



# ***IRENE NEWS***

*25 January 2016*

*No 4 - 2016*



## ***ACHIEVEMENTS***

The following members were on the podium at the George Claassen race on Saturday:

Jacquie van der Waals	2 <sup>nd</sup> Vet lady – 10 km (41:24)
Susan Maree	3 <sup>rd</sup> Master lady – 10 km (55:11)
Annatjie Greyvenstein	1 <sup>st</sup> GGM lady – 10 km (56:54)
Johan Nel	2 <sup>nd</sup> GM – 21 km (1:37:38)
Johan van Vuuren	1 <sup>st</sup> GGM – 21 km (2:25:09)
Ansie Breytenbach	1 <sup>st</sup> Master lady – 21 km (1:41:20)
Sandra Steenkamp	1 <sup>st</sup> Lady walker – 21 km (2:11:00)
Elsa Meyer	2 <sup>nd</sup> Lady walker – 21 km (2:21:26)

Congratulations!

The following members have been selected for the AGN team to participate in the SA 10 km Championships:

Liza Maritz  
Nadine Breytenbach  
Michelle le Roux  
Jacquie van der Waals  
Ansie Breytenbach  
Annatjie Greyvenstein  
Victor Phetoe  
Mike du Bruto

Well done!

## ***PERSONAL ACHIEVEMENTS***

Hanno Barnard                      First 21 km

Please let me know about your PB's etc. Don't be shy!

 <b>SHORT TERM BROKERS</b> Value. Service. Trust <small>Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za</small>	<b>Gold medal service</b> <small>Short Term Brokers is an authorised financial services provider – FSP no. 10670</small>
--	---

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

### **Monday:**

Training session at 17:30 - Club house

Morning run from Rhapsody's – 04:45 - 10 km easy route

### **Tuesday:**

Time trials at 17:30 - Club house

Comrades Road Show at 19:00 - ARC Auditorium

### **Wednesday:**

Long run at 17:30 - Ridgebacks

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

### **Thursday:**

Training session at 17:30 - Club house

### **Friday:**

Morning run from Rhapsody's – 04:45 – 12 km easy route

### **Saturday:**

Akasia 5/10/21/42 at 05:30 - Wonder Park, Akasia

### **Sunday:**

Johnson Crane 5/10/21/42 at 06:00 - Sahara Park Willowmoore Cricket Stadium, Harpur Ave, Benoni.

## ***COMRADES WORKSHOP***

The Comrades Marathon Association will be presenting its annual Roadshow Programme from January 2016. Irene is proud to be hosting one of the shows on Tuesday 26 January. Venue: ARC Auditorium Time: 19:00

Tell your friends about it. It is always a special event for Comrades runners.



## ***TWO OCEANS SUBSTITUTIONS***

A number of our members missed the cut-off for both distances of the Two Oceans. They now rely on other members who entered but will not be going for some reason.

I want to call on these members to make their entries available for substitutions. You will at least get your money back. One can only substitute a runner in the same race – i.e. a Half Marathon South African entrant can only be substituted by a Half Marathon South African that wants to participate.

Please note that substitutions must be done before 23 February.

## ***RACE CANCELLED***

Please note that the Race Against Drugs that was due to take place in Mamelodi on 27 February has been cancelled.

## ***PERSONALIA***

Nadene Visser will be undergoing heart surgery today. We trust that the operation will be a great success and that she will be back on the road soon.

Congratulations to everybody celebrating their birthdays during the week:

Elmien	Louw	26 Jan
Jack	Du Plessis	27 Jan
Schalk	Liebenberg	27 Jan
Neels	Janse van Vuuren	28 Jan
Adriaan	Taljaard	28 Jan
Erik	van der Merwe	28 Jan
Devron	Abdoll	29 Jan
Elize	Dieckmann	29 Jan
Chris	Cloete	31 Jan
Anton	Jooste	31 Jan
Liza	Ntloko	31 Jan



Giel Cillié, part sponsor of the Irene T shirts for the last 3 years with his quantity surveying firm in 10 Lenchen Park, 2029 Lenchen Ave South, Zwartkops x 4,

Centurion. (Opposite Glasfit)

Giel has been in private practice since 1985 and delivers a service in building cost estimating, compilation of building contract tenders, monthly valuations and final accounts. They also advice clients on contractual matters for the building, mining, alternative power industry, with knowledge of the JBCC, FIDIC, GEC and NEC Suite of contracts.

They are equipped to deal with C.I.D.B. (Construction Industry Development Board's), prompt payment regulations and adjudication.

He also recently opened an office in Durbanville, Western Cape, with his son Guillaume in charge of that office.



## ***NOTICE BOARD***

### **Saturday 30 January**

### **Akasia Road Race 42.2 / 21.1 / 10 / 5 km**

Race Organisers: Wonderpark Shopping Centre

Venue: Wonderpark Shopping Centre, Heinrich Avenue, Karenpark

GPS: S 25 40.264 E 28 6.703

	42.2 km	21.1 km	10 km	5 km
Pre entry fees	R 90	R 70	R 60	R 30
Entry fees 60+	R 40	R 30		
Race day entry fees	R 110	R 90	R 80	
Race day entry fees 60+	R 50	R 40		
Blind runners	Free			
Start time	05h30	05h45	06h00	06h10
Time Limit	05h00			

Pre-entries at: Running Inn; Runners Store; Sweat Shop, Southdowns; Dunkeld West & Bedford View; Boost Juice & Maxi's Wonderpark Centre

### **Saturday 6 February**

### **McCarthy Toyota 21.1 / 10 / 5km Race**

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
Pre-entry fees (until 1/02/16)	R 90	R 70	R 30
Entry fees (5 & 6 /02/16)	N.a.	R 80	R 30
Entry fees 60 - 79	R 40	R 40	R 30
Entry fees 80+	Free	Free	Free
Start time	06h00	06h20	06h25
Time Limit	03h00	02h00	01h00

**1<sup>st</sup> 2000 pre-entries on 21.1 & 10km will receive a free t-shirt**

Pre-entries at: Run-A-Way Sport; Sweat Shop, Dunkeld & Bedford Arcade

McCarthy Toyota: Arcadia; Hatfield; Gezina; Lynnwood; Sinoville & Centurion

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

**Wednesday 10 February****Lantern Night Race 10 / 5km**

Race Organisers: Irene Athletics Club

Venue: Irene Campus ARC, Centurion

	10 km	5 km
Entry fees	R 60	R 40
Entry fees 60+ (only on entry fee)	Half price	Half price
Entry fees 70+ (only on entry fee)	Free	Free
Start time	18h30	
Time Limit	??h00	

**No animals allowed****Wheelchair athletes welcome**Pre-entries at: Run-A-Way Sport; Runners Store; Sweat Shop  
Dunkeld/Southdowns/BedfordviewSpar & Superspar shops: Centurion; Hennops Park; Monument; Montana; Lyttelton;  
Queenswood[www.enteronline.co.za](http://www.enteronline.co.za) and [www.sa.active.co.za](http://www.sa.active.co.za)**Saturday 13 February****Bronkhorstspuit 32 / 10 / 4 km**

Race Organisers: Bronkhorstspuit Athletics Club

Venue: Hoërskool Erasmus, Church Street, Bronkhorstspuit

	32 km	10 km	4 km
Entry fees	R 150	R 80	R 20
Entry fees 60+	Free	Free	
Start time	06h00	06h15	06h30
Time Limit	04h30		

Pre-entries at: Run-A-Way Sport

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

**Sunday 14 February****Love the Run 10 / 5km Race**

Race Organisers: Northerns Running Club

Venue: Noorderlikes Rugby Club, Jopie Fourie Street, Pretoria North

	10 km	5 km
Entry fees	R 50	R 30
Entry fees 60+	Free	Free
Start time	06h00	06h15
Time Limit	03h00	

**No animals allowed****Wheelchair athletes welcome**[www.enteronline.co.za](http://www.enteronline.co.za) and [www.entrytime.com](http://www.entrytime.com) and [www.sa.active.co.za](http://www.sa.active.co.za)**Sunday 28 February****Deloitte Pretoria Marathon 42.2 / 21.1 / 10km**

Race Organisers: Phobians Athletic Club

Venue: Pretoria High School Ols Boys Club, Hofmeyr Park, c/o Kings Highway &amp; Queens Crescent, Lynnwood

GPS: S 25.45.64.4 E 28.15.22.8

	42.2 km	21.1 km	10 km
Entry fees (42.2 & 21.1km pre-entries only)	R 150	R 100	R 70
Entry fees 70+ (must be licensed or buy temp)	Free	Free	Free
Start time	06h00		06h20
Time Limit	05h30		

**1<sup>st</sup> 5 500 pre-entries will receive a free t-shirt**

Pre-entries at: Run-Away Sports; Running Inn; Runners Shop; Sweat Shop: Southdowns, Bedfordview &amp; Dunkeld

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

<b>2016 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
Tuks Bestmed	10/21	20 Feb	X	X
VirSeker	10/21	19 Mar	X	X
Ford	10/21	9 Apr	X	X
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	20 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

### **Masters Athletics Fixture list**

#### **Local meetings**

02 April 2016                      Gauteng North Championships, Pilditch

13 August 2016                      Claude Sterley - Pilditch

#### **SA Masters Championships**

13/14 May 2016                      SA's      Pilditch, Pretoria

#### **International Championships**

26 Oct – 6 November 2016      MA Championships, Perth, Australia

<http://www.perth2016.com>

18 – 25 March 2017                      World Indoor Championship 2017 in Daegu, Korea

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

**The best place to be is in someone's thoughts.**





**Photo Corner (George Claassen)**



**Dorette Steyn and Pieter Olivier**



**Ben Taljaard sprinting to the finish**





Co van den Raad helping out as marshal



A smiling Carla Hartmann





Roche and Nanette Vermaak



New member Sharleen Atkins posing proudly in her new Irene outfit





Oom Jan van de Venter and Lynette Gough



Charles Reynolds





Dee Donaldson and Belinda de Bruin



It is always nice to relax at the gazebo after the race





Rens Bester doing some stretching exercises



Charlene and Izaak van Niekerk. Izaak is responsible for our website





Dewald and Hermien Bezuidenhout



Sisters Joy Nicholl and Vanessa McClure





Wynand Breytenbach and Jacque van der Waals



The 21 km prize winners. Johan Nel, Ansie Breytenbach, Sandra Steenkamp, Johan van Vuuren and Elsa Meyer