



IRENE NEWS

26 February 2018

No 8 - 2018



ACHIEVEMENTS

The following members were on the podium at the Deloitte Race on Sunday:

Ansie Breytenbach	1 st Master lady – 10 km (47:54)
Annatjie Greyvenstein	1 st GGM lady – 10 km (55:22)
Sandra Steenkamp	1 st Master Lady walker & 2 nd lady – 10 km (59:21)
Elsa Meyer	1 st GGM lady walker – 10 km (67:42)
Gerard van den Raad	1 st GGM walker – 10 km (69:14)

Congratulations!

PERSONAL ACHIEVEMENTS

Amy Fox-Martin	First 10 km
Jason Hubner	First 42 km
Philip Koornhof	PB – 10 km
Grazyna Koornhof	PB – 10 km
Jaap Willemse	PB – 10 km
Marlé van der Walt	PB – 10 km
Hesta van den Heever	PB – 42 km
Stevens Skosana	PB – 42 km

Well done!

Tuesday:

Time trials at 17:30 – Club house

Sunday:

Sunrise Monster 5/10/32 at 06:03 – Harlequin Club, Groenkloof

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. Some of our members are also looking for Loskop numbers as well as Skukuza entries.

Please take note that the final verification for the Two Oceans will be done from 1 – 6 March

CLUB MARATHON CHAMPIONSHIPS

The complete results of our Club Marathon championships are as follows:

Male	Female
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Overall		
1	Phumlani Mabophe	Nadine Breytenbach
2	Schalk Liebenberg	Amanda Cloete
3	Michael Mokwala	Carolina van der Westhuizen

Sen		
1	Phumlani Mabophe	Amanda Cloete
2	Schalk Liebenberg	Louisa Koornhof
3	Piet Phalahadi	E Mataitsane

Vet		
1	Michael Mokwala	Nadine Breytenbach
2	Tony Gomes	Carolina van der Westhuizen
3	Philip Breytenbach	Yvonne van Wyk

Mas		
1	Victor Phetoe	Hestha Conradie
2	Noel Banda	
3	Dirk Cloete	

GM		
1	Johan Nel	
2	L Modiba	
3	Graeme Rennie	

Congratulations once again to Phumlani and Nadine and also to all the others.

WHATSAPP RULES

Hi Crew,

Since we have some new members on the WHATSAPP group I wanted to inform everyone on the "HOUSE RULES" for the **IRENE TRAINING GROUP 2018** to hopefully alleviate all confusion and frustrations.

- No profanity, unsavoury and uncouth behaviour or comments will be tolerated.
- No jokes of any kind as it might seem funny to you but it can be offensive to someone else.
- No racial slurs or racial comments.
- No business advertisements of any kind, selling and marketing will be tolerated.

- This is **NOT** a place to enquire about administration type stuff.
- Mail admin@irenerunner.co.za
- Should you require club information please send a mail to info@irenerunner.co.za
- Should you require training information or want to talk to me about any training please send a mail to training@irenerunner.co.za and I will respond as soon as I can.

This group is meant for training purposes. Should you know of a race that is cancelled, moved or an upcoming interesting event you want the members to be aware of then post it. If you are unsure about something you want to post run it by me and I will vet it and advise you. This way we elevate the unnecessary messages sent to the group.

Should you have any questions please feel free to contact me.

Proud Irene Greetings

Linley

082 345 5343

PERSONALIA

Bets Botha will undergo surgery during the week. We wish her a speedy recovery.

Congratulations to everybody celebrating their birthdays during the week:

Hanlie	Lundie	28 Feb
Rob	Hudson	01 Mar
Sylvia	van den Berg	01 Mar
Juan-dre	de Beer	03 Mar
Debra	Arkell	04 Mar
Musa	Nkosi	04 Mar



JOINTEze™

MODERN
athlete



Saturday 3 March**Medihelp Sunrise Monster 32/10/5 km**

Race Organisers: Harlequin Harriers

Venue: Harlequin Club, Totius Road, Groenkloof

GPS: S 25 40.122 E 28 13.031

	32 km	10 km	5 km
Entry fee	R 110	R 80	R 40
Entry fee 60+	R 60	R 40	R 30
Race day entry (excluding 60+)	R 130	R 90	R 50
Race day & race eve entries (70+ / 80+)	Free		
Start Time	06:03	06:30	06:45
Cut-off	04:30	02:00	

T-shirts to all finishers, while stocks last, sizes are not guaranteed**No Pets****Wheelchair athletes allowed** www.entrytime.co.za

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Natuaral Runner Centurion

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

Race Organisers: Pretoria Police Marathon Club

Venue: Wonderboom Junction, c/o Lavender & Lavender East St, Wonderboom

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 35
Entry fee 60+	R 60	R 40	R 35
Entry fee 70+, blind + wheelchair athletes	Free		
Start Time	06:00	06:00	06:15
Cut-off	03:00		

No Pets

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Shape Up Gym; Buco Wonderboom

www.enteronline.co.za

Saturday 17 March**Budget Insurance Road Race 21.1/10/5 km**

Race Organisers: Overkruin Athletics Club

Venue: Kolonnade Shopping Centre, Sefako Makgatho Drive, Sinoville

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 40
Race day entry (Grandmasters)	Free (proof of age required)		
Start Time	06:00		06:15
Cut-off	03:00	02:00	

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Info Desk Kolonnade Centre;
Tshwane Running Shop

www.entrytime.co.za

2018 AGN LEAGUE FIXTURE LIST

<i>EVENT</i>	<i>DISTANCE</i>	<i>DATE</i>	<i>LEAGUE</i>	
			<i>RR</i>	<i>RW</i>
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**

2-3 March 2018	PE	Westbourne Oval, PE,
23/24 March 2018	GNMA (throws & Track & Field)	Pilditch, Pretoria
7 April 2018	CGMA	Herman Immelman,
13/14 April 2018	WP	Parow
26 – 28 April	SA Masters Championships	Bloemfontein
4 Augustus 2018	FSMA Throws and jumps	Pelliespark, UFS
11 Augustus 2018	Mpumalanga	Secunda
27 October 2018	SWD	Oudtshoorn
10 November 2018	Free State	Bloemfontein

THOUGHT FOR THE WEEK

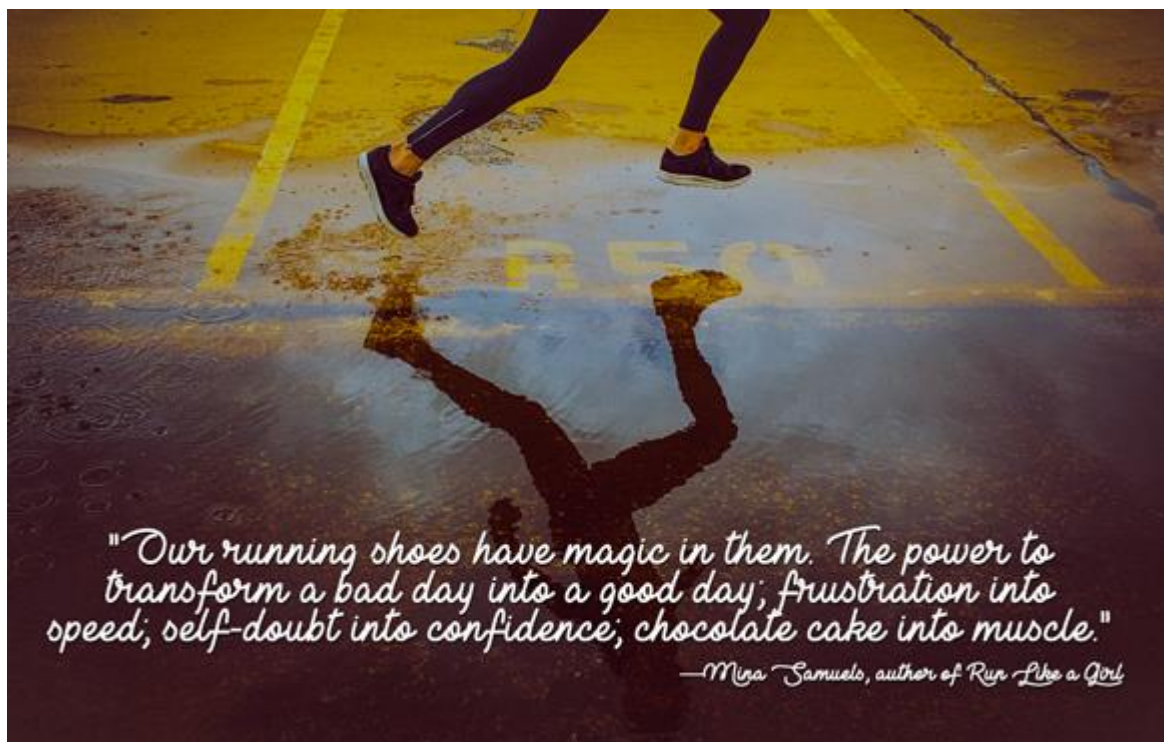


Photo Corner (Deloitte)



Pieter and Yolandi Wiese



Alfred Matema, first Irene member to finish the Marathon



Fanna Njomo



Precious Hlabisa



Lemao Motaung



John Cannon



Pieter van Heerden



Jacques Meyer



Jannie Coetzer



Adriaan van der Merwe



Mfundo Hadebe



Trudie and Philip Botha



Ilze du Randt was the best supporter of the day. Here seen with Rinaldi Botes and Shaun Smee



A very proud Hesta van den Heever after doing a PB on the Marathon



Chris Marlin



Michael Bluff



Mark Adams and Kerry Trentham



Chilene Verheem and Bertha van den Raad



Jason Hubner ran his first Marathon



Amy Fox-Martin ran her first 10 km last week. Here with her proud father, Mike