



IRENE NEWS

8 February 2016

No 6 - 2016



ACHIEVEMENTS

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

Mike du Bruto	1 st GM – 21 km (1:32:22)
Jaap Willemse	3 rd Walker – 21 km (2:15:22)
Ansie Breytenbach	1 st Master lady 21 km (1:35:59)
Elsa Meyer	2 nd Lady walker – 21 km (2:21:28)
Lucia Willemse	3 rd Lay walker – 21 km (2:39:24)
Gerard van den Raad	2 nd Walker – 10 km (1:08:38)
Retha Knoetze (social member)	3 rd Lady walker – 10 km (no time available)

Congratulations!

PERSONAL ACHIEVEMENTS

Dee Donaldson	PB – 21 km
Rita le Roux	PB – 21 km
Yvonne van Wyk	PB – 21 km
Kiara Nizetich	PB – 21 km
Michelle le Roux	PB – 10 km
Chantelle Zowitzkey	First 21 km
Estelle Jansen van Vuuren	PB – 42 km



Please let me know about your PB's etc. Don't be shy!

THIS WEEK'S DIARY

Monday:

Training session at 17:30 - Club house
Morning run from Rhapsody's – 04:45 - 12 km easy route

Tuesday:

Time trials at 17:30 - Club house

Wednesday:

Long run at 17:30 - Ridgebacks
Morning run from Rhapsody's - 04:30 – 14 km hilly route



We go the distance

Short Term Brokers is an authorised financial services provider – FSP no. 10670

Thursday:

Training session at 17:30 - Club house

Friday:

Morning run from Rhapsody's – 04:45 – 12 km easy route

Saturday:

Bronkhorstspuit 4/10/32 at 06:00 – Erasmus Hoërskool

Sunday:

Klapperkop long run at 06:30 – Dros, Waterkloof Ridge Shopping Centre

Pick 'n Pay 4/8/21/42 at 06:00 – Saheti School, Senderwood

Love the Run 5/10 at 06:00 – Noordelikes Rugby Club

CLUB 21 KM CHAMPIONSHIPS

Congratulations to our champions! The overall champions are Schalk Liebenberg and Ansie Breytenbach. The age category champions are as follows:

	Male	Female
Senior		
1	Schalk Liebenberg	Rosemary Brink
2	Nelius van Rooyen	Belinda de Bruin
3	Nilo Saraiva	Heleen de Bruin
40 - 49		
1	Tony Gomes	Charmaine Janse van Rensburg
2	Danie Cornelissen	Yvonne van Wyk
3	Rinus Benade	Vicki du Toit
50 - 59		
1	John Hoffman	Ansie Breytenbach
2	Jan van Wyk	Rita le Roux
3	Theuns Strecker	Rita Liebenberg
60 - 69		
1	Mike du Bruto	Rita Jordaan
2	Johan Nel	Elsa Meyer
3	Henk Basson	Lucia Willemse
70+		
1	Johan Janse van Vuuren	



TWO OCEANS SUBSTITUTIONS

A number of our members missed the cut-off for both distances of the Two Oceans. They now rely on other members who entered but will not be going for some reason.

I want to call on these members to make their entries available for substitutions. You will at least get your money back. One can only substitute a runner in the same race – i.e. a Half Marathon South African entrant can only be substituted by a Half Marathon South African that wants to participate.

Please note that substitutions must be done before 23 February.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Helandie	Calaca	08 Feb
Veli	Mokoena	08 Feb
Thabiso	Mashaba	09 Feb
Wessel	van der Merwe	10 Feb
Corne	du Toit	11 Feb
Mike	Gibbons	12 Feb
Hannah	Pheiffer	12 Feb
Danny	Calaca	13 Feb
Jacques	du Preez	14 Feb



Giel Cillié, part sponsor of the Irene T shirts for the last 3 years with his quantity surveying firm in 10 Lenchen Park, 2029 Lenchen Ave South, Zwartkops x 4, Centurion. (Opposite Glasfit)



LANTERN RACE

Thank you to all our members (and non-members) who will be helping at our Lantern race on Wednesday evening. You will receive the instructions very soon (if you haven't received it yet).

We can still do with a few more helpers to split the runners and we need two more generators.



NOTICE BOARD

Wednesday 10 February

Lantern Night Race 10 / 5km

Race Organisers: Irene Athletics Club

Venue: Irene Campus ARC, Centurion

	10 km	5 km
Entry fees	R 60	R 40
Entry fees 60+ (only on entry fee)	Half price	Half price
Entry fees 70+ (only on entry fee)	Free	Free
Start time	18h30	
Time Limit	??h00	

No animals allowed Wheelchair athletes welcome

Pre-entries at: Run-A-Way Sport; Runners Store; Sweat Shop
Dunkeld/Southdowns/Bedfordview

Spar & Superspar shops: Centurion; Hennops Park; Monument; Montana; Lyttelton;
Queenswood

www.enteronline.co.za and www.sa.active.co.za

Saturday 13 February**Bronkhorstspuit 32 / 10 / 4 km**

Race Organisers: Bronkhorstspuit Athletics Club

Venue: Hoërskool Erasmus, Church Street, Bronkhorstspuit

	32 km	10 km	4 km
Entry fees	R 150	R 80	R 20
Entry fees 60+	Free	Free	
Start time	06h00	06h15	06h30
Time Limit	04h30		

Pre-entries at: Run-A-Way Sport

www.enteronline.co.za**Sunday 14 February****Love the Run 10 / 5km Race**

Race Organisers: Northerns Running Club

Venue: Noorderlikes Rugby Club, Jopie Fourie Street, Pretoria North

	10 km	5 km
Entry fees	R 50	R 30
Entry fees 60+	Free	Free
Start time	06h00	06h15
Time Limit	03h00	

No animals allowed**Wheelchair athletes welcome**www.enteronline.co.za and www.entrytime.com and www.sa.active.co.za

League Race

Saturday 20 February

Bestmed Tuks Race 21.1 / 10 / 5 km

Race Organisers: Tuks Sport

Venue: UP Sports Campus, Burnett Street, Brooklyn

GPS: S25 44'58" E28 14'47"

	21.1 km	10 km	5 km	1 km
Pre-entry fees	R 80	R 50	R 30	R 20
Race day entry fee	Pre-entry only	R 60	R 30	R 20
Entry fees 60+ (Race day entry only)	R 40	R 25		
Entry fees 80+ (Race day entry only)	Free	Free		
Start time	06h00	06h30	06h40	08h00
Time Limit	03h00			

Wheelchair race starts at 06h20 - only on the 10km

Pre-entries at: Run-A-Way Sport; Running Inn; The Runners Store; The Sweat Shio – Dunkeld, Fourways & Centurion

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

Sunday 28 February

Deloitte Pretoria Marathon 42.2 / 21.1 / 10km

Race Organisers: Phobians Athletic Club

Venue: Pretoria High School Ols Boys Club, Hofmeyr Park, c/o Kings Highway & Queens Crescent, Lynnwood

GPS: S 25.45.64.4 E 28.15.22.8

	42.2 km	21.1 km	10 km
Entry fees (42.2 & 21.1km pre-entries only)	R 150	R 100	R 70
Entry fees 70+ (must be licensed or buy temp)	Free	Free	Free
Start time	06h00		06h20
Time Limit	05h30		

1st 5 500 pre-entries will receive a free t-shirt

Pre-entries at: Run-Away Sports; Running Inn; Runners Shop; Sweat Shop: Southdowns, Bedfordview & Dunkeld www.enteronline.co.za & www.saactive.com

2016 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
Tuks Bestmed	10/21	20 Feb	X	X
VirSeker	10/21	19 Mar	X	X
Ford	10/21	9 Apr	X	X
The Love Run	10/21	14 May	X	X
Race 4 Faith	10/15	4 Jun	X	X
Zwartkop	10/21	30 Jul	X	X
Wierie	10/21	13 Aug	X	X
Andrew Greyling	10/21	17 Sep	X	X
King Price Irene Farm	10/21	20 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

Masters Athletics Fixture list

18 and 19 March	KZN Masters Championships	Durban, Kings Park
2 April	AGN Masters Championships	Pretoria LC de Villiers Tuks
9 April	CGA Masters Championships	Gauteng Germiston
13 and 14 May	SA Masters Championships	Pretoria LC de Villiers Tuks
13 Augustus	Claude Sterley byeenkoms	Pilditch
? Oktober	SWD	Oudtshoorn
12 November	Vrystaat	Bloemfontein

THOUGHT FOR THE WEEK

Never put a wishbone where your backbone ought to be.

Photo Corner (McCarthy)



After many years Neels Bothma (right) is making a comeback. With him is Len Bakker



Rita le Roux dis a PB on the 21 km



Happy with his run – Mark Naicker



Kobus and Ina van As



Joseph and Mary Moagi



Jock and Dee Donaldson



Loubser and Yvonne van Wyk. Yvonne also did a PB on the 21 km



Willem Haarhoff



Yolandi and Werner Smit with their kiddies



Myrna and Jan van Wyk



New member Rita Jordaan and her sister Marié



Werner van der Merwe, Kallie Coetzee and Steve Holtshousen



Chantelle Zowitzkey finishing her first 21 km



Piet Phalahadi and Carol Mathibe



The kiddies enjoyed themselves at the social evening with Nerissa as their supervisor



The social evening turned out beautiful in all aspects



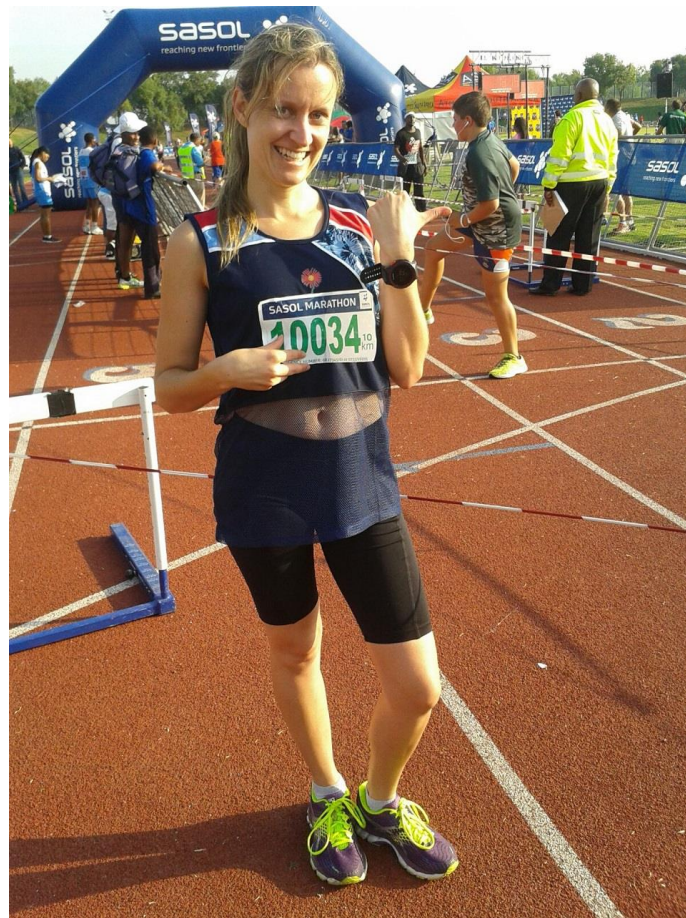
It was hard work to fill the lanterns on Sunday afternoon



Nadene Visser demonstrating that cleaning the lanterns is quite a dirty job



A great team who did an excellent job to fill the lanterns



Michelle le Roux did a PB at the SA 10 km Championships