



IRENE NEWS

6 May 2019

No 18 - 2019



ACHIEVEMENTS

Well done to the following members who were on the podium during the week:

Wally Hayward

Hestha Conradie	1 st Master lady – 42 km
Ansie Breytenbach	3 rd Master lady – 21 km
Joey Cloete	1 st GM lady – 10 km
Estien van Wyngaard	3 rd Lady walker – 21 km (2:34:49)
Gerard van den Raad	1 st GGM walker – 10 km

The Love Run

Leon Page	2 nd GM – 10 km (52:59)
Theo Bohnen	1 st GM – 21 km (1:55:22)
John Cannon	2 nd GGM – 21 km (2:16:27)
Joan van Wyngaard	2 nd Vet lady – 21 km (1:51:09)
Gerard van den Raad	1 st GGM walker – 10 km (70:15)
Estien van Wyngaard	1 st Master lady walker & 2 nd Lady – 10 km (68:31)
Annatjie Greyvenstein	1 st GGM lady walker – (69:44)

Lenin Sithole finished 8th in the Wings for Life world Run with a distance of 44.51 km.

Congratulations to the following members who earned medals at the SA Masters Championships held in Oudtshoorn over the weekend:

Sunet Harmse	1 x Gold, 1 x Silver, 1 x Bronze
Isabel van der Schyff	2 x Gold
Lucia Willemse	1 Gold, 1 x Silver
Danie Labuschagne	1 x Gold, 1 x Bronze
Jaap Willemse	1 x Gold

PERSONAL ACHIEVEMENTS

Hestha Conradie	PB – 42 km
Estien van Wyngaard	PB – 10 km
Nadia Liebenberg	PB – 21 km (3 consecutive races)
Anja Vlok	1 st 32 km

Neil Thompson	1 st 21 km
Tarryn Thompson	1 st 21 km
Yolande Cowley	PB – 21 km

Elsa Meyer was crowned as the SA Masters Sport woman of the year.
Danie Labuschagne received his National colours.

Well done to all of you!

THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:15 – Club house (Everybody starts together at 17:15)

Saturday:

Jackie Mekler 5/10/25 at 06:30 – Pretoria Military Sports Grounds

WINGS FOR LIFE WORLD RUN

As you all know we hosted the Wings for Life World Run on the ARC grounds on Sunday. This was an international event that was televised world-wide. SuperSport Park, the normal venue for this race wasn't available this year and we are very grateful to the ARC management who gave permission that the race could take place on their premises. This was a good indication that they really care about the community.

We faced many challenges in the build up to the race. The biggest of these challenges was the strike of the ARC personnel that started on Friday. On Sunday they illegally gathered outside the Nellmapius gate and threatened to disrupt the race.

Due to great leadership of the ARC management, the protest action was peaceful with no disruption at all. Thank you to Professor Norman Maiwashe, the general manager of the Irene Campus, who wanted to run himself, but instead spent the whole day on the scene to ensure that everything was peaceful. Thank you also to Dr Andrew Magadlela, CEO, who also spent a few hours on the scene and to John Mkhathshwa, the head of security also stayed there right until the end. The names of James Joubert and our own Dr Louwrens Smit must also be mentioned in this regard. We worked together like a big family.

The names of these persons are mentioned to indicate to all our members that we are indeed very privileged to have our facilities on the ARC premises. These people care about us and want to ensure that we enjoy what we love so much.

From our side we have a big responsibility to ensure that we don't take everything for granted. We have an obligation to keep the area clean and adhere to the rules.

The ARC management is without doubt part of the Irene family.

TIME TRIALS

Please take note that the time trials will start at 17:15 from this week. This will be the case until the end of August.

WALLY HAT COMPETITION

Thank you to all our members who wore hats on Wednesday at the Wally. It was fun and some came up with something really original. The winners are:

1st Prize – Luzaan van Zyl



2nd Prize – Schalk and Nadia Liebenberg



3rd Prize – Joy Nicholl



COMRADES GOODIE BAGS (2nd REQUEST)

Our Comrades runners have been spoiled in the past with fantastic goody bags. To do it once again we need your help. Thank you to those of you who have already indicated that you will contribute towards it. However, we still require many more items for the goody bags.

This is an ideal opportunity to advertise your business or service that you render. A small chocolate, packet of chips etc. with your business card attached to it will make the ideal item for the goody bag.

If you work for a company who can supply us with anything, no matter how small, please try your best to get them to donate something.

We work on 180 goody bags.

We need it not later than 30 May, the evening when the goody bags will be packed.

Make use of this opportunity and support our Comrades runners please.

COMRADES T-SHIRTS

Comrades runners have the opportunity to order their Comrades T-shirts at a highly subsidised prize of R100. Please reply to this email to order your shirt. Please also send your proof of payment. Use your name/comrades as reference.

Standard Bank

Acc 032183186

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COMRADES SPONSORSHIPS

We received a few smaller sponsorships from our members that will ensure that the Comrades shirts can be subsidised once again. Thank you to Derek Oldnall who is always willing to put his hand in his pocket to help out where he can.



Thermopower Furnaces S.A. (Pty) Ltd

The names of the other members will be announced once we have received their logos.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Simone	Basson	06 May
Claude	Truter	06 May
Helene	Meyer	07 May
Rian	Boonzaaier	08 May
Sheren	Naidoo	09 May
Marius	Smit	09 May
Werner	Zandberg	10 May
Esti	Boonzaaier	11 May
Maryke	Geldenhuis	11 May
Handri	Kymdell	12 May
Derick	Viviers	12 May



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NOTICE BOARD

Saturday 11 May

Jackie Mekler Race 25/10/5 km

Race Organisers: PMMC

Venue: Pretoria Military Sportsgrounds, Thaba Tshwane (Voortrekkerhoogte)

GPS: S 25 47'15.35 E 28 8 20.22

	25 km	10 km	5 km
Entry fee	R ??	R ??	R ??
Start Time	06:30		06:45
Cut-off	04:00	02:30	01:30

Free t-shirt for the 1st 1000 entries on the 25km only

No Wheelchair athletes allowed due to traffic conditions

No Pets

No iPods or listening devices are allowed

Pre-entries at: Run-away Sport; Sweat Shop Irene: Sportsman's Warehouse Princess Crossing & Montana Crossing

www.enteronline.co.za

Saturday 18 May

Race of Hope 21.1/10/5 km

Race Organisers: Run/Walk for Life

Venue: The Grove Mall, c/o Lynwood & Simon Vermooten Rd, Equestria

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 50
Start Time	07:00		
Cut-off	03:00		

No Pets

No iPods or listening devices are allowed

Pre-entries at: Gen-X Clothing, Upper Level, The Grove Mall

www.enteronline.co.za

2019 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
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

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 th Summer Universiade	Naples, Italy
20/7/2020 – 1/8/2020	World Masters Athletics Champs	Toronto, Canada

THOUGHT FOR THE WEEK

Perfection is not attainable, but if we chase perfection, we can catch excellence.

PHOTO CORNER (HUSBAND AND WIFE PHOTOS AT THE WALLY)



Renette and Riaan Prinsloo



Pieter and Louise Reynecke



Pieter and Arushka Bothma



Yolandi and Pieter Wiese



Werner and Yolandi Smit



Marisa and Danie Oosthuizen



Kathleen and Gerrit Faling



Trevor and Mpho Netshiombo



Isabel and Leo Erlank



Tarryn and Neil Thompson



Sunet Eybers with her medals at the SA Masters Championships



A proud Danie Labuschagne and his wife after receiving his National colours

PHOTOS FROM YESTERYEAR (2001)



Corrie Fourie, well known referee in the middle



Werner Zandberg