



IRENE NEWS

22 April 2019

No 16 - 2019



ACHIEVEMENTS

The following members were on the podium over the weekend:

Castle Walk 10 km

Sandra Steenkamp	1 st Lady walker & 1 st master (60:23)
Elsa Meyer	1 st GGM lady walker & 3 rd lady (69:00)
Lucia Willemse	1 st GM lady walker (75:48)
Letha Kotze	2 nd GGM lady walker (87:08)
Marie van Dyk	3 rd GGM lady walker (87:37)
Jaap Willemse	1 st GM walker & 3 rd man (66:54)
Danie Labuschagne	2 nd GM walker (69:00)
Gerard van den Raad	1 st GGM walker (72:37)

Lynnridge Mall

Sandra Steenkamp	1 st Lady walker & 1 st master – 22 km
John Cannon	1 st GGM – 22 km
Jaap Willemse	1 st GM walker & 3 rd man – 11 km
Gerard van den Raad	1 st GGM walker 11 km
Lucia Willemse	1 st GM Lady walker – 11 km
Letha Kotze	1 st GGM lady walker – 11 km

Congratulations to all of you!

PERSONAL ACHIEVEMENTS

Joubert Krugel	First Ultra
Zoë Scholtz	First Ultra
Heinrich Beukman	30 th Two Oceans
Jan van Wyk	Permanent Two Oceans number
Keith Reynolds	Permanent Two Oceans number

It was Keith's 200 time that he finished a distance of 42 km or longer!

Congratulations!

THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:30 – Club house (Everybody starts together at 17:30)

Saturday:

City of Tshwane 5/12.5/25 @ 06:30 – Silverton

Sunday:

Magnolia Long Run @ 06:00 – Magnolia Club House

COMRADES T-SHIRTS

As always, we want to give our Comrades runners something special at a subsidised price. Please come and fit for size on Tuesday evening to ensure that your shirt is perfect for you. More details about the price etc. will be in the next newsletter. It will be a good quality shirt that you will wear proudly.

WALLY HAYWARD ENTRIES

Some of our members have left it a bit late to enter for the Wally Hayward Marathon. Please let us know of any entries that will not be used that can be taken over.

PERSONALIA

Congratulations to Martin Williams and his wife with the birth of Lexi. Congratulations also to Ashley Williams and his wife who became grandparents in the process.

Congratulations to everybody celebrating their birthdays during the week:

Tertius	Dekker	22 Apr
Lengosane	Modiba	23 Apr
Paul	de Beer	24 Apr
Alan	Hyson	24 Apr
Gerhard	Koekemoer	24 Apr
Nel	Kotze	24 Apr
Leonard	van Antwerpen	24 Apr
Peter	Ramachela	25 Apr
Renette	Prinsloo	26 Apr
Nicky	Prinsloo	27 Apr
Retha	Knoetze	27 Apr
Leon	Els	28 Apr
Peter	Sherman	28 Apr



Website: www.csi-euf.co.za

Tel: 011 805 6316



Ashley, Martin and Lexi

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Giel Cillié (PrQS)

Tel: +27 (0) 12 663 3300

Fax: +27 (0) 86 670 2124

Physical Address: 10 Lenchen Park, 2029 Lenchen Ave South, Zwartkops X4, Centurion

Postal Address: PO Box 7838, Centurion, 0046

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T: 012 0040 317 | sales@channelink.co.za
www.channelsolutions.co.za

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MAGNOLIA LONG RUN

As has been the case for many years, we will be part of the Magnolia long run again this year. It is an ideal Comrades preparation. We will be doing a water point again.



28 April 2019 6:00

MAGNOLIA LONG RUN

The 17th Magnolia long run caters for all types of runners, fast or slow, allowing the runner to determine their own distance on a 15 km loop that goes no further than 3km from the club at any time.

3 LAPS, 45KM - R100
2 LAPS, 30KM - R80
1 LAP, 15KM - R50
(WALKERS WELCOME)



MAGNOLIA'S LONG RUN OFFERS:

- 5 fixed water points stocked with Coke, Powerade/Energade, water and snacks.
- sweep vehicle to identify the last runner or to provide aid to anybody on the route.
- Cut-off for the start of round 3 is 10:00 at club house. Cut-off for support at club house is 12:00.
- Drop off warm or wet clothing at the club house after the first lap.
- Run on quiet shaded streets with very little traffic, no big hills and relatively flat.
- Shower facilities will be available afterwards.
- Parking and guards – but parking still at your own risk
- Remember this is an organised long training run and is not a race. No medals will be issued.
- NO MARSHALS. You are responsible for your own safety - traffic has priority. Follow arrow markers indicating the route.
- PLEASE do not litter along the route and use the water points for your waste
- Runners participate at own risk. You agree to absolve the organisers and Magnolia Running club or any other person or entity from any liability for injury or loss that you may suffer as a result of attempting this event, however it may be caused.

Entries at the club house from 5:00 am. You will receive a colour coded wristband indicating the distance you will be doing which must be worn during the run.

**START 6:00 FROM THE
MAGNOLIA CLUBHOUSE,
229 MIDDEL STREET**



Thank you to the following water points:

- Run-A-Way Sport (Club house)
- Overkruin Running Club (3km)
- Natural Runner (6km)
- Sportmans Warehouse (9km)
- Irene Athletics Club (12km)

NOTICE BOARD

Wednesday 1 May MiWay Wally Hayward Marathon 42.2/21.1/10/4.9/1 km

Race Organisers: Alpha Centurion Runners/Walkers

Venue: Centurion Rugby Club, 270 West Avenue, Die Hoewes, Centurion (next to Supersport Park)

GPS: S 25 51'27.0 E 28 11'40.1

	42.2 km	21.1 km	10 km	4.9km	1 km
Entry fees	R 180	R 130	R 100	R 50	R 20
Entry fees 70+; blind & wheelchair athletes *1 May only	Free	Free	Free		
Start time	06h30		07h00	07h15	09h00
Time Limit	05h30	03h30	02h00	None	

21.1/42.2km online entries only – No entries on race day

Wheelchair athletes welcome

No animals allowed

Entries capped at: 5km – 1000; 10km – 3000; 21.1km 4000; 42.2km - 5000

www.active.com

Saturday 4 May

The McCarthy VW/Audi Love Run 21.1/10/5 km

Race Organisers: Love Running Athletics Club

Venue: Hatfield Christian Church, January Masilela Rd, Waterkloof Glen

	21.1 km	10 km	5 km
Entry fee	R 120	R 80	R 50
Start Time	Run 07:00 Walk 06:45		07:15
Cut-off	??		

Wheelchair athletes at own risk – steep hills on route

No Pets

No iPods or listening devices are allowed

Pre-entries at: Run-away Sport; Audi Centre Arcadia & Menlyn; McCarthy VW Wonderboom & Silver Oaks

www.entrytime.co.za

2019 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
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

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

Remember you were born to live and not living because you were born...

PHOTO CORNER (TWO OCEANS)



Helandie & Danny Calaca with Michelle Lubbe



Lynette Gough and Rose Kavallineas



Heleen de Bruin and Martin Struwig



Corlia Oberholzer with Rena and Tjaart van Wyk



Yvonne Mahlangu



Marinda Gatherer and Lisinda van Zyl



Willem Botha with his wife Jenny



Keith Reynolds receiving his permanent number



Jan van Wyk with his permanent number



Louise Delport and Marie van Zyl



Louie Mans



A jubilant Marinda Gatherer



Ruan Coetzee



Joubert Krugel did his first ultra



Zoë Scholtz also did her first ultra



Heinrich Beukman completed his 30th Two Oceans Marathon, what an achievement!



Cindy and Buks van Deventer

PHOTOS FROM YESTERYEAR



Greg Ferreira and his wife at the Comrades post function in 2000



Len Bakker and his wife at the same function



Wynand Breytenbach at a water point at the Liqui Fruit race - November 2000