



IRENE NEWS

3 April 2017

No 13 - 2017



ACHIEVEMENTS

The following members were on the podium at the Modern Ultra 48 km:

Johan Nel	1 st GM (3:53:20)
Theo Bohnen	2 nd GM (4:01:20)

Congratulations!

PERSONAL ACHIEVEMENTS

None received

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:30 at the club house

Saturday:

Ford 5/10/21 at 06:30 – Ford Recreational Centre, Silverton

MODERN ATHLETE IRENE ULTRA

Thank you to all our members who contributed towards a great event. Despite traffic problems before the start, the official finishers on the two distances increased from 2238 in 2016 to 4485 this year.



BONITAS COMRADES NOVICE SEMINAR - 4 APRIL 2017, 19:00

The next Comrades seminar will be hosted by our club on Tuesday evening at the Auditorium at the main buildings of the ARC. All Comrades runners, not just the novices, can benefit a lot from this. Everybody is invited to attend. Please invite your friends from other clubs to be part of it. You just have to be there. Entrance is free!



Date: 4 April
Venue: ARC Auditorium
Time: 19:00

MONTHLY SOCIAL

Due to the Comrades seminar the monthly social will now take place on Tuesday, 11 April.
This will be a special evening. see below:



**IRENE APRIL
SOCIAL
11 April 2017
Irene
Athletics club
house
7:00pm**



**Lets hear from
the Legend....**

BRUCE FORDYCE

Come and enjoy a relaxed evening at the time trial with dinner, lots of fun as well as a light hearted , inspirational talk by one of the great legends of running, Bruce Fordyce.

Bruce will be sharing his experiences from his lifelong running career including his 9 Comrades wins.

FROM THE SOCIAL RESPONSIBILITY PORTFOLIO:

It was great fun to be an Irene bunny at the race on Sunday and forcing my poor husband to dress like a bunny as well. We saw the surprised looks on the 5km runner's faces as they were greeted by two 50-year old bunnies and each runner receiving a sweet and an occasional high-five. The idea is not just to hand out sweets, but part of a drive from the Irene AC's social responsibility team to give back to our beginner runners and children and make them enjoy being active...look out for more fun activities for our active children in the running community.

That being said, we would like to collect Easter eggs this coming Tuesday and the following Tuesday at the clubhouse for children who is less fortunate. If you want to contribute and you are running a time trail next week or the week thereafter, kindly drop off your Easter eggs at the admin counter. We will make sure these eggs brings more smiles on children's faces.

Thank you, Zelna

PERSONALIA

Arnold Ossendryver is seriously ill and in hospital. We wish him a speedy recovery.

Congratulations to everybody celebrating their birthdays during the week:

Mmemezi	Dlamini	03 Apr
Lemao	Motaung	03 Apr
Caitlinne	Coetzee	05 Apr
Hendrik	Steynberg	05 Apr
Alhasan	Jallow	06 Apr
Ben	Taljaard	06 Apr
Diana	Gray	07 Apr
Travers	Snyman	07 Apr
Coenie	van den Bergh	07 Apr
Rinaldi	Botes	09 Apr
Ronel	Jooste	09 Apr



NOTICE BOARD

Saturday 8 April

Ford 21.1/10/5 km

Race Organisers: Ford Athletics Club

Venue: Ford Sports & Recreation Center, c/o Simon Vermooten & Alwyn St., Silverton

	21.1 km	10 km	5 km
Entry-fee	R 90	R 60	R 35
Start Time	06:30		06:45
Cut-off	?:00		

Babystrollers welcome on the 5km

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Sweatshop – Southdowns; Sportsmans Warehouse Kolonnade Retail Park & Atterbury Value Mart; Tshwane Running Shop; Aurina Motors Silverton

www.entrytime.co.za

Monday 17 April

Lynnridge Mall Family day run/walk 21.56/10.76/6 km

Race Organisers: Run/Walk for Life

Venue: Lynnridge Mall, c/o Jacobson & Lynnwood Road, Pretoria East

	21.560 km	10.760 km	6 km
Entry-fee	R 80	R 60	R 40
Start Time	07:00		
Cut-off	?:00		

Manually operated wheelchairs allowed

Pre-entries at: Run-away Sport; The Runners Store Tramshed;

www.enteronline.co.za

2017 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
CITY OF TSHWANE	10/21	29 Apr	X	X
JACKIE MEKLER	10/25	6 May	X	X
RACE FOR FRIENDSHIP	10/21	24 Jun	X	X
LONG WALK/RUN FOR FREEDOM	10/21	22 Jul	X	X
MARCEL VAN'T SLOT	15	19 Aug	X	X
ADDICTED TO LIFE	10/21	9 Sep	X	X
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

SA MASTERS

Local meetings

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	Parow

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

Push yourself because no one else is going to do it for you.

Photo Corner (Modern Athlete)



Sunset the day before the race



Cars streaming in



Ready to go



Away they go



The crowd at the medal tables



The crowd in front of the stage



The water point of Joyce Jakavula



It has been a long day



The way to relax after the race



The big tent was a winner once again on a hot day



An inspiration to all



This lady flew in from New Zealand to do the race



Some of the race organizing committee celebrating the success of the race



Hopefully Danie Joubert had a good shower before going to bed



Social member Retha Knoetse won two silver medals recently at the World Indoor Championship 2017 in Daegu, Korea. Well done!