



# ***IRENE NEWS***

*25 April 2016*

*No 17 - 2016*



## ***ACHIEVEMENTS***

The following members were on the podium at Diamond Run 4 Hope 10 km on Sunday:

Bertha van den Raad	1 <sup>st</sup> GGM lady
Elsa Meyer	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> GM
Roelof Beukes	2 <sup>nd</sup> Walker
Gerard van den Raad	1 <sup>st</sup> GGM walker & 3 <sup>rd</sup> man

Johan Nel	2 <sup>nd</sup> GM – Loskop Marathon 50 km (4:08:00)
Johan Nel	1 <sup>st</sup> GM – Benoni Northerns 50 km (4:16:30)

Congratulations!

## ***PERSONAL ACHIEVEMENTS***

None received

## ***THIS WEEK'S DIARY***

### **Monday:**

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

### **Tuesday:**

Time trials at 17:30 - Club house

Talk by Maretha Claasen

### **Wednesday:**

Long run at 17:30 - Ridgebacks

Morning run from Rhapsody's - 06:00 – 20 km

Freedom Run 5/12/21 at 07:00 – Temba Stadium

Cradle of Humankind 5/10/21/32 at 07:00 – Makiti Wedding Venue



**MODERN**  
**athlete**

**Thursday:**

Training session at 17:30 - Club house

**Friday:**

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

**Saturday:**

Solomon Mahlangu 5/10/21 at 05:45 – Moretele Park, Mamelodi

LSD from Rhapsody's 20/30

**Sunday:**

Colgate 6/15/32 at 06:30 – Boksburg City Stadium

**Monday:**

Wally Hayward 4.9/10/21/42 at 06:30 – Zwartkop Hoërskool

**PERSONALIA**

Former member Espé Steyl who moved to Walvis Bay a few months ago has been diagnosed with cancer. It is not going well with him and he has to undergo an operation during the week. Please keep him and his wife Eliza in your prayers.

Congratulations to everybody celebrating their birthdays during the week:

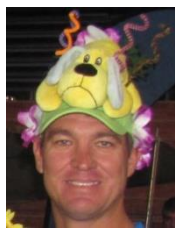
Lorraine	Kruger	26 Apr
Renette	Prinsloo	26 Apr
Dendre	Theunissen	26 Apr
Luitha	Dafel	29 Apr
Wilrien	Coetzee	30 Apr
Adri	Van den Heever	30 Apr
Elbie	Louw	01 May

**SPORT PSYCHOLOGIST**

Maretha Claasen's next talk will take place on Tuesday after the time trials. Don't miss out. It will be the second last talk of the series.

**WALLY HAYWARD HAT RACE**

As in the past we want our members to wear hats on the day. There will be cash prizes for the best hats: 1<sup>st</sup> prize – R500, 2<sup>nd</sup> prize R300 and 3<sup>rd</sup> prize R200. Be creative and funny, your hat may just let you take R500 home on the day



## ***.DRINKS TROLLEY***

Monday is going to be a fun day at the Wally once again! As always, our drinks trolley will be pushed on the 21 km. Ensure that your hats are ready for the occasion. It is also our monthly social and therefore there will be something to eat afterwards. On the menu will be Spaghetti Bolognese, Garlic Bread, Tossed Salad & Beetroot at only R40. Please take note that R5 of the R40 will go towards our Blankets for Children project.

A number of children have been identified who are in serious need for a blanket. With the winter approaching it is now the time to help these kids to ensure that they have a warm winter.

Please bring some extra cash along as well as there will be a container where you can make additional donations. Let's put in a great effort to support this worthy cause. You can also bring blankets to the club house to support this project.



Last year's winner, Hennie vd Walt



Part of the "trolley pushers of last year

## ***IRENE ATHLETICS CLUB FACEBOOK***

We now stand on 852 likes and on the way to the 900 mark. Please help us to get there and click on the link below and like our page if you haven't done it yet. Ask your friends to like us as well.





## ***SA'S TOP 10 HALF MARATHONS***

Runner's World asked its readers to name their favourite 21.1 km races in the country and after the editors also had their say, they compiled this list of the best half marathons in SA.

### Top 10

- 1.Old Mutual Two Oceans Marathon, Western Cape
- 2.Dis-Chem Half, Gauteng
- 3.Liquifruit Half, Gauteng North (Now known as the King Price Farm Race)
- 4.Pirates Half Marathon, Gauteng
- 5.Safari Half Marathon, Boland
- 6.Momentum Cape Times Knysna Forest Half, Eastern Cape
- 7.Forever Loskop Wild Challenge, Mpumalanga
- 8.McCarthy Toyota Half, Gauteng North
- 9.The Witness Maritzburg Half, KZN
- 10.Sani Stagger, KZN

A great achievement indeed!

## ***MAGNOLIA LONG RUN***

The water point manned by Irene at the Magnolia long run on Sunday was a great success once again. Thank you to Stephen and Elna Mee, their two children Luke and Thea, Johan Welman, Derick van der Merwe, Ansie Breytenbach and Rena van Wyk for a job well done! You made us proud.



## NOTICE BOARD

### **Wednesday 27 April**

### **FreedomRun 2 21.1 /12 / 5 km**

Race Organisers: Addicted to Life

Venue: Temba Stadium, Unit D, Temba

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees 60 +	R 40	R 30	
Entry fees – under 18	R 50	R 40	
Entry fees 80+	Free	Free	
Start time	07h00	07h15	07h30
Time Limit	When last athlete crosses the finish line		

**Not suitable for wheelchair athletes**

**No animals allowed**

Pre-entries at: The Runners Store, P'nP Soshanguve

[www.enteronline.co.za](http://www.enteronline.co.za) [www.entrytime.co.za](http://www.entrytime.co.za) [www.addictedtolife.co.za](http://www.addictedtolife.co.za)

### **Saturday 30 April**

### **Solomon Mahlangu Race 21.1/10/5km**

Race Organisers: AGN

Venue: Moretele Park, Mamelodi

GPS: S 40 42' 46.021 E 74 0' 21.388

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Start time	05h45		06h15
Time Limit	03h00		

**No animals allowed**

Pre-entries at: Run-A-way Sports; Running Inn; Sweatshop Southdowns; The Runner's Shop

[www.enteronline.co.za](http://www.enteronline.co.za)

**Monday 2 May**  
**42.2/21.1/10/4.9km**

**MiWay Wally Hayward Marathon**

Race Organisers: Alpha Centurion Runners/Walkers

Venue: Hoërskool Zwartkop, Mopani Road, Zwartkop

GPS: S 25 50'58.60 E 28 09'54.32

	42.2 km	21.1 km	10 km	4.9km	1 km
Entry fees	R 160	R 120	R 90	R 40	R 20
Entry fees 70+; blind & wheelchair athletes *race day only	Free	Free	Free		
Start time	06h30		06h45	07h00	09h00
Time Limit	05h30	03h30	02h00	None	

**Wheelchair athletes welcome**

**No animals allowed**

Pre-entries at: Run-A-Way Sport; Running Inn; The Runners Store, The Randburg Runner; Sweatshops – Southdowns, Dunkeld West, Fourways Crossing, Bedfordview; Sportmanswarehouses – Centurion, Atterbury Value Mart, Fourways, Woodmead, Roodepoort, Cresta

[www.active.com](http://www.active.com)

**League race**

**Saturday 14 May**

**The Love Run 21.1/10/5km**

Race Organisers: Love Running

Venue: Hatfield Christian Church, c/o January Masilela Drive & Garsfontein Road, Menlyn

	21.1 km	10 km	5 km
Pre-entry fees	R 70	R 60	R 50
Race day entry fees	R 90	R 80	R 50
Entry fees 70+	Free	Free	
Start time	07h00 run 06h45 walk	07h15 run 06h45 walk	07h30
Time Limit	When last athlete crosses the finish line		

**T-shirts to the 10/21.1km races in shops/dealerships only while stocks last**

Pre-entries at: Run-A-Way Sport, Running Inn, Sweatshop Southdowns; Audi Centre, Arcadia; McCarthy VW Wonderboom; Audi Centre Menlyn; McCarthy VW Menlyn; McCarthy VW Silver Oaks

[www.mccarthyvw.co.za](http://www.mccarthyvw.co.za) [www.mccarthyaudi.co.za](http://www.mccarthyaudi.co.za)

**Saturday 21 May****Race of Hope 21.1/10/5km**

Race Organisers: Run Walk for Life

Venue: The Grove Mall, c/o Lynnwood &amp; Simon Vermooten, Equestria

	21.1 km	10 km	5 km
Pre-entry fees	R 70	R 60	R 30
Start time	07h00		
Time Limit	03h00		

**No animals****All distances are wheelchair friendly**[www.enteronline.co.za](http://www.enteronline.co.za)**2016 AGN LEAGUE FIXTURE LIST**

<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			<b>RR</b>	<b>RW</b>
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**

13 and 14 May	SA Masters Championships	Pilditch
13 Augustus	Claude Sterley byeenkoms	Pilditch
? Oktober	SWD	Oudtshoorn
12 November	Vrystaat	Bloemfontein

### ***THOUGHT FOR THE WEEK***

**Somedays you have to create  
your own sunshine**

 <p><b>SHORT TERM BROKERS</b> Value. Service. Trust Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za</p>	<p><b>We're there for the long run</b></p> <p><small>Short Term Brokers is an authorised financial services provider – FSP no. 10670</small></p>
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**MUGG & BEAN**  
Midstream - 012 940 9229



### Photo Corner (Action at the Magnolia long run)



The Irene water point was one not to be missed



Juan Koekemoer nursing his knee





Runners approaching the water point



Rens Bester, Rosemary Brink, Joan van Wyngaard & Linley September





Kobus van As and Rinaldi Botes helping themselves at the well-stocked food table



Izaak and Charlene van Niekerk





Nadene and Louis Visser enjoying the shade on their way to the water point



Lorinda Phillips and Barney van Heerden