



# IRENE NEWS

25 February 2019

No 8 - 2019



## ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Deloitte race:

Jacque van der Waals	1 <sup>st</sup> Vet lady – 10 km (41:00)
Ansie Breytenbach	1 <sup>st</sup> Master lady – 21 km (1:45:51)
Anita du Plessis	4 <sup>th</sup> Lady – 42 km (3:18:20)
Sandra Steenkamp	1 <sup>st</sup> lady walker & 1 <sup>st</sup> Master – 10 km (59:20)
Elsa Meyer	1 <sup>st</sup> GGM lady walker & 3 <sup>rd</sup> lady – 10 km (65:45)
Lucia Willemse	1 <sup>st</sup> GM lady walker – 10 km (73:41)
Jaap Willemse	1 <sup>st</sup> GM walker – 10 km (64:18)
Gerard van den Raad	1 <sup>st</sup> GGM walker – 10 km (70:37)
Hestha Conradie	1 <sup>st</sup> Master lady – Tuks 42 km (4:20) (left out last week)

## PERSONAL ACHIEVEMENTS

Rizé Blom	PB – 21 km
Luzaan van Zyl	PB – 10 km

Well done!

Please let us know about your personal achievements i.e. personal best times, first race in a certain distance etc. Don't be shy!

## THIS WEEK'S DIARY

### Monday:

Strength training @17:30 – Club house

### Tuesday:

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

### Saturday:

Sunrise Monster 5/10/21 @ 06:03 – Harlequin Club, Totius Street, Groenkloof

### Sunday:

Club run @ 06:00 – Club house – All welcome, your distance, your pace.

## **MARATHON CHAMPIONSHIPS**

Congratulations to Ben Marais and Amanda Cloete who are our 2019 Marathon champions!

Unfortunately, very few members took part in the championships. The category results are as follows:

	Men	Women
<b>Overall</b>		
<b>1</b>	Ben Marais	Amanda Cloete
<b>2</b>	André Fourie	Hestha Conradie
<b>3</b>	Mthokozisi Mambi	Helandie Calaca
<b>Senior</b>		
<b>1</b>	Ben Marais	Amanda Cloete
<b>2</b>	Mauritz Oberholzer	Helandie Calaca
<b>3</b>	Johan Snyman	Candice van der Spuy
<b>40 - 49</b>		
<b>1</b>	André Fourie	M Koel ?
<b>Ben 2</b>	Mthokozisi Mambi	Jackie Mostert
<b>3</b>	Joe Ndou	Ntombi Mthethwa
<b>50 - 59</b>		
<b>1</b>	Noel Banda	Hestha Conradie
<b>2</b>		Sandra Steenkamp
<b>3</b>		Gwen Siyotula
<b>60 - 69</b>		
<b>1</b>	Lengosane Modiba	



Well done!

## **COMRADES TRAINING CAMP 2019**

Introduction:

- Welcome to the inaugural Irene Comrades training camp.
- This is a vision I had after reading a books and magazines on training camps, high altitude training and the like.
- I was in awe to have read about road and trail runners spending weeks in mountains or in high altitude areas and it intrigued me more and more.
- I did some research and asked the people in the know and the outcome was mostly the same, that you must to stay in the mountains or high altitude areas for at least 6 weeks to reap the benefits.
- I figured most of us cannot do that because we have jobs, family, a life outside of running.
- We mostly do it for fitness and ridding ourselves of the daily stresses.

Why the camp:

- I have a mandate from Exco to improve our Comrades overall times.
- This is also something I want to do so I can give you the member the best opportunity to find your true potential.
- I find that we are so comfortable in our environment that we don't really push ourselves and we happy at where we are.
- After the race, you will hear people say, I felt so good at that point if only I did this and that.
- I want you leave the race knowing you gave your best on the day.
- My aim is to set the bar high for others in our club and outside this club to aspire to what we have achieved.
- You and I have that ability and we must to make it happen.

What to expect at the camp:

- We are going to train for 4 days which will include stretches with core strength sessions, long runs, followed by sports massages daily.
- You will have time for reflection and to focus on your challenge ahead which is COMRADES 2019.
- On the Sunday night, we are having a small fun event in the form of a fancy dress with the theme being "YOU WILL NEVER SEE ME LIKE THIS AGAIN". Please keep it clean ☺

What you get:

- Accommodation and transport will be provided to the venue.
- No need for your own transport.
- Plan is to leave from the clubhouse at 4pm on the Thursday the 16<sup>th</sup> of May and return on the 20<sup>th</sup> of May around 11am.
- Food and bedding is what you need to cater for yourself.
- We will have space for 21 members.
- The venue has a restaurant and you can arrange with the kitchen staff or management for meals.
- No one will be allowed to come and join for one day or the weekend.
- This is for the sake of us focusing and team building.
- Cost is R1500 per person and must be paid by the end of April.



**JOINT**Eze™

**MODERN**  
*athlete*

**Join the Captains Bus**



# **Sunrise Monster race**

## **Saturday 2 March**

The plan is to run a comfortable pace of 6:33min p/km to finish in 3hr30.

We'll definitely incorporate walking breaks on this Hilly route. The aim is to get strong but to have FUN, so bring all your Irene buddies, and let's 'run for the hills'....



## PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Theo	Bohnen	25 Feb
Stegman	Coetser	25 Feb
Andrew	Crawshay-Hall	25 Feb
Annemarie	Oberholzer	25 Feb
Dimakatso	Moloantoa	29-Feb
Rob	Hudson	01 Mar
Michael	Langton	01 Mar
Evat	Mahlangu	02 Mar
Joe	Ndou	03 Mar



Website: [www.csi-euf.co.za](http://www.csi-euf.co.za)

Tel: 011 805 6316

## NOTICE BOARD

### **Saturday 2 March**

### **Medihelp Sunrise Monster 32/21.1/10/5 km**

Race Organisers: Harlequin Harriers

Venue: Harlequin Club, Totius Street, Groenkloof

GPS: S 25°46.122 E 28°13.031

	32km	21.1km	10 km	5 km
Pre-entry fee	R 160	R 150	R 100	R 50
Entry fees 60+	R 80	R 70	R 50	R 40
Start Time	06:03		06:30	06:45
Time Limit	04h30	03h30	02h30	

**Route not suitable for wheelchair athletes**

Pre-entries: Run-A-Way Sports, Sweatshop Dunkeld, Bedfordview & Southdowns;  
Natural Runner



### **NEW VENUE**

**Saturday 9 March**

**Buco Bobbies 3-in-1 21.1/10/5 km**

Race Organisers: PPMC

Venue: Hatfield Plaza, Burnett Street, Hatfield

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R 40
Start Time	06:00		06:15
Cut-off	03:00		

**No Pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-away Sport; Runners Stores Tramshed; Buco Wonderpark; Hatfield Plaza

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

**Entries for the Bobbies race will be available at the club house on Tuesday evening**

**Saturday 16 March**

**Om-Die-Dorp Road Race 21.1/10/5 km**

Race Organisers: Wingate Road Runners

Venue: PvR Community Church, Baltimore Avenue, Pierre van Ryneveld

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 50
Start Time	06:00		06:15
Cut-off	03:30		

**No Pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-away Sport; Sweatshop Southdowns

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

### **21.1km Championships**

**Thursday 21 March**

**Right to Run/Walk 21.1/10/5 km**

Race Organisers: Arcadia Running Club

Venue: Sunnypark Shopping Centre, c/o Steve Biko- & Robert Sobukwe Streets, Sunnyside

GPS: S 25 45'2 E 28 12'11

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R 50
Start Time	07:00		
Cut-off	??		

**No Pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Cross Trainer Sunnypark; Sports Scene Sunnypark; Tshwane Running Shop

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

### **2019 AGN LEAGUE FIXTURE LIST**

<b>EVENT</b>	<b>DISTANCE</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
Kolonnade Road Race	21.1/10 km	30/03/19	X	X
Run Against Drugs	21.1/10 km	13/04/19	X	X
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**

? March 2019	KZN	Kings Park Stadium
29/30 March 2019	PE	Westbourne Oval
29/30 March	GNMA	Pilditch
5/6 April 2019	WP	Cape Town
13 April 2019	CGMA	Herman Immelman
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 <sup>th</sup> Summer Universiade	Naples, Italy
20/7/2020 – 1/8/2020	World Masters Athletics Champs	Toronto, Canada

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

**Only those who dare to fail greatly can ever achieve greatly.**



**PHOTO CORNER (DELOITTE)**



Vik Ramlugaan



Schalk Liebenberg and Nelius van Rooyen





Elna Botes and Debra Arkell



Mthokozisi Mambi





QJ Gottschalk



Johan Groenewald





Annemarie Breytenbach and Rizé Blom



Louise Delport





Megan Brown



Cindy and Buks van Deventer having fun





Christiaan Swart



Belinda de Bruin, Daleen Labuschagne and Cari Snyman





Precious Hlabisa



Joubert Krugel





Aletha van den Bergh, Suzelle Engels and Dianne du Plessis



Elize Cronje





Mpho Motaung and Lynette Gough

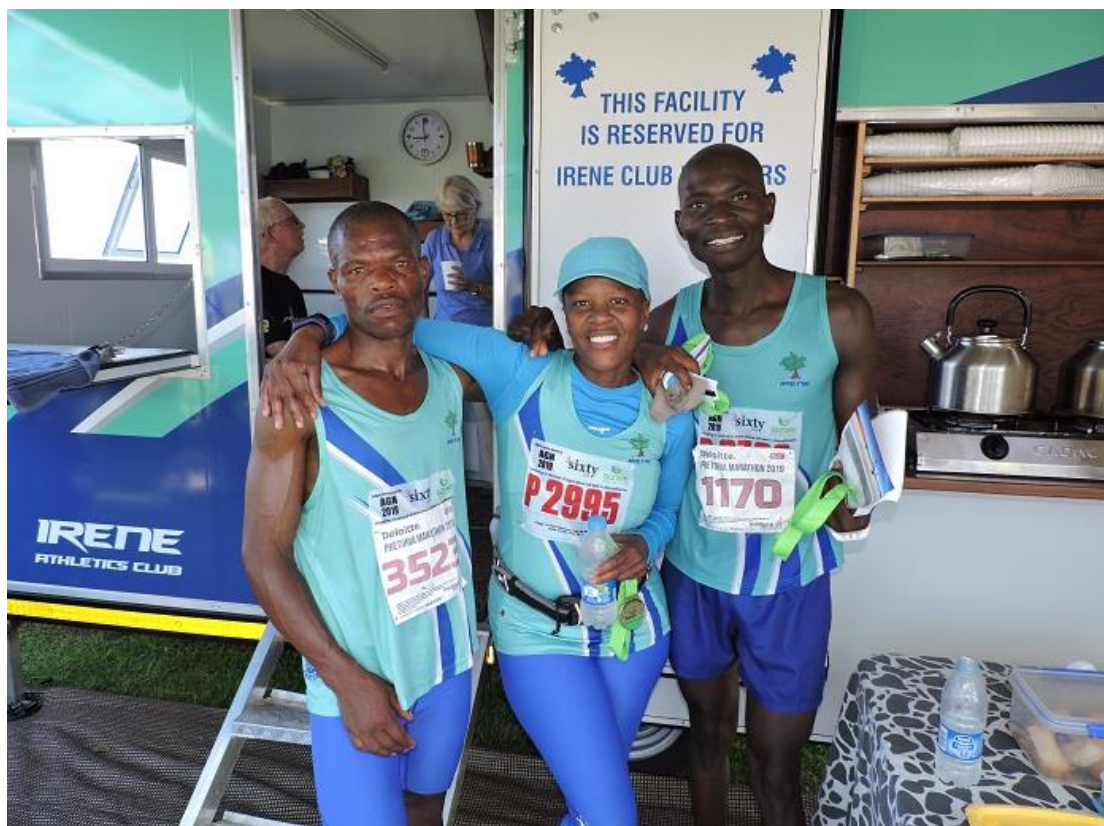


Gabriel Booyse and Trevor Netsiombo





The spectators enjoying the shade



Samuel Molefe, Rose Magolego and Lenin Sithole