



IRENE NEWS

6 March 2017

No 9 - 2017



ACHIEVEMENTS

The following members were on the podium at the Sunrise Monster race on Sunday:

Theo Bohnen	1 st GM – 32 km (2:41:13)
Ansie Breytenbach	1 st Master lady- 32 km (2:49:15)
Louwrens Smit	1 st GM – 10 km (59:20)
Annette Muller	3 rd Lady walker – 10 km (1:19:42)

Congratulations!

PERSONAL ACHIEVEMENTS

Stevens Skosana	First 32 km
Tania Thompson	First 32 km
Annerine van Schalkwyk	First 32 km

Well done!



THIS WEEK'S DIARY

Tuesday:

Time trials at 17:30 at the club house

Saturday:

Bobbies 10/21 at 06:00 – Wonderboom Junction

CALENDARS

There are still many calendars to be collected. Bring your money along if you haven't paid yet.

WEIGHT LOSS COMPETITION

The weight loss competition will end on Tuesday. Be there to be weighed.

MONTHLY SOCIAL

07 MARCH 2017

St Patrick's Day Social

COME DRESSED IN GREEN

GUINNESS SPECIAL

Beef and Guinness Stew with Rice and Salad @ R40 p/p

IRISH COFFEE AND CUP CAKES ON SALE!

Time Trial @ 17:30 Lucky Draw

JOIN US!

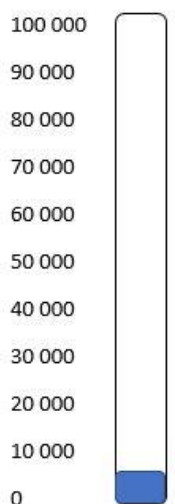
IRENE AC

FIND US ON:
FACEBOOK/IRENE ATHLETICS CLUB
<http://www.irenerunner.co.za>

CARAVAN FUND

R300 was donated at the caravan on Saturday. The fund now stands on R6000. Still a long way to go!

We need some ideas from our members to boost this fund. Please let your thoughts go.



BOBBIES CHALLENGE – LEAGUE RACE

The next league race is the Bobbies 10/21 on 11 March. They will pay R1000 to the club with the most finishers. Let's go for it! Should we win the money it will be donated to the caravan fund and the Club will match the amount.

Let's arrive in masses! As always there will be something to eat afterwards.



The poster features a large green silhouette of a running track on a background of stylized leaves. At the bottom right, there is a logo for 'Athletics Gauteng North LEAGUE RACE' featuring a red flower and a sunburst with three runners. Below this, three green boxes contain the text '5km', '10km', and '21km'.

BOBBIES 3-IN-1
11 MARCH 2017

5km | 10km | 21km

Athletics Gauteng North LEAGUE RACE

R1000 CASH PRIZE FOR THE RUNNING CLUB WITH THE MOST FINISHERS!

RACE ENQUIRIES - ELIZABETH DREYER: 082 355 7637
CHARL CILLIERS: 082 785 3273 | CARL VISAGIE: 082 853 2932

wonderboom JUNCTION

Cnr Lavender and Lavender East Road
25.6857° S, 28.1890° E | 012 543 1120
www.wonderboomjunction.co.za

f t i

OM DIE DAM ENTRIES

Quite a number of our members missed the cut-off date for the Om die Dam 21/50. Please let us know if you cannot participate anymore so that your entry can be substituted.

BAIKAL ICE MARATHON

Two of our members, Dawie Roodt and Heiko Weidhase, are on their way to do the Baikal Ice Marathon in Siberia on Tuesday. We would love to get feedback from them once they have defrosted.



This is what is waiting for them!

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Markus	van der Westhuizen	07 Mar
Martin	Walshaw	07 Mar
Silvia	Da Oliveira	08 Mar
Iain	McFadyen	08 Mar
Silvia	Oliveira	08 Mar
Noel	Banda	09 Mar
Monique	Prinsloo	09 Mar
Kobus	Oberholzer	10 Mar
Chris	Marlin	12 Mar



NEWS FROM THE CLOTHING SHOP

Winter is looming and therefore members are requested to order their Irene tracksuits now. It is a quality garment that can be worn with pride.

The cost is R595 . Please be reminded once again that there is a card facility at the clothing shop.



LONDON MARATHON

Russel Daries and Michael Schmid, former Irene Running Club members and Centurion residents who currently living in the United Kingdom are taking aim at the preservation of rhinos across the world with the charity called [Save The Rhino](#). This charity's objective is to tackle rhino poaching as well as fund conservation programmes in Africa and Asia. Russel and Michael will be running the London Marathon on the 23rd of April in rhino costumes to raise awareness and funds towards Save The Rhino. Although, these boys are a far way from South African soil, their hearts still bleed for the plight of these marvellous creatures. Their overall aim is to raise R49 000, they have made good progress (R 7980.00) but with your help this dream can become a reality, every bit counts. Please donate by the Virgin Money Giving page for the [Running of the rhinos](#) and add your personal message of encouragement to their wall.

You can keep track of their training progress and fundraising through their personal [blog](#). There is also a Youtube video up explain their [journey](#) thus far. Keep the rhinos running!

 SHORT TERM BROKERS Value. Service. Trust Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za	Gold medal service <small>Short Term Brokers is an authorised financial services provider – FSP no. 10670</small>
---	---



MODERN
athlete

MODERN ATHLETE IRENE ULTRA 2 APRIL



DISTANCE	START	PRIZE-GIVING
48km	06:00am	12:00pm
21.1km	06:00am	09:00am
5km fun run	06:15am	08:00am

Enquiries : 082 951 2581
and info@irenerunner.co.za



BEST OF BOTH

Both your 42 km and 48km
ChampionChip timed results will
be automatically submitted as a
Comrades qualifier !!



The Modern Athlete Irene Ultra is the next race that Irene Athletics Club will be hosting. It is going to become one of the most popular Comrades qualifiers in the future. All indications are that there will be a big increase in numbers this year, the second time that it will be presented.

The race is presenting a number of challenges to us. The route is an out and back down to Fountains Valley going through Irene and Doringkloof. Apart from the normal helpers at the entries, medals, start/finish and traffic marshals, we also require at least 80 route marshals and will have to man 12 water points. The race will start at 06:00 and the cut-off will be at 12:00.

We cannot present the race without the assistance of our members. We need you to make the race a huge success once again. Please let me know if you can help and where you prefer to assist.

Businesses are also invited to man the water points. It will be free of charge. This is an ideal opportunity to make yourself visible in your community. It can also be a team building exercise.

We will give our members the opportunity to run the Ultra on condition that they provide a non-club member to work on the day. It can be a family member or friend.

Please reply to this email to become part of the event.

NOTICE BOARD

LEAGUE RACE

Saturday 11 March

Bobbies 3-in1 21.1/10/5km

Race Organisers: Pretoria Police Marathon Club

Venue: Wonderboom Junction, c/o Lavender & Lavender East Roads, Wonderboom

GPS: S 25.6857 E 28.1890

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 50
Pre-entry fee 60 +	R 50	R 30	R 20
Entry fees 70+ & blind & wheelchair athletes	Free		
Start Time	05:30	05:40	05:50
Cut-off	03h15		

Pre-entries at: Run-away Sport; The Runners Store Tram shed; Sweatshop – Southdowns; Shape-Up Gym. www.enteronline.co.za

Saturday 18 March**Budget Kolonnade 21.1/10/5km**

Race Organisers: Overkruin Athletics Club

Venue: Kolonnade Shopping Centre, Montana

GPS: S 25.4049 E 28.1453

	21.1 km	10 km	5 km
Entry-fee	R 70	R 50	R 30
Pre-entry fee 60 +	Free	Free	Free
Start Time	06:30	06:30	06:15
Cut-off	??		

Pre-entries at: Run-away Sport; The Runners Store Tram shed; Sweatshop – Southdowns;
Running Inn; Wellness World Kolonnade; Kolonnade Info Desk

www.enteronline.co.za**2017 AGN LEAGUE FIXTURE LIST**

EVENT	DIST	DATE	LEAGUE	
			RR	RW
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

There is no glory in practice, but without practice, there is no glory.

Photo Corner (Sunrise Monster)



Two kids to be proud of. Simoné and Ryan Nel who handed out all these race flyers



Oom Jan van de Venter had a special race number



Christiaan Swart



Gerrie Knoezen is running again after many injuries



Mariet Louw



Annette Muller was the third walking lady



Johann van Zyl



Rachelle van der Walt and Jeannie Snyman



Chantelle Botha and Marlise Pienaar



Nelda Smith



Isabel Erlank



Tiisetso Malise



Nokwanda Dlamini



Schalk Liebenberg and Nelius van Rooyen



Theo Bohnen



Bertrand Leopeng



Brothers Pieter and Machiel Engelbrecht



Tracey Mac Fadyen



Heleen de Bruin and Ilze du Randt



Gert Fourie



Shaun Smee



Shalati Maponopono



Louis Msomi