

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^{nd} Vet lady -10 km (41:24)Susan Maree 3^{rd} Master lady -10 km (55:11)Annatjie Greyvenstein 1^{st} GGM lady -10 km (56:54)Johan Nel 2^{nd} GM -21 km (1:37:38)Johan van Vuuren 1^{st} GGM -21 km (2:25:09)Ansie Breytenbach 1^{st} Master lady -21 km (1:41:20)Sandra Steenkamp 1^{st} Lady walker -21 km (2:11:00)

Sandra Steenkamp 1^{st} Lady walker -21 km (2:11:00) Elsa Meyer 2^{nd} 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!





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	2.1. 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	1	
Start time	05h30	05h45	06h00	06h10
Time Limit		05h00	I	

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

1st 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

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/Bedfordview

Spar & Superspar shops: Centurion; Hennops Park; Monument; Montana; Lyttelton; Queenswood

www.enteronline.co.za and www.sa.active.co.za

Saturday 13 February

Bronkhorstspruit 32 / 10 / 4 km

Race Organisers: Bronkhorstspruit Athletics Club

Venue: Hoërskool Erasmus, Church Street, Bronkhorstspruit

	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

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	03	03h00		

No animals allowed

Wheelchair athletes welcome

www.enteronline.co.za and www.entrytime.com and 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 & 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		

1st 5 500 pre-entries will receive a free t-shirt

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

www.enteronline.co.za & www.saactive.com

2016 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
Tuks Bestmed	10/21	20 Feb	Χ	Х
VirSeker	10/21	19 Mar	X	Х
Ford	10/21	9 Apr	X	Х
The Love Run	10/21	14 May	X	Х
Race 4 Faith	10/15	4 Jun	Х	X
Zwartkop	10/21	30 Jul	Х	Х
Wierie	10/21	13 Aug	Х	Х
Andrew Greyling	10/21	17 Sep	Х	Х
King Price Irene Farm	10/21	20 Oct	Х	Х
Tom Jenkins	10/21	19 Nov	Х	Х

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.





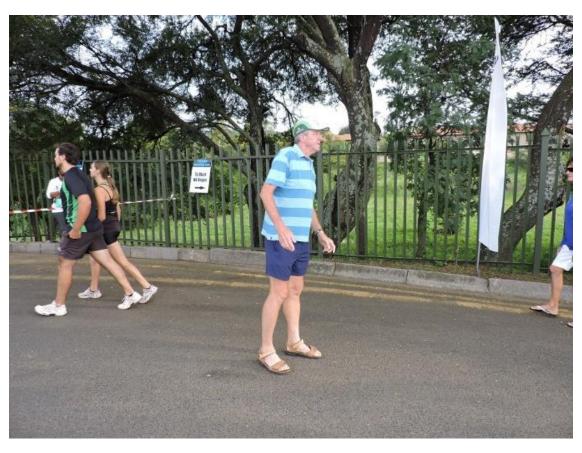
Photo Corner (George Claassen)



Dorette Steyn and Pieter Olivier



Ben Taljaard sprinting to the finish



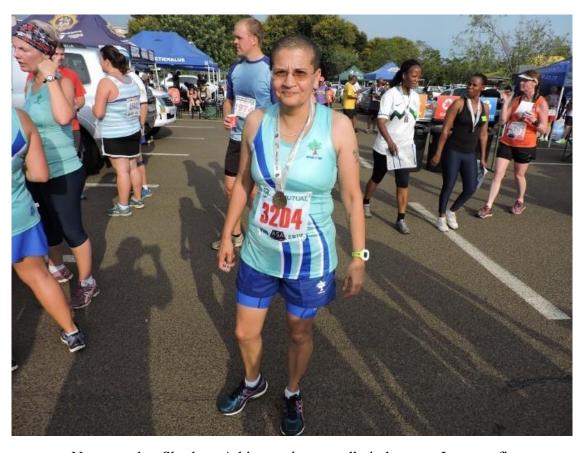
Co van den Raad helping out as marshal



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 Jacquie van der Waals



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