



IRENE NEWS

27 August 2018

No 34 - 2018



ACHIEVEMENTS

The following members were on the podium over the weekend:

SMU Race:

Sandra Steenkamp 1st Lady Walker – 21 km (2:09:34)

Dawn to Dusk:

Monique Prinsloo, Joey Cloete, Rena van Wyk and Tjaart van Wyk finished 3rd in the mixed team of 4 (129 km).

Pieter van der Westhuizen, Mauritz Oberholzer, Ben Marais and Stephan Craggs won the team event in the 100 miler in a new record time.

Rosemary Brink was part of the ladies team that came second in the 12 hour race.

Bangkok Midnight Marathon:

Ansie Breytenbach 1st Master lady – 42 km (4:02:22)

Phumlani Mabophe 1st man - Mountain Monster Trail Run 28 km

AGN 20 km Walker Championships, 18 August:

The following walkers earned medals in their respective age categories at these championships:

Sandra Steenkamp	Gold
Lucia Willemse	Gold
Elsa Meyer	Gold
Jaap Willemse	Gold
Danie Labuschagne	Silver



Congratulations to all of you.

Congratulations to the Jacquie van der Waals who has been selected for the AGN 10 km to participate in the SA 10 km championships in Middelburg on 29 September.

THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:15 – Club house (social evening)

Wednesday: Glow in the Dark Night Race @18:30 – Pierre van Ryneveld Community Church

Saturday:

Spirit of Flight 5/10 @ 07:00 – Zwartkop Airforce Base (10 km club championships)

10 KM CLUB CHAMPIONSHIPS

The Spirit of Flight race on Saturday at the Zwartkop Airforce Base will serve as our 2018 10 km club championships. It is the opportunity for all our faster members to show their true potential. Category champions will also be recognised.

As promised last week there will be something to eat afterwards at the Cara-Fun. Don't miss out!

AWAY WEEKEND – KAAPSEHOOP

Our away weekend is something special every year. Don't miss out on it this year. We will be staying in Nelspruit not too far from the finish of the Kaapsehoop Marathon. Make sure that your accommodation is booked and paid for to enjoy the weekend of the year!

NEW SPONSOR ON BOARD

We are pleased to announce that we have a new sponsor to take over from King Price to ensure that our Farm Race in October will become even better and bigger in the years to come. For the next four years, starting in 2018, CSi Property group will be sponsoring this great race. The race will be known as the CSi Irene Farm Race.

CSi Property Group is a fast-growing group that offers its clients comprehensive property solutions. This company takes care of clients' investments through various subsidiaries, which include sales, rentals and property management. Their client relationships are forged by providing professional services and excellence in everything they do. Their core behavioural principles of ownership, integrity, team work and efficiency guarantee their success and have cemented their position as market leader.



CAPTAIN'S CORNER

September month is going to be a busy one. We have the **10km CLUB CHAMPS** which hopefully you have been training for. The **IRENE SPRING** race we will be hosting end of the month is at the IRENE MALL. Your assistance is needed to make it a success. Please start forwarding your names to Wynand at info@irenerunner.co.za and let him know you will work on race day. The following day is the **HELPERS** race where you will have a chance to run the same route like the day before. Since it is a league race we must be there in our numbers on the Sunday to get points. The Kaapsehoop race will be the next goal. With it being a popular event for those wanting to qualify earlier you must start focussing on your training. Don't be fooled that's it a downhill run and an easy race. You must still put in the hard work and effort to cross the finish line. The Kaapsehoop accommodation is available for you and we have secured 40 places. Secure your place and get to meet your club members and socialise that weekend. It's always a great weekend away with lots of fun. Lastly, my challenge to you in July was to bring along a family member, colleague, friend or neighbour to join the club so they can live a healthier lifestyle. Let's see how many people you can bring to the club and introduce them to running or walking. As you know it is a safe and friendly environment. Looking forward to seeing you do your bit.

Thank you for your ongoing support at the training sessions.

See you on the road and trails soon.

PROUD IRENE GREETINGS

Linley

WINTER WARMER PROJECT

Thank you to those members who have already contributed towards the project.

The need is very high, please make your contribution this week if you haven't done so yet.

Bring your non-perishable food to the club house on Tuesday.

IRENE SPRING RACE

Our very popular Irene Spring Race takes place on 29 September at the Irene Village Mall. It is a league race this year and we expect a big field. As always, we rely on our members to make the race a huge success. We need our members to assist in the following areas on the day:

Route marshals

Parking marshals

Handing out medals

Water point helpers

Helpers at the entries

Cyclists



JOINTEze™



Please reply to this email to make yourself available on the day. We cannot present a race of this magnitude without you, our members.

Please also take note that we will present the race without a main sponsor this year. After many years Clover has decided to withdraw their sponsorship due to financial reasons. We are very grateful to them for the excellent relationship we have had with them.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Albert	Botes	27 Aug
Rainer	Ludwig	31 Aug
Jacqui	Burn	01 Sep
Themba	Mathebula	01 Sep
Kobus	van As	02 Sep



NOTICE BOARD

Wednesday 29 August Pierre van Ryneveld's Glow-in-the-dark Night Race 10/5km

Race Organisers: Pierre van Ryneveld Athletics Club

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

GPS: S 25 50'15 E 28 14'34

	10 km	5 km
Entry fees	R 70	R 50
Start time	18h30	
Time Limit	??	

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-Away-Sport; Sweat Shop Southdowns

Saturday 1 September**Spirit of Flight 10/5km**

Race Organisers: Pretoria Military Marathon Club

Venue: Air Force Base Zwartkop, Old Johannesburg Road (Northern Entrance) Valhalla

GPS: S 25 47'58.75 E 28 09'51.49

	10 km	5 km
Entry fees	R 70	R 50
Start time	06h30	
Time Limit	02:00	01:30

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-Away-Sport; Sweat Shop Southdowns; Tshwane Running Shop

Saturday 8 September**Muller Potgieter Road Race 21.1/10/5 km**

Race Organisers: Voortrekker Monument Atletiekklub

Venue: Military Sport Club, Hendrik Potgieter Road, Thaba Tswane

GPS: S 25.471160 E 28.081530

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 50
Entry fee 60 – 69 / Jardine Joggers	R 50	R 50	
Entry fee 70+ / athletes celebrating their birthday) show ID	Free		
Start Time	06:00		06:15
Cut-off	03:00		

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sport; Sportsman's Warehouse – Atterbury Value Mart, Centurion Value Mart, Menlyn Shopping Centre, Kolonade Retail Park

www.entrytime.co.za

Wednesday 12 September

Lester Mills Memorial Night Race 10/5km

Race Organisers: Tuks Athletics Club

Venue: Tuks, Hillcrest Sports Campus

GPS: S 25.7454538 E 28.24718

	10 km	5 km
Entry fees	R 80	R 50
60 - 69	½ Price – race day only	
70+ / Blind runners	Free – race day only	
Start time	18h30	
Time Limit	01:30	

Route is not suitable for wheelchairs

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-Away-Sport; Sweat Shop Southdowns

2018 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Irene Spring Race	21.1/10 km	29/09	X	X
CSIR Road Race	21.1/10 km	20/10	X	X
Tom Jenkins	21.1/10 km	17/11	X	X

Masters Athletics Fixture list

- Local meetings

27 October 2018 SWD

Oudtshoorn

10 November 2018 Free State

Bloemfontein

THOUGHT FOR THE WEEK

The greatest griefs are those we cause ourselves.

Photo Corner



Phumlani Mabophe on the podium



Riaan Prinsloo, Charmaine Janse van Rensburg and Rosemary Brink at the Dawn to Dusk



Thank you to Gerard and Bertha for the support station



Renette and Riaan Prinsloo with the Janse van Rensburg twins, Jolandé and Charmaine



Record breakers Mauritz Oberholzer, Pieter van der Westhuizen, Stephan Craggs & Ben Marais



Carolina van der Westhuizen and Daleen Labuschagne



Shaun Smee and Riaan Grobler taking a break



Showing off with their permanent number jackets! Well done to you.



Ansie Breytenbach at the start of the Bangkok Midnight Marathon



Ansie and Wynand after finishing the Bangkok 42 km and 21 km respectively