



IRENE NEWS

26 March 2018

No 12 - 2018



ACHIEVEMENTS

The following members were on the podium at the Denel race:

Ansie Breytenbach	1 st Master lady – 10 km
Hestha Conradie	1 st Master lady – 10 km
Retha Kotze (social member)	1 st Lady walker – 10 km
Iain McFadyen (social member)	1 st GGM – 21 km
Marie van Dyk	1 st Lady walker – 21 km

Congratulations!

Well done to the following members who earned medals at the GN Master Championships:

Joey Cloete	5 x Gold, 1 x Silver
Danie Labuschagne	2 x Gold
Elsa Meyer	2 x Gold
Gerard van den Raad	1 x Gold
Annatjie Greyvenstein	1 x Gold, 1 x Silver
Lucia Willemse	1 x Silver
Jaap Willemse	1 x Bronze

PERSONAL ACHIEVEMENTS

Marks Mathebula	PB – 21 km
Freya Finbow	PB – 21 km
Mareli Erasmus	PB – 21 km
Danie Labuschagne	PB – 3000m and 5000m track

Well done!

Tuesday:

Time trials at 17:30 – Club house

Saturday:

Two Oceans Marathon

Monday:

Family Run/Walk at 07:00 – Lynridge Mall

JOINTEZE IRENE ULTRA 8 APRIL

A total of 47 Irene members have entered for the Ultra on 8 April. Up till now only 10 of these members have submitted the names of the non-members who will be working in their place on the day of the race. Please send those names and their details (email and cell phone number) a.s.a.p. **Members who run on the day without submitting helpers will be disqualified on the day.**

We need many more helpers please, especially route marshals. We also need more helpers to hand out medals and more water point helpers. In addition to this we also require a few cyclists to ride with the front runners on the day.

We require helpers on the Friday and Saturday to assist with handing out race packs and taking entries for the 5 km.

MINI BUSES REQUIRED

We require a few mini busses on the day of the race as sweeper vehicles. Please contact us if you can help in this regard.

TWO OCEANS T-SHIRTS

Although we couldn't obtain a sponsor for the Two Oceans, the Two Oceans participants (both distances) will have the choice to buy a lovely dry-fit T-shirt at a subsidised price of only R50. Stock is limited so please send your order a.s.a.p. First come first serve.



The shirts will be available at the club house on Tuesday evening.

Send you proof of payment and size required to info@irenerunner.co.za

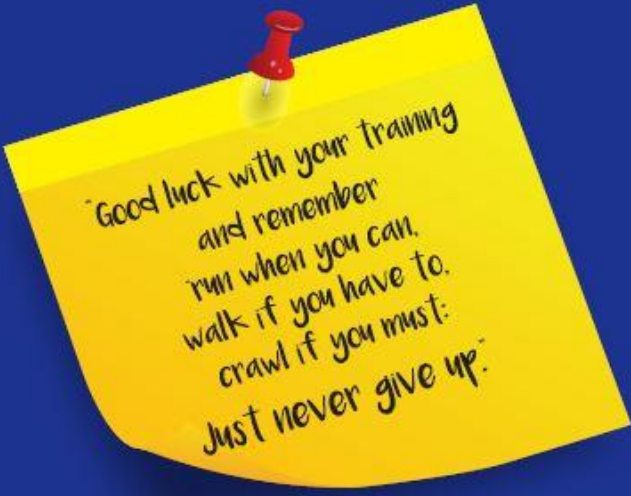


COMRADES SPONSOR


We want to welcome Lani Botha onboard as our new Comrades sponsor. We trust that we will have an excellent relationship with her and her company, Channel Ink.




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LOST AND FOUND

Another heart rate monitor has been lost at the club house. Please contact Mike Fox-Martin if you picked it up. Cell: 027 82 495 2222 Email: mfoxmartin@live.co.za

LEAGUE RESULTS (AKASIA)

The result of the first league race of 2018 are finally available. Being in the 16th position we didn't start on a particularly high note.

Wonderpark Akasia	Div 1	Points	League
Pos	Club	League	Points
1	Vtm	20	20
2	Pmmc	19	19
3	Magnolia	18	18
4	Ace	17	17
5	Overkruin	16	16
6	Resbank	15	15
7	Ppmk	14	14
8	Hqh	13	13
9	Affies	12	12
10	Agape	11	11
11	Csir	10	10
12	Pmwc	9	9
13	Bmw	8	8
14	Rwfl	7	7
15	Aurecon	6	6
16	Irene	5	5
17	PvR	4	4
18	Love Running	3	3
19	Npo	2	2
20	Arete	1	1

SUPER LEAGUE

The results of the super league are equally disappointing. Our ladies are in 3rd position, the worst in years.

Our men are in 7th position, they also can do much better.

There are so many talented runners in the club who can easily finish amongst the top 50 AGN runners. All that is missing is the commitment to participate in league races.

Women

Wonderpark Akasia	Female	Points
Pos	Club	Log
1	MAGNOLIA	50
2	FPN	49
3	IRENE	48
4	VTM	47
5	NEDBANK	46
6	PPMK	45
7	RUNAVATION	44
8	WINGATE	43
9	A4A	42
10	PMMC	41

Men

Wonderpark Akasia	Male	Points
1	NEDBANK	50
2	PMMC	49
3	A4A	48
4	ACE	47
5	ARCADIA	46
5	VTM	46
7	IRENE	44
8	FARANANI	43
9	FPN	42
10	WINGATE	41

Congratulations to the following members who earned super league points on the day:

POSITION	NAME	AGE	TIME	POINTS
Woman 10 km				
101	A BREYTENBACH	54	0:47:16	43
213	Z SCHOLTZ	37	0:53:03	27
249	C JOHNSTONE	26	0:54:36	20
250	J CLOETE	61	0:54:37	19
322	A GREYVENSTEIN	73	0:56:51	6
Woman 21 km				
103	ROSEMARY BRINK	43	1:44:40	45
296	LINDIE PRETORIUS	35	2:00:05	29
381	BELINDA DE BRUIN	46	2:04:31	17
383	MELANI SWART	43	2:04:37	16

449	CHARMAIN JANSE VAN RENSBURG	46	2:07:52	8
Woman 42 km				
562	TRACEY MACFADYEN	33	4:08:29	27
632	ANNERINE VAN SCHALKWYK	30	4:13:08	21
Men 10 km				
32	M MOKWALA	M	0:39:50	34
88	L SEPTEMBER	M	0:46:36	4
Men 21 km				
52	NELIUS VAN ROOYEN	30	1:32:25	25
62	ROB HUDSON	53	1:35:20	20
64	MARTIN WEBBER	42	1:35:56	18
Men 42 km				
17	PHUMLANI MABOPHE	23	2:46:34	39
42	LENIN SITHOLE	30	3:01:15	26
61	SCHALK LIEBENBERG	32	3:07:24	14

WALKERS LEAGUE

The walkers are in joint 2nd position, the challenge is on!

Wonderpark Akasia	+	Points
Pos	Club	L'gue
1	RWFL	20
2	IRENE	19
2	PMWC	19
4	RWFL B	17
5	PMWC B	16
6	LOVE RUNNING	15
7	GNMA	14
8	VTM	13
9	ACRW	12
10	BODYWALK	11



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PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Darryl	Liebenberg	26 Mar
Werner	Smit	28 Mar
Manny	Britz	30 Mar
John	Maritz	31 Mar
Hlengiwe	Sayd	31 Mar
Reinhardt	Van Zyl	01 Apr
Carina	Furstenburg	02 Apr
Holger	Hedelt	02 Apr
Thinus	Mentz	02 Apr
Rirhandzu	Mathebula	02 Apr



NOTICE BOARD

Monday 2 April

Family Run/Walk 22/11/6 km

Race Organisers: Run Walk for Life Athletics Club

Venue: Lynridge Mall

	22 km	11 km	6 km
Entry fee	R 90	R 70	R 40
Start Time	07:00	07:00	07:00
Cut-off	03:00		

Pre-entries at: Run-away Sport

Saturday 7 April**Ford 3-in-1 Road Race 21.1/10/5 km**

Race Organisers: Ford Athletics Club

Venue: Ford Motor Company Sports Ground, c/o Simon Vermooten & Alwyn Streets,
Silverton

	21.1 km	10 km	5 km
Entry fee	R 100	R 70	R 50
Start Time	06:30		06:45
Cut-off	03:00		

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Sportsmans warehouse Centurion,
Menlyn, Zambesi & Atterburt; Tshwane Running Shopwww.entrytime.co.za**Sunday 8 April****Modern Athlete Irene Ultra 48/21.1/5 km**

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Nelmapius Dr, Irene (Opposite Denel)

GPS: S 25 89'71" E 28 18'87"

	48 km	21.1 km	5 km
Entry fee	R 320	R 100	R 50
Entry fee 60 - 69	R200	R 50	R 30
Entry fee 70+	Free		
Start Time	05:30		06:00
Cut-off	06:00	03:30	

Free t-shirt to all 48km entrants**Ultra-marathon entries limited to 4 000****5km is wheelchair friendly****No pets****No iPods or listening devices are allowed**48 km & 21 km Pre-entry only at www.championchip.co.za

2018 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
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**

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 (Denel)



Bheki Ndlovu and Ina van As



Jolandé Janse van Rensburg and Uida Enslin



Ben Taljaard, Bertha van den Raad and Annemarie Breytenbach



Schalk Liebenberg



Henry Enslin and Kobus van As



Joseph Moagi



Phumlani Mabophe and Noel Banda



The way to finish your race, with a big smile



Daleen Labuschagne



Nel Kotze



New member Sandy Madzhie



Proud to be an Irene member



Hestha Conradie and Yolandé Cowley



Hestha Conradie on the podium



Suzelle Engels and Linley September