



IRENE NEWS

5 February 2018

No 5 - 2018



ACHIEVEMENTS

The following members were on the podium at the McCarthy Toyota Race on Saturday:

Gretha Pierce	5 th lady – 21 km (1:29:45)
Noel Banda	3 rd Master – 21 km (1:32:36)
Ansie Breytenbach	1 st Master lady – 21 km (1:44:25)
Joey Cloete	1 st GM lady – 21 km (1:57:40)
Jaap Willemse	1 st Walker – 21 km (2:12:44)
Elsa Meyer	1 st Lady walker – 21 km (2:23:47)

Nadine Breytenbach	1 st Vet lady – Bobbies 21 km (1:41:30)
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Congratulations!

PERSONAL ACHIEVEMENTS

Gretha Pierce	PB 21 km
Melani Swart	PB 21 km
Joey Cloete	PB 21 km
Suzanne Stander	PB 21 km
Corné Johnstone	PB 21 km
Tertius Dekker	First 10 km
Roxanne Swart	First 21 km
Lisinda Jacobs	First 21 km
Rose Magolego	PB – 42 km

Well done!

Tuesday:

Time trials at 17:30 - Club house **Social evening**

Saturday:

Bronkhorstspuit 5/10/232 at 06:00 – Erasmus Hoërskool, Bronkhorstspuit

REGISTRATION PACKS

The registration packs will be available for collection at the club house every Tuesday evening from 17:00 until 19:00. The T-shirts for the first 500 members who registered will also be available.

LANTERN RACE

We still require helpers for the following:

Water points

Handing out medals

Route marshals

Helpers to light the lanterns

Helpers to split the athletes to prevent them running into each other

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 20 February to earn your medal.

All the helpers are requested to wear a headlamp or some light to contribute towards the romantic atmosphere

21 KM CLUB CHAMPIONSHIPS

Congratulations to Schalk Liebenberg and Gretha Pierce who are the 2018 Club Champions. Well done also to all the category winners. The preliminary results in the different categories were as follows:

	Men	Woman
Overall	Schalk Liebenberg	Gretha Pierce
	Nelius van Rooyen	Louisa Koornhof
	Martin Webber	Amanda Cloete
Senior	Schalk Liebenberg	Gretha Pierce
	Nelius van Rooyen	Louisa Koornhof
	Mauritz Oberholzer	Amanda Cloete
Veteran	Martin Webber	Rosemary Brink
	Mthokozisi Mambi	Carolina van der Westhuizen
	Alhasan Jallow	Joan van Wyngaard
Master	Noel Banda	Ansie Breytenbach
	Rog Hudson	Daleen Labuschagne
	Dirk Cloete	Elmarie Strecker
GM	Johan Nel	Joey Cloete
	Henk Basson	Marie van Dyk
	Jaap Willemse	
GGM	Gerard van den Raad	Elsa Meyer



Schalk Liebenberg



Gretha Pierce

CAPTAIN'S CORNER

As you will have noticed that the marathon season has started. It is a busy month of marathons as always as you will see there are 3 on the program that are the popular ones. This will be followed by the ULTRAS and is all our build up towards the 10th of June (COMRADES 2018). Please ensure you follow a program. If you following the club program, then stay on it until you reach your goal race. This way you will know whether it works for you or not. Should you be following another program don't stray between the two. Our core and strength sessions has started showing some results with members getting podium finishes and some telling me the difference they are starting to feel and see in there running and walking. We have arranged a talk with a Sports Massage person to come give us the reasons why it is needed. This will happen the 13th of February in the Lapa. The group training session has grown and the camaraderie amongst the members are nothing short of refreshing to see. New members feel like they have been part of the club for years and the older members is loving the sessions. As I always, the club is YOUR club so make use of the safe environment it has to offer. Please join in the group training sessions as there is always someone who trains at your pace. The IRENE WHATSAPP has also grown and the information sharing is great. If you want to be part of it, send me your name and surname and I will add you to the group. Remember to plan your races for 2018 and stay committed to it. The **PEPTOSPORT** and **PEPTOPRO** products are on sale and is available to purchase at the clubhouse from Suzelle Engels.

All the FAQ's is here for the PEPTO products http://www.atlife.co.za/content/fag_pepto.html . Any questions you might have regarding we will attempt to answer them. Please contact us so we can assist you. We have tried and tested the products and a few other members are using it and the feedback has been phenomenal.

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

Suzelle Engels details is 082 415 5019 and her email is suzelleengels@gmail.com

There is no one giant step that does it, it's a lot of little steps - Peter A. Cohen

Proud IRENE Greetings

Linley

TIME TRIALS

We all start together at 17:30 after the announcements. Remember to write your details in the Time Trail book afterwards.

SUBSTITUTIONS

Members are requested to let us know if they entered for races like Two Oceans, Om die Dam and Comrades but are unable to participate. We have waiting lists of members who want to take over your entries.

TWO OCEANS ENTRIES

Henry Enslin entered for the Two Oceans 21 km but wants to swop it for a 56 km entry. He can be contacted on 0123484204 or 0832500593.

IRENE TRIPLE CHALLENGE

Members are invited to enter for the Irene Triple Challenge. The entry fee for non-members is R480 this year but Irene members will only pay R180. To complete the Triple Challenge you will have to work at the Spar Irene Lantern Race, the Clover Irene Spring Race and the King Price Irene Farm Race. You also have to do the helpers runs of the three races.

Entries close on 14 February. Please find the entry form attached.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Theuns	Willemse	05 Feb
Neldi	Faure	06 Feb
Emily	Mamoepa	07 Feb
Shaun	Smee	07 Feb
Helandie	Calaca	08 Feb
Veli	Mokoena	08 Feb
Blanche	Van Vuuren	08 Feb
Thabiso	Mashaba	09 Feb
Johannes	van den Heever	09 Feb
Wessel	van der Merwe	10 Feb
André	Fourie	11 Feb
Corne	du Toit	11 Feb



MODERN
athlete



Saturday 10 February**Bronkhorstspuit 32/10/4 km**

Race Organisers: Bronkhorstspuit Athletics Club

Venue: Hoërskool Erasmus, Cathy Street, Bronkhorstspuit

	32 km	10 km	4 km
Entry fee	R 150	R 80	R 20
Entry fee 60+	Free		
Start Time	06:00	06:15	06:30
Cut-off	04:30		

1st 200 pre-entries receive a free t-shirt-No Pets-No wheelchair athletes allowedPre-entries at: Run-away Sport www.enteronline.co.za**Saturday 17 February****Bestmed Tuks Race 42.2/21.1/10/5/1 km**

Race Organisers: Tuks Athletics

Venue: UP Sports Campus, Burnett Street, Hatfield

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

	42.1 km	21.1 km	10 km	5km	1 km
Entry fee	R 150	R 100	R 80	R 50	R 40
Start Time	05:30	06:00	06:30 Wheelchair 06:20	06:40	08:00
Cut-off	05:30	03:00			

42.2km race is a pre-entry race only and limited to 4000 runners**1st 2 500 pre-entries receive a free t-shirt for 10/21.1 & 42.2km****No Pets Wheelchair athletes allowed on the 10km**

Pre-entries at: Run-away Sport; Sweatshop Dunkeld, Fourways, Centurion

www.entrytime.com

Sunday 25 February
(Pretoria Marathon)

The Deloitte Challenge 42.2/21.1/10 km

Race Organisers: Phobians Athletics Club

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

	42.2 km	21.1 km	10 km
Entry fee	R 190	R 130	R 80
Start Time	06:00		06:15
Cut-off	05:30		

42.2/21.1km entries open until 24 February – no race day entries

1st 5 000 pre-entries receive a free t-shirt

No Pets - Wheelchair athletes allowed

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld, Bedfordview

www.entrytime.com

Saturday 3 March

Medihelp Sunrise Monster 32/10/5 km

Race Organisers: Harlequin Harriers

Venue: Harlequin Club, Totius Road, Groenkloof

GPS: S 25 40.122 E 28 13.031

	32 km	10 km	5 km
Entry fee	R 110	R 80	R 40
Entry fee 60+	R 60	R 40	R 30
Race day entry (excluding 60+)	R 130	R 90	R 50
Race day & race eve entries (70+ / 80+)	Free		
Start Time	06:03	06:30	06:45
Cut-off	04:30	02:00	

T-shirts to all finishers, while stocks last, sizes are not guaranteed

No Pets Wheelchair athletes allowed www.entrytime.co.za

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Natuaral Runner Centurion

2018 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Denel Road Race	21.1/10 km	24/03	X	X
Morula Half Marathon	21.1/10 km	21/04	X	X
Race of Hope	21.1/10 km	19/05	X	X
Riana van Niekerk Run/Walk for Bibles	21.1/10 km	30/06	X	X
Ice Breaker	21.1/10 km	07/07	X	X
SMU Half Marathon	21.1/10 km	28/08	X	X
Clover Irene Spring Race	21.1/10 km	29/09	X	X
CSIR Road Race	21.1/10 km	21/10	X	X
Tom Jenkins	21.1/10 km	17/11	X	X

Masters Athletics Fixture list

- **Local meetings**

23/24 Feb 2018 KZN Snr & masters Champs Pietermaritzburg.

2-3 March 2018 PE Westbourne Oval, PE,

23/24 March 2018 GNMA (throws & Track & Field) Pilditch, Pretoria

7 April 2018 CGMA Herman Immelman,

13/14 April 2018 WP Parow

4 Augustus 2018 FSMA Throws and jumps Pelliespark, UFS

11 Augustus 2018 Mpumalanga Secunda

27 October 2018 SWD Oudtshoorn

10 November 2018 Free State Bloemfontein

THOUGHT FOR THE WEEK

If you fail to prepare, you're prepared to fail.

Photo Corner (McCarthy Toyota)



At the start of the 21 km. Carolina van der Westhuizen looking ready for action



Michelle le Roux at the start of the 10 km



Derrick Viviers



Renette Prinsloo



Pieter "Natural" Olivier is back!



Rudolph du Toit



Noel Banda



Martin Webber



Louisa Koornhof



Alhasan Jallow



Dirk and Amanda Cloete



Mark van Deventer and Riaan Prinsloo



Johan Dekker with his son Tertius who ran his first 10 km



Joan van Wyngaard, Rosemary Brink and Mthokozisi Mambi



Former member Emmie Schutte, now residing in Canada, paid us a welcome visit



Roxanne Swart did her first 21 km



Suzanne Stander did a PB on the 21 km



Fun at the Cara-Fun



The place to be at the AGN races



Some of our podium winners: Jaap Willemse, Elsa Meyer, Joey cloete & Ansie Breytenbach