



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 st Lady walker – 21 km (2:12:29)
Gerard van den Raad	1 st 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 km
Issy van der Schyff	PB – 10 km
Vanessa 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

DATE: 9 APRIL
TITLE: LESS PAIN, MORE GAIN
VENUE: IRENE CLUB HOUSE
TIME: 18:30 DIRECTLY AFTER THE TIME TRIAL

**ARE JOINT INJURIES HAMPERING
YOUR PERFORMANCE?**

COME LEARN ABOUT THE TWO
PRONGED APPROACH TO KEEPING
YOU IN THE RUNNING GAME.

NATIVA HAS THE SOLUTION WITH CLINICALLY TESTED
INGREDIENTS TO:

- IMPROVE JOINT MOBILITY AND RANGE OF MOTION
DURING EXERCISE
- HELP YOU EXERCISE FOR LONGER WITHOUT THE PAIN
- SUPPORT MUSCLE RECOVERY AFTER TRAINING

COME HEAR ABOUT MY
OWN PERSONAL TESTIMONIAL.
A SAMPLE WILL BE SUPPLIED TO
PEOPLE ATTENDING THE TALK.

>> **#STAY IN THE GAME** <<

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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

Irene Easter egg Project

Dear Irene Club Members

We would like to collect Easter eggs from this coming Tuesday at the clubhouse for children who are less fortunate.

Please help us bring smiles😊😄to the children by donating😊.

Easter eggs can be dropped off at the Admin counter every Tuesday evening.

**Thanking you in Advance
Mpho.**

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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NOTICE BOARD

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

<i>EVENT</i>	<i>DISTANCE</i>	<i>DATE</i>	<i>LEAGUE</i>	
			<i>RR</i>	<i>RW</i>
Run Against Drugs	21.1/10 km	13/04/19	X	X
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

5/6 April 2019	WP	Cape Town
13 April 2019	CGMA	Herman Immelman
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

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

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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