



# ***IRENE NEWS***

***29 February 2016***

***No 9 - 2016***



## ***ACHIEVEMENTS***

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

Johan Nel	1 <sup>st</sup> GM – 42 km (3:29:31)
Ansie Breytenbach	1 <sup>st</sup> Master lady – 42 km (3:31:14)
Mike du Bruto	1 <sup>st</sup> GM – 10 km (42:01)
Susan Maree	2 <sup>nd</sup> Master lady – 10 km (51:24)
Annatjie Greyvenstein	1 <sup>st</sup> GGM lady – 10 km (57:15)
Gerard van den Raad	1 <sup>st</sup> GGM walker – 10 km (67:26)
Jan van de Venter	1 <sup>st</sup> 80+ walker – 10 km (1:43:58)
Elsa Meyer	1 <sup>st</sup> GM lady walker – 10 km (64:54)

Congratulations!

## ***PERSONAL ACHIEVEMENTS***

Sandi Cloete	PB – 21 km
Estelle Jansen van Vuuren	PB – 21 km
Michelle le Roux	PB – 21 km
Carla Bruwer	PB – 42 km
Charles Reynolds	First 42 km

Well done!

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

## ***THIS WEEK'S DIARY***

### **Monday:**

Training session at 17:30 - Club house

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

### **Tuesday:**

Time trials at 17:30 - Club house

Monthly social evening after the time trials – 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:**

Sunrise Monster 5/10/32 at 06:03 – Harlequins Club

**Sunday:**

Rock the run 5/10 – Johannesburg

Vaal Marathon 10/21/42 at 06:00 – Dirk Fourie Stadium, Vereeniging

***CLUB MARATHON CHAMPIONSHIPS***

Congratulations to Alfred Choma and Nadine Breytenbach who are our 2016 Marathon champions. The category champions will be published once the full results have been received.

***MONTHLY SOCIAL***

We can all look forward to yet another great social on Tuesday after the time trials. Please bring the whole family along. It promises to be something special.

Menu: Bangers, Mash, Peas & Onion Gravy



## NEWS FROM THE SHOP

### SPECIAL!

**GU GELS ONLY R10 EACH WHILE STOCKS LAST**

**COME AND GET IT ON TUESDAY EVENING!**



It is important that our members make use of The Shop to buy the correct running apparel. We are a proud club and it is important that all members adhere to our constitution to wear the correct gear. There is a wide range of clothing available to fit everybody's taste. It leaves a bad taste in the mouth when our members are seen at races wearing shorts of different colours. Below are a few of the outfit combinations that are available.



Running vest + Capri tights



Racer back + above the knee tights



Racer back + boxer shorts



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Racer top + “skort”



Cap sleeve shirt + above the knee tights



Racer back + boxer shorts +  
above the knee tights



Racer back + boxer shorts + Capri tights



Running vest + boxer shorts



Running vest + above the knee tights



Shoe string vest + boxer shorts



Short sleeve shirt + boxer shorts

**MODERN**  
**athlete**

## ***SOCIAL RESPONSIBILITY***

Liewe Irene klublede

Dit is amper Paasfees en ek wil graag vroegtydig paaseiers begin bymekaar maak vir Irene Homes, Hasie in die Holte Kleuterskool, Bramley Kinderhuis en die Danville Ouetehuis. Verlede jaar is daar in totaal 1290 paaseiers ingesamel. Kom ons kyk of ons die jaar die getal kan vermeerder!

Paaseiers kan op 'n Dinsdagaand na die klubhuis gebring word en in die donasie houer by die kroeg geplaas word.

Daar is nog steeds 'n groot behoefte aan tweedehandse klere veral seunsklere asook tekkies vir seuns en dogters. Jou bydrae sal hoog op prysgestel word!

Groete

Dear Irene Club members

As it is almost Easter the Greenleaf project would like to start with the collection of easter eggs for Irene Homes, Hasie in die Holte Nursery School, Bramley Children's Home and the Danville Retirement Home. Last year a total of 1290 Easter eggs were collected. Let us try and exceed the number this year!

Easter eggs can be brought to the clubhouse on a Tuesday evening and be placed in the donation container at the bar.

There is still a huge need for second hand clothes especially boys clothes and tekkies for boys and girls. Your contribution will be highly appreciated!

Greetings

Lindie Steenkamp

## ***COMRADES SUBSTITUTIONS***

Although Comrades substitutions can only be done in April, I call on all members who entered but who already know that they won't be running, to make their entries available for substitution.



## PERSONALIA

Giel Cillié had an ear operation during the week. We wish him a complete recovery and trust that his hearing will be back to normal soon.

Congratulations to everybody celebrating their birthdays during the week:

Rob	Hudson	01 Mar
Mitchell	Black	03 Mar
Musa	Nkosi	04 Mar
Tracey	Mac Fadyen	05 Mar
Marie	Banninga	06 Mar
Kim	Schoeman	06 Mar



Giel Cillié, part sponsor of the Irene T shirts for the last 3 years with his quantity surveying firm in 10 Lenchen Park, 2029 Lenchen Ave South, Zwartkops x 4, Centurion. (Opposite Glasfit)



## NOTICE BOARD

### **Saturday** **Sunrise**

Race

Venue:  
Groenkloof

### **5 March**                      **Medihelp** **Monster 32 / 10 / 5 km**

Organisers: Harlequin Harriers  
Harlequin Club, Totius Road,

GPS: S 25.46.122 E 28.13.031

	32 km	10 km	5 km
Pre-entry fees	R 90	R 60	R 40
Race day entries (excl GM)	R 100	R 70	R 50
Entry fees 60+	R 50	R 30	R 20
Entry fees 70+ & 80+ (Race eve or race day only)	Free		
Start time	06h03	06h30	06h40
Time Limit	04h30	02h00	

**Routes not suitable for wheelchair athletes**

Pre-entries at: Run-Away Sports; Running Inn; Runners Store; Sweat Shop

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

**League Race**

**Saturday 19 March**

**Budget Insurance (Virseker) 3 in 1 21.1 / 10km / 5 km**

Race Organisers: Overkruin Athletics Club

Venue: Kolonnade Shopping Centre, c/o Sefako Makgatho Drive & Dr van der Merwe St.,  
Montana Park

GPS: S 25.40.49 E 28.14.53

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees 60+	Free		
Start time	06h00		06h15
Time Limit	03h00	02h00	

**No pets allowed**

Pre-entries at: Run-Away Sports; Running Inn; Runners Store; Sweat Shop: Southdowns;  
Kolonnade info desk; Wellness World

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

**Monday 21 March**

**Sunnypark Right to Run/Walk 21.1 / 10km / 5 km**

Race Organisers: Arcadia Running Club

Venue: Sunnypark, c/o Steve Biko & Robert Sobukwe Streets, Sunnyside

GPS: S 25.45.2 E 28.12.11

	21.1 km	10 km	5 km
Entry fees	R 70	R 60	R 40
Start time	07h00		
Time Limit	??h00	??h00	

**T-shirts & caps for the 1<sup>st</sup> 300 entrants at Sunnypark Goodie bags to the 1<sup>st</sup> 500 finishers**

**No pets allowed**

Pre-entries at: Run-Away Sports; Running Inn; Runners Store; Cross Trainer & Sports  
Scene, Sunnypark

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



2016 AGN LEAGUE FIXTURE LIST				
<i><b>EVENT</b></i>	<i><b>DIST</b></i>	<i><b>DATE</b></i>	<i><b>LEAGUE</b></i>	
			<b>RR</b>	<b>RW</b>
Budget Insurance Kolonnade	10/21	19 Mar	X	X
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**

18 and 19 March	KZN Masters Championships	Durban, Kings Park
26 and 27 February	EP Master Championships	NMMU Athletics Stadium
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***

**Words are like a bee, it contains honey and a sting.**



## Photo Corner (Deloitte race)



Club Marathon champions Alfred Choma and Nadene Breytenbach



The Smit kiddies enjoying the caravan in a different way





Hanno & Nadia Barnard with Jolande & Charmaine Janse van Rensburg



Helandie Calaca, Frances Lezar & Michelle Lubbe





The Calaca family. By far the biggest family in the club



Nadia Oberholzer waiting for hubby Mauritz





Marlene van Zyl



Joseph Moagi & Noel Banda





Lorinda Phillips



Liza & Wayne Luyt





Heiko Weidhase



Chris & Danni Marlin





Elmon Mhlanga



Riaan Kruger & Heinrich Beukman