



IRENE NEWS

4 April 2016

No 14 - 2016



ACHIEVEMENTS

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

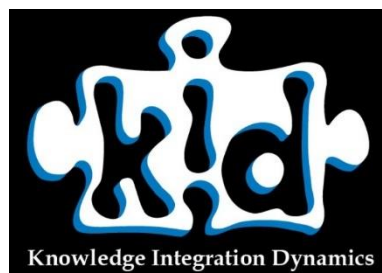
Ansie Breytenbach	1 st Master lady – 21 km (1:36:39)
Marie van Dyk	3 rd Lady walker – 21 km (3:09:26)
Rainer Ludwig	1 st GM – 10 km (47:26)
Roelof Beukes	1 st Walker – 10 km (1:08:06)

Congratulations!

The following members earned medals in their respective age categories at the AGN Masters Championships at Pilditch on Saturday:

5000 Meter Walk:

Annatjie Greyvenstein	Gold
Ray Patterson	Gold
Gerard van den Raad	Gold
Elsa Meyer	Silver
Lucia Willemse	Silver
Danie Oosthuizen	Bronze
Retha Knoetze	Bronze



3000 Meter Walk:

Elsa Meyer	Gold
Lucia Willemse	Gold
Ray Patterson	Gold
Gerard van den Raad	Gold
Jaap Willemse	Silver
Retha Knoetze	Silver
Danie Oosthuizen	Bronze



Midstream - 012 940 9229

100 Meter Sprint:

Bertha van den Raad	Silver
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Well done!

PERSONAL ACHIEVEMENTS

Well done!

Please let me know about your PB's etc. Don't be shy!

THIS WEEK'S DIARY

Monday:

Morning run from Rhapsody's – 04:30 – 12 km easy route

Tuesday:

Time trials at 17:30 - Club house

Monthly social evening after the time trials

Wednesday:

Long run at 17:30 - Ridgebacks

Morning run from Rhapsody's - 04:30 – 15 km hilly route

Thursday:

Training session at 17:30 - Club house

Friday:

Morning run from Rhapsody's – 04:30 – 15 km easy route

Saturday:

Ford 5/10/21 at 06:30 – Silverton – **League Race**

Sunday:

Modern Athlete Irene Ultra at 06:00

MODERN ATHLETE IRENE ULTRA

Thank you to all our members who have offered to help at the race on Sunday. However, we are still short of another 120 more helpers. We need you please. The race cannot be a success without your help.

PARTICIPATION OF IRENE MEMBERS

As mentioned in a previous email, Irene members will have the opportunity to participate in the 48 km only provided that a non-member will work in your place on the day. The attached form must be completed and returned. Members failing to adhere to this will not be allowed to run or will be disqualified at the finish. All forms must be in by Wednesday please.

Please note that you must enter through the normal channels.



SOCIAL EVENING

What can be better than the smell of the fire
the sizzle of the steak and a beer in the hand
AWESOMENESS !!!!!



The "Doringboom Bende" will provide the fires
and invite all of you to our next social on **5th April**.



- ❖ Braai packs will be on sale...
- ❖ Pap 'n Sous and salad will be provided...

So come and braai while you socialize around the fires !!!

Bring the whole family along. As always there will be a lucky draw.

HANDING OUT OF TROPHIES TO CATEGORY WINNERS

Special trophies to all the category winners of the club 21 km championships, running and walking, as well as the club Marathon championships will be handed out on Tuesday evening. The following members are invited to receive their trophies:

Schalk Liebenberg	Heleen de Bruin
Tony Gomes	Rosemary Brink
John Hoffman	Ansie Breytenbach
Mike du Bruto	Rita Jordaan
Johan Janse van Vuuren	Nadine Breytenbach
Philip Breytenbach	Annemarie Kruger
Alfred Choma	Elsa Meyer
Noel Banda	Roelof Beukes
Johan Nel	Jaap Willemse
Roelof Beukes	Gerard van den Raad

The trophies to the overall winners will be handed out at the prize giving ceremony at the end of the year.

 <p>SHORT TERM BROKERS Value. Service. Trust Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za</p>	<p>Gold medal service</p> <p><small>Short Term Brokers is an authorised financial services provider – FSP no. 10670</small></p>
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PVM PROMOTION

The people of PVM will be at the club on Tuesday evening once again. Use the opportunity to talk to them about your nutrition requirements during races.

ARC FEEDBACK

We had a meeting with top officials from the ARC on Friday. The importance of adhering to the rules was emphasised once again. We will always be welcome on the grounds on condition that we stick to the rules. A few key points of extreme importance:

- Members are not allowed to run on the grounds before 15:00 on weekdays
- No bicycles allowed
- 2016 Windscreen discs have to be displayed
- No drive through traffic is permitted
- All runners and walkers using the facilities have to be club members
- Members from other clubs using the facilities will have to become social members. Failure to adhere to it will deny them from using it.

We call on all our members once again to work together to ensure that we strengthen our relationship with the ARC management.

WINGS FOR LIFE WORLD RUN

This is a unique race taking place on 8 May. It is run worldwide at the same time in 34 different countries. The race in South Africa will take place in Pretoria and will start at 13:00 from Super Sport Park. The route will go through the grounds of the ARC.

A representative from the organisers will be at the time trials to explain how exactly the race works. It won't take much of your time. In the meantime you can find more details at <http://www.wingsforlifeworldrun.com/za/en/>

SA 21 KM CHAMPIONSHIPS

The SA 21 km Championships will take place in Port Elizabeth on 30 July 2016.

To be considered for selection to the AGN team, athletes must run the following qualifying times for a half Marathon during the period 26 March until 2 May:

Men	Women
16-19	16-19
1:15:00	1:35:00
20-39	20:39
1:07:00	1:26:00
40-49	40-49
1:16:00	1:34:00
50-59	50-59

1:25:00

60-69

1:35:00

70+

1:45:00

1:45:00

60-69

1:55:00

70+

1:57:00

LOSKOP ACCOMMODATION

Loskop Marathon Accommodation

Friday 15th April – 1 night

2 persons

Pumpkin Tree Guesthouse – Middelburg

Less than 2km from the start

R700 for the night

Contact Rita Liebenberg 083 391 0693



PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Danni	Marlin	04 Apr
Louis	Perold	04 Apr
Elzeth	Steenkamp	04 Apr
Isaiah	Tolo	04 Apr
Hendrik	Steynberg	05 Apr
Alhasan	Jallow	06 Apr
Ben	Taljaard	06 Apr
Travers	Snyman	07 Apr
Rinaldi	Botes	09 Apr
Ronel	Jooste	09 Apr
Nompilo	Bembe	10 Apr
James	Eayrs	10 Apr
Yolandi	Wiese	10 Apr



NOTICE BOARD

Sunday 10 April

Modern Athlete Irene Ultra 48 / 21.1 / 8 km

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Nelmapius Road, Irene

GPS: Gate 1: S 25 53.49 E 28 13.29

Gate 2: S 25 53.31 E 28 11.29

	48 km	21.1 km	8 km
Entry fees	R 160	R 80	R 50
Entry fees 60 +	R 80	R 40	R 30
Entry fees 70 +	Free		
Start time	06h00		06h15
Time Limit	06h00	03h30	

The fun run is wheelchair friendly No pets allowed

Pre-entries at: Run-Away Sport; The Runners Store, Sweatshop Dunkeld, Broad Acres, Bedfordview & Southdowns

www.championchip.co.za

Saturday 16 April

Morula ½ marathon 21.1 / 10 / 5 km

Race Organisers: Morula Running Club

Venue: Giant Stadium, Buitekant Road, Soshanguve

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Race day entry fee	R 90	R 70	R 50
Entry fees 70 +	Free		
Start time	06h30		06h45
Time Limit	??h00		

No pets allowed No wheelchair athletes

1st 500 pre-entries will receive a t-shirt

Pre-entries at: Run-Away Sport; Sweat Shop; Running Inn; P'nP Soshanguve

www.entrytime.com

Wednesday 27 April

FreedomRun 2 21.1 /12 / 5 km

Race Organisers: Addicted to Life

Venue: Temba Satdium, Unit D, Temba

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees 60 +	R 40	R 30	
Entry fees – under 18	R 50	R 40	
Entry fees 80+	Free	Free	
Start time	07h00	07h15	07h30
Time Limit	When last athlete crosses the finish line		

Not suitable for wheelchair athletes

No animals allowed

Pre-entries at: The Runners Store, P'nP Soshanguve

www.enteronline.co.za www.entrytime.co.za www.addictedtolife.co.za

2016 AGN LEAGUE FIXTURE LIST

<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			<i>RR</i>	<i>RW</i>
Ford	10/21	9 Apr	X	X
The Love Run	10/21	14 May	X	X
Race 4 Faith	10/15	4 Jun	X	X
Zwartkop	10/21	30 Jul	X	X
Wierie	10/21	13 Aug	X	X
Andrew Greyling	10/21	17 Sep	X	X
King Price Irene Farm	10/21	29 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

Masters Athletics Fixture list

9 April	CGA Masters Championships	Gauteng Germiston
13 and 14 May	SA Masters Championships	Pilditch
13 Augustus	Claude Sterley byeenkoms	Pilditch
? Oktober	SWD	Oudtshoorn
12 November	Vrystaat	Bloemfontein

THOUGHT FOR THE WEEK



Photo Corner (Denel Race)



Portia Ravhuhali with a friend



Noel Banda



Philip Breytenbach



Deon and Retha van Onselen



Ansie Breytenbach



Annemarie Kruger



Phineas Mojapelo and Johan van Vuuren in serious conversation



Roelof Beukes on the podium for the first time



Smiles all over



Marks Mathebula, 3rd from the left, celebrated his birthday on Saturday



Members enjoying the Irene facilities



Peter Olivier and Annemarie Breytenbach