



# IRENE NEWS

27 March 2017

No 12 - 2017



## ACHIEVEMENTS

The following members were on the podium during the week:

### Sunnypark Race

Joan van Wyngaard	1 <sup>st</sup> Vet lady – 21 km (1:45:56)
Ansie Breytenbach	1 <sup>st</sup> Master lady – 21 km (1:40:04)
Rhoda Willemse (social member)	3 <sup>rd</sup> Lady walker – 10 km (59:59)
Lucia Willemse	1 <sup>st</sup> GM lady walker – 10 km (1:12:05)
Elsa Meyer	1 <sup>st</sup> GGM lady walker – 10 km (1:05:10)
Gerard van den Raad	1 <sup>st</sup> GGM Walker – 10 km (1:05:12)

### Denel Race

Alfred Choma	1 <sup>st</sup> Vet – 21 km (1:18:27)
Iain McFadyen	1 <sup>st</sup> GGM – 21 km (1:56:43)
Ansie Breytenbach	1 <sup>st</sup> Master lady – 21 km (1:40:29)
Sandra Steenkamp	1 <sup>st</sup> Lady walker – 21 km (2:10:03)
Rhoda Willemse (social member)	2 <sup>nd</sup> Lady walker – 21 km (2:12:48)

Joey Cloete                      1<sup>st</sup> GM 10 000 meters – KZN Master Championships (49:30)

Congratulations!

## PERSONAL ACHIEVEMENTS

John-Roy Cloete	PB – 10 km
Lindie Pretorius	PB – 21 km

Well done!

## THIS WEEK'S DIARY

### Tuesday:

Time trials at 17:30 at the club house

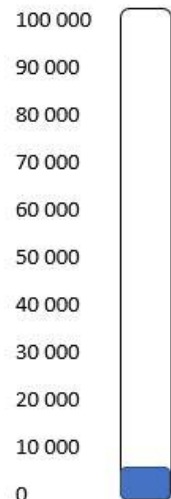
### Sunday:

Modern Athlete Ultra at 06:00 – ARC

### **CARAVAN FUND**

We really need our members to come up with creative ideas to boost the fund. One of our members will organise a wine auction within the next two months. More about that later.

The mini caravan brought in a total of R1872 for the month.



### **MODERN ATHLETE IRENE ULTRA 2 APRIL**

We still require the following helpers to assist at our race next Sunday:

Marshals:	44
Water point helpers:	40
Handing out medals:	15
Entries:	8
Cyclists:	6



With 3800 pre-entries already, you will all agree that we need you!!!



### **COMRADES AND TWO OCEANS SPONSORSHIPS**

Time is running out for sponsorships for these two races. We want to give our members the best and therefore rely very much on these sponsorships



## PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Caitlin	Cockcroft	28 Mar
Werner	Smit	28 Mar
Gerrie	Knoesen	29 Mar
Manfred	Britz	30 Mar
Manny	Britz	30 Mar
Chris	Harmse	31 Mar
John	Maritz	31 Mar
Hlengiwe	Sayd	31 Mar
Jacqueline	Stevenson	31 Mar
Carina	Furstenburg	02 Apr
Holger	Hedelt	02 Apr
Rirhandzu	Mathebula	02 Apr



## LOSKOP ENTRIES

Please make your Loskop entries (21 and 50) available if you cannot participate.

## RHODES ENTRY

Please contact Annatjie Greyvenstein if you need a Rhodes entry. 072 183 0349

## NOTICE BOARD

### Sunday 2 April

### Modern Athlete Irene Ultra 48/21.1/5 km

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Irene

Entrance 1: GPS: S 25.53'49 E 28.13'29

Entrance 2: GPS: S 25.53'31 E 28.11'29

	48 km	21.1 km	5 km
Entry-fee	R180	R 90	R 50
Pre-entry fee 60 +	R 90	R 45	R 30
Entry fees 70+ & blind & wheelchair athletes	Free		
Start Time	06:00		06:15
Cut-off	06:00	03:30	

**The 5km is wheelchair friendly**

**Saturday 8 April****Ford 21.1/10/5 km**

Race Organisers: Ford Athletics Club

Venue: Ford Sports &amp; Recreation Center, c/o Simon Vermooten &amp; Alwyn St., Silverton

	21.1 km	10 km	5 km
Entry-fee	R 90	R 60	R 35
Start Time	06:30		06:45
Cut-off	?:?:00		

**Babystrollers welcome on the 5km**

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Sweatshop – Southdowns; Sportsmans Warehouse Kolonnade Retail Park & Atterbury Value Mart; Tshwane Running Shop; Aurina Motors Silverton

[www.entrytime.co.za](http://www.entrytime.co.za)**Monday 17 April****Lynnridge Mall Family day run/walk 21.56/10.76/6 km**

Race Organisers: Run/Walk for Life

Venue: Lynnridge Mall, c/o Jacobson &amp; Lynnwood Road, Pretoria East

	21.560 km	10.760 km	6 km
Entry-fee	R 80	R 60	R 40
Start Time	07:00		
Cut-off	?:?:00		

**Manually operated wheelchairs allowed**

Pre-entries at: Run-away Sport; The Runners Store Tramshed;

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

<b>2017 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
CITY OF TSHWANE	10/21	29 Apr	X	X
JACKIE MEKLER	10/25	6 May	X	X
RACE FOR FRIENDSHIP	10/21	24 Jun	X	X
LONG WALK/RUN FOR FREEDOM	10/21	22 Jul	X	X
MARCEL VAN'T SLOT	15	19 Aug	X	X
ADDICTED TO LIFE	10/21	9 Sep	X	X
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

## **SA MASTERS**

### **Local meetings**

<b>1 April 2017</b>	<b>Gauteng North Championships</b>	<b>Tuks/Pilditch?</b>
8 April 2017	Central Gauteng Championship	Germiston
<b>12 Augustus 2017</b>	<b>Claude Sterley Memorial</b>	<b>Pilditch</b>
? Sept/? October 2017	SWD	Oudtshoorn
11 November 2017	Free State	Bloemfontein
<b>4, 5 &amp; 6 May 2017</b>	<b>SA Masters Chamionships</b>	<b>Parow</b>

### **African Masters Track & Field Championship**

Cameroon 27 – 29 May 2017

### **International Masters Championships**

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

### **THOUGHT FOR THE WEEK**

**Winners train, losers complain.**

### Photo Corner (Denel Race)



It was quite busy at the gazebo



John-Roy Cloete did a PB on the 10 km





Anri and Cobus Visser



Joseph Moagi





Riaan Lombard. John Tadmán and Martin Struwig



Willem van der Merwe





Always smiling, Minnette Nel



Irene members all over





Ashley Williams indicating that his new heart (pace setter) is working properly



Yolanda Meintjes having fun





Social members Ansu and Giel Laubscher

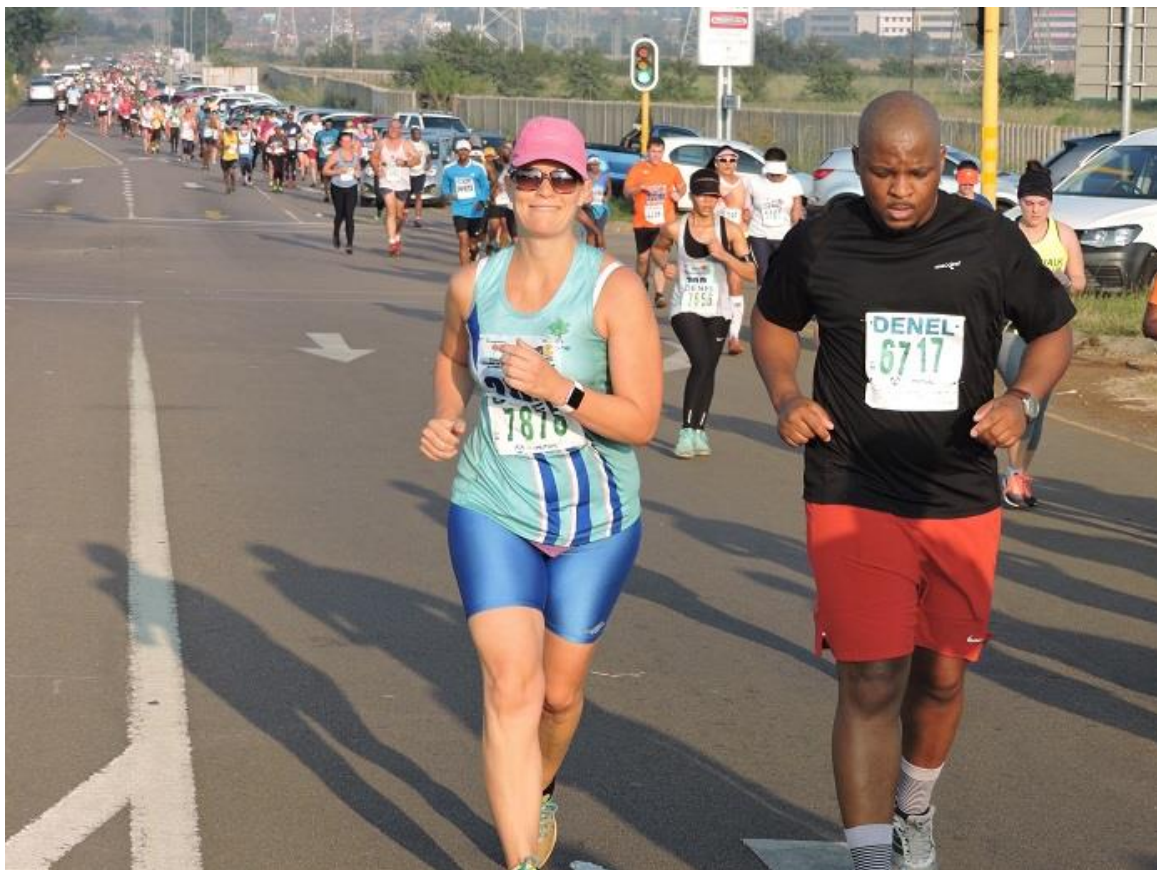


Jenny Prinsloo running on her own for a change





Jacqueline Stevenson and Mary Dietrich



Urshula Horn





The Botha family



Ivah Steyn did her first 10 km and is wearing the medal to proof it!





Noel Banda



Officials gathering around Iain McFadyen to get his particulars



