

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 1st Lady walker & 1st master (60:23) Elsa Meyer 1st GGM lady walker & 3rd lady (69:00)

Lucia Willemse 1st GM lady walker (75:48)
Letha Kotze 2nd GGM lady walker (87:08)
Marie van Dyk 3rd GGM lady walker (87:37)
Jaap Willemse 1st GM walker & 3rd man (66:54)

Danie Labuschagne 2nd GM walker (69:00) Gerard van den Raad 1st GGM walker (72:37)

Lynnridge Mall

Sandra Steenkamp 1st Lady walker & 1st master – 22 km

John Cannon 1st GGM – 22 km

Jaap Willemse 1st GM walker & 3rd man – 11 km

Congratulations to all of you!

PERSONAL ACHIEVEMENTS

Joubert Krugel First Ultra Zoë Scholtz First Ultra

Heinrich Beukman 30th 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









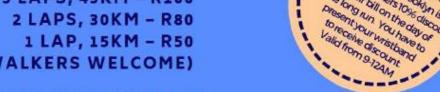
MAGNOLIA LONG RUN

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.



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 warn 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)

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	No	ne

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 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	Х	Х	
Race of Friendship	21.1/10 km	29/06/19	Χ	Х	
Zwartkop Road Race	21.1/10 km	27/07/19	Х	Х	
Spirit of Flight	10 km	31/08/19	Х	Х	
Brooklyn Road Race	21.1/10 km	07/09/19	Х	Х	
Capital Classic	21.1/10 km	05/10/19	Х	Х	
Freedom of Expression	21.1/10 km	02/11/19	Х	Х	

Masters Athletics Fixture list

South Africa

10 August 2019 Mpumalanga Secunda

? October 2019 Rassies Bronkhorstspruit

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 30th 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...

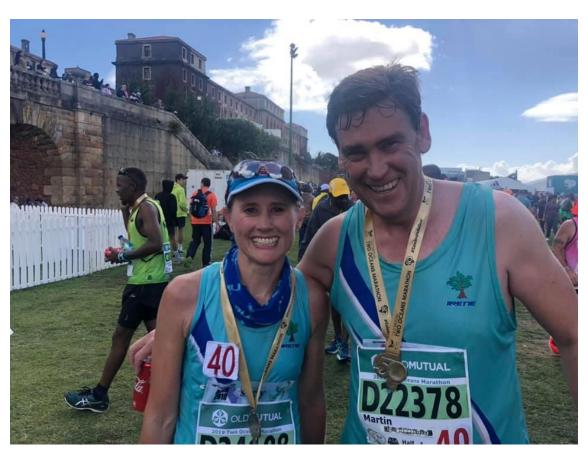
PHOTO CORNER (TWO OCEANS)



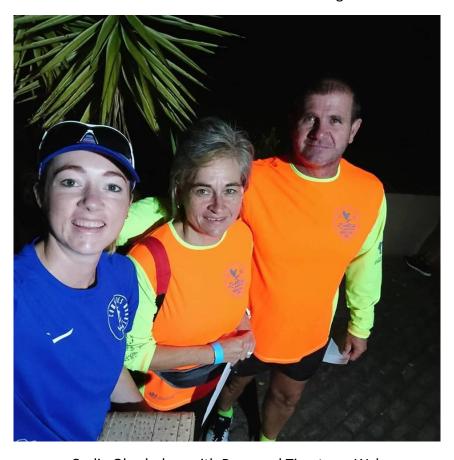
Helandie & Danny Calaca with Michelle Lubbe



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



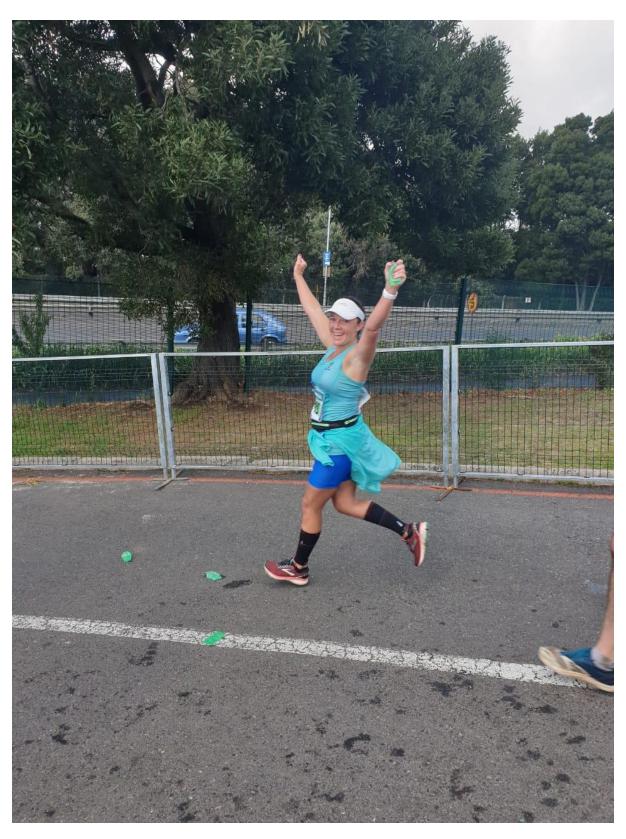
Jan van Wyk with his permanent number



Louise Delport and Marie van Zyl



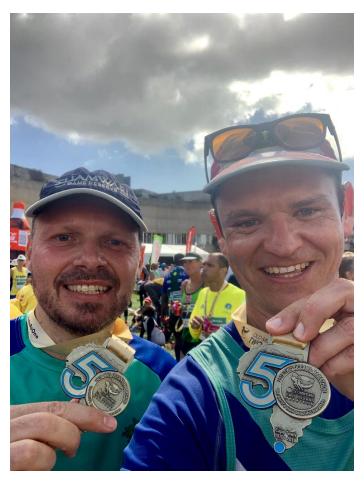
Louie Mans



A jubilant Marinda Gatherer



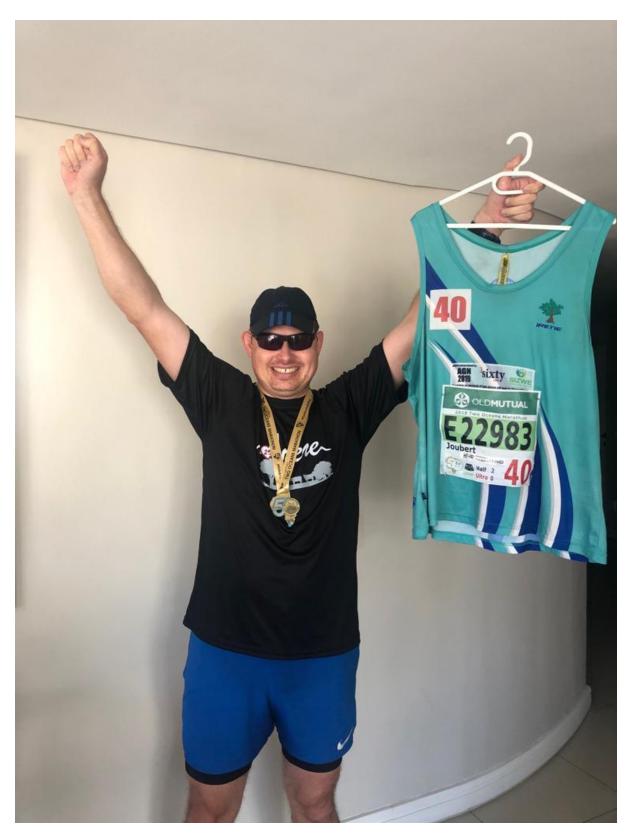
Marlé van der Walt with her family



Johan Groenewald and Pieter Erasmus



Ruan Coetzee



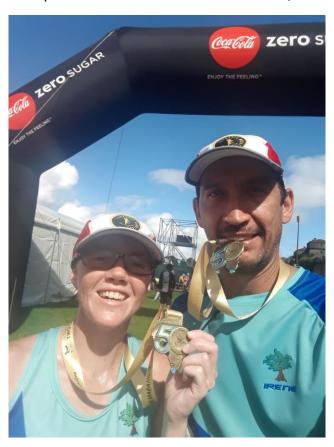
Joubert Krugel did his first ultra



Zoë Scholtz also did her first ultra

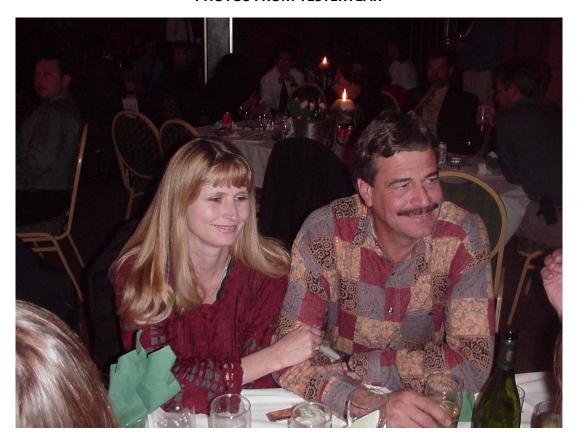


 $Heinrich \ Beukman \ completed \ his \ 30^{th} \ Two \ Oceans \ Marathon, \ what \ an \ achievement!$

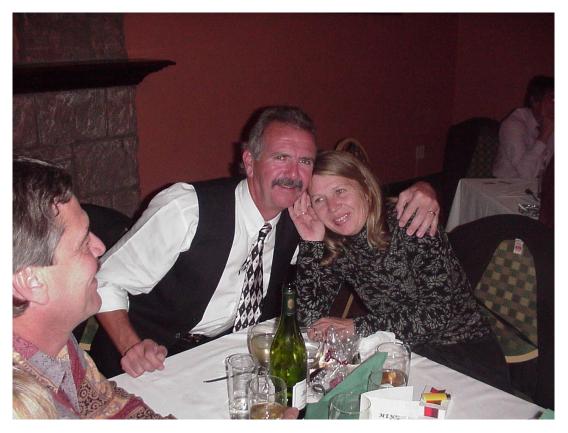


Cindy and Buks van Deventer

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