



# IRENE NEWS

29 January 2018

No 4 - 2018



## ACHIEVEMENTS

The following members were on the podium at the Akasia Race on Saturday:

Ansie Breytenbach	1 <sup>st</sup> Master lady – 10 km (47:30)
Joey Cloete	2 <sup>nd</sup> GM lady – 10 km (49:00)
Annatjie Greyvenstein	1 <sup>st</sup> GGM lady – 10 km (57:00)
Danie Labuschagne	1 <sup>st</sup> GM walker – 10 km (1:03:15)
Rosemary Brink	3 <sup>rd</sup> Lady vet – 21 km (1:44:40)
Jaap Willemse	1 <sup>st</sup> GM walker – 21 km (2:12:31)
Sandra Steenkamp	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> master – 21 km (2:17:55)
Elsa Meyer	1 <sup>st</sup> GGM lady walker – 21 km (2:27:01)
Henk Basson	1 <sup>st</sup> GM – 42 km (Ottosdal)
Tania Thompson	2 <sup>nd</sup> Lady walker – 42 km (Ottosdal)

Congratulations!

## PERSONAL ACHIEVEMENTS

Estien van Wyngaard	PB 10 km
Fanie van Wyngaard	PB 10 km
Lindie Pretorius	PB 21 km
Hlengiwe Sayd	PB 42 km
Kobus van Niekerk	PB 42 km
Jacques Meyer	First 21 km
Lenin Sithole	First Marathon

Well done!

Members are invited to let us know about personal achievements i.e. personal best times, first race in a specific distance etc. Send the info to [info@irenerunner.co.za](mailto:info@irenerunner.co.za). Don't be shy.

### Tuesday:

Time trials at 17:30 - Club house

### Saturday:

McCarthy Toyota 5/10/21 at 06:00 – Rietondale Park (Club 21 km championships)

### **REGISTRATION PACKS**

The registration packs will be available for collection at the club house every Tuesday evening from 17:00 until 19:00. The T-shirts for the first 500 members who registered will also be available.

### **TIME TRIALS**

We all start together at 17:30 after the announcements. Remember to write your details in the Time Trail book afterwards.

### **SUBSTITUTIONS**

Members are requested to let us know if they entered for races like Two Oceans, Om die Dam and Comrades but are unable to participate. We have waiting lists of members who want to take over your entries.

### **RACE CANCELLED**

The Correctional Services Night Race of 7 February has been cancelled.

### **CLUB 21 KM CHAMPIONSHIPS**

The McCarthy Toyota 21 km on 3 February will serve as our Club 21 km championships. Please note that the 21 km is a pre-entry only. Make sure that you enter to avoid disappointment. Only 10 km entries will be accepted on race day.

### **TWO OCEANS ENTRIES**

Henry Enslin entered for the Two Oceans 56 km but wants to swop it for a 21 km entry. He can be contacted on 0123484204 or 0832500593.

### **SPAR IRENE LANTERN RACE**

Our annual Lantern race will take place on Wednesday, 14 February at 19:00 on the premises of the ARC. This is one of the most popular races in the country and rated amongst the top ten 10 km races. About 4000 athletes normally take part.

We cannot present a race of this magnitude without the assistance of our members. We therefore call on you to make yourselves available and give a few hours of your time to make the race a huge success once again. We are fortunate to participate in races every weekend presented by other clubs. This is our opportunity to show everybody how to present a race of high quality.

We require helpers for the following:

- Taking entries
- Handing out medals
- Route marshals



- Water point helpers
- Lantern helpers
- Splitting of the runners
- Helpers at the start/finish

Please reply to this email and let me know where you prefer to work. We require about 300 people. You are welcome to bring along family and friends.

All helpers are invited to go to the finish area after the race where there will be something to eat and drink to celebrate.

Please note that no Irene member is allowed to participate in the race. You will have the opportunity to do the helpers race on Tuesday 20 February to earn your medal.

We rely on you.

### **FREE MEMBERSHIP**

Free club membership for 2019 will be given to members who achieve one of the following during 2018:

- Bettering a South African record
- Improving Comrades PB with more than an hour
- Men earning a silver Comrades medal
- Woman running a sub 8:30 Comrades Marathon

Qualifiers will also have to participate in at least 5 league races during 2018 and work at at least 2 of the Irene races during 2018 to receive the free membership.

### **PERSONALIA**

Congratulations to everybody celebrating their birthdays during the week:

Elize	Dieckmann	29 Jan
Chris	Cloete	31 Jan
Heleen	de Bruin	01 Feb
Lufuno	Ravhuhali	01 Feb
Gavin	van Wyk	02 Feb
Bheki	Ndhlovu	03 Feb
Ray	Patterson	03 Feb
Theuns	Willemse	05 Feb



**Saturday 3 February****Bidvest McCarthy Toyota Race 21.1/10/5 km**

Race Organisers: Magnolia Road Runners

Venue: Rietondale Park, North Street, Rietondale

GPS: S 25 43.980 E 28.13.239

	21.1 km	10 km	5 km
Entry fees until 28 January	R 120	R 80	R 50
Entry fees 2 & 3 February	Closed	R 100	R 50
Entry fee 60+	R 60	R 50	R 40
Entry fee 80+	Free		
Start Time	06:00	06:20	06:25
Cut-off	03:00		

**Free t-shirt to the 1<sup>st</sup> 2000 pre-entries –****No Pets - No wheelchair athletes allowed**Pre-entries at: Bidvest McCarthy: Arcadia, Hatfield, Gezina, Lynnwood, Sinoville, Centurion;  
Run-away Sport; Sweatshop Southdowns, Dunkeld West,[www.entrytime.com](http://www.entrytime.com)**Saturday 10 February****Bronkhorstspuit 32/10/4 km**

Race Organisers: Bronkhorstspuit Athletics Club

Venue: Hoërskool Erasmus, Cathy Street, Bronkhorstspuit

	32 km	10 km	4 km
Entry fee	R 150	R 80	R 20
Entry fee 60+	Free		
Start Time	06:00	06:15	06:30
Cut-off	04:30		

**1<sup>st</sup> 200 pre-entries receive a free t-shirt-No Pets-No wheelchair athletes allowed**Pre-entries at: Run-away Sport [www.enteronline.co.za](http://www.enteronline.co.za)

**Saturday 17 February****Bestmed Tuks Race 42.2/21.1/10/5/1 km**

Race Organisers: Tuks Athletics

Venue: UP Sports Campus, Burnett Street, Hatfield

GPS: S 25 44'58" E 28 14'47"

	42.1 km	21.1 km	10 km	5km	1 km
Entry fee	R 150	R 100	R 80	R 50	R 40
Start Time	05:30	06:00	06:30 Wheelchair 06:20	06:40	08:00
Cut-off	05:30	03:00			

**42.2km race is a pre-entry race only and limited to 4000 runners****1<sup>st</sup> 2 500 pre-entries receive a free t-shirt for 10/21.1 & 42.2km****No Pets      Wheelchair athletes allowed on the 10km**

Pre-entries at: Run-away Sport; Sweatshop Dunkeld, Fourways, Centurion

[www.entrytime.com](http://www.entrytime.com)**Sunday 25 February**  
**(Pretoria Marathon)****The Deloitte Challenge 42.2/21.1/10 km**

Race Organisers: Phobians Athletics Club

Venue: Pretoria High School Old Boys Club, Hofmeyr Park, Queens Crescent, Lynnwood

	42.2 km	21.1 km	10 km
Entry fee	R 190	R 130	R 80
Start Time	06:00		06:15
Cut-off	05:30		

**42.2/21.1km entries open until 24 February – no race day entries****1<sup>st</sup> 5 000 pre-entries receive a free t-shirt****No Pets - Wheelchair athletes allowed**

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld, Bedfordview

[www.entrytime.com](http://www.entrytime.com)

**Saturday 3 March****Medihelp Sunrise Monster 32/10/5 km**

Race Organisers: Harlequin Harriers

Venue: Harlequin Club, Totius Road, Groenkloof

GPS: S 25 40.122 E 28 13.031

	32 km	10 km	5 km
Entry fee	R 110	R 80	R 40
Entry fee 60+	R 60	R 40	R 30
Race day entry (excluding 60+)	R 130	R 90	R 50
Race day & race eve entries (70+ / 80+)	Free		
Start Time	06:03	06:30	06:45
Cut-off	04:30	02:00	

**T-shirts to all finishers, while stocks last, sizes are not guaranteed****No Pets****Wheelchair athletes allowed**

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Natuaral Runner Centurion

[www.entrytime.co.za](http://www.entrytime.co.za)***2018 AGN LEAGUE FIXTURE LIST***

<b><i>EVENT</i></b>	<b><i>DISTANCE</i></b>	<b><i>DATE</i></b>	<b><i>LEAGUE</i></b>	
			<b><i>RR</i></b>	<b><i>RW</i></b>
Denel Road Race	21.1/10 km	24/03	X	X
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**

23/24 Feb 2018	KZN Snr & masters Champs	Pietermaritzburg.
2-3 March 2018	PE	Westbourne Oval, PE,
<b>23/24 March 2018</b>	<b>GNMA (throws &amp; Track &amp; Field)</b>	<b>Pilditch, Pretoria</b>
7 April 2018	CGMA	Herman Immelman,
13/14 April 2018	WP	Parow
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 (Akasia race)**



Danie Labuschagne enjoying the wet 10 km prize giving ceremony



Annatjie Greyvenstein





Joey Cloete



Ansie Breytenbach with MC Pete van der Merwe





Irene camaraderie! Joseph Moagi taking care of Phumlani Mabophe



Theuns Strecker is back after battling with injuries for two years





Bertha van den Raad and Gerard ensured that everybody had something to eat

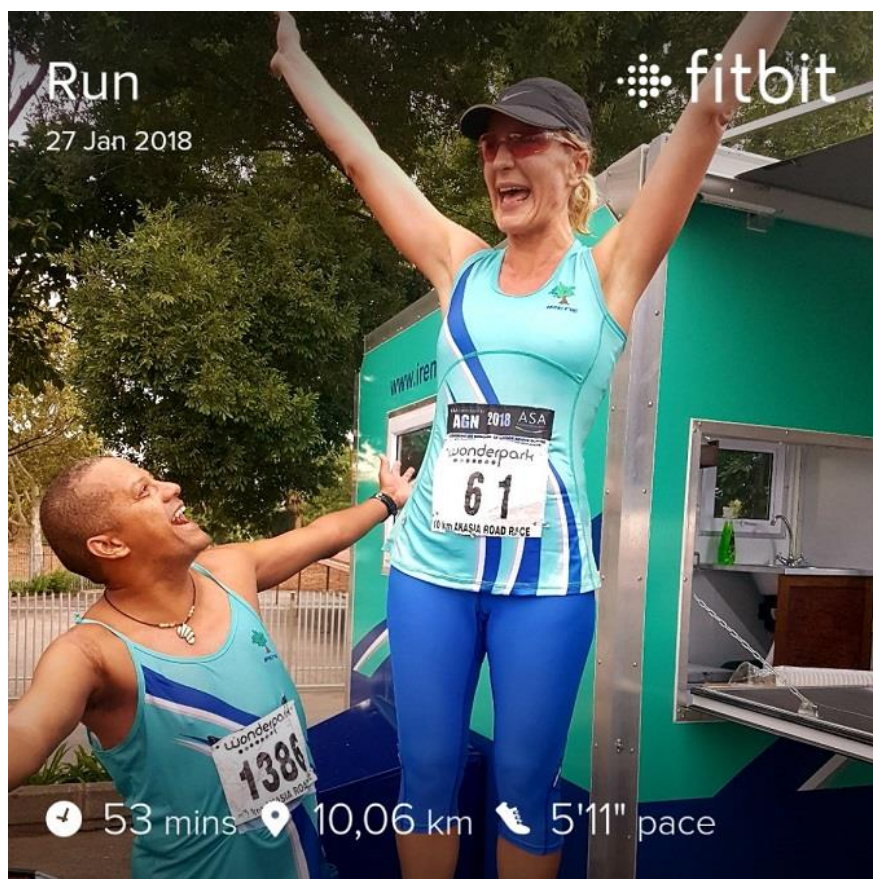


Rosemary Brink and Linley September sharing a joke



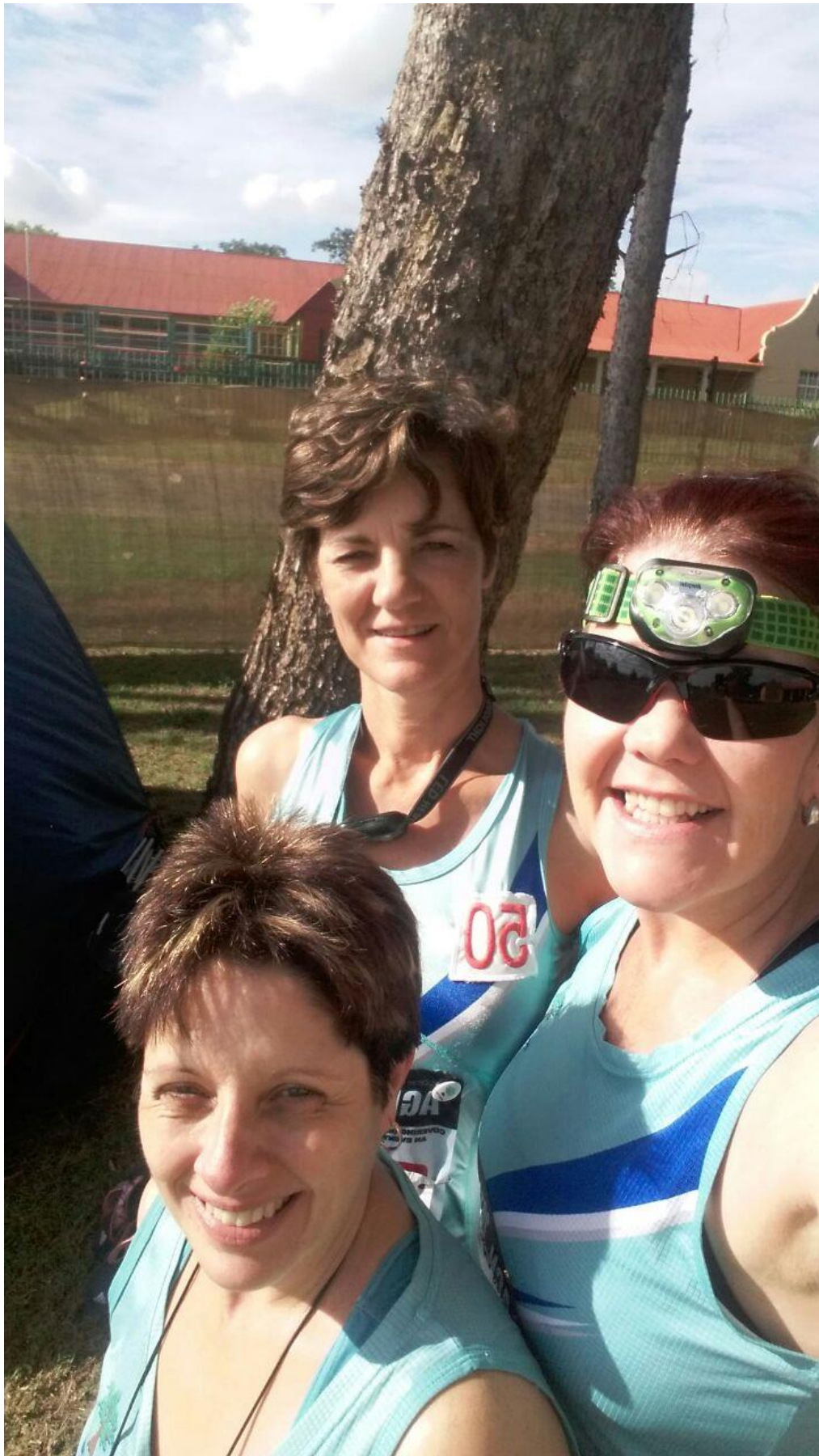


Dieter Meyer, his brother Jacques and Gert van der Mescht



Zoë Scholtz and Linley September in good spirit





Carla Hartmann, Tania Thompson and Dianne van Wyk at the Ottosdal race





Naden and Louis Visser at the turning point of the Ottosdal Marathon



Johan van Vuuren and Jan Wyk did the Half Iron Man in East London on Saturday





The place to be on a Monday at 17:30. The strength exercise sessions are going from strength to strength



A very special photo received from Keith Reynolds. He completed his 30<sup>th</sup> Comrades last year, the first Irene member to achieve it. Between himself, Bruce Fordyce and Alan Robb they have 102 medals, (23 gold, 22 Silver, 21 Bill Rowan, 36 Bronze -12 bronze within Bill Rowan times before the medal was introduced)..