



# IRENE NEWS

30 April 2018

No 17 - 2018



## ACHIEVEMENTS

Congratulations to the following members who were on the podium over the weekend:

Blanche van Vuuren	2 <sup>nd</sup> Master lady – Cradle 32 km
Heleen de Bruin	2 <sup>nd</sup> Vet lady – Potato Pride 21 km
Jacque van der Waals	1 <sup>st</sup> Vet lady – City of Tshwane 10 km
Joy Nicholl	2 <sup>nd</sup> Vet lady – City of Tshwane 21 km
Ansie Breytenbach	2 <sup>nd</sup> Master lady – City of Tshwane 21 km
Sandra Steenkamp	1 <sup>st</sup> Lady walker – City of Tshwane 21 km
Dirk Cloete	2 <sup>nd</sup> Man – 2 Day Klipspringer Trail Challenge Augrabies
Amanda Cloete	2 <sup>nd</sup> Lady – 2 Day Klipspringer Trail Challenge Augrabies

The following members earned medals at the AGN 21 km championships:

Ansie Breytenbach	Gold
Joy Nicholl	Silver

Well done!

Congratulations also to the following members who earned medals at the SA Master championships held in Bloemfontein:

Jaap Willemse	Gold x 2
Joey Cloete	Gold x 1, Silver x 2, Bronze x 1
Annatjie Greyvenstein	Gold x 1, Silver x 2
Danie Labuschagne	Gold x 1, Silver x 1
Elsa Meyer	Gold x 1
Retha Knoetze (social member)	Gold x 1, Silver x 1

## PERSONAL ACHIEVEMENTS

Jaap Willemse	Received his SAMA National colours
Hennie van der Walt	Permanent Loskop number
Chilene Verheem	First 21 km (Dallas Skyline)

Congratulations!

# JOINTeze™

MODERN  
**athlete**



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

### **Tuesday:**

Wally Hayward at 06:30 – Centurion Rugby Club (Monthly social and drinks trolley pushing)  
No time trials.

### **Saturday:**

The Love Run 5/10/21 at 06:45 – Hatfield Christian Church

### **Sunday:**

Wings for Life World Run at 13:00 – SuperSport Park

## ***2018 COMRADES JACKETS***

This year a very nice high-quality jacket will be available to all Comrades runners at a highly subsidised price.

These jackets will be available to fit for size at the caravan on Tuesday at the Wally. Please make use of this opportunity to ensure that you order the right size. The final price will be announced during the week.

## ***THE WALLY HAT RACE***

Only one day to go to the Wally Hayward race on Tuesday. As in the past we want our members to wear hats on the day. There will be cash prizes for the best hats: 1<sup>st</sup> prize – R500, 2<sup>nd</sup> prize R300 and 3<sup>rd</sup> prize R200.

Be creative and funny, your hat may just let you take R500 home on the day!

Just look at some of last year's hats! Irene membership is much more than running/walking.





### DRINKS TROLLEY

Tuesday is going to be a fun day at the Wally once again! As always, our drinks trolley will be pushed on the 21 km. Ensure that your hats are ready for the occasion. **It is also our monthly social and therefore there will be something to eat afterwards.**

It is going to be slow and ideal for those who want to make a comeback or who want to do their first 21 km.

### MAY TRENE SOCIAL

### WALLY HAYWARD HAT RACE

1 May 2018

Join the Bus  
and FULL  
drinks trolley on  
the 21 km race  
for a slow, fun  
filled run.

Or

Run any of the  
other distances  
and join the  
social  
afterwards!

Wear a funky

HAT

BE

CREATIVE.

CASH PRIZE

FOR THE

BEST HAT



**COWBOY BREAKFAST**  
**R40**



## TIME TRIALS

Due to the activities at the Wally hayward on Tuesday, there will be no time trials on Tuesday. The club house will not be open.

## PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Elbie	Louw	01 May
Ali	Sekgobela	02 May
Ina	van As	03 May
Deane	Van Rooyen	03 May
Johan	Nel	04 May
Portia	Ravhuhali	04 May
Tania	Thompson	05 May
Claude	Truter	06 May
Simone	Basson	06 May



## NOTICE BOARD

### **Saturday 5 May     McCarthy VW Audi Love Run 21.1/10/5**

Race Organisers:    Love Running Athletics Club

Venue: Hatfield Christian Church, 552 January Masilela Road, Waterkloof Glen

	21.1 km	10 km	5km
Entry fees	R 100	R 80	R 50
Entry fees 70+ on race day	Free	Free	Free
Start time	07:00	07:00	07:10
Walk	06:45	06:45	





<b>2018 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DISTANCE</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
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**

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



The Irene water point at the Magnolia long run was areal oasis for the runners



Ben Taljaard ran his first 10 km after back surgery





Fanie and Estien van Wyngaard



Paul Nel





Smiles all over



Another smile, 21 km done and dusted





Sandra Steenkamp



Bernita Bornmann





Michelle Lubbe and Helandi Calaca



Joy Nicholl on the podium





Ansie Breytenbach



Blanche van Vuuren at the Cradle prizegiving ceremony





Elsa Meyer with the Order of Ikhamanga



Bets Botha, Chilene Verheem and Chantelle Botha in Dallas, Texas





Jaap Willemse receiving his SAMA National colours



Heleen de Bruin at the prizegiving Potato Pride ceremony





Dirk Cloete in action at the Klipspringer Trail Run



Amanda Cloete at the prizegiving ceremony