



IRENE NEWS

28 March 2016

No 13 - 2016



ACHIEVEMENTS

The following members were on the podium at the Bobbies race on Saturday:

Ansie Breytenbach	1 st Master lady – 21 km (1:37:38)
Elsa Meyer	1 st Lady walker – 21 km (2:17:27)
Rainer Ludwig	1 st GM – 10 km (47:40)
Bertha van den Raad	1 st GGM – 10 km (1:14:17)

The following members did us proud at the Lynnwood Ridge Mall race on Monday:

Ansie Breytenbach	1 st Master lady & 2 nd lady – 22.6 km (1:45:48)
Sandra Steenkamp	1 st Lady walker & 1 st master – 22.6 km (2:23:22)
Elsa Meyer	1 st GM walker & 2 nd lady – 22.6 km (2:30:30)
Joey Cloete	1 st GM lady – 11.6 km (1:04:34)
Lucia Willemse	1 st GM lady walker – 11.6 km (no time available)
Jaap Willemse	2 nd Walker – 11.2 km (1:07:12)
Gerard van den Raad	1 st GGM walker & 3 rd man – 11.2 km (1:14:30)
Wynand Breytenbach	1 st GM walker – 11.2 km (1:27:21)
John van de Venter	1 st 80+ walker – 11.2 km (1:54:19)

Congratulations!

Well done also to all our members who completed the Two Oceans Marathon

PERSONAL ACHIEVEMENTS

Helga Reynecke	PB 10 km
Daleen Labuschagne	PB 21 km
Marks Mathebula	PB 21 km
Estelle Jansen van Vuuren	First Ultra

Well done!

Please let me know about your PB's etc. Don't be shy!

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:30 - Club house



Wednesday:

Long run at 17:30 - Ridgebacks

Morning run from Rhapsody's - 04:30 – 15 km hilly route

Thursday:

Training session at 17:30 - Club house

Friday:

Morning run from Rhapsody's – 04:30 – 12 km easy route

Saturday:

Denel 5/10/21 at 06:00 – Denel

Sunday:

Klapperkop long run at 06:30 – Dros, Waterkloof Ridge Shopping Centre

MODERN ATHLETE IRENE ULTRA

Our first Ultra Marathon ever will take place on Sunday 10 April. As you all know it is the Sizwe race of last year that was moved from August to this new date. Modern athlete has come aboard as the new sponsor.

Unfortunately there was no Saturday date available to present the race and therefore we had no choice than to settle for a Sunday. We realise that some of our members have a problem with that and we do apologise.

The race is presenting a number of challenges to us. The route is an out and back down to Fountains Valley going through Irene and Doringkloof. Apart from the normal helpers at the entries, medals, start/finish and traffic marshals, we also require at least 80 route marshals and will have to man 12 water points. The race will start at 06:00 and the cut-off will be at 12:00.

We cannot present the race without the assistance of our members. We need you to make this historic race a huge success. Please let me know if you can help and where you prefer to assist.

Businesses are also invited to man the water points. It will be free of charge. This is an ideal opportunity to make yourself visible in your community.

See below what Modern Athlete is saying about the race:

“Announcing a new Ultra on the racing calendar, the Modern Athlete Ultra brought to you by Irene Athletics Club. This unique distance provides a great platform for a fast ultra qualifying time.

The route starts in Irene and then heads to Fountains on an out-and-back course. Being a 48km event, an improved Comrades seeding is an option due to the slightly slower qualifying times for Comrades over this distance. See the Comrade's [website](#) for 48km qualifying details. For more information and route profiles see www.modernathlete.co.za

There is also the unique option to qualify based on your time at the 42km split essentially giving you 2 bites at the qualifying cherry! As normal, all ChampionChip timed qualifying races will result in automatic submission to Comrades of your qualifying time.

The event offers something for everybody with an 8km, 21km and 48km option. So bring the whole family down”.



PARTICIPATION OF IRENE MEMBERS

As mentioned in a previous email, Irene members will have the opportunity to participate in the 48 km only provided that a non-member will work in your place on the day. The attached form must be completed and returned. Members failing to adhere to this will not be allowed to run or will be disqualified at the finish.

Please note that you must enter through the normal channels.

DENEL ENTRIES

Please note that Corrie Fourie will be at the time trials to take entries for the Denel race taking place on Saturday. Make use of the opportunity.

WINGS FOR LIFE WORLD RUN

This is a unique race taking place on 8 May. It is run worldwide at the same time in 34 different countries. The race in South Africa will take place in Pretoria and will start at 13:00 from Super Sport Park. The route will go through the grounds of the ARC.

A representative from the organisers will be at the time trials to explain how exactly the race works. It won't take much of your time. In the meantime you can find more details at <http://www.wingsforlifeworldrun.com/za/en/>

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Alicia	Schmidt	30 Mar
Susan	Strauss	30 Mar
Kamogelo	Leeuw	31 Mar
Magriet	Marais	31 Mar
John	Maritz	31 Mar
Hlengiwe	Sayd	31 Mar
Charine	van Niekerk	31 Mar
Hedelt	Holger	02 Apr
Marks	Mathebula	02 Apr
Vanessa	White	03 Apr



NOTICE BOARD

Saturday 2 April

Denel Road Race 21.1 / 10 / 5 km

Race Organisers: Denel Athletics Club

Venue: Denel, Irene Campus, Nelmapius Road, Irene

GPS: S 25 53.413 E28 11.429

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees 60 +	R 30	R 30	
Start time	06h00		06h15
Time Limit	04h00	02h00	

Pre-entries at: Run-Away Sport; Sweat Shop; Running Inn; The Runners Store, The Natural Runner & various Sweatshops in Johannesburg

www.enteronline.co.za

Sunday 10 April

Modern Athlete Irene Ultra 48 / 21.1 / 8 km

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Nelmapius Road, Irene

GPS: Gate 1: S 25 53.49 E 28 13.29

Gate 2: S 25 53.31 E 28 11.29

	48 km	21.1 km	8 km
Entry fees	R 160	R 80	R 50
Entry fees 60 +	R 80	R 40	R 30
Entry fees 70 +	Free		
Start time	06h00		06h15
Time Limit	06h00	03h30	

The fun run is wheelchair friendly No pets allowed

Pre-entries at: Run-Away Sport; The Runners Store, Sweatshop Dunkeld, Broad Acres, Bedfordview & Southdowns

www.championchip.co.za

2016 AGN LEAGUE FIXTURE LIST				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
Ford	10/21	9 Apr	X	X
The Love Run	10/21	14 May	X	X
Race 4 Faith	10/15	4 Jun	X	X
Zwartkop	10/21	30 Jul	X	X
Wierie	10/21	13 Aug	X	X
Andrew Greyling	10/21	17 Sep	X	X
King Price Irene Farm	10/21	29 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

Masters Athletics Fixture list

2 April	AGN Masters Championships	Pretoria LC de Villiers Tuks
9 April	CGA Masters Championships	Gauteng Germiston
13 and 14 May	SA Masters Championships	Pretoria LC de Villiers Tuks
13 Augustus	Claude Sterley byeenkoms	Pilditch
? Oktober	SWD	Oudtshoorn
12 November	Vrystaat	Bloemfontein

THOUGHT FOR THE WEEK





MUGG & BEAN

Midstream -012 940 9229

Photo Corner (Bobbies Race)



Bertha van den Raad was on the podium again



André Rudolph



Leon Venter and Mario Swarts



Hennie van der Walt



Dawie Roodt



Kiara Nizetich



Daleen Labuschagne



Theuns Willemse

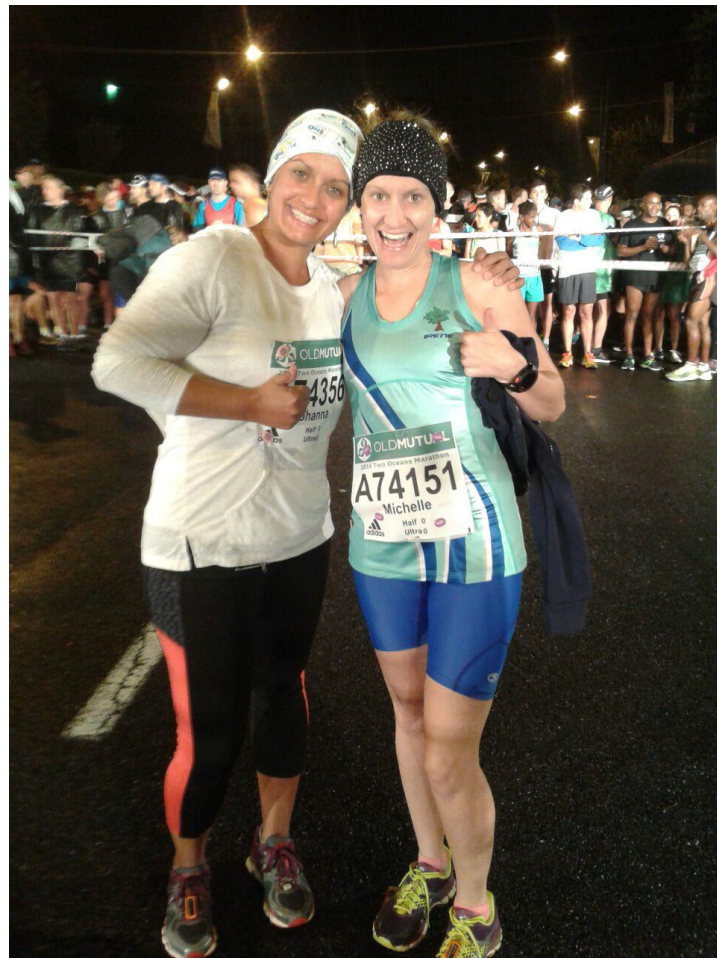


Maureen Mossop

Photos from the Two Oceans



The Irene running vest as part of the Anatomic exhibition at the Expo



Michelle le Roux before the start of the 21 km



Amanda and Dirk Cloete



Nadine Breytenbach



Paul Theron



A very proud Thabiso Mashaba



Aletha van den Bergh attended the Blue Number dinner



Gerhard Koekemoer, our member from Nelspruit



Irene members enjoying themselves after the race



Joyce Jakavula at the Lynnwood Ridge Mall race