



IRENE NEWS

6 February 2017

No 5 - 2017



ACHIEVEMENTS

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

Rosemary Brink	2 nd Vet lady – 21 km (1:46:09)
Joy Nicholl	3 rd Vet lady – 21 km (1:49:04)
Ansie Breytenbach	1 st Master lady – 21 km (1:38:17)
Rhoda Willemse (social member)	1 st Lady walker – 21 km (2:12:38)
Jaap Willemse	1 st Walker – 21 km (2:15:01)
Annatjie Greyvenstein	1 st GGM lady – 10 km – (49:35)
Phumlani Mabophe	7 th Man – Sasolburg 42 km (2:42:59)

Congratulations!

PERSONAL ACHIEVEMENTS

Minnette Nel	PB – 10 km
Bets Botha	PB – 21 km
Jurie Venter	PB – 21 km
Marli Hanekom	First Marathon

Well done!

THIS WEEK'S DIARY

Tuesday:

Time Trials at 17:30.

Social evening after the time trials

Saturday:

Bronkhorstspuit 10/32 at 06:00 – Erasmus High School, Bronkhorstspuit – **League race**



21 CLUB CHAMPIONSHIPS

Congratulations to Philip Breytenbach and Amanda Cloete who are the 2017 Club Champions. Well done also to all the category winners. According to the official results the winners in the different categories were as follows:

	Men	Woman
Overall	Philip Breytenbach	Amanda Cloete
	Nelius van Rooyen	Ansie Breytenbach
	Michael Mokwala	Joan van Wyngaard
Senior	Nelius van Rooyen	Amanda Cloete
	Michael Mokwala	Joan van Wyngaard
	Mauritz Oberholzer	Candice van der Spuy
Veteran	Philip Breytenbach	Rosemary Brink
	Dirk Cloete	Joy Nicholl
	Danie Cornelissen	Belinda de Bruin
Master	Rob Hudson	Ansie Breytenbach
	Heinrich Piek	Frances Lezar
	Tebogo Mokoka	Gwen Siyotula
GM	Henk Basson	Joey Cloete
	Iain McFadyen	Lucia Willemse
	Johann Stadler	Marietjie Wanland
GGM		Elsa Meyer

It is possible that entry numbers were changed resulting in inaccurate results. Please assist to rectify any such errors.



Philip Breytenbach



Amanda Cloete

NEW MEMBERS

Welcome to the following new members:

Andre	Grobler
Antoinette	Grobler
Johan	Visser
Ilze	Du Randt
Chris	Harmse
Stevens	Skosana
Zanele	Maseko
Buks	van Deventer
Melani	Swart
Keira	Cook
Bheki	Ndhlovu
Mariet	Harper



Great to have you with us! Please feel at home.

LANTERN RACE

We still require many more helpers to assist at the Lantern race on 15 February.

We require helpers for the following:

- Taking entries
- Handing out medals
- Route marshals
- Traffic marshals
- Lantern helpers
- Splitting of the runners
- Helpers at the start/finish



Please reply to this email and let me know where you prefer to work. We require about 300 people. You are welcome to bring along family and friends.

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 21 February to earn your medal.

We rely on you.

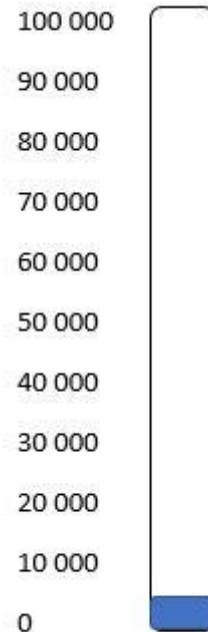


CARAVAN FUND

Thank you to the members who have already contributed to our caravan fund. The fund now stands on R4000. Let's see where it will be next week!

Please make your contribution today, no contribution is too small.

**FABER
VERVOER**



LEAGUE RESULTS 2016

Congratulations to our ladies and walkers who did exceptionally well last year. The ladies were the winners of the super league trophy and our walkers won the walkers league. We are very proud of you!

Well done to our men who finished in 5th position in the super league.



TWO OCEANS ENTRY

I have a 56km entry which I am willing to swap for a 21 km. You can contact me at 0824592763. Tjaart van Wyk

PERSONALIA

Our condolences to Grazyna Koornhof whose mother passed away.

Ashley Williams received a pacemaker last week. We wish him a speedy recovery.

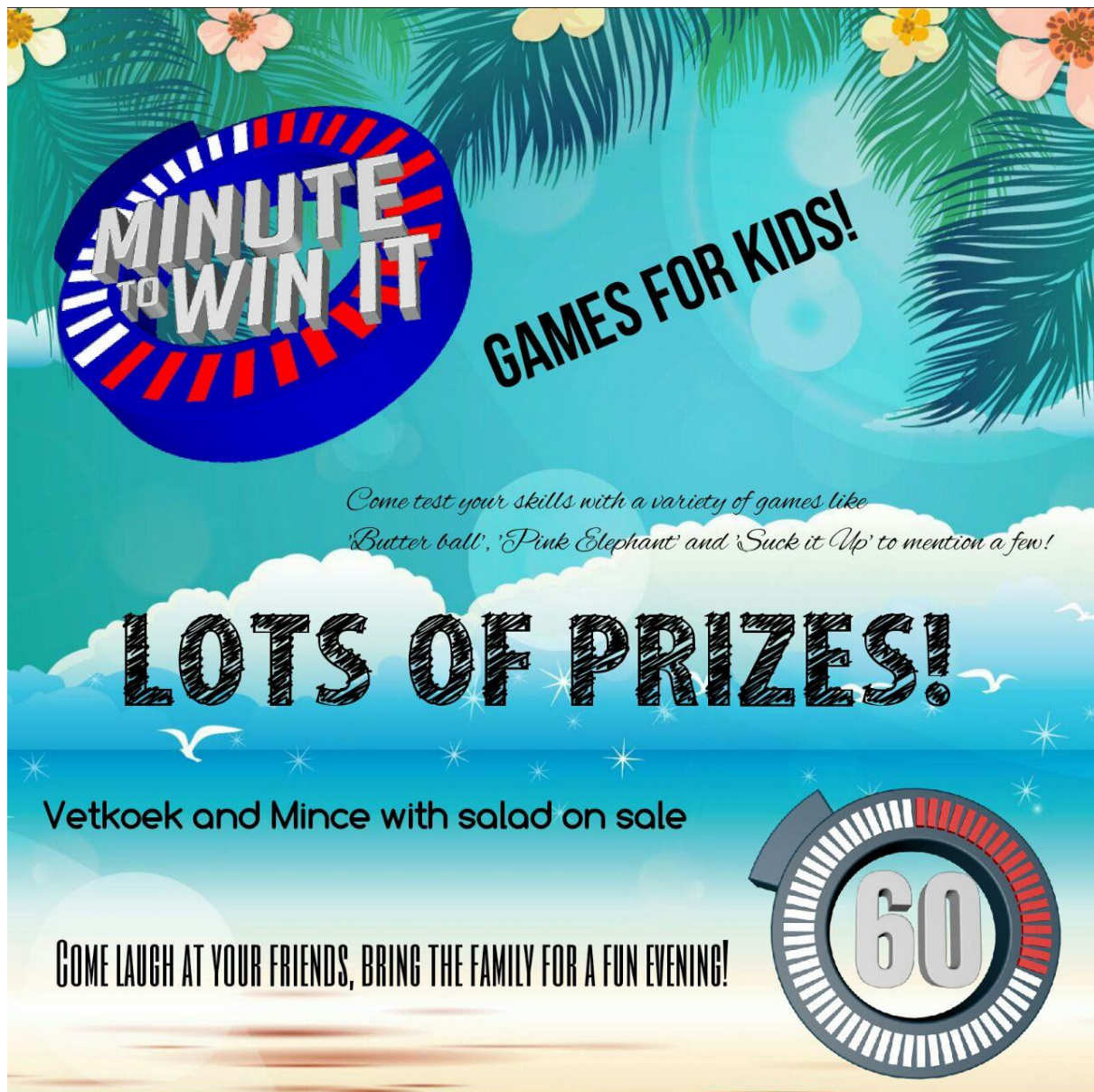
Congratulations to everybody celebrating their birthdays during the week:

Shaun	Smee
Helandie	Calaca
Blanche	Van Vuuren
Thabiso	Mashaba
Wessel	van der Merwe
Corne	du Toit
Hannah	Pheiffer



SOCIAL EVENING

We can all look forward to another great social evening on Tuesday after the time trials.



There will also be a few exhibitors. Don't miss out.

LEAGUE RACE

The Bronkhorstspuit 10/32 this coming Saturday is a league race. Please be there in numbers. There will be something to eat after the race to all members.

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CAPTAIN'S CORNER

"Personal values provide an internal reference for what is good, beneficial, important, useful, beautiful, desirable and constructive. Values generate behaviour and influence the choices made by an individual."

Wow!!! Deep man...very deep... but you got to admit – it makes you think, doesn't it? Louis, our esteemed chair got me thinking on Tuesday evening when he hosted the information session for new members. Besides the obvious fitness and health stuff, what other value does the club have on offer? Well, some of you might remember the theme song from the popular sitcom series "Cheers" of yesteryear. The words capture the essence of the of the best value proposition the club has on offer to me.

Theme Song from Cheers

*Making your way in the world today takes everything you've got.
Taking a break from all your worries, sure would help a lot.*

Wouldn't you like to get away?

Sometimes you want to go

*Where everybody knows your name,
and they're always glad you came.
You wanna be where you can see,
our troubles are all the same
You wanna be where everybody knows
Your name.*

*You wanna go where people know,
people are all the same,
You wanna go where everybody knows
your name.*

*You wanna go where people know,
people are all the same,
You wanna go where everybody knows
your name.*

Nice hey!! Sort of says it all in a nutshell. And you? Do you enjoy this aspect of belonging to IAC? Not? Would you like to enjoy this social benefit. The secret lies within your reach. Simply reach out to your fellow club members, and keep on reaching out. Persevere in being open, friendly, involved and loyal and IAC will become to you a place where everybody knows your name.

Remember to volunteer with Wynand to help at the Irene Lantern Race in about 10 days' time. See you tomorrow at hill training. 17h15 for 17h30 at the clubhouse.

NOTICE BOARD

LEAGUE RACE

Saturday 11 February

Bronkhorstspuit 32/10/4km

Race Organisers: Bronkhorstspuit Atletiekklub

Venue: Hoërskool Erasmus, Cathy Street, Bronkhorstspuit

	32 km	10 km	4 km
Entry fees	R 150	R 80	R 20
Pre-entry fee 60 +	Free		
Start Time	06:00	06:15	06:30
Cut-off	04h30		

No wheelchair athletes

Pre-entries at: Run-away Sport

www.enteronline.com

Wednesday 15 February

Spar Lantern Night Race 5/10km

Race Organisers: Irene Athletics Club

Race Venue: Irene Campus ARC, Main Road, Irene (entrance also opposite Denel – Nelmapius Road)

GPS: S 25.53'49 E 28.13'29 S 25.53'31 E 28.11'29

	10km	5km
Entry Fee	R 90	R 60
Entry Fee 60+	R 45	R 30
Entry Fee 70+	Free	
Start Time	19:00	
Time Limit	01h30	

Not suitable for wheelchairs

Pre-entries at: Run-away Sport; Runner's Store Tramshed; Aweatshop Dunkeld, Southdowns & Bedfordview; Centurion Spar; Hennops Park Spar; Monument Superspar; Montana Superspar; Lyttelton Superspar; Queenswood Superspar

www.sa-active.com & www.enteronline.co.za

No Irene member will be allowed to participate

Saturday 18 February

Bestmed Tuks Race 21.1/10/5km

Race Organisers: Tuks Athletics Club

Venue: UP Sports Campus, Jan Shoba Street, Hatfield

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

	21.1 km	10 km	5 km	1 km
Entry-fee	R ?	R ?	R ?	R ?
Start Time	06:00	06:30	06:40	08:00
Cut-off	03h00			

Free t-shirts to finishers

Wheelchair athletes – only on the 10km

Pre-entries at: Run-away Sport; Running Inn; The Runners Store Tramshed; Sweatshop -
Dunkeld West, Fourways, Centurion

www.entrytime.com & www.just-events.co.za

Wednesday 22 February

Correctional Services Nite Race 5/10km

Race Organisers: Kgosi Mampuru II Athletics Club

Race Venue: Kgosi Mampuru II Sportsgrounds, 1 Kgosi Mampuru Street, Pretoria

GPS: S 25.7447 E 28.1806

	10km	5km
Entry Fee	R 60	R 30
Start Time	18:00	18:15
Time Limit	2hrs	

Entries will be taken on 20, 21 February at the venue from 14h00 – 18h00 and 22 February
from 14h00 until 5 minutes before the race starts



SPAR



Sunday 26 February**Pretoria Marathon 42.2/21.1/10km**

Race Organisers: Phobians Athletics Club

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

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

	42.2 km	21.1km	10km
Entry-fee	R 160	R 110	R 80
Entry-fee 70+	Free – must submit a copy of ID		
Start Time	06:00		06:40
Cut-off	?h00		

42.2 & 21.1km races are pre-entries only**Free t-shirts to 1st 5000 pre-entries****Wheelchair athletes – only the 10km recommended**

Pre-entries at: Run-away Sport; Running Inn; The Runners Store Tramshed; Sweatshop - Dunkeld West, Bedfordview, Centurion

Saturday 4 March**Medihelp Sunrise Monster 32/10/5km**

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
Pre entry-fee	R 100	R 70	R 40
Pre-entry fee 60 +	R 60	R 40	R 20
Entry fees 70+ race day & race eve only	Free		
Start Time	06:03	06:30	06:40
Cut-off	04h30	02h00	

Free t-shirts to all finishers while stocks last**Route not suitable for wheelchairs**

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Sweatshop – Southdowns; Running Inn

www.entrytime.com

2017 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
BRONKHORSTSPRUIT	10/32	11 Feb	X	X
PRETORIA BOBBIES	10/21	11 Mar	X	X
CITY OF TSHWANE	10/21	29 Apr	X	X
JACKIE MEKLER	10/25	6 May	X	X
RACE FOR FRIENDSHIP	10/21	24 Jun	X	X
LONG WALK/RUN FOR FREEDOM	10/21	22 Jul	X	X
MARCEL VAN'T SLOT	15	19 Aug	X	X
ADDICTED TO LIFE	10/21	9 Sep	X	X
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

SA MASTERS

Local meetings

31/3 & 1/4/2017	KZN Champs	Kingspark
1 April 2017	Gauteng North Championships	Tuks/Pilditch?
8 April 2017	Central Gauteng Championship	Germiston
12 Augustus 2017	Claude Sterley Memorial	Pilditch
? Sept/? October 2017	SWD	Oudtshoorn
11 November 2017	Free State	Bloemfontein
4, 5 & 6 May 2017	SA Masters Chamionships	Groenpunt Stadium

African Masters Track & Field Championship

Cameroon 27 – 29 May 2017

International Masters Championships

18 – 25 March 2017 World Indoor Championship 2017 in Daegu, Korea

THOUGHT FOR THE WEEK

Train like an athlete, eat like a nutritionist, sleep like a baby, win like a champion.

Photo Corner (McCarthy race)



A lovely morning with perfect running conditions



Eager Irene members at the start of the 21 km



Men's 21 km champion Philip Breytenbach



Ladies 21 km champion Amanda Cloete



Nelius van Rooyen



Michael Mkwala



Danie Cornelissen



Mauritz Oberholzer



Tembinkosi Masinga



Rosemary Brink



Pieter Reynecke and Johan Nel



David Seaton



Hennie van der Walt



Magda and Paul Nel, Bernita Bornmann and Marli Hanekom



A proud Jaap Willemse with the trophy he won as first walker



It was good to see Derrick van der Merwe again, here with Annemarie Breytenbach



Bets Botha and Chantelle Zowitzkey. Bets did a PB on the 21



Four generations running together! Oom Jan van de Venter with his son Pierre, Pierre's two daughters and his grandson



Pieter Erasmus did the Navi Mumbai Half Marathon, his first international race