



IRENE NEWS

2 April 2018

No 13 - 2018



ACHIEVEMENTS

The following members were on the podium at the Family Day race:

Ansie Breytenbach	1 st Master lady – 22 km (1:56:59)
Iain McFadyen (social member)	1 st GGM – 22 km (2:00:24)
Elsa Meyer	1 st Lady walker & 1 st GGM – 22 km (2:30:29)
Joey Cloete	1 st GM lady – 11 km (1:01:51)
Lucia Willemse	1 st GM lady walker – 11 km (1:24:00)
Jaap Willemse	1 st GM walker & 3 rd man – 11 km (1:09:25)
Gerard van den Raad	1 st GGM walker – 11 km (1:09:12)

Congratulations!

PERSONAL ACHIEVEMENTS

Amanda Cloete	PB – 56 km
Michelle le Roux	PB – 21 km
Xander Visser	PB – 21 km

Well done!

Tuesday:

Time trials at 17:30 – Club house

Saturday:

Ford 5/10/21 at 06:30 – Ford Sports Grounds

Sunday:

JointEze Irene Ultra 5/21/48 at 05:30 – ARC Grounds

JOINTEZE IRENE ULTRA 8 APRIL

It is sad to say that we still require 40 more route marshals to help on the day. It is hard to imagine that it is such a battle to convince our members to give something back to the club and to the sport.

JOINTEze™

TWO OCEANS T-SHIRTS

There are still some Two Oceans T-shirts available.



CAPTAIN'S CORNER

As we edge closer to our goal, it's time to reflect on your training. Anything you need to tweak, now is the time. Should you have any injury concerns, have it checked out. Two months and a few days to go and most of us will be toeing the start line of COMRADES 2018. The core and strength sessions will continue and lots of stretching will be done over this period. This will aid our flexibility and strength. This plays an integral part of our running. The sports massages are available for anyone who is keen and Kristin is flexible to come to you or meet you at the clubhouse. Details of Kristin Jurgens (Sports massage) - 082 892 9540- ultimatekris101@gmail.com

Klapperkop runs will be on Sunday mornings from the DROS at Waterkloof Ridge starting at 6am. Safe parking facilities with security. We will have 3 groups of different paces with members who know the route. There will be 5 ,6 and 7 min per km groups and you should be falling into one of these groups. The runs are anything between 18km and 30km at times. Distances will be communicated on the morning of the run. The IRENE AC WHATSAPP group is for information sharing. If you want to be part of it, send me your name and surname and I will add you to the group.

The **PEPTOSPORT** and **PEPTOPRO** products are on sale and is available for purchase from Suzelle Engels. Her details are 082 415 5019 and her email is suzelleengels@gmail.com

All the FAQ's is here for the PEPTO products http://www.atlife.co.za/content/fag_pepto.html . Any questions you might have regarding we will attempt to answer them. Please contact us so we can assist you. We have tried and tested the products and a few other members are using it and the feedback has been phenomenal.

Should you have any questions about training please drop me a mail at training@irenerunner.co.za or call me on 082 345 5343 and I will assist where possible.

“A winner is a loser who just tried one more time”

Proud IRENE Greetings

Linley

SOCIAL EVENING

Due to the fact that many of our members are still not back from Oceans, the monthly social evening has been postponed to 10 April.

FOR SALE

Garmin 910 XT Complete with:

Ant stick

Charger cable and clamp- new-still in wrapper with various plugs

Quick start manual

Spare strap-one half

Heart rate monitor with strap

Excellent condition

Original packaging

Connects with Garmin Connect

Battery lasts 12 hours in GPS mode if alerts and backlight is managed



Price R 2000 o.n.c.o

Giel Cillié - giel@caqs.co.za

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Carina	Furstenburg	02 Apr
Holger	Hedelt	02 Apr
Rirhandzu	Mathebula	02 Apr
Mmemezi	Dlamini	03 Apr
Lemao	Motaung	03 Apr
Hendrik	Steynberg	05 Apr
Alhasan	Jallow	06 Apr
Ben	Taljaard	06 Apr
Diana	Gray	07 Apr
Travers	Snyman	07 Apr



NOTICE BOARD

Saturday 7 April

Road Race 21.1/10/5 km



Ford 3-in-1

Race Organisers: Ford

Athletics Club

Venue: Ford Motor Company Sports Ground, c/o Simon Vermooten & Alwyn Streets,
Silverton

	21.1 km	10 km	5 km
Entry fee	R 100	R 70	R 50
Start Time	06:30		06:45
Cut-off	03:00		

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Sportsmans warehouse Centurion,
Menlyn, Zambesi & Atterburt; Tshwane Running Shop

www.entrytime.co.za

Sunday 8 April

Modern Athlete Irene Ultra 48/21.1/5 km

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Nelmapius Dr, Irene (Opposite Denel)

GPS: S 25 89'71" E 28 18'87"

	48 km	21.1 km	5 km
Entry fee	R 320	R 100	R 50
Entry fee 60 - 69	R200	R 50	R 30
Entry fee 70+	Free		
Start Time	05:30		06:00
Cut-off	06:00	03:30	

Free t-shirt to all 48km entrants

Ultra-marathon entries limited to 4 000

5km is wheelchair friendly

No pets

No iPods or listening devices are allowed

48 km & 21 km Pre-entry only at www.championchip.co.za

2018 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
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**

7 April 2018	CGMA	Herman Immelman,
13/14 April 2018	WP	Parow
26 – 28 April	SA Masters Championships	Bloemfontein
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



T: 012 0040 317 | sales@channelink.co.za
www.channelsolutions.co.za

<https://www.facebook.com/channelinkretail>



PHOTO CORNER (Two Oceans). Thanks to Rena van Wyk for the photos



Marks Mathebula



Johan Dekker and Jan van Wyk



Michael Mokwala



Heleen de Bruin



Riaan Prinsloo and Henry Enslin



Lindsey Croeser



Belinda de Bruin and Rob Hudson



Ian Louw



Musa Nkosi



Annerine van Schalkwyk



Alhasan Jallow



Shaun Smee



Hlengiwe Ngwenya



Linley September



Nadene Visser



Charmaine and Jolandé Janse van Rensburg



JP Labuschagne



Johan Engelbrecht



David Seaton



Tjaart van Wyk



The Prinsloo family: Riaan, Renette, Zonah and Onja