



IRENE NEWS

30 January 2017

No 4 - 2017



ACHIEVEMENTS

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

Franza Landman	2 nd Lady – 42 km (3:12:00)
Ansie Breytenbach	1 st Master lady – 21 km (1:44:29)
Rhoda Willemse (social member)	1 st Lady walker – 21 km (2:14:24)
Mike du Bruto	2 nd GM – 10 Km (No time – route only 9 km)
Joey Cloete	1 st GM lady – 10 km (No time – route only 9 km)
Elsa Meyer	2 nd Lady walker – Johnson Crane 21 km (2:25:35)

Congratulations!

PERSONAL ACHIEVEMENTS

Franza Landman	First Marathon
Kobus Faber	First 21 km
Magda Nel	PB - Marathon
Johan van Vuuren	Completed his 200 th half Marathon

Well done!

THIS WEEK'S DIARY

Tuesday:

Time Trials at 17:30.

Saturday:

McCarthy 10/21 at 06:00 – Rietondale Park



NEW MEMBERS

Welcome to the following new members:

Caitlinne	Coetzee
Silvia	Da Oliveira
Alroy	Dirks
Pieter	Jooste
Phumlani	Mabophe
Boitumelo	Mokwe
Tebogo	Moloisane
Paul	Thomaides
Glenn	Thompson
Maryke	Wessels
Monte	Wessels
Gillian	Wilson

You are now part of a great family! Please feel at home.

RACE COMMITTEE

There are two vacancies on the Race Committee. Any volunteers to be part of a great team?

LANTERN RACE

Thank you to all those members who have responded on the request last week for helper. We still need many more though.

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
- Traffic 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 21 February to earn your medal.

We rely on you.

INFORMATION SESSION

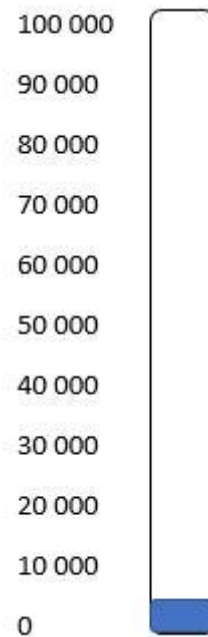
An information session for new members will be held in the lapa after the time trials on Tuesday. All our new members are invited to attend this session. You will receive valuable information about the club.

CARAVAN FUND

Thank you to the members who have already contributed to our caravan fund. The fund now stands on R3800. Let's see where it will be next week!

Please make your contribution today, no contribution is too small.

**FABER
VERVOER**



RHODES ENTRIES

We have members looking for Rhodes entries. Please let us know if you have an entry available.

TWO OCEANS ENTRY

I have a 56km entry which I am willing to swap for a 21 km. You can contact me at 0832782119

BAD BEHAVIOUR BY IRENE MEMBER

I'm not by nature given to complaint, especially since today's race (Akasia) was my first in Irene colours (after 32 years as a Phobians runner), but I'm sorry to report, was not a happy experience. The reason: about 5 km into the race I observed an Irene member ahead of me pick up one of those traffic cones the traffic department put down in the middle of the road (at huge expense) and sling it into the bushes at the side of the road. Those running alongside me immediately exclaimed: "see what your club-mates do", just as this guy picked up the very next cone and did the same thing. I caught up with him and asked him to please refrain from doing that - he explained that the runners fall over those things. Unfortunately, in my incensed state, I did not have the presence of mind to register the offender's ASA

licence number, and so now appeal to the club to make a general announcement to all members as to what those cones are for.

Iain McFadyen

This is unacceptable behaviour. We call on all our members to set an example to others in all aspects.

McCARTHY 21 KM

Please take note that the McCarthy 21 km this coming Saturday will serve as our 21 km club Championships.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Chris	Cloete	31 Jan
Heleen	de Bruin	01 Feb
Malebo	Maponyane	01 Feb
Marlene	Padavattan	01 Feb
Lufuno	Ravhuhali	01 Feb
Gavin	van Wyk	02 Feb
Christine	Vorster	02 Feb
Ray	Patterson	03 Feb
Samantha	Hall	04 Feb
Theuns	Willemse	05 Feb



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NOTICE BOARD

Saturday 4 February

Bidvest McCarthy Toyota Race 21.1/10/5km

Race Organisers: Magnolia Road Runners

Venue: Rietondale Park, North Road, Rietondale

GPS: S 25 43.980 E 28 13.239

	21.1 km	10 km	5 km
Pre entry-fee	R 100	R 70	R 40
Pre-entry fee 60 - 79	R 50	R 40	R 40
Entry fees 80+	Free		
Friday & race day entry-fee	N/a	R 90	R 40
Start Time	06:00	06:20	06:25
Cut-off	03h00	02h00	01h00

Free t-shirts to the 1st 2000 (21.1 & 10km pre-entries)

No wheelchair athletes

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Sweatshop - Dunkeld West, Bedfordview

Bidvest McCarthy Toyota Dealerships – Arcadia, Hatfield, Gezina, Lynnwood, Sinoville, Centurion

www.entrytime.com



Saturday 18 February**Bestmed Tuks Race 21.1/10/5km**

Race Organisers: Tuks Athletics Club

Venue: UP Sports Campus, Jan Shoba Street, Hatfield

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

	21.1 km	10 km	5 km	1 km
Entry-fee	R ?	R ?	R ?	R ?
Start Time	06:00	06:30	06:40	08:00
Cut-off	03h00			

Free t-shirts to finishers**Wheelchair athletes – only on the 10km**

Pre-entries at: Run-away Sport; Running Inn; The Runners Store Tramshed; Sweatshop - Dunkeld West, Fourways, Centurion

www.entrytime.com & www.just-events.co.za**Sunday 26 February****Pretoria Marathon 42.2/21.1/10km**

Race Organisers: Phobians Athletics Club

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

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

	42.2 km	21.1km	10km
Entry-fee	R 160	R 110	R 80
Entry-fee 70+	Free – must submit a copy of ID		
Start Time	06:00		06:40
Cut-off	?h00		

42.2 & 21.1km races are pre-entries only**Free t-shirts to 1st 5000 pre-entries****Wheelchair athletes – only the 10km recommended**

Pre-entries at: Run-away Sport; Running Inn; The Runners Store Tramshed; Sweatshop - Dunkeld West, Bedfordview, Centurion

SA MASTERS

Local meetings

31/3 & 1/4/2017	KZN Champs	Kingspark
1 April 2017	Gauteng North Championships	Tuks/Pilditch?
8 April 2017	Central Gauteng Championship	Germiston
12 Augustus 2017	Claude Sterley Memorial	Pilditch
? Sept/? October 2017	SWD	Oudtshoorn
11 November 2017	Free State	Bloemfontein
4, 5 & 6 May 2017	SA Masters Chamionships	Groenpunt Stadium

African Masters Track & Field Championship

Cameroon 27 – 29 May 2017

International Masters Championships

18 – 25 March 2017 World Indoor Championship 2017 in Daegu, Korea

THOUGHT FOR THE WEEK

Look in the mirror....that's your competition.

Photo Corner (Akasia)



The du Bruyn family in full force



Elaine Cuffe and Samantha Hall



Mpho Netshiombo



Jacqui Burn



Stephan Olieman and Pieter Olivier



Steve Holtshousen



Charleen Atkins



Mariet Louw



The new T-shirts seem to be a great hit!



Louis and Nadene Visser doing a long run through the streets of Florence