

# **IRENE NEWS**

8 April 2019

No 14 - 2019



#### **ACHIEVEMENTS**

Congratulations to the following members who were on the podium at the Ford race:

Sandra Steenkamp 1<sup>st</sup> Lady walker – 21 km (2:12:29) Gerard van den Raad 1<sup>st</sup> GGM walker – 10 km (1:09:12)

The following walkers earned medals in their respective age categories at the 10 km AGN walking championships:

Elsa Meyer Gold
Issy van der Schyff Gold
Estien van Wyngaard Gold
Danie Labuschagne Gold
Jaap Willemse Silver

Well done!

#### **PERSONAL ACHIEVEMENTS**

Estien van Wyngaard PB - 10 kmIssy van der Schyff PB - 10 kmVanessa Botha PB - 48 km

Congratulations!

Please let us know about your personal achievements i.e. personal best times, first race in a certain distance etc. Don't be shy!

#### THIS WEEK'S DIARY

# Monday:

Strength training @17:30 - Club house

#### Tuesday:

Time trials @ 17:30 – Club house (Everybody starts together at 17:30)

Social evening

JointEze talk after the time trials at 18:30

#### Saturday:

Frenus Zietsman Run/Walk against drugs @ 07:30 – Pilditch (League Race)

#### JOINTEZE TALK



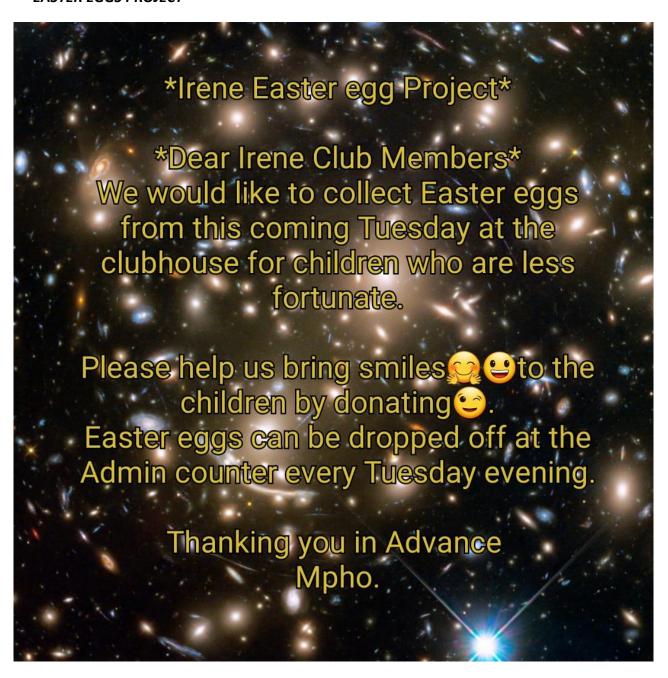
#### JOINTEZE IRENE ULTRA

Apart from the traffic congestion that latecomers experienced, it was an excellent race. We have received compliments from all over the country. We had 17% more finishers on both the distances and for the first time we had more finisher than Om die Dam, a great achievement indeed!

Thank you to each and every member who was involved with the race, you were the best! You really made us proud and boosted the club's image tremendously. We received numerous compliments about the friendliness of our helpers on the day.

Without you it couldn't happen. We salute you for your time and effort and for a job well done!

#### **EASTER EGGS PROJECT**



#### **LEAGUE RACE**

The race on Saturday is a league race, please be there in numbers, fast or slow.

As always there will be something to eat for all members afterwards.

#### **PERSONALIA**

Johan van Vuuren, our financial manager will receive a knee replacement on Wednesday. We wish him all of the best and trust that he will be able to run many more kilos.

Congratulations to Nelius and Charnette van Rooyen with the birth of Daddy' Little Princess



Congratulations to everybody celebrating their birthdays during the week:

Rinaldi	Botes	09 Apr
Jeanette	Odendal	09 Apr
Adriette	Dekker	11 Apr
Magda	Wilcocks	11 Apr
Nicole	Grinaker Brown	12 Apr
Suzanne	Stander	13 Apr
Anja	Vlok	13 Apr
Johan	Saayman	13 Apr



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## **League Race**

# Saturday 13 April km

# Frenus Zietsman Run/Walk against drugs 21.1/10/5

Race Organisers: Mamelodi Athletics Club

Venue: Pilditch Athletic Stadium, Maltzan Street, Pretoria West

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R 50
Start Time	07:30		
Cut-off		??	

# The race is wheelchair friendly

#### **No Pets**

#### No iPods or listening devices are allowed

Pre-entries at: Run-away Sport; Sweat Shop Irene; Tshwane Running Shop; Cross Trainer Sunnypark; Sport Scene Sunnypark

www.entrytime.co.za

#### Saturday 20 April

#### Castle Walk Easter Road Race 10/5 km

Race Organisers: Fusion Sports

Venue: Castle Walk Shopping Centre, c/o Nossob & Swakop Streets, Erasmuskloof

	10 km	5 km	
Entry fee	R 90	R 50	
Start Time	07:00	07:15	
Cut-off	??		

## Pets allowed on the 5km only

Wheelchair athletes are allowed on the 5km only

No iPods or listening devices are allowed

Pre-entries at: Run-away Sport; Sweat Shop Irene, Dunkeld West & Fourways; Curves
Castle Walk Shopping Centre

# Monday 22 April Run-a-way Sport Family Day Run/Walk 22/11/6 km

Race Organisers: Run/Walk for Life Athletics Club

Venue: Lynnridge Mall, c/o Jacobson & Lynnwood Road, Lynnwood

	22 km	11 km	6 km
Entry fee	R 90	R 70	R 50
Start Time	07:00		
Cut-off	??		

## Wheelchair athletes welcome

#### **No Pets**

# No iPods or listening devices are allowed

Pre-entries at: Run-away Sport; Sweat Shop Irene

www.entrytime.co.za

2019 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Run Against Drugs	21.1/10 km	13/04/19	Χ	Х
Skosana Development Run	21.1/10 km	25/05/19	Χ	Х
Race of Friendship	21.1/10 km	29/06/19	Χ	Х
Zwartkop Road Race	21.1/10 km	27/07/19	Х	Х
Spirit of Flight	10 km	31/08/19	Х	Х
Brooklyn Road Race	21.1/10 km	07/09/19	Х	Х
Capital Classic	21.1/10 km	05/10/19	Х	Х
Freedom of Expression	21.1/10 km	02/11/19	Х	Х



## **Masters Athletics Fixture list**

#### **South Africa**

5/6 April 2019 WP Cape Town

13 April 2019 CGMA Herman Immelman

10 August 2019 Mpumalanga Secunda

? October 2019 Rassies Bronkhorstspruit

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<sup>th</sup> Summer Universiade Naples, Italy

20/7/2020 – 1/8/2020 World Masters Athletics Champs Toronto, Canada

#### THOUGHT FOR THE WEEK

If you really want to do something, you will find a way, if you don't, you will find an excuse.







# PHOTO CORNER (JOINTEZE IRENE ULTRA)



Packing up after a long day handing out race numbers in the Sweatshop



Time to admire a beautiful sunrise with all the runners gone



Getting everything ready at the finish water point



Fun at Suzelle's water point



Suzelle and her helpers



Carla and her helpers



One of the buses finishing with the massive Irene blowup in the background



Antoinette Reynolds finishing with Rose Magolego



The runners really enjoyed themselves afterwards



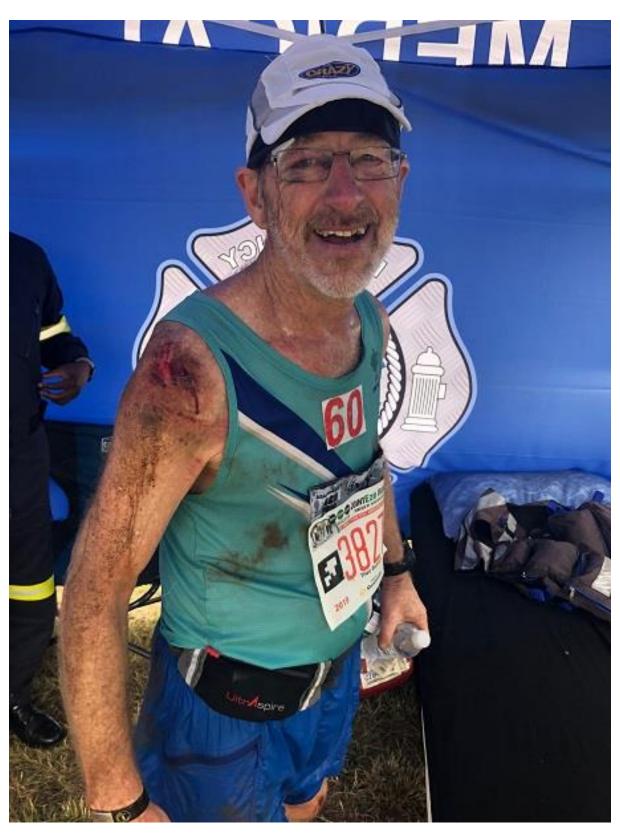
Having fun was the name of the game



Members from a church group helped out as marshals



Waiting for prizegiving



Theo Bohnen had a bad fall but finished well

# PHOTOS FROM YESTERYEAR (2000)



Ilse Merrick who joined the club again this year



Joseph Moagi, our "Ice cream man"



A night race at the old Voortrekkerhoogte. No gazebo, just a few ubrellas