



# **IRENE NEWS**

**14 January 2019**

**No 2 - 2019**



## **ACHIEVEMENTS**

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

Joey Cloete	1 <sup>st</sup> GM lady – 10 km (56:33)
Ansie Breytenbach	1 <sup>st</sup> Master lady – 21 km (1:47:52)
Elsa Meyer	1 <sup>st</sup> Lady walker – 21 km (2:27:14)
Keith Reynolds	1 <sup>st</sup> Walker – 21 km (2:07:14)

## **PERSONAL ACHIEVEMENTS**

Issy van der Schyff PB – 10 km

## **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

### **Saturday:**

George Claassen 5/10/21 @ 06:00 (walkers @ 05:30) – Pick 'n Pay Hyper, Atterbury Rd.

### **Sunday:**

Club run @ 06:00 – Club house – All welcome, your distance, your pace.

## **REGISTRATIONS FOR 2019**

The registration packets will be available at the club house on Tuesday evening from 17:00. The 2018 licences are still valid until the end of January.

## **SOCIAL EVENING**

Our first social evening will take place on Tuesday, 15 January after the time trials. It is an evening not to be missed. We are celebrating our 25<sup>th</sup> anniversary this year and this is the beginning of our celebrations. You can be the lucky winner of a brand-new pair of Asics running shoes. Just make sure that you write down your name in the lucky draw book and stay until the draw takes place at round about 19:00

# Breaking News January 2019 Social Evening

AN AMERICAN PAPER FOR AMERICANS  
VOLUME CIV—NO. 155 C

THE WORLD'S

GREATEST

NEWSPAPER

★★ FINAL

1940, U.S. PAT. OFFICE, COPYRIGHT 1940  
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WEDNESDAY, AUGUST 15, 1945—34 PAGES

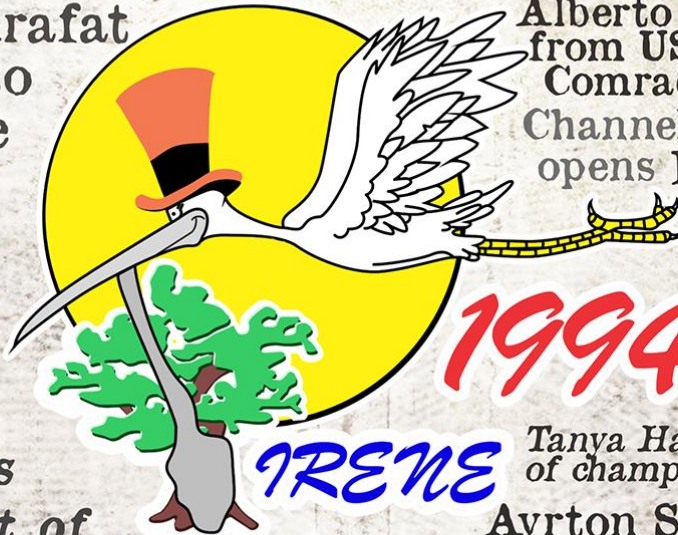
THIS PAPER CIRCULATES IN  
THE UNITED STATES AND CANADA

THREE CENTS—PAY NO MORE

## Irene Athletics Club was born

Yasser Arafat  
returns to  
Palestine  
after 27  
years in  
exile

Nelson  
Mandela  
becomes  
president of  
South Africa



Alberto Salazar  
from USA wins 69th  
Comrades Marathon  
Channel Tunnel  
opens Kurt Cobain  
commits  
suicide

1994

Movie  
Forest Gump  
is released

Tanya Harding stripped  
of championship title

Ayrton Senna killed  
Michael Jackson marries in San Marino  
Lisa Marie Presley  
Grand Prix

Join us to celebrate the beginning  
of our 25th year of existence!

Build your own burger R40  
Cash bar is open

Come and revel in some nostalgia

Tuesday the 15th January after time trial



### NEW YORK HALF MARATHON ENTRY AVAILABLE

There is a New York Half Marathon entry available (free of charge) from Erik van der Merwe. You can contact him at [fwwandermerwe@npa.gov.za](mailto:fwwandermerwe@npa.gov.za) if you are interested to make the necessary arrangements.

We want to thank Erik for giving this R2000 entry away for free.

CELEBRATIONS AT THE GEORGE CLAASSEN RACE

# IRENE ATHLETICS CLUB is 25yrs old

Let the **SILVER ANNIVERSARY CELEBRATIONS** begin  
with a fun run on **Saturday 19 January**.

Bring your whistle, vuvuzela, tambourine or any other musical instrument along, with your energetic-self for this festive Group run on both 10km and 21km at the PWC George Claassen race.

**It's a League race so let's hit the scoreboard in numbers!**

Let's make this a silver celebration,  
so come dressed for the occasion  
with silver outfits, crowns,  
tiaras, angel wings,  
tutus, or whatever says  
**"CELEBRATE!"**



## SUNDAY CLUB RUN

Join us for our next Sunday Clubhouse  
Club Run on 20 January 2019!

Where: Clubhouse, Irene ARC

Time: 06h00 – 09h00 (Various Distances)

1 x Water table will be on route with water,  
Energade and watermelon (self service)



## **LEAGUE RACE**

As you can see the George Claassen is a league race, be there is numbers. We also need all our faster runners there to score points for the super league.

There will be something to eat afterwards for all members (free of charge).

The league races work as follows:

All finishers score points (10 – 1) according to their finish times. See the tables in your info booklet. The first 50 finishers from AGN clubs (men and women) score super league points (50 -1). Points for the general league are calculated on a handicap system to give all clubs an equal opportunity to compete. It is therefore of utmost importance that we as a big club turn up in big numbers.

All the walkers who finish are also part of the general league but they are also part of a separate league for walkers.

Let's go big on Saturday and be part of our celebrations!

## **PERSONALIA**

Congratulations to everybody celebrating their birthdays during the week:

Lezanne	Grove	14 Jan
Kathleen	Faling	15 Jan
John	Hoffman	15 Jan
Jean-Pierre	Labuschagne	15 Jan
Bernie	Ruthven	15 Jan
Johann	Stander	15 Jan
Anya	Swanepoel	16 Jan
Tjaart	Van Wyk	16 Jan
Gloria	Mangwane	17 Jan
Fanie	van Wyngaard	17 Jan
Xander	Visser	17 Jan
Bradley	Newton	18 Jan
Michael	Bluff	19 Jan
Tony	Gomes	19 Jan
Naomi	Havenga	19 Jan
Juan	Koekemoer	19 Jan
Jaco	Rautenbach	19 Jan
Tebogo	Tselangoe	19 Jan



## **RUNNING STORIES**

I, (Christo Müller) and Jaco Kloppe, who have been running for over 30 years, decided after years to write a book about stories in a marathon's athlete's career. We ask athletes as well as retired athletes to share their unforgettable moments with us for the book. Any stories and photos are welcome. We do not only want to test the reader's stomach muscles, but also

convey an inspirational, motivational and spiritual image. Many people do not understand why we run and what are we chasing. Therefore, share with us why you're running, what makes it so much fun? Email your story in Afrikaans or English to [christo.muller@wtw.co.za](mailto:christo.muller@wtw.co.za) or [jklopper@vodamail.co.za](mailto:jklopper@vodamail.co.za) followed by your name and town. We want to connect the stories to your name unless you want to stay anonymous, just let us know. We will keep you in the loop of the progress. The book will be published in English and Afrikaans.

### **NEW MEMBERS**

We want to welcome all our new members to the club once again. We are going to put their photos in the newsletter to introduce them to all our members. Photos of the following new members are available at this stage:



Christine Crause



Anya Swanepoel



Ann Crous



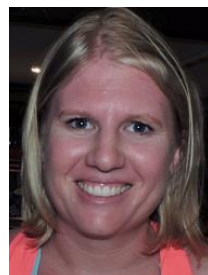
Ali van Antwerpen



Christine Geldenhuys



Ilze Botes



Hanri Fourie



Gabriel Booyse



Don Purchase



Kobus Stapelberg



MC du toit



Maryke Geldenhuys



Marius Smit



Luzaan van Zyl



Michael Langton



Tumi Mathabatha



Michael vd Westhuizen



QJ Gottschalk



Yvette Gottschalk



Samantha Naicker

### **FROM THE WALKERS CAPTAIN**

All the best wishes to the members of Irene Athletics Club. May your tekkies make good music over lots of injury-free kilometres!

I am pleased to announce that the Irene Athletics Club and specifically the Race Walkers, in our endeavours to remain the No 1 club, in AGN and to be the "admired" club in the South African Race Walking fraternity has acquired the services of Mr Carl Meyer to coach us.

**This may sound intimidating.... please, it is not. Each and every walker in our club is welcome**

The intention is to assist each and every walker, irrespective of his/her ability to achieve his/her potential, thus to elevate Race Walking within the club to the next level of competence.

Carl Meyer is one of the top coaches in the country and himself a multiple record holder in the sport. His prodigies currently hold 9 SA record. Need I say more?

It is important to understand that the focus is on each individual athlete, irrespective of his/her ability and within each one's own expectations. The programmes will cater for the ultra-fast, such as our esteemed Elsa Meyer, to the slow coach Danie.... Everyone is welcome and no-one is excluded.

Our first session with Carl will be on 15 Jan 19 at the Race Walkers' venue at the Club. The session will be an orientation session and Carl will observe our current *status quo* during our warm-up, training preparation and training programme during a 3 km time trial. Thereafter he will have an one-on-one session with each individual athlete to assess the walker's current technique and corrective actions, if any. Carl will follow this session up with monthly training sessions at our club to enhance each walker's ability and unlock his/her full potential.

During the other Tuesdays in-between Carl's sessions, I will endeavour to facilitate the focus on the aspects that Carl highlighted during his session.

SEE YOU AT THE CLUB ON TUESDAY!

**MODERN**  
**athlete**



## NOTICE BOARD

### League Race

**Saturday 19 January**  
**21.1/10/5 km**

### PWC George Claassen Memorial Road Race

Race Organisers: Pretoria Marathon Club

Venue: Pick 'n Pay Hyper, c/o Atterbury Road & Selikats Causeway, Faerie Glen

GPS: S 25.7841 E 28.3051

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 30
Entry fee 70+ & blind runners	Free – race day only		
Start Time	05:30 Walk 06:00 Run		06:15
Cut-off	03:00		

**1<sup>st</sup> 400 online entries receive a dri fit long sleeve shirt**

**No Pets**

**Baby strollers welcome on the 5km**

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld West, Fourways Crossing; Sportmans Warehouse Fourways Crossing, Woodmead, Randburg, Centurion, Kolonnade Centre, Atterbury Value Mart, Menlyn Park

[www.enteronline.co.za](http://www.enteronline.co.za)

**JOINT**Eze**<sup>TM</sup>**

**Saturday 26 January**

**Wonderpark Road Race 42.2/21.1/10/5 km**

Race Organisers: Akasia Athletics Club

Venue: Wonderpark Shopping Centre, c/o Old Brits Road & Heinrich Avenue, Karenpark

GPS: S 25 40,264 E 28 6,703

	42.2km	21.1km	10 km	5 km
Pre-entry fee	R 150	R 130	R 100	R 50
Entry fees 60+	R 80	R 70	R 540	
Late entry fees (26 & 27 Jan)	R 150	R 130	R 100	
Entry fees 60+	R 80	R 70	R 50	
Jardine Joggers / 70+ athletes	Free			
Start Time	05:30		06:00	06:10
Time Limit	05h:30	03h00	02h30	01h50

Pre-entries: Run-A-Way Sport, Sweatshop Dunkeld, Bedfordview & Southdowns;  
Cross Trainer; Total Sports Wonderpark

[www.entryrush.co.za](http://www.entryrush.co.za) & [www.akasiaathleticsclub.co.za](http://www.akasiaathleticsclub.co.za)



Website: [www.csi-euf.co.za](http://www.csi-euf.co.za)

Tel: 011 805 6316

### **21 KM CLUB CHAMPIONSHIPS**

The Intercare Classic Road Race (former McCarthy Toyota Road Race) will serve as our 21 km club championships.

The 21 km is a pre-entry only race. Ensure that you enter in time.

**Saturday 2 February****Intercare Classic Road Race 21.1/10/5 km**

Race Organisers: Magnolia Road Runners

Venue: Rietondale Park, North Road, Rietondale

GPS: S 25 43.980 E 28 13.239

	21.1 km	10 km	5 km
Pre-entry fee	R 130	R 90	R 50
Pre-entry fee 60 - 79	R 60	R 50	R 50
Entry fee 1 & 2 February	<b>Closed</b>	R 110	R 50
Entry fee 1 & 2 February 60 - 79	<b>Closed</b>	R 50	R 50
Entry fee 70+ & blind runners	Free		
Start Time	06:00	06:20	06:25
Cut-off	03:00	02:00	01:00

**Event t-shirt @ R80 each****1<sup>st</sup> 1000 on-line entries will receive a goody bag****No Pets**

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld West, Bedfordview;  
Sportmans Warehouse Woodmead, Randburg, Centurion, Kolonnade Centre, Atterbury Value  
Mart

[www.intercare.co.za](http://www.intercare.co.za)**2019 AGN LEAGUE FIXTURE LIST**

<b>EVENT</b>	<b>DISTANCE</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
PWC George Claassen	21.1/10 km	19/01/19	X	X
Bronkhorstpruit	32/10 km	09/02/19	X	X
Medihelp Sunrise Monster	32/21.1/10 km	02/03/19	X	X
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**

? March 2019	KZN	Kings Park Stadium
29/30 March 2019	PE	Westbourne Oval
29/30 March <b>or</b> 19/20 April 2019	GNMA	Pilditch
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 <sup>th</sup> Summer universiade	Naples, Italy
20/7/2020 – 1/8/2020	World Masters athletics Champs	Toronto, Canada

#### ***THOUGHT FOR THE WEEK***

**Life is like the ocean. It can be calm or still, and rough or rigid, but in the end it is always beautiful.**

***PHOTO CORNER (ACE Race)***



Victor Phetoe



Marinus van der Merwe



Joey Cloete



Miles Saxby, Alan Hyson and Derek Oldnall



Suzelle Engels and JP Labuschagne



Fanna Njomo and Sheren Naidoo



Jan van Wyk and Ansie Breytenbach



Amanda Cloete



John Cannon



Emgee van der Merwe



Mfundo Hadebe



Kgabo Diansoame



Michael van der Westhuizen



Warren Adams and Gwen Siyotula



Maureen Mossop



Ilze Botes



Rod Stocker



Danie Labuschagne, Issy van der Schyff, Petro and Tinie van Rensburg at the AGN Track & Field meeting