

IRENE NEWS

4 March 2019

No 9 - 2019



ACHIEVEMENTS

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

Jacquie van der Waals 1st Vet lady & 2nd lady – 10 km (44:07) Ansie Breytenbach 1st Master lady – 21 km (1:49:37)

Sandra Steenkamp 1st lady walker & 1st Master – 10 km (60:40)

Elsa Meyer 3rd Lady walker – 10 km (70:15) Jaap Willemse 1st GM walker – 10 km (65:49)

Other races:

Joey Cloete 1st GM lady – Uniwisp 21 km
Petro van Rensburg 1st Lady walker – Uniwisp 21 km
Tienie van Rensburg 1st Walker – Uniwisp 21 km
Michael Freeman 1st GM – Moretele 21 km

Keith Reynolds 3rd Master – Kilimanjaro 42 km (3:44:32)

Well done!

PERSONAL ACHIEVEMENTS

Petro van Rensburg PB – 21 km

Well done!

Please let us know about your personal achievements i.e. personal best times, first race in a certain distance etc. Don't be shy!

THIS WEEK'S DIARY

Monday:

Strength training @17:30 - Club house

Tuesday:

Time trials @ 17:30 – Club house (Everybody starts together at 17:30) Monthly social afterwards – Noot vir Noot

Saturday:

Buco Bobbies 5/10/21 @ 06:00 – Hatfield Plaza Entries for this race will be available at the club house on Tuesday evening

Sunday:

Club run @ 06:00 – Club house – All welcome, your distance, your pace.

CAPTAIN'S CORNER

We are well into the training regime and the results are astonishing. I am very happy with the group that is training at the club. The commitment and perseverance shown at these sessions are fantastic. Join in the group training as it in a safe environment and remember **EVERYONE** is welcome. Doesn't matter what your fitness levels are, we all started somewhere to reach our specific goals. One thing I want you, the members to start thinking about is, what you want as an outcome at every training session or race you participate in. An example is, if you are going run a 10km the weekend, start thinking on what you want to achieve at the race and go for it. By doing this, you will have a good idea on where you are with your fitness and planning. Training the same, when you pitch up at a Time Trial know what you want to achieve on the day or focus on the weakness and improve on it.

The Comrades Training camp was launched on the 19th of February at the clubhouse. The date is from 16th to the 20th of May. I am looking forward to an exciting camp where we can prepare properly for Comrades 2019.

The club has a WhatsApp group should you want to be part of it. Here we discuss upcoming events, races and race numbers etc. Let me know if you keen by sending me your name and surname and I will add you. The **IRENE APP** is also available to be downloaded to your mobile so please do so. We will start using the APP as our communication tool in the future. There are chat groups which you can choose to belong so please download it and let's get talking.

Should you have any questions about training please drop me a mail at training@irenerunner.co.za, call or WhatsApp me on 082 345 5343 and I will assist where possible.

Proud IRENE Greetings

Linley

CARAVAN DRINKS PRIZES AS FROM 2 MARCH

All beers and Savannas - R20.00

Energade - R15.00

Cooldrinks, flavoroured milk and water - R10.00



LIFT AVAILABLE

I will be driving by car to Murraysburg to participate in the Karoo X-ing, a two day stage race of 65 km in total, from 25 to 28 April 2019. I have previously participated in another such event, arranged by Willem and Julie Avenant and can vouch for the quality of the event organisation and the uniqueness of the race. Please view http://karoorunning.weebly.com/koppie-x-ing.html for full details and to enter. I have space in my car for those who would like to travel with me to Murraysburg, free of charge. Interested members should please contact me fairly urgently, since entries will close shortly.

Henk Basson

082 604 4441

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

| Debbie | Arkell | 04 Mar |
|--------|--------------------|--------|
| Musa | Nkosi | 04 Mar |
| Tracey | MacFadyen | 05 Mar |
| Willem | Swart | 05 Mar |
| Markus | van der Westhuizen | 07 Mar |
| Noel | Banda | 09 Mar |
| LeRoy | Geldenhuys | 10 Mar |
| Kobus | Oberholzer | 10 Mar |
| Malusi | Sikwebu | 10 Mar |



Website: www.csi-euf.co.za

Tel: 011 805 6316







SOCIAL EVENING

It is the big "Noot vir Noot" competition at the club on Tuesday evening. Teams consist of 4 members. They do not all have to be club members. Bring the family.

Even if you don't have a team, come along. We will form teams on the evening.

LOTS OF FUN AND.....

Great food!!!! Traditional Bobotie on sale for R50

A pair of Asics to be won at the Lucky draw, be there!!!!!



NEW VENUE

Saturday 9 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 |
| 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; Runners Stores Tramshed; Buco Wonderpark; Hatfield Plaza

www.enteronline.co.za

Entries for the Bobbies race will be available at the club house on Tuesday evening

Saturday 16 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 90 | R 70 | R 50 |
| Start Time | 06:00 | | 06:15 |
| Cut-off | 03:30 | | |

No Pets

No iPods or listening devices are allowed

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

www.enteronline.co.za

Thursday 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 45'2 E 28 12'11

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

No Pets

No iPods or listening devices are allowed

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

www.entrytime.com

| 2019 AGN LEAGUE FIXTURE LIST | | | | |
|------------------------------|------------|----------|--------|----|
| EVENT | DISTANCE | DATE | LEAGUE | |
| | | | RR | RW |
| Kolonnade Road Race | 21.1/10 km | 30/03/19 | Χ | Х |
| Run Against Drugs | 21.1/10 km | 13/04/19 | Χ | Х |
| Skosana Development Run | 21.1/10 km | 25/05/19 | Χ | Х |
| Race of Friendship | 21.1/10 km | 29/06/19 | Χ | Х |
| Zwartkop Road Race | 21.1/10 km | 27/07/19 | Χ | Х |
| Spirit of Flight | 10 km | 31/08/19 | Χ | Х |
| Brooklyn Road Race | 21.1/10 km | 07/09/19 | Χ | Х |
| Capital Classic | 21.1/10 km | 05/10/19 | Х | Х |
| Freedom of Expression | 21.1/10 km | 02/11/19 | Χ | Х |

Masters Athletics Fixture list

South Africa

? March 2019 KZN Kings Park Stadium

29/30 March 2019 PE Westbourne Oval

29/30 March GNMA Pilditch

5/6 April 2019 WP Cape Town

13 April 2019 CGMA Herman Immelman

10 August 2019 Mpumalanga Secunda

? October 2019 Rassies Bronkhorstspruit

25/26 October 2019 SWD Oudtshoorn 8/9 November 2019 Free State Bloemfontein

South African Championships

3/4 May 2019 SWD Oudtshoorn

April/May 2020 Central Gauteng Herman Immelman

Africa Championships

2021 Nairobi, Kenya

2023 South Africa

International Championships

24-30 March 2019 WMA Indoor Torun, Poland

28/9-6/10 2019 30th Summer Universiade Naples, Italy

20/7/2020 – 1/8/2020 World Masters Athletics Champs Toronto, Canada

THOUGHT FOR THE WEEK

Burn brightly without burning out.

PHOTO CORNER (DELOITTE)



Annemarie & Kobus Oberholzer



Mike Fox-Martin and his daughter, Amy



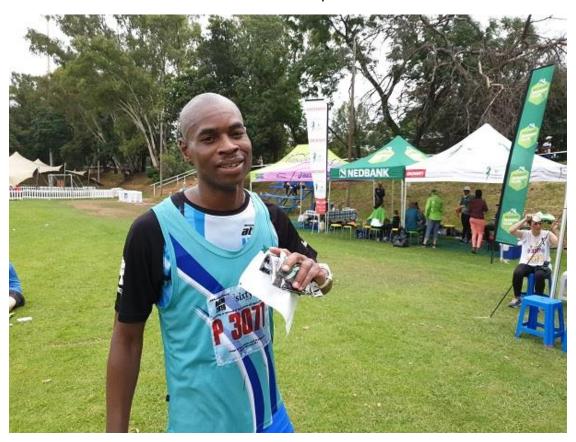
Leon Els



Ali and Leonard van Antwerpen



René du Bruyn



Bheki Khumalo



Noel Banda



Alhasan Jallow



Mthokozisi Mambi, Johan van Vuuren and Riaan Prinsloo



Marks Mathebula and Christo van der Merwe



Lidia Fibiger and Heleen de Bruin



Lindie Pretorius



Dieter Meyer



Bernice Swanepoel



The Captain's bus arriving on time



The "bus" driver, Cappie Linley September



Bongani Mthethwa



Vanessa Botha



Anton de Klerk



Danny and Helandie Calaca



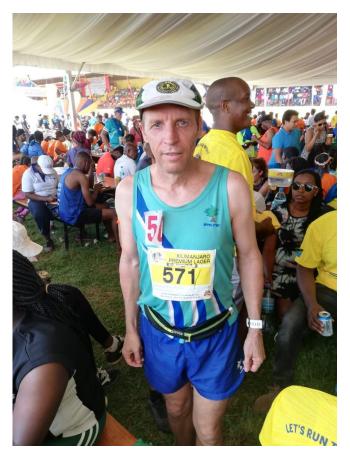
Pierre du Bruyn and his daughter, Emma-Jo Dos Santos



Thea van Helden



We were well represented at the Uniwisp race in Nelspruit



Keith Reynolds at the Kilimanjaro race



Kathleen Faling. Photo: Supplied

Sutherland high school has expressed its pride after three of its teachers received top honours for their teaching excellence.

Kathleen Faling, Erin Adlam and Ronel Bothma were awarded the prestigious Best Performing Teacher award for the class of 2018 at the matric awards ceremony on 6 February 2019.

Congratulations to Kathleen Faling with her excellent achievement