



# 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 | 1 <sup>st</sup> Vet lady & 2 <sup>nd</sup> lady – 10 km (44:07)      |
| Ansie Breytenbach     | 1 <sup>st</sup> Master lady – 21 km (1:49:37)                        |
| Sandra Steenkamp      | 1 <sup>st</sup> lady walker & 1 <sup>st</sup> Master – 10 km (60:40) |
| Elsa Meyer            | 3 <sup>rd</sup> Lady walker – 10 km (70:15)                          |
| Jaap Willemse         | 1 <sup>st</sup> GM walker – 10 km (65:49)                            |

Other races:

|                     |  |
|---------------------|--|
| Joey Cloete         | 1 <sup>st</sup> GM lady – Uniwisp 21 km              |
| Petro van Rensburg  | 1 <sup>st</sup> Lady walker – Uniwisp 21 km          |
| Tienie van Rensburg | 1 <sup>st</sup> Walker – Uniwisp 21 km               |
| Michael Freeman     | 1 <sup>st</sup> GM – Moretele 21 km                  |
| Keith Reynolds      | 3 <sup>rd</sup> 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 is 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 to 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 19<sup>th</sup> of February at the clubhouse. The date is from 16<sup>th</sup> to the 20<sup>th</sup> 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 are 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](mailto: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, flavoured 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://karooring.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  | Geldenhuis         | 10 Mar |
| Kobus  | Oberholzer         | 10 Mar |
| Malusi | Sikwebu            | 10 Mar |



Website: [www.csi-euf.co.za](http://www.csi-euf.co.za)

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# **JOINT**Eze™

# **MODERN** *athlete*



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## **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!!!!

**GRAB YOUR TEAM OF 4  
AND COME PARTICIPATE IN**

**NOOT  
VIR  
NOOT**

**OUR FUN MUSIC QUIZ**

**HOSTED BY**

*Johan Stemmet's*

**ENGLISH COUSIN JOHN STEMMET**

**R50** *Win Prizes!*  
*Fun Fun Fun!*

**Delicious bobotie on sale  
5th March, after time trial**

## NOTICE BOARD

### 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](http://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](http://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- &amp; 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](http://www.entrytime.com)**2019 AGN LEAGUE FIXTURE LIST**

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

## **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    | Bronkhorstspuit    |
| 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       | 30 <sup>th</sup> 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