



IRENE NEWS

9 March 2015

No 10 - 2015



ACHIEVEMENTS

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

Jacquie van der Waals	1 st Lady & 1 st Vet – 10 km (46:03)
Liza Maritz	3 rd Lady – 10 km (48:06)
Ansie Breytenbach	1 st Master lady – 10 km (49:42)
Lyn de Bruin	1 st GM lady – 10 km (67:02)
Annatjie Greyvenstein	1 st GGM lady 10 km (75:09)
Elsa Meyer	2 nd Lady walker – 10 km (66:26)
Sandra Steenkamp	1 st Master lady – 32 km (2:50:19)

Elsa Meyer was the first lady walker at the ACE race and Stefan Snyders was also part of the AGN team competing at the SA Championships.

Congratulations!

PERSONAL ACHIEVEMENTS

Gerrit Faling	PB – 21km & 42 km
Stefan Meuller	PB – 42 km

Well done!

TWO OCEANS ULTRA, HALF MARATHON AND TRAIL RUNS (OMTOM)

The excitement is starting to build up for Two Oceans, which is on 3 and 4 April 2015. We trust that your training is on schedule for this momentous event.

We would like to inform our members of the following arrangements with respect to the OMTOM races:

1. T-Shirt

We are preparing a quality commemorative long sleeve T-shirt for all of our members who are going to participate in any of the OMTOM races. It will be available to members at the nominal price of R40.00 each. Samples will be available at the Club House on Tuesday 10 March for size fitting (please note that it is a unisex T-shirt, so fitting is imperative). You have to place your order no later than Thursday 12 March 2015. To place your order, please send an email to info@irenerunner.co.za stating the T-shirt size and attaching proof of payment to Standard Bank, Branch code 012645 and account number: 032183186. As reference, state your initial, surname and the words 2 OCEANS.

In view of the time required to print the T-shirts, orders received after 12 March 2015 will not be executed.

2. Pre Race Function

On Tuesday 31 March 2015, immediately after the time trial, you may collect your T-shirt at the Club House and join us for a complementary drink at the bar. We will then provide you with final arrangements and share in the excitement.

3. Race Day

Our Club gazebo will be at the finish area at UCT on 4 April 2015. It will provide for the secure storage of your togbag and personal stuff. This is where we all meet our family, supporters and fellow runners. The facility is there for your benefit, so please make use of it. The location of the Club gazebo is: To the South –East of the grounds, near the point where the runners enter the stadium. A map will be provided at a later stage.

4. Post Race Dinner

In view of the fact that many runners intend leaving Cape Town the day after the races, we suggest a dinner on the evening of 4 April 2015, at a suitable venue. We will provide details later, but meanwhile, please keep the evening open. This is normally a fun event where we share our race day stories and cement our friendships with a glass of Cape wine!

ARC SOCCER TEAM

The ARC soccer team known as the Irene Bulls also make use of the facilities of the ARC. As sport people it is important that we support each other. As a token of goodwill we donated two soccer balls to them as well as a Spar goody bag to each of the players.



LEAGUE RESULTS

We somehow managed to move up to 5th position on the log after the Bronkhorstspuit league race. Well done to everybody who participated. It is now a matter of keeping that position and trying to improve on it even more.

Global Pos	BHS Pos	Div 1	Points League
		Club	
1	1	Vtm	37
3	2	Npo	36
2	3	Ace	35
7	4	Pmmc	33
13	5	Irene	28
4	5	Post Office	28
10	7	Resbank	26
8	8	PvR	25
5	9	Hqh	23
12	10	Overkruin	22



SUPER LEAGUE

Our ladies did us proud when they finished first at Bronkhorstspuit to remain on top of the log. Keep it there ladies!

Grt Run 1 Pos	BHS Pos	Female	Points	Bhs Log Pts	Combined Points	Bhs 10km	Bhs 32km
		Club	Log				
1	1	IRENE	100	50	147	75	72
3	2	MAGNOLIA	94	46	36		36
5	3	VTM	91	45	32	14	18
4	4	TRANSNET	90	43	25	25	
14	5	RUNAVATION	86	49	89	22	67
8	6	OVERKRUIN	85	42	20	5	15
7	7	HQH	83	39	17		17
16	8	NEDBANK	82,5	48	76	16	60
11	9	CSIR	81	41	20	11	9
15	10	RUNNING INN	80	44	28	28	

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Our men moved up one position and are now in 5th position on the log. Well done!

Global	BHS	Male	Points	BHS	Combined	BHS	BHS
Pos	Pos	Club	Log	Log Pts	Points	10km	32km
2	1	NEDBANK	98	49	318	62	256
3	2	PMMC	97,5	50	350	266	84
1	3	TRANSNET	95	45	145	145	
5	4	ACE	93	47	206	129	77
6	5	IRENE	87	42	115	32	83
3	6	RUNAVATION	85,5	38	50	29	21
12	7	CORR SERV	85	46	146	64	82
10	8	TUKS	84	43,5	126	49	77
10	9	MAGNOLIA	80,5	40	84		84
15	10	POST OFFICE	66	30	24	24	

Congratulations to the following members who scored super league points at Bronkhorstspuit:

Name	Age	Cat	Time	Points
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Ladies 32 km

A BREYTENBACH	51	mas	02:34:26	22
A VORSTER	40	vet	02:36:23	20
Z BREYTENBACH	47	vet	02:38:00	19
J V WYNGAARD	38	snr	02:51:49	6
H DE BRUIN	37	snr	02:52:17	5

Ladies 10 km

J VD WAALS	40	vet	00:39:50	24
N BREYTENBACH	37	snr	00:46:34	19
B ELK	29	snr	00:47:40	17
E THEUNISSEN	53	mas	00:50:42	14
E JV VUUREN	43	vet	00:54:10	1

Men 32 km

M V DEVENTER	38	snr	02:19:18	30
S LIEBENBERG	29	snr	02:19:55	28
D BROUGHTON	42	vet	02:26:48	11
D CLOETE	47	vet	02:26:51	10
N SARAIVA	34	snr	02:30:29	4

Men 10 km

J V WYK	51	mas	00:44:41	20
S SNYDERS	54	mas	00:45:42	12

WALKERS LEAGUE

Well done to our walkers who also finished first at Bronkhorstspuit to remain on top of the log. They remain unbeatable.

<i>Grt Run</i> 1	<i>BHS</i>	<i>Div 1</i>	<i>Points</i>	<i>L'gue</i>
<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>L'gue</i>	<i>Points</i>
1	1	IRENE	40	20
2	2	RWFL	38	19
3	3	ACRW	36	18
4	4	PMWC	30	13
6	5	VTM	28,5	14
9	6	AGAPE	28	16
10	6	PHOBIANS	28	17
8	8	LOVE RUNNING	24	11
5	8	PPMK	24	8
6	10	SOLIDARITEIT	23,5	9

GREEN LEAF PROJECT

Thank you to those of you who have donated Easter eggs up to now. We still need much more. Please bring it to the clubhouse on a Tuesday evening and place in the donation container at the bar.

AIR TICKETS FOR SALE

I have 2 Mango Return Tickets available for Two Oceans (1-5 April) JHB - CT. R2100 each. plus R280 per name change.

Johanica Orton

072 435 8474

DENEL RACE ENTRIES

Corrie Fourie will be taking entries at the club on Tuesday for the Denel race. Make use of this opportunity. See the leader board for the race particulars.



SIZWE MEDICAL FUND

Caring for the health of the nation

PERSONALIA

Our condolences go to Sonia Scheepers whose mother passed away on Friday.

Congratulations to Pieter and Nadia Saayman with the birth of baby Mienke.

Congratulations to everybody celebrating their birthdays during the week.

Kobus	Oberholzer	10-Mar
Leon	Venter	10-Mar
Hermien	Bezuidenhout	11-Mar
Johan	van Heerden	11-Mar
Bernadette	Buss	12-Mar
Chris	Marlin	12-Mar
Kierie	Van der Schyff	12-Mar
Jaco	de Bruin	16-Mar



NOTICE BOARD

Saturday 14 March

Pretoria Bobbies – 21.1/10/5 km

Race Organisers: PPMC

Venue: Wonderboom Junction

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees 60+	R 30	R 20	R 10
Entry fees 70+ & Blind & wheel chair runners	Free	Free	Free
Start time	05h30	05h40	05h50
Time Limit	04h00		

Pre-entries at: Run-A-Way Sport; Sweatshop Southdowns; Wonderboom Junction

www.enteronline.co.za



Saturday 21 March

Sunnypark Right to Run/Walk 5/10/21.1km

Race Organisers: Arcadia Running Club

Venue: Sunnypark, c/o Steve Beko & Robert Sobukwe St, Sunnyside

GPS: S 25 45'2 E 28 12'11"

	21.1 km	10 km	5 km
Entry fees	R 60	R 50	R 30
Start time	07h00		
Time Limit	03h00		

T-shirts to the 1st 250 entrants

Goodie bags to the 1st 500 finishers

Pre-entries at: Sunnypark: Cross Trainer; Sports Scene

www.enteronline.co.za

Wednesday 25 March

Great Run – Diamond Run 10/5 km

Race Organisers: Global Athletics Club

Venue: Weskoppies Hospital, Pretoria West

	10 km	5 km
Entry fees	R 50	R 40
Entry fees 70+	Free	
Start time	18h30	
Time Limit	?? hrs	

Pre-entries at: Run-A-Way Sport; Sweat Shop Southdowns; The Runners Store; AGN Offices

www.enteronline.co.za

Saturday 28 March

Denel Road Race 5/10/21.1 km

Race Organisers: Denel Athletics Club

Venue: Denel Irene Campus

GPS: S 25 53.413' E 28 11.429'

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees 60+	R 30	R 30	R 30
Start time	06h00		06h10
Time Limit	04h00	02h00	

10/21.1km suitable for wheel chairs

5km not wheel chair friendly

Pre-entries at: Run-A-Way Sport; Sweatshop Southdowns; Running Inn; The Runner's Store

www.enteronline.co.za & www.saactive.com

2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
Mamelodi	10 km	25/04/15	X	X
Great Run Series II	10 km	30/05/15	X	X
Race Against Drugs	10 km	13/06/15	X	X
Mooikloof Realtors Winter Road Race	10 km	18/07/15	X	X
A4A Women's Rights Run/Walk	10 km	08/08/15	X	X
Value Log Ou Voetpad		12/09/15	X	X
Capital Classic		10/10/15	X	X
Muller Potgieter		28/11/15	X	X

Masters Athletics Fixture list

Local meetings

20/21 March 2015	WP Champs - Bellville/Greenpoint
20/21 March 2015	KZN Champs - Durban
4 April 2015	GN Champs – Pilditch
11 April 2015	CG Champs – Germiston
18 July 2015	Claude Sterley meeting – Pilditch - only if sponsored
16 October 2015	Rassiebyeenkoms – Bronkhorstpruit
31 October 2015	SWD Champs – Oudtshoorn
14 November 2015	Vrystaat champs - Bloemfontein

You are regularly informed about league meetings, please support these meetings. Results are taken into consideration when choosing the GN team for SA's

SA Masters Championships

15/16 May 2015	Nelson Mandela Metropolitan University – Port Elizabeth
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International Championships

Next appointment:	Torun 2015 (March 23-28)
4 – 16 August 2015	WMA Championships, Lyon, France http://www.lyon2015.com
26 Oct – 6 November 2016	MA Championships, Perth, Australia http://www.perth2016.com
18 – 25 March 2017	World Indoor Championship 2017 in Daegu, Korea

THOUGHT FOR THE WEEK



Photo Corner (Sunrise Monster)



Michael Rudolph, Vanessa White and Andre Rudolph dressed up as monsters



Bennie and Isabel Roux with their kiddies, another “monster” family



These ladies also tried their best to look like monsters but just couldn't



Pierre Marais and Christa Visagie

Action Photos







