



IRENE NEWS

22 January 2018

No 3 - 2018



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the George Claassen Race on Saturday:

Victor Phetoe	1 st Master – 10 km (43:05)
Louwrens Smit	2 nd GM – 10 km (54:15)
Lyn de Bruin	3 rd GM lady – 10 km (62:54)
Sandra Steenkamp	1 st Lady walker – 10 Km (63:22)
Johan Nel	2 nd GM – 21 km (1:39:45)
John Cannon	1 st GGM – 21 km (1:59:30)
Iain McFadyen (social member)	2 nd GGM – 21 km (2:02:26)
Elsa Meyer	1 st Lady walker – 21 km (2:26:10)
Tania Thompson	2 nd Lady walker – 21 km (2:40:54)

PERSONAL ACHIEVEMENTS

Tania Thompson PB – 21 km

Members are invited to let us know about personal achievements i.e. personal best times, first race in a specific distance etc. Send the info to info@irenerunner.co.za. Please don't be shy.

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:30 - Club house

Saturday:

Akasia 5/10/21/42 at 05:30 – Wonderpark Shopping Centre (League race)

REGISTRATION PACKS

The registration packs will be available for collection at the club house every Tuesday evening from 17:00 until 19:00. The T-shirts for the first 500 members who registered will also be available.

TIME TRIALS

We all start together at 17:30 after the announcements. Remember to write your details in the Time Trail book afterwards.

SUBSTITUTIONS

Members are requested to let us know if they entered for races like Two Oceans, Om die Dam and Comrades but are unable to participate. We have waiting lists of members who want to take over your entries.

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.

RACE CANCELLED

The Correctional Services Night Race of 7 February has been cancelled.

LEAGUE RACE

The Akasia race this Saturday is the first league race of the year. It is important that as many members as possible take part. It is also very important that our faster runners participate to earn super league points. All the official distances form part of the league. All finishers within the cut-off time will earn at least one point.

There will be something to eat for all our members after the race (free of charge). Please come to the Cara-Fun and be part of it.

CLUB 21 KM CHAMPIONSHIPS

The McCarthy Toyota 21 km on 3 February will serve as our Club 21 km championships. Please note that the 21 km is a pre-entry only. Make sure that you enter to avoid disappointment. Only 10 km entries will be accepted on race day.

FOR SALE

Ek het 'n paar Asics Gel Culumbus 18 tekkies - dames, nr. 7 beskikbaar wat ek ongelukkig nie kan gebruik nie. Ek dink ek het maar op die meeste 6 km met hulle gedoen. Die huidige prys vir die tekkies is R1 800-00, dit is ook waarvoor ek dit gekoop het. Dit is splinternuut.

Ek het ook 'n Fitbit Charge HR horlosie beskikbaar wat ek wil verkoop. Ek het nog die oorspronklike houer waarin dit gekom met met die laaier kabel. Dit is in uitstekende kondisie. Die aanvanklike koopprys was R2 600-00 en ek sien hulle verkoop nou vir R2 525.00.

Ek wil dit verkoop vir die volgende pryse:

Asics Gel Culumbus 18 vir R1 000-00

Fitbit Charge HR vir R1 500-00

Ester Odendaal 0833817595 esjaryn4@gmail.com

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Bets	Botha	22 Jan
Nadene	Visser	22 Jan
Jaco	Van Rooyen	23 Jan
Renata	Louw	24 Jan
Alta	Struwig	24 Jan
Kerry	Trentham	24 Jan
Phumlani	Mabophe	25 Jan
Parvathi	Pakkiri	25 Jan
Gillian	Wilson	25 Jan
Elmien	Louw	26 Jan
Danie	Joubert	26 Jan
Schalk	Liebenberg	27 Jan
Erik	Van Der Merwe	28 Jan



League Race

Saturday 27 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 120	R 100	R 80	R 50
Entry fees 60+	R 60	R 50	R 40	
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	04h:30	02h30	02h00	

Wheelchair athletes and walkers welcome on 21.1 / 10 & 5km

Pre-entries: Run-A-Way Sports, Sweatshop Dunkeld, Bedfordview & Southdowns;
Virgin Active, Cross Trainer & Panarotti's Wonderpark www.enteronline.co.za

Saturday 3 February

Bidvest McCarthy Toyota Race 21.1/10/5 km

Race Organisers: Magnolia Road Runners

Venue: Rietondale Park, North Street, Rietondale

GPS: S 25 43.980 E 28.13.239

	21.1 km	10 km	5 km
Entry fees until 28 January	R 120	R 80	R 50
Entry fees 2 & 3 February	Closed	R 100	R 50
Entry fee 60+	R 60	R 50	R 40
Entry fee 80+	Free		
Start Time	06:00	06:20	06:25
Cut-off	03:00		

Free t-shirt to the 1st 2000 pre-entries - No Pets - No wheelchair athletes allowed

Pre-entries at: Bidvest McCarthy: Arcadia, Hatfield, Gezina, Lynnwood, Sinoville, Centurion;
Run-away Sport; Sweatshop Southdowns, Dunkeld West, www.entrytime.com

Saturday 10 February**Bronkhorstspuit 32/10/4 km**

Race Organisers: Bronkhorstspuit Athletics Club

Venue: Hoërskool Erasmus, Cathy Street, Bronkhorstspuit

	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	04:30		

1st 200 pre-entries receive a free t-shirt-No Pets-No wheelchair athletes allowedPre-entries at: Run-away Sport www.enteronline.co.za**Saturday 17 February****Bestmed Tuks Race 42.2/21.1/10/5/1 km**

Race Organisers: Tuks Athletics

Venue: UP 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 150	R 100	R 80	R 50	R 40
Start Time	05:30	06:00	06:30 Wheelchair 06:20	06:40	08:00
Cut-off	05:30	03:00			

42.2km race is a pre-entry race only and limited to 4000 runners**1st 2 500 pre-entries receive a free t-shirt for 10/21.1 & 42.2km****No Pets Wheelchair athletes allowed on the 10km**

Pre-entries at: Run-away Sport; Sweatshop Dunkeld, Fourways, Centurion

www.entrytime.com

**Sunday 25 February
(Pretoria Marathon)**

The Deloitte Challenge 42.2/21.1/10 km

Race Organisers: Phobians Athletics Club

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

	42.2 km	21.1 km	10 km
Entry fee	R 190	R 130	R 80
Start Time	06:00		06:15
Cut-off	05:30		

42.2/21.1km entries open until 24 February – no race day entries

1st 5 000 pre-entries receive a free t-shirt

No Pets

Wheelchair athletes allowed

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld, Bedfordview

www.entrytime.com

2018 AGN LEAGUE FIXTURE LIST

EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Wonderpark Road Race	42.2/1.1/10 km	27/01	X	X
Denel Road Race	21.1/10 km	24/03	X	X
Morula Half Marathon	21.1/10 km	21/04	X	X
Race of Hope	21.1/10 km	19/05	X	X
Riana van Niekerk Run/Walk for Bibles	21.1/10 km	30/06	X	X
Ice Breaker	21.1/10 km	07/07	X	X
SMU Half Marathon	21.1/10 km	28/08	X	X
Clover Irene Spring Race	21.1/10 km	29/09	X	X
CSIR Road Race	21.1/10 km	21/10	X	X
Tom Jenkins	21.1/10 km	17/11	X	X

Masters Athletics Fixture list

Local meetings

23/24 March 2018 Pilditch/Tuks?	GNMA (throws & Track & Field)	
7 April 2018 Germiston	CGMA	Herman Immelman,
6/7 April 2018	WP	Groenpunt, Cape Town
20 October 2018	SWD	Oudtshoorn
10 November 2018	Free State	Bloemfontein
KZN still to be announced	KZN	Durban

SA Masters Championships

26/27/28 April 2018	Bloemfontein
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THOUGHT FOR THE WEEK



Photo Corner



New member Sherilyn van Wyk



Mother & daughter team – Renette & Zonah Prinsloo



New member Yolandé Cowley



After being very ill for a long time, Aletha van den Bergh is back on the road



Social members in 2017 but full members now, Giel & Ansu Laubscher



New member Lenin Sithole



Fanna Njomo wearing his new Irene cap with pride



New member Claude Truter



New member Louisa Koornhof



Charleen Atkins



After sitting out for more than a year due to injuries, Johan de Klerk did his first 21 km



Anida & Johan du Toit



Natasha Buitendag



Stevens Skosana



Annerine van Schalkwyk



Jason Hubner & Maureen Mossop