirm the table reservations.



The Irene gazebo will be at stand No 28.

LOSKOP ENTRIES

If there are any Loskop entries available for either the 50 km or the 21 km, please let me know. There are a few people who want to substitute.

CARAVAN – GAZEBO

Please note that the caravan and gazebo will be at all races taking place in Pretoria unless announced otherwise. Members are once again invited to make use of this facility, especially our new members. This is the place to be before and after the race.


MUGG & BEAN
 Midstream -012 940 9229

MODERN
athlete

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Johan	Du Toit	21 Mar
Johan	Janse van Vuuren	21 Mar
Andries	Nel	21 Mar
Retha	van Onselen	21 Mar
Heinrich	Beukman	22 Mar
Nicholas	Southey	22 Mar
Pieter	Engelbrecht	23 Mar
Izaak	van Niekerk	23 Mar
Carla	Bruwer	24 Mar
Lesiba	Kekana	24 Mar
Chantelle	Zowitzkey	24 Mar
Norbert	Hannweg	25 Mar
Michael	Gazzard	26 Mar
Caitlin	Cockcroft	28 Mar
Willem	Haarhoff	28 Mar
Werner	Smit	28 Mar
Gavin	Wiggill	28 Mar



Giel Cillié, part sponsor of the Irene T shirts for the last 3 years with his quantity surveying firm in 10 Lenchen Park, 2029 Lenchen Ave South, Zwartkops x 4, Centurion. (Opposite Glasfit)

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NOTICE BOARD

Saturday 26 March

Bobbies 3 – in - 1 21.1 /10 / 5 km

Race Organisers: PPMC

Venue: Wonderboom Junction, Wonderboom

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 40
Entry fees 60 - 69	R 40	R 20	R 10
Entry fees 70+ & blind/wheelchair athletes	Free		
Start time	05h30	05h40	05h50
Time Limit	??h00		

Pre-entries at: Run-Away Sport; Sweat Shop; Wonderboom Junction Centre Management

www.enteronline.co.za

Monday 28 March

Lynnridge Mall Family day run/walk 22.6 /11.2 / 6 km

Race Organisers: Run-Walk for Life

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

	22.6 km	11.2 km	6 km
Entry fees	R 60	R 50	R 30
Start time	07h00		
Time Limit	??h00		

No pets allowed

Pre-entries at: Run-Away Sport

www.entrytime.com

Saturday 2 April**Denel Road Race 21.1 / 10 / 5 km**

Race Organisers: Denel Athletics Club

Venue: Denel, Irene Campus, Nelmapius Road, Irene

GPS: S 25 53.413 E28 11.429

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees 60 +	R 30	R 30	
Start time	06h00		06h15
Time Limit	04h00	02h00	

Pre-entries at: Run-Away Sport; Sweat Shop; Running Inn; The Runners Store, The Natural Runner & various Sweatshops in Johannesburg

www.enteronline.co.za**Sunday 10 April****Modern Athlete Irene Ultra 48 / 21.1 / 8 km**

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Nelmapius Road, Irene

GPS: Gate 1: S 25 53.49 E 28 13.29

Gate 2: S 25 53.31 E 28 11.29

	48 km	21.1 km	8 km
Entry fees	R 160	R 80	R 50
Entry fees 60 +	R 80	R 40	R 30
Entry fees 70 +	Free		
Start time	06h00		06h15
Time Limit	06h00	03h30	

The fun run is wheelchair friendly No pets allowed

Pre-entries at: Run-Away Sport; The Runners Store, Sweatshop Dunkeld, Broad Acres, Bedfordview & Southdowns

www.championchip.co.za

2016 AGN LEAGUE FIXTURE LIST				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
Ford	10/21	9 Apr	X	X
The Love Run	10/21	14 May	X	X
Race 4 Faith	10/15	4 Jun	X	X
Zwartkop	10/21	30 Jul	X	X
Wierie	10/21	13 Aug	X	X
Andrew Greyling	10/21	17 Sep	X	X
King Price Irene Farm	10/21	29 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

Masters Athletics Fixture list

2 April	AGN Masters Championships	Pretoria LC de Villiers Tuks
9 April	CGA Masters Championships	Gauteng Germiston
13 and 14 May	SA Masters Championships	Pretoria LC de Villiers Tuks
13 Augustus	Claude Sterley byeenkoms	Pilditch
? Oktober	SWD	Oudtshoorn
12 November	Vrystaat	Bloemfontein

THOUGHT FOR THE WEEK



Photo Corner (Kolonnade)



Mike du Bruto



Andy Crawshay-Hall



Gerna Horak



Geoff Carter



Danie Cornelissen



David Seaton



Leon Venter



Gerrit Faling



Bernadette Buss



Always a lovely sight to see an Irene "bus"



Elna was tied up at work but Stephen and the two kids made sure that everybody was fed



Musa Nkosi and Marks Mathebula enjoying their food



Nelius and Charnette van Rooyen with Nadia and Schalk Liebenberg



Members relaxing at the caravan and gazebo



Nadene Visser found herself a nice spot to enjoy her fruit salad and yogurt



Lydia Fibiger who was the 1st vet lady at the Verulam Gaterite Marathon

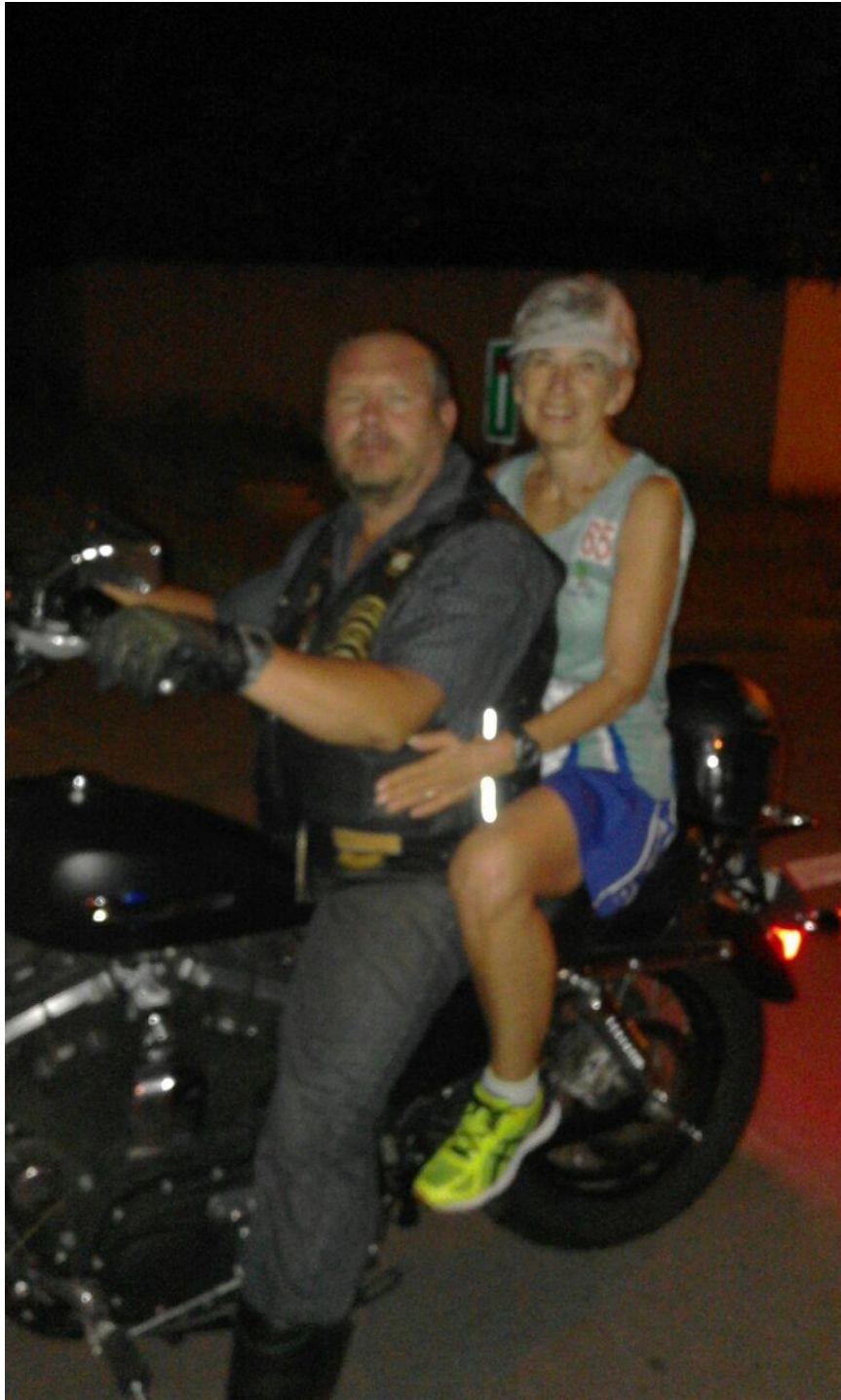
Sunnypark Race



Elsa Meyer is no stranger to the podium



Well done to Joy Nicholl who was the 1st vet lady on the 21 km



Elsa Meyer got an opportunity to ride on a Harley at the Kolennade race, a dream came true