



IRENE NEWS

10 August 2015

No 31 - 2015



ACHIEVEMENTS

The following members were on the podium over the weekend:

A4A Woman's Rights race:

Ansie Breytenbach	1 st Master lady
Elsa Meyer	1 st Lady walker
Lucia Willemse	3 rd Lady walker
Keith Reynolds	2 nd Walker
Jaap Willemse	3 rd Walker

No times given due to the fact that both distances were short and participants in the 21 did various distances due to bad organization.

Castle Walk 10 km

Louis Botha	2 nd Master – 50:58
Jacquie van der Waals	1 st Vet lady & 3 rd lady – 43:13
Jaap Willemse	3 rd Master walker – 64:15
Gerard van den Raad	1 st GGM walker – 71:40
Sandra Steenkamp	1 st Lady walker & 1 st master – 60:55
Elsa Meyer	1 st GM lady walker & 3 rd lady – 65:05
Elna Botes	3 rd Master lady walker – 83:10
Lucia Willemse	2 nd GM lady walker – 71:06
Marie van Dyk	3 rd GM lady walker – 85:00

Congratulations!

The following members earned medals in their respective age categories at the cross country meeting on 1 August:

Liza Maritz	Gold
Ansie Breytenbach	Gold
Mike du Bruto	Gold
Adrian Wooding	Silver

Well done!

Congratulations to Fanie Naude who finished 1st in the North View High 100 miler. It was his 2nd 100 miler of the year! A great achievement indeed!

PERSONAL ACHIEVEMENTS

Estelle Jansen van Vuuren PB – 10 km

GREEN LEAF PROJECT

Spring is around the corner and it is time that we become fit and strong, but also support a worthy cause in the process!!

I am therefore excited to announce our **2015 Spin-a-thon** that will take place on 6 September 2015 from 10h00 to 14h00 at the Virgin Active, Mall@Reds.

Buy a bike for R200, put together a team and come and spin for an hour session to enable us to help Bramley Children's home to acquire a gas stove.

To book please contact Lindie Steenkamp, 082 333 1261 or lindies66@gmail.com

Cannot wait to see you all there!

Lindie

RESEARCH ASSISTANCE REQUIRED

Irene Athletics Club Management

I am Danie Kritzinger, an Industrial Psychology Master's student at the North West University. I am conducting research on athletes in order to complete my degree. The topic of my research article is "The roles of emotional intelligence in the health impairment process of professional athletes." The reason for the email is to ask whether the Irene Athletics Club will be willing to participate in the research?

Back ground of the research:

All sports consist of demands and resources that have to be fulfilled in order for the athlete to train and compete. According to the Job Demands – Resources Model (JD-R model) when resources are low and demands are high, the athlete will experience symptoms of burnout and distress (the health impairment process of JD-R model). The process will eventually lead to stress related ill health which can be either psychological or physical ill health, or both. Thus the aim for the research is to determine whether the presence of Emotional Intelligence will buffer the process from demand to burnout, and ultimately the process to stress related ill health.

The research is being conducted through an online survey that will be distributed via email (you or the coach can send the email since I know players are skeptical about handing out their contact details). The survey takes on average 20 min to complete, where after the player will receive an immediate personal report regarding a section of the survey. I will also send my research article to the contact person to distribute among those that took part.

The criteria participating is that athletes must be 18 years or older. I require a vast amount of athletes to take part but still needs to gather quality data from athletes that is committed to the sport. Thus I will accept any athlete that completed a 21 km race in under 1h 40min and full

marathon in under 3h 40min. With regards to ultra marathons all athletes in the club's top 20 can participate.

Click on the following link for the questionnaire:

<http://www.aboutmywork.co.za/research2015>

Please consider to take part in the research.

Regards

Danie Kritzinger



PERSONALIA

Congratulations to everybody celebrating their birthdays during the week.

George Nicolaas	Shrives	10-Aug
Fanie	Venter	10-Aug
Aletta	Olivier	11-Aug
Rika	Ziemkendorf	11-Aug
Kristen	Lachenicht	12-Aug
Marisa	Oosthuizen	12-Aug
Mark	van Deventer	12-Aug
Nanette	Vermaak	12-Aug
Nannika	Botes	13-Aug
Chantelle	Maartens	14-Aug
Dieter	Meyer	14-Aug
Nilo	Saraiva	16-Aug



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NOTICE BOARD

Saturday 15 August

Ocean Basket Marcel van't Slot Memorial

Race Organisers: Phobians Athletics Club

Venue: Pretoria Boys High School, Roper Street, Brooklyn

GPS: S 25.45'38.25 E 28.13'26.07

	15 km	5 km
Entry fees	R 60	R 40
Late entry fees	R 70	R 40
Entry fees 70+ /wheel chairs/ blind runners – race day only	Free	
Start time	Running 07h00 Walking 06h50	07h15
Time Limit	02h30	02h00

Free t-shirts 10 the 1st 1000 in the 15km and 500 in the 5km

Baby strollers welcome on the fun run

Pre-entries at: Run-away-Sports; Running Inn; Sweatshop Southdowns, Dunkeld & Bedfordview; Runners Shop Tramshed

www.entrytime.com & www.sa.active.com

Saturday 22 August

Wierie Road Race 21.1/10/5/2 km

Race Organisers: Alpha Centurion runners/walkers

Venue: Centurion Mall

	21.1 km	10 km	5 km	2 km
Pre entry fees	R 80	R 70	R 40	R 30
Start time	06h30		07h00	07h10
Time Limit	03h00		02h40	

No baby strollers on the 10 & 21.1km races

No pets allowed

Wheelchair athletes welcome in all events

Goody bags to the 1st 2000 pre-entries only

Pre-entries at: Run-away-Sports; Running Inn; Sweat Shop Southdowns

www.entrytime.co.za

Saturday 29 August
10 / 5km

The Most Beautiful Road Race/ Spar Women's

Race Organisers: Athletics Gauteng North

Venue: Supersport Park, Centurion

GPS: S 25.51'29.2" E 28.11'44.2"

	10 km	5 km
Entry fees	R 70	R 70
Start time	14h00	
Time Limit	??	

Entries limited to 25 000

No entries taken on race day

Pre-entries at: Various Spar, Superspar & Kwikspar shops; Run-Away-Sports; The Sweatshop Stores; Curves Branches

www.sparladiespta.co.za

Sunday 30 August

Sizwe Dr Motlana Marathon 42.2/21.1/10/5 km

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Irene

GPS: Gate 1: S 25 53'49" E 28 13'29"

Gate 2: S 25 53'31" E 28 11'29"

	42.2km Pre- entries only	21.1km	10 km	5 km
Entry fees	R 120	R 80	R 60	R 40
Entry fees 60+	R 80	R 50	R 40	
80+	Free			

Start Time	12:00
Time Limit	6 Hours

Free t-shirts and caps to all

The 5km is not wheelchair friendly

Pre-entries: Run-A-Way Sports, Running Inn Pretoria, Sweatshop Dunkeld, Bedfordview, Fourways; Runner's Store Tramshed; Sportmans Warehouse Centurion

Enter on line: www.enteronline.co.za



2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
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

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

International Championships

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>

THOUGHT FOR THE WEEK

If it doesn't challenge you, it won't change you.

Photo Corner



A very happy Fanie Naude after winning the Northview High 100 miler

The following photos were taken at the A4A Woman's Rights Run on Saturday:



Jacquie van der Waals



Werner Zandberg



Kobus van Schalkwyk



Derrick Pieterse



Heinrich Piek & James Eayrs



Renette & Riaan Prinsloo



Victor Phetoe handing out flyers, an example to all members



Moses Singo



Telanie Venter



Joseph Moagi selling ice-cream for an extra income



It is very seldom that you will see mother and daughter on stage together. Lucia Willemse and her daughter Rhoda