



IRENE NEWS

2 March 2020

No 9 - 2020



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Sunrise Monster:

| | |
|-------------------|---|
| Sandra Steenkamp | 1 st Master lady – 32 km |
| Ansie Breytenbach | 1 st Master lady walker & 2 nd lady – 10 km |
| Keith Reynolds | 1 st Master walker & 2 nd man – 10 km |
| Jaap Willemse | 3 rd Walker – 10 km |

PERSONAL ACHIEVEMENTS

| | |
|-----------------|------------|
| Thea van Helden | PB – 32 km |
|-----------------|------------|

THIS WEEK'S DIARY

Monday:

Strength training @ 17:30 – Club house

Tuesday:

Time trials @ 17:30 – Club house (Everybody starts together at 17:30) Social evening

Wednesday & Thursday:

Training group @ 17:30 – Club house

Saturday:

Buco Bobbies 5/10/21 @ 06:00 – Hatfield Plaza

Sunday:

Training run @ 06:00 – Club House (your pace, your distance)

TWO OCEANS VERIFICATION

Time is running out to verify the Two Oceans entries. Please ensure that your details, i.e. 2020 licence numbers and qualifying times are updated on your profile to allow the club to verify your entry.



SOCIAL EVENING

Don't miss out on our monthly social evening on Tuesday after the time trials. Be reminded that you can win a pair of Asics running shoes worth R2500 in the lucky draw competition.

BEEF AND GUINNESS IRISH STEW R50 PER PERSON

LUCK OF THE IRISH
IRENE ATHLETICS CLUB

COME JOIN US
FOR A FUN FILLED
SOCIAL EVENING,
DRESS GREEN
BRING THE FAMILY
AND COME
ENJOY
DELICIOUS FOOD,
A JUMPING CASTLE
AND
GOOD FUN

**PRIZE FOR
BEST
DRESSED**

AFTER THE TIME TRIAL TUESDAY 03 MARCH

CLUB MARATHON CHAMPIONSHIPS

Congratulations to all our winners! The final results are as follows:

| | Men | Women |
|----------------|----------------------------|-------------------|
| Overall | | |
| 1 | Lenin Sithole | Joan van Wyngaard |
| 2 | Alfred Matema | Rosemary Brink |
| 3 | Bheki Ndhlovu | Zenna Naude |
| Senior | | |
| 1 | Lenin Sithole | Zenna Naude |
| 2 | Bheki Ndhlovu | Vanessa Botha |
| 3 | Mauritz Oberholzer | Lindie Pretorius |
| 40 - 49 | | |
| 1 | Michael Mokwala | Joan van Wyngaard |
| 2 | Andre Fourie | Rosemary Brink |
| 3 | Emile Myburgh | Belinda Hudson |
| 50 - 59 | | |
| 1 | Alfred Matema | |
| 2 | Michael van der Westhuizen | |
| 3 | Lesiba Baloyi | |
| 60 - 69 | | |
| 1 | Peter Ramachela | |

AGN LEAGUE RESULTS

Congratulations to our super ladies and walkers! They were the winners of the 2019 Super league and walkers league.

The results of the first league race of 2020 (the ACE race in Eersterust) are as follows:

Overall league

We finished in 12th position. We must put in a bigger effort with the next league race to move into the top 10.

Super league

Well done to our ladies who started the year where they finished last year... in 1st position. It was an excellent start and they can just build on this foundation.

Our men finished in 8th position, well done! If our faster men would just turn up at the league races they can easily be in the top 5.

The next league race is the Right to Run Race in at Sunnypark on 21 March.

Women

| ACE | Female | Points |
|------------|---------------|---------------|
| Pos | Club | Log |
| 1 | IRENE | 50 |
| 2 | MAGNOLIA | 49 |
| 3 | PHOBIANS | 48 |
| 4 | Vitality | 47 |
| 5 | GREEN MILE | 46 |
| 6 | OVERKRUIN | 45 |
| 7 | BOSCH | 44 |
| 8 | BORN2RUN | 43 |
| 9 | PPMK | 42 |
| 10 | AS EAGLES | 41 |



JOINTEze™

Men

| ACE | Male | Points |
|------------|-----------------|---------------|
| Pos | Club | |
| 1 | PMMC | 50 |
| 2 | ARCADIA | 49 |
| 3 | ACE | 48 |
| 4 | NEDBANK | 47 |
| 5 | PHOBIANS | 46 |
| 6 | CITY OF TSHWANE | 45 |
| 7 | OVERKRUIN | 44 |
| 8 | IRENE | 43 |
| 9 | MEDIHELP | 42 |
| 9 | VITALITY | 42 |



Congratulations to the following members who earned super league points:

| Women 10 km | AGE | TIME | POINTS |
|--------------------|------------|-------------|---------------|
| ANSIE BREYTENBACH | 56 | 0:53:15 | 36 |
| RENETTE PRINSLOO | 47 | 0:57:19 | 17 |
| Women 21 km | | | |
| AMANDA CLOETE | 35 | 1:45:35 | 47 |
| ROSEMARY BRINK | 45 | 1:49:11 | 44 |
| JOAN VAN WYNGAARD | 43 | 1:49:12 | 43 |
| THEA VAN HELDEN | 43 | 2:01:45 | 27 |

Men 10 km

| | | | |
|-----------------|----|---------|----|
| MICHAEL MOKWALA | 42 | 0:39:57 | 45 |
| JOHAN SAAYMAN | 51 | 0:49:03 | 13 |
| LEON PAGE | 61 | 0:51:36 | 1 |

Men 21 km

| | | | |
|-------------------|----|---------|----|
| BUKS VAN DEVENTER | 41 | 1:40:14 | 11 |
|-------------------|----|---------|----|

Walkers

Our walkers are in the same position as our super ladies.... on top! Well done to all of you, keep it there.

Walkers

| ACE | DIV 1 | <i>Points</i> |
|------------|--------------|---------------|
| <i>Pos</i> | <i>CLUB</i> | <i>L'gue</i> |
| 1 | IRENE | 20 |
| 2 | RWFL | 19 |
| 3 | PMWC | 18 |
| 4 | AGAPE | 17 |
| 5 | MAGNOLIA | 15 |
| 5 | PPMK | 15 |
| 7 | BODYWALK | 14 |
| 8 | MEDIHELP | 12 |
| 8 | SOLIDARITEIT | 12 |
| 10 | RESBANK | 11 |



Congratulations to the following walkers who earned league points:

| POSITION | | AGE | GENDER | TIME | POINTS |
|-----------------|------------------------|------------|---------------|-------------|---------------|
| 10 KM | | | | | |
| 1 | KEITH REYNOLDS | 52 | M | 0:59:28 | 10 |
| 2 | ISABELLE VAN DER SCHYF | 53 | F | 1:06:14 | 10 |
| 3 | ESTIEN VAN WYNGAARD | 59 | F | 1:06:34 | 10 |
| 4 | DANIE LABUSCHAGNE | 64 | M | 1:06:54 | 10 |
| 14 | GERARD VAN DER RAAD | 76 | M | 1:15:29 | 9 |
| 17 | ILSE MERRICK | 54 | F | 1:17:28 | 8 |
| 19 | LUCIA WILLEMSE | 65 | F | 1:17:49 | 8 |
| 25 | FANIE VAN WYNGAARD | 67 | M | 1:24:32 | 5 |
| 26 | LETHA KOTZE | 72 | F | 1:24:49 | 7 |
| 27 | SHEREN NAIDOO | 49 | M | 1:25:19 | 4 |
| 29 | MARIE V DYK | 71 | F | 1:25:27 | 6 |
| 34 | NELDA SMITH | 61 | F | 1:27:40 | 5 |
| 21 KM | | | | | |
| 2 | JAAP WILLEMSE | 63 | M | 2:21:00 | 10 |

IN THE MAILBOX

I have a Two Oceans ultra marathon (56km) entry which I would like to exchange for a 21km. If anyone is interested please let me know. My contact details are 0729978900.

Bonita

SOCIAL RESPONSIBILITY FEEDBACK

When we got our new Cara-Fun more than two years ago, we donated the old caravan to an organisation that takes care of homeless people. We can report back that the caravan is still in use and provides a home for two young girls.



PERSONALIA

Maggie van Rooyen had an operation to her knee last week. We wish her a speedy recovery.

Congratulations to the following members who celebrate their birthdays during the week:

| | | |
|----------|--------------------|--------|
| Warick | Bekker | 02 Mar |
| Joseph | Ndou | 03 Mar |
| Debra | Arkell | 04 Mar |
| Sandy | Madzhie | 04 Mar |
| Musa | Nkosi | 04 Mar |
| Tracey | MacFadyen | 05 Mar |
| Pieter | Olivier | 05 Mar |
| Francois | de Kock | 06 Mar |
| Andrew | Lucas | 06 Mar |
| Andre | Nortje | 07 Mar |
| Markus | van der Westhuizen | 07 Mar |
| Adriaan | Botha | 08 Mar |

CSI Sales
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Website: www.csi-euf.co.za

Tel: 011 805 6316

NOTICE BOARD

Saturday 7 March

Buco Bobbies 3-in-1 21.1/10/5 km

Race Organisers: PPMC

Venue: Hatfield Plaza, Burnett Street, Hatfield

| | 21.1 km | 10 km | 5 km |
|---------------|---------|-------|-------|
| Entry fee | R 100 | R 80 | R 40 |
| Entry fee GGM | Free | | |
| Start Time | 06:00 | | 06:15 |
| Cut-off | 03:00 | | |

No Pets

No iPods or listening devices are allowed

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Buco Wonderboom

www.enteronline.co.za

AGN 21.1km Championships

Saturday 14 March

Om-Die-Dorp Road Race 21.1/10/5 km

Race Organisers: Wingate Road Runners

Venue: PvR Community Church, Baltimore Avenue, Pierre van Ryneveld

| | 21.1 km | 10 km | 5 km |
|---------------|---------|-------|------|
| Entry fee | R 120 | R 90 | R 50 |
| Entry fee 70+ | Free | | |
| Start Time | 06:00 | | |
| Cut-off | 03:30 | | |

No Pets

No iPods or listening devices are allowed

Pre-entries at: Run-away Sport; Sweatshop Southdowns; PvR Community Church (Friday 13/03 – 15h00 – 18h00 & race day)

www.enteronline.co.za



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REGISTERED QUANTITY SURVEYORS • GEREISTREERDE BOUREKENAARS

Members: GJ Cillie B.Sc (QS) UP, PrQS, PMAQS, MRICS | Guillaume Cillie B.Sc (QS) Hons UP, PrQS

GAUTENG HEAD OFFICE
10 Lenchen Park
2029 Lenchen Ave South
Zwartkops x 4
Centurion
0157

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WESTERN CAPE OFFICE
Niagara Road
Tyger Waterfront, Suite 713
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m: +27 (0) 83 655 4754

LEAGUE RACE

Saturday 21 March

Right to Run/Walk 21.1/10/5 km

Race Organisers: Arcadia Running Club

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

GPS: S 25.7507 E 28.2832

| | 21.1 km | 10 km | 5 km |
|------------|---------|-------|------|
| Entry fee | R 100 | R 80 | R 50 |
| Start Time | 07:00 | | |
| Cut-off | 03:00 | | |

No Pets

No iPods or listening devices are allowed

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Cross Trainer Sunnypark;
Tshwane Running Shop

www.entrytime.com

Saturday 28 March

Kolonnade Road Race 32/15/5 km

Race Organisers: Overkruin Athletics Club

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

| | 32 km | 15 km | 5 km |
|--|-------|-------|-------|
| Entry fee | R 120 | R 100 | R 50 |
| Entry fee 60+ (Race day only & proof of age) | Free | | |
| Start Time | 06:00 | | 06:15 |
| Cut-off | 04:00 | 03:00 | |

No Pets

No iPods or listening devices are allowed

Pre-entries at: Run-away Sport; Sweat Shop Irene; Tshwane Running Shop; Kolonnade Info
Desk

www.entrytime.co.za

| 2020 AGN LEAGUE FIXTURE LIST | | | | |
|-------------------------------------|------------------|-------------|---------------|-----------|
| EVENT | DISTANCE | DATE | LEAGUE | |
| | KM | | RR | RW |
| Right to Run/Walk | 21.1 / 10 | 21/03 | X | X |
| Ford Road Race | 21.1 / 10 | 04/04 | X | X |
| MiWay Wally Hayward | 42.2 / 21.1 / 10 | 01/05 | X | X |
| Fara Winter Challenge | 10 | 20/06 | X | X |
| Springbok Vasbyt | 25 / 10 | 11/07 | X | X |
| Fitness Test Run | 21.1 / 10 | 08/08 | X | X |
| Morula Half Marathon | 21.1 / 10 | 19/09 | X | X |
| CSI Irene Farm Race | 21.1 / 10 | 31/10 | X | X |
| Voortrekker Monument | 21.1 / 10 | 21/11 | X | X |
| Skosana Road Race | 10 | 05/12 | X | X |

Masters Athletics Fixture list

Local Meetings

| | | |
|--------------------|---------------|--------------------|
| 4 March 2020 | | Paarl |
| 13/14 March 2020 | EP | Westvaal Oval, PE |
| 27/28 March 2020 | CG/GN | Pilditch, Pretoria |
| 4 April 2020 | KZN | Kings Park Stadium |
| 4 April 2020 | WP | Cape Town |
| 10/11 April 2020 | GNMA | Pilditch, Pretoria |
| 18 April 2020 | CGMA | Sasolburg |
| 22 August 2020 | Mpumalanga MA | Secunda |
| 3 October 2020 | SWD | Oudtshoorn |
| 30/31 October 2020 | Free State | Bloemfontein |

SA Masters Championships

| | | |
|------------------|-------|----------|
| 10/11 April 2020 | CG/GN | Pilditch |
| April/May 2021 | KZN | Durban |

South African Championships

| | | |
|---------------------|-----------------|-----------------|
| 30 April/2 May 2020 | Central Gauteng | Herman Immelman |
|---------------------|-----------------|-----------------|

Africa Championships

| | |
|------|----------------|
| 2021 | Nairobi, Kenya |
|------|----------------|

| | |
|------|--------------|
| 2023 | South Africa |
|------|--------------|

International Championships

| | | |
|-------------------------|----------------------------|----------------------------|
| 13-15 March 2020 | Indoor Championships | Baton Rouge, Louisiana |
| 9 – 12 July 2020 | Outdoor Championships | Greensboro, North Carolina |
| 20 July – 1 August 2020 | WMAC Outdoor Championships | Varsity Stadium, Toronto |
| 6 – 12 April 2021 | WMAC Indoor Championship | Edmonton |
| 15-30 May 2021 | W Masters | Kansai, Japan |
| 16 -28 Aug 2022 | WMAC Indoor | Gothenburg, Sweden |

THOUGHT FOR THE WEEK

Be sure your goal is a right one, for if it isn't, it's a wrong one and nothing wrong ever turns out right.

PHOTO CORNER



Runners from various clubs gathering at the club house on Sunday morning for the training run organized by the Two Oceans committee.

Thank you to Keith Reynolds and Buks van Deventer for their effort and to the following members who worked on the day: Cindy van Deventer, Carol-Ann Reynolds, Tania Thompson and Jackie Schlebusch.

Sunrise Monster



Carmen van Loggerenberg wearing her Irene outfit for the first time



Michael Dekker on his way to the finish



Pieter Jordaan



Elna Botes and Debra Arkell



Conrad Langerman



Pieter Coetzee



Mamogale Ranta



Johan Engelbrecht



Hennie van der Walt

Podium winners



Jaap Willemse and Keith Reynolds



Ansie Breytenbach



Sandra Steenkamp



Our Cara-Fun and gazebo setup from the back



Bets and Chantelle Botha with Candice van der Spuy. They ran in Nelspruit on Saturday



Serious time trial running



Even more serious!