



IRENE NEWS

2 February 2015

No 5 - 2015



ACHIEVEMENTS

It was an excellent day for Irene at the George Claassen race on Saturday. The following members were on the podium:

Jacque van der Waals	1 st Vet lady – 10 km
Lyn de Bruin	1 st GM Lady – 10 km
Anelle Vorster	2 nd Vet lady – 21 km
Zelda Breytenbach	2 nd Vet lady – 21 km
Ansie Breytenbach	2 nd Master lady – 21 km
Theo Bohman	2 nd Master – 21 km
Sandra Steenkamp	1 st Lady walker – 21 km
Elsa Meyer	2 nd Lady walker – 21km
Lucia Willemse	3 rd Lady walker – 21 km
Ansie Breytenbach	1 st Master lady - Kempton Park Night 15 km

Congratulations!

PERSONAL ACHIEVEMENTS

Jaco de Bruin PB – 10 km

Well done!

LOSKOP ACCOMMODATION

There is only camping space available at the De Villa Lodge:

De Villa Lodge is situated in a tranquil setting, 4 km from Loskop Dam offering Self-Catering Units as well as Caravan and Camping Sites.

This is the perfect setting for the whole family for a weekend away with facilities including braai areas, swimming pool, bird watching and walks along the river. Loskop Dam is just around the corner for the fishing enthusiasts.

De Villa Lodge is the perfect destination catering for overnight businessmen, holidaymakers and tourists. Accommodation comprises of 13, 4–6 sleeper self-catering units with wall-mounted fans.

The Camping/Caravan Sites with power points, neat ablution facilities and scullery offers alternative accommodation to nature lovers.

The Lodge boast a fully licensed bar with DSTV and Restaurant facilities. There is a thatched-roof Lapa available for private functions and special occasions. Enjoy your sundowners on our wooden deck overlooking the riverside.

13 Spacious self-catering air conditioned chalets ranging from 4 bed to 6-bed chalets, all equipped with a fridge with freezer space, microwave oven, kettle, toaster, two plate gas cooker, cutlery and crockery.

Chalets are all facing the river front, with a stoep and braai area outside.

The 2 overnight 2-bed chalets have facilities for self-catering. One bedroom with double bed or two single beds, wall mounted fan, bar fridge, kettle, two-plate gas cooker, cutlery and crockery. There is a braai area outside.

The Lodge also offers Caravan & Camping accommodation facilities. Stands are equipped with a power point and braai. The modern ablution block is neat and clean. There is also a scullery.

COMRADES STATISTICS

Here are some very interesting statistics from Comrades regarding the 2015 entries. Irene has once again the second biggest number of entries. The top 20 clubs are:

CLUB	NO OF ENTRIES
Rand Athletic Club	437
Irene Athletics Club	324
Randburg Harriers	239
Benoni Northerns Athletics Club	220
Nedbank	207
Nedbank Running Club Johannesburg	189
Discovery Athletic Club	187
Sunninghill Striders Running Club	183
Boksburg Athletic Club	176
Westville Athletic Club	161
New Balance Multisport - Western Cape	155
Nedbank Running Club Gauteng North	154
Eskom Athletic Club - KZN	142
Stella Athletic Club	140
Nedbank Running Club KZN	139
Running Inn Athletic Club	136
Rocky Road Runners Club	132
Run Walk For Life	126
Jeppe Quondam Athletic Club	123
K Way VOB Running Club	122

SOCIAL FUNCTION

All our members and their families are invited to the social evening after the time trials on Tuesday. Don't miss out. Be part of the fun and dress up.



WANTED

Irene's best dressed Cowboy/Cowgirl

Running or Walking

★ Tuesday 3 February ★
at the monthly social

- Jumping Castle
- Grub @ R30 pp.
- Lucky Draw
- Drinks specials
- Live music and Kareoke



Please bring you picnic blankets and chairs

REWARD

FOR THE BEST DRESSED



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OOM KOOS

A big thank you to all our members who contributed towards a farewell gift for oom Koos. The gift will be handed to him at the social evening on Tuesday.

CLUB 21 KM CHAMPIONSHIPS

The McCarthy 21 km this Saturday will serve as our club 21 km championships. Remember the 21 km is a pre-entry race only. You can still enter today (Monday) at the McCarthy dealerships.

IRENE TRIPLE CHALLENGE

Irene members can enter for Triple Challenge for only R200 instead of the normal entry fee of R400. To qualify you will have to work as a helper at the Spar Lantern, Clover Spring Race and the Liquifruit race. You will also have to complete the helpers races of these three races.

The entry form is attached. Please complete it and send it with your proof of payment to info@irenerunner. You can also hand it in at the admin desk in the club house. Closing date for entries is 10 February.

HELPERS – LANTERN RACE

Thank you to all of you who responded on the request to assist at the Lantern race on 11 February. The response was fantastic! However, we are still short of another 150 helpers. We need to finalise the lists by Wednesday. Please help in this regard.

NEW RACE

We are in a very fortunate to present a fourth race this year. A substantial sponsorship has been obtained from Sizwe Medical Fund. The race will take place on 30 August. For the first time Irene will present a Marathon event. It will be the first qualifying event for Comrades along with the Mandela Marathon in KZN which is also on the same day. The other distances will be 5km, 10 km and 21 km.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week.

Ray	Patterson	03-Feb
Samantha	Hall	04-Feb
Theuns	Willemse	05-Feb
Shaun	Smee	07-Feb
Helandie	Calaca	08-Feb
Christina	Landman	08-Feb
Veli	Mokoena	08-Feb
Blanche	Van Vuuren	08-Feb



SIZWE MEDICAL FUND

Caring for the health of the nation

NOTICE BOARD

Saturday 7 February

McCarthy Toyota 32nd Half Marathon - 21.1/10/5 km

Race Organisers: Magnolia Road Runners

Venue: Rietondale Park, Soutpansberg Road, Rietondale

GPS: S 25 43.980 E 28 13.239

21.1 km race is pre-entry only

The 21 km will serve as the Irene 21 km club championships

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
Entry fees 6 – 7 February	-	R 70	
Entry fees 60+	R 30	R 30	
Start time	06h00	06h20	06h25
Time Limit	03h00	02h00	01h00

Free t-shirt to the 1st 2 000 (21.1 & 10km) pre-entries

Pre-entries at: Run-Away-Sport; Sweat Shop, Southdowns, Dunkeld & Bedford Arcade:

Various McCarthy Toyota Dealerships in Pretoria

www.entrytime.com

Wednesday 11 February

Lantern Nite Race 10/5 km

Race Organisers: Irene Athletics Club

Venue: Irene Campus ARC, Centurion

Entrance 1: GPS: S 25 53.49 E 28 13.29

Entrance 2: GPS: S 25 53.31 E 28 11.29

	10 km	5 km
Entry fees	R 60	R 40
Start time	18h30	18h30

Time Limit	2 hrs
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The route is not suitable for wheelchair athletes

No Irene member is allowed to run the race

Pre-entries at: Run-A-Way Sport; The Runners Store; Sweat Shop –
Dunkeld/Fourways/Southdowns/Bedfordview; Centurion Spar; Hennops Park Spar;
Monument Superspar; Montana Superspar; Lyttelton Superspar; Queenswood Superspar

www.sa-active.com www.enteronline.co.za

Saturday 14 February

Bronkhorstspuit 32/10/4 km

Race Organisers: BHS Atletiekkklub

Venue: Hoërskool Erasmus, Cathy Street, Bronkhorstspuit

	32 km	10 km	4 km
Entry fees	R 100	R 50	R 10
Entry fees - grandmasters	Free	Free	
Start time	06h00	06h15	06h30
Time Limit	04h30		

Free t-shirts to the 1st 200 pre-entries at Run-Away-Sport

No wheel chairs

Pre-entries at: Run-A-Way Sport

www.enteronline.com

Sunday 1 March

Deloitte Pretoria Marathon – 42.2/21.1/10 km

Race Organisers: Phobians Athletic Club

Venue: Pretoria High School Old Boys Club, Hofmeyr Park, c/o Kingshighway & Queens
Crescent

GPS: S 25.45.64.4 E 28.15.22.8

42.2 & 21.1 km races are pre-entry only

42.2 km	21.1 km	10 km
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Entry fees	R ?	R ?	R ?
Start time	06h00		06h20
Time Limit	05h30		

Free t-shirts to the 1st 5 500 pre-entries

Pre-entries at: Run-A-Way Sport; Running Inn; Sweatshop Southdowns, Dunkeld & Bedfordview

www.entrytime.co.za

2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
Bronkhorstspuit		14/02/15	X	X
Medihelp Sunrise Monster		07/03/15	X	X
Mamelodi	10 km	25/04/15	X	X
Great Run Series II	10 km	30/05/15	X	X
Race Against Drugs	10 km	13/06/15	X	X
Mooikloof Realtors Winter Road Race	10 km	18/07/15	X	X
A4A Women's Rights Run/Walk	10 km	08/08/15	X	X
Value Log Ou Voetpad		12/09/15	X	X
Capital Classic		10/10/15	X	X
Muller Potgieter		28/11/15	X	X

Masters Athletics Fixture list

Local meetings

20/21 March 2015

WP Champs - Bellville/Greenpoint

20/21 March 2015

KZN Champs - Durban

4 April 2015

GN Champs - Pilditch

You are regularly informed about league meetings, please support these meetings. Results are taken into consideration when choosing the GN team for SA's.

SA Masters Championships

15/16 May 2015

EP – Port Elizabeth

International Championships

Next appointment:

Torun 2015 (March 23-28)

4 – 16 August 2015

WMA Championships, Lyon, France

<http://www.lyon2015.com>

26 Oct – 6 November 2016

MA Championships, Perth, Australia

<http://www.perth2016.com>

18 – 25 March 2017

World Indoor Championship 2017 in Daegu, Korea

THOUGHT FOR THE WEEK

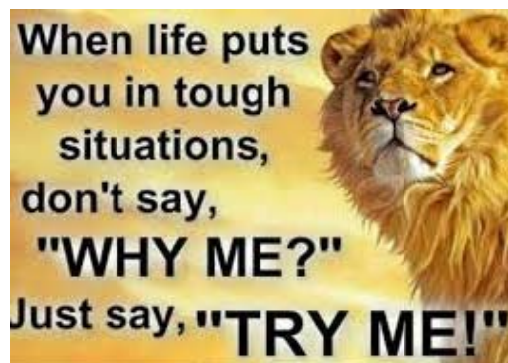


Photo Corner



The Comrades Road Show was a huge success. The auditorium was packed



Comrades race director Rowyn James paid a surprise visit. With him is Ian Laxton, well known TV commentator and Thami Vilikazi from the Comrades office

Action from the George Claassen



Believe it or not, but it was the first time that John Ellmore, a founder member enjoyed a cup of coffee at the caravan



Olivia Odendaal and Haley van der Werff handed out hundreds of flyers



A smiling Bennie Roux finishing his race



Mark van Deventer giving his best as usual



Theo Bohnen earning a podium position



Second veteran Zelda Breytenbach



Nadine Breytenbach and Anelle Vorster looking good after 21 km



Philip Breytenbach back in action after an injury



Martin Breytenbach suffered a serious injury last year but is back on the road



Johan Nel is a Grand Master to be reckoned with



Theuns Nieuwoudt is becoming a formidable walker



Mother and daughter Talana Prinsloo and Bernadette Buss



Eliza Steyl enjoying a break after pushing the pram for 10 km



Podium winners on the 21 km: Ansie Breytenbach, Anelle Vorster, Zelda Breytenbach, Sandra Steenkamp, Elsa Meyer, Lucia Willemse and Theo Bohnen