



IRENE NEWS

6 April 2015

No 14 - 2015



ACHIEVEMENTS

There is quite a long list of achievements of different events.

Congratulations to the following members who completed the Iron man last Sunday:

Jan van Wyk
Peter Skinner
Maureen Mossop
Belinda Skinner
Elaine Cuffe

Well done to all our members who finished the Two Oceans Marathon. Bennie Roux (3:56:24) and Anelle Vorster (4:41:17) were the first Irene man and woman finishers. Congratulations to Bennie with his Silver medal. The average time of the Irene finishers was 6:06:56.

Congratulations also to Victor Phetoe and Henk Moen who received their permanent numbers after completing their 10th Two Oceans Marathon:

Heinrich Beukman completed his 25th race. Well done!

The following members won medals in their different age categories at the Gauteng North Masters Athletics Championships held at Pilditch on Saturday:

Ansie Breytenbach	Gold 5000 m, Gold 3000 m, Gold 1500 m and silver 800 m
Liza Maritz	Gold 3000 m, Gold 1500 m
Gerard van den Raad	Gold 5000 m walk, Gold 3000 m walk
Ray Patterson	Gold 5000 m walk
Jan van de Venter	Gold 5000 m walk
Jaap Willemse	Bronze 5000 m walk
Elsa Meyer	Gold 5000 m walk, Gold 3000 m walk
Annatjie Greyvenstein	Gold 5000 m walk (SA record) Gold 3000 m walk (GN record)
Sandra Steenkamp	Silver 5000 m walk
Lucia Willemse	Silver 5000 m walk
Joey Cloete	Gold discus, Gold shot put
Wynand Breytenbach	Bronze shot put, Bronze Greek discus

Congratulations to all of you.



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The following members were on the podium at The Grove race:

Ansie Breytenbach	1 st Master lady – 21 km (1:35:49)
Johan Janse van Vuuren	1 st GGM – 21 km (2:17:24)
Elsa Meyer	1 st Lady walker & 1 st GGM – 21 km (2:16:09)
SP Botha	1 st GGM walker – 21 km (2:38:22)
Jacque van der Waals	1 st Vet lady – 10 km (39:21)
Lyn de Bruin	1 st GM lady – 10 km (56:38)
Leon Page	1 st Master – 10 km (44:23)
Wynand Breytenbach	1 st GM walker – 10 km (1:09:10)
Gerard van den Raad	1 st GGM walker – 10 km (1:03:28)
Jan van de Venter	1 st 80+ walker – 10 km (1:39:41)

Well done!

PERSONAL ACHIEVEMENTS

None received

IRENE ATHLETICS CLUB FACEBOOK

Don't forget to like us on Facebook. Click on the link below.



IRENE WEBSITE

There are more than 300 photos taken at 2015 races on our website. Visit our site at www.irenerunner.co.za to have a look.

IRENE CLOTHING

Please get yourself a pair of blue shorts and get rid of the black ones you are using at present. The blue tights will be available shortly. Be a proud Irene members and wear the proper running kit.

SOCIAL EVENING

It will be our monthly social again on Tuesday. As always you can expect something to eat at a reasonable price and there will be some lucky draw prizes. Bring the whole family along.

NEWS FROM AGN

Following our discussion at the Combined Management Meeting on 19 March 2015 we agreed to inform our runners to always wear their 2015 Licence numbers at the front and

back of their vests. It seems that it has become a culture of some of our athletes not to adhere to the ASA and IAAF Rules and Regulations. Technical Officials have been advised to implement this rule. Please also take note of the following rules:

Safety

1. Runners are not permitted to run with animals.
2. Where meeting organisers allow and have permission from the traffic authority for runners or walkers to participate with prams or baby joggers, they must start at the back of the race, and may be required to have a delayed starting time.
3. For the safety of the athletes and to ensure proper communication between officials and athletes, the use of video or cassette recorders, CD players, radio transmitters, I-pods, mobile phones or similar devices are not allowed during a road race.

Please comply with these rules at all races. Failure to comply with these rules can lead to disqualification.

Kind Regards

John Mathane

Technical Officials/ Deputy President

IRONMAN 2015 (Belinda Skinner)

Well Sunday (29th March) was my second attempt at Ironman. As many of you know last year ended at the bike cut-off, 6 minutes too late. Being a year older is definitely a disadvantage at the age of 50. Being a year wiser is definitely an advantage.

3.8km swim, 180km cycle and 42.2km run all in 17 hours is the culmination of MANY hours of training. Getting up early; exercising tired; through niggles, aches and pains; in the wind, rain, heat; swimming 4000m in a 25m pool!!!!!!!!!!!!!! Eish.....

We lined up at the start.... Jan, Maureen , Elaine, and myself.and guess what?

WE ARE ALL AN IRONMAN

WOW WOW WOW!!!!!!!!!!!!!!!!!!!!!!!!!!!! Happy happy happy dance!



LEAGUE RESULTS

The results of the Sunrise Monster have been received. We moved down two places on the log. Thank you to all our members who participated.

Feb	Global Pos	BHS Pos	Sun Pos	Div 1	Points League
				Club	
105	1	1	1	Vtm	56
37	3	2	2	Npo	54
164	7	4	3	Pmmc	53
120	2	3	4	Ace	50
150	10	7	5	Resbank	43
45	8	8	6	PvR	41
750	13	5	7	Irene	34
70	5	9	8	Hqh	33
162	16	13	9	Agape	32
150	9	11	9	Csir	32

SUPER LEAGUE

Well done to our ladies who did it again! They are still on top of the log. Unfortunately our men moved down one position and are now in 6th position.

Ladies

Grt Run 1	BHS Pos	SunRise Pos		Points
Pos			Club	Log
1	1	1	IRENE	150
3	2	2	MAGNOLIA	139
14	5	3	RUNAVATION	134
16	8	4	NEDBANK	131,5
8	6	5	OVERKRUIN	131
15	10	6	RUNNING INN	127
11	9	7	CSIR	124
5	3	8	VTM	119
17	12	9	PHOBIANS	102,5
13	11	9	UNISA	102,5



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Men

<i>Global Pos</i>	<i>BHS Pos</i>	<i>SunRise Pos</i>	<i>Male Club</i>	<i>Points Log</i>
3	2	1	PMMC	147,5
2	1	2	NEDBANK	147
1	3	3	TRANSNET	141
5	4	4	ACE	140
10	8	5	TUKS	132
6	5	6	IRENE	130
12	7	7	CORR SERV	129
3	6	8	RUNAVATION	116,5
14	13	9	ACRW	102,5
	19	10	PHOBIANS	82,5

Congratulations to the following members who earned super league points at the Sunrise Monster:

NAME	AGE	CAT	TIME	POINTS
Ladies 10 km				
J V D WAALS	40	vet	00:46:03	25
L MARITZ	35	snr	00:48:05	24
A BREYTENBACH	51	mas	00:49:42	21
Ladies 32 km				
Z BREYTENBACH	47	vet	02:40:40	21
A VOSTER	42	vet	02:43:21	20
N BREYTENBACH	37	snr	02:48:18	18
S STEENKAMP	50	mas	02:50:17	16
J VAN WYNGARD	38	snr	03:00:19	4
H DE BRUIN	57	mas	03:05:08	2
Men 10km				
N SARAIVA	34	snr	00:48:36	10
L PAGE	56	mas	00:49:58	2
Men 32 km				
V PHETOE	54	mas	02:24:27	30
M VAN DEVENTER	38	snr	02:26:04	23,5
P BREYTENBACH	39	snr	02:29:22	17
A JALLOW	35	snr	02:32:55	5,5

The walker's league at the Sunrise Monster was scrapped due to bad organisation.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week.

Travers	Snyman	07-Apr
Coenie	van den Bergh	07-Apr
Rinaldi	Botes	09-Apr
Ronel	Jooste	09-Apr
James	Eayrs	10-Apr
Len	Bakker	11-Apr
Magda	Wilcocks	11-Apr
Angela	Pottinger	12-Apr



NOTICE BOARD

Saturday 11 April

Ford 3-in -1 Run & Walk 21.1/10/5 km

Race Organisers: Ford Athletics Club

Venue: Ford Motor Company Sports Grounds, Cnr Simon Vermooten & Alwyn Streets,
Silverton

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
Start time	06h30		
Entries 60+	50%		
Time Limit	03h00		

Pre-entries at: Total Sports Hatfield, Run –A-Way Sport, Running Inn, Sportsmans
Warehouse Kolonnade & Atterbury Value Mart

www.enteronline.co.za

Saturday 18 April

Morula Run/Walk 5/10/21.1 km

Race Organisers: Morula Running Club

Venue: Giant Stadium, Soshanguve

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees 70+	Free		
Start time	06h00		06h15
Time Limit	??		

Free t-shirts to the 1st 500 pre-entries

No wheelchairs allowed

Pre-entries at: Run-A-Way Sport; Sweatshop Southdowns; Running Inn; Soshanguve P'nP

www.entrytime.com

Monday 27 April

Addicted to Life Freedom Run 21.1/10/5 km

Race Organisers: Addicted to Life

Venue: Temba Stadium, Unit D, Temba, Pretoria

GPS: S 25 22'42.5" E 28 14'58.1"

	21.1 km	10 km	5 km
Entry fees (16/03 – 20/04)	R 70	R 50	R 30
Late entry fees (21 – 27/04)	R 80	R 70	R 30
Entry fees 60 - 79	R 40	R 35	R 30
Entry fees 80+	Free		R 30
Start time	07h00	07h15	07h30
Time Limit	03h00		

No wheelchairs allowed

Pre-entries at: Running Inn; The Runners Store; Pick 'n Pay Soshanguve

www.webtickets.co.za

Friday 1 May

Rockets Wally Hayward Marathon 42.2/21.1/10/5/1 km

Race Organisers: Alpha Centurion Runners/Walkers

Venue: Hoërskool Zwartkop, Mopani Road, Zwartkop, Centurion

GPS: S 25 50'58.60" E 28 09' 54.32"

	42.2km	21.1km	10 km	5 km	1 km
Pre-entry fee	R 110	R 80	R 60	R 30	R 10
Entry fees – race day	R 130	R 100	R 70		
GGM & GGGM (race day only)	Free				
Jardine Joggers	Free				
Start Time	06:30		06:45	07:00	07h30
Time Limit	05h:30	03h30	2h00		

Pre-entries: Run-A-Way Sports, Running Inn Pretoria, Sweatshop Dunkeld & Southdowns, Sportsmans Warehouse Centurion, Atterbury Value Mart, Kolonade, Fourways, Woodmead, Boksburg, Roodepoort, Cresta' Randburg Runner; Rockets Sport Shop

Enter on line: www.entrytime.com

2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
Mamelodi	10 km	25/04/15	X	X
Great Run Series II	10 km	30/05/15	X	X
Race Against Drugs	10 km	13/06/15	X	X
Mooikloof Realtors Winter Road Race	10 km	18/07/15	X	X
A4A Women's Rights Run/Walk	10 km	08/08/15	X	X
Value Log Ou Voetpad		12/09/15	X	X
Capital Classic		10/10/15	X	X
Muller Potgieter		28/11/15	X	X

Masters Athletics Fixture list

Local meetings

11 April 2015	CG Champs – Germiston
18 July 2015	Claude Sterley meeting – Pilditch - only if sponsored
16 October 2015	Rassiebyeenkoms – Bronkhorstpruit
31 October 2015	SWD Champs – Oudtshoorn
14 November 2015	Vrystaat Champs - Bloemfontein

You are regularly informed about league meetings, please support these meetings. Results are taken into consideration when choosing the GN team for SA's

SA Masters Championships

15/16 May 2015	Nelson Mandela Metropolitan University – Port Elizabeth
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International Championships

4 – 16 August 2015 WMA Championships, Lyon, France
<http://www.lyon2015.com>

26 Oct – 6 November 2016 MA Championships, Perth, Australia
<http://www.perth2016.com>

THOUGHT FOR THE WEEK



Photo Corner



The start of the Iron Man



Bicycles everywhere



Action from the Masters Championships





Action from The Grove race



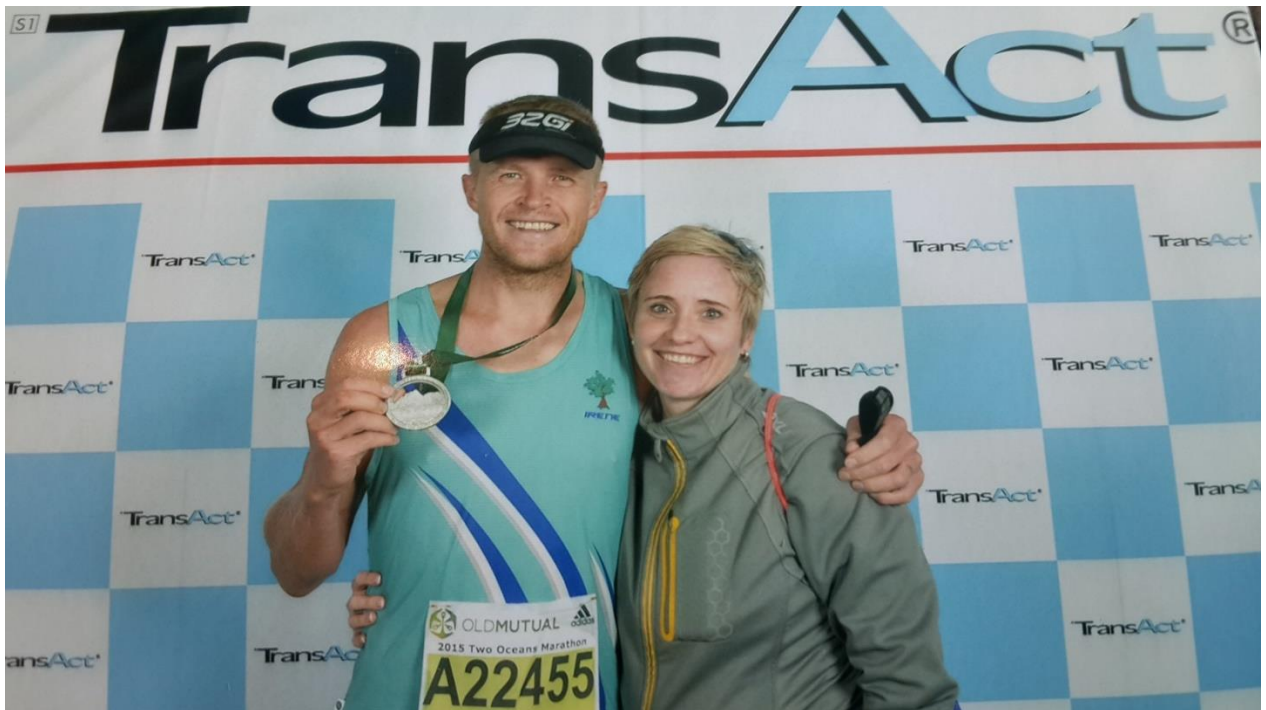












A very proud Bennie Roux with his Two Oceans silver medal

Two Oceans Action

