



IRENE NEWS

11 January 2016

No 2 - 2016



ACHIEVEMENTS

The following members were on the podium at the A4A race on Saturday:

Ansie Breytenbach	1 st Master lady & 2 nd lady – 21 km (1:38:46)
Johan Nel	1 st GM – 21 km (1:37:21)
Sandra Steenkamp	1 st Lady walker – 21 km (2:12:07)
Elsa Meyer	2 nd Lady walker – 21 km (2:19:55)
Mariet Louw	1 st Master lady – 10 km (69:10)
Annatjie Greyvenstein	1 st GGM lady – 10 km (58:59)
Lucia Willemse	2 nd Lady walker – 10 km (64:48)

Congratulations!



Annatjie

Mariet

Lucia

Ansie

Johan

Sandra

Elsa

PERSONAL ACHIEVEMENTS

Amanda Cloete PB – 21 km

Well done!

LICENCE COLLECTIONS

Dear Members,

I would like to wish you a wonderful 2016 ahead of you. May you be blessed with good health to have a great running / walking year ahead of you.

I have acknowledged all the members that have emailed me the proof of payments for registrations. In each return email I have also mentioned the date that you can to collect your registration parcel at the club.

Unfortunately we did not receive any licence numbers yet. This means that no registrations parcels will be ready this coming Tuesday (12 January 2016).

To check when to collect your parcel, you have to:

- Read your acknowledgement email;
- If the collection date for your parcel is 12 January, this date will shift to 19 January (or any Tuesday thereafter) between 17:00 and 19:00 at the club house.
I will, however, still be at the club house on 12 January from 17:00 - 19:00, if you have any questions or concerns.
Please also remember that your 2015 licence number is still valid until 31 January 2016.

All the best,
Zelna

LEAGUE RACE

Please note that the ACE race in Eersterust this Saturday will be the first league race of the year. Be there in numbers please. We need as many of our members as possible to participate. Fast or slow, we need your points. As always there will be something to eat afterwards.

AGN & SA 10 KM CHAMPIONSHIPS

The 10 km at the Eersterust Race on 16 January will also serve as the following:

- AGN 10 km Championships
- Trials to select an AGN team to participate at the SA 10 km Championships at Sasolburg on 6 February.

There are no set qualifying times, but it is expected that all selected senior and junior male athletes will finish the race in less than 35 minutes and all senior and junior female athletes will finish in less than 45 minutes. All other age categories should be able to finish within 60 minutes.

The AGN team will be announced as soon as the results of the Eersterust race become available.

Please note that there will be additional prize money for the winners at the AGN Championships.

SOCIAL EVENING

Our first social evening of the year will take place on Tuesday evening after the time trials. Don't miss out. As always there will be something to eat at a very reasonable price. Bring the whole family along.

SPORT PSYCHOLOGIST

Please take note that the well-known sport psychologist Maretha Claasen will be at the club on 19 January to present her second talk on mental preparation for Comrades. All Comrades athletes are invited to attend. All other members are also welcome because everybody can benefit from this. More details next week.

COMRADES WORKSHOP

The Comrades Marathon Association will be presenting its annual Roadshow Programme from January 2016. Irene is proud to be hosting one of the shows on Tuesday 26 January. Venue: ARC Auditorium Time: 19:00



Tell your friends about it. It is always a special event for Comrades runners.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Gerrit	Faling	12 Jan
Carla	Hartmann	12 Jan
Ernest	Mallett	12 Jan
Jandri	Venter	12 Jan
Gert	Fourie	13 Jan
Kobus	van Niekerk	13 Jan
John	Ward	13 Jan
Pamela	Halse	14 Jan
John	Hoffman	15 Jan
Johann	Stander	15 Jan
Tjaart	Van Wyk	16 Jan
Gloria	Mangwane	17 Jan
Elani	Swanepoel	17 Jan
Hermien	Velleman	17 Jan



NOTICE BOARD

League Race & 10km AGN Championships

Saturday 16 January

BestMed 10 / 21.1 / 5km Race

Race Organisers: Eersterust Athletic Club

Venue: Eersterust Sports Stadium, c/o St Joseph & Hans Coverdale West, Eersterust

GPS: S 25 42'54.12" E 28 18' 25.79"

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
GGM – free entry on race day only			
Start time	06h00		06h10
Time Limit	03h00		

No animals allowed

Pre-entries at: Running Inn; Running Inn; Runners Shop; Sweat Shop, Southdowns

www.enteronline.co.za

Saturday 23 January

**PWC George Claassen Memorial Road
Race 21.1 / 10 / 5km**

Race Organisers: Pretoria Marathon Club

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

GPS: S 25.7841 E 28.3051

	21.1 km	10 km	5 km
Pre-entry fees	R 80	R 60	R 40
Race day entries	R 100	R 80	
GGM & GGGM – free entry on race day only			
Start time – Running	06h00		06h15
Start time - Walking	05h30		
Time Limit	03h00		

No wheelchairs

Pre-entries at: Running Inn; Running Inn; Runners Shop; Sweat Shop: Southdowns, Dunkeld West, Fourways Crossing; Bedford Runner; Randburg Runner

www.enteronline.co.za

Saturday 30 January**Akasia Road Race 42.2 / 21.1 / 10 / 5 km**

Race Organisers: Wonderpark Shopping Centre

Venue: Wonderpark Shopping Centre, Heinrich Avenue, Karenpark

GPS: S 25 40.264 E 28 6.703

	42.2 km	21.1 km	10 km	5 km
Pre entry fees	R 90	R 70	R 60	R 30
Entry fees 60+	R 40	R 30		
Race day entry fees	R 110	R 90	R 80	
Race day entry fees 60+	R 50	R 40		
Blind runners	Free			
Start time	05h30	05h45	06h00	06h10
Time Limit	05h00			

Pre-entries at: Running Inn; Runners Store; Sweat Shop, Southdowns; Dunkeld West & Bedford View; Boost Juice & Maxi's Wonderpark Centre

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

2016 AGN LEAGUE FIXTURE LIST

EVENT	DIST	DATE	LEAGUE	
			RR	RW
ACE	10/21	16 Jan	X	X
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

Local meetings

02 April 2016 Gauteng North Championships, Pilditch

13 August 2016 Claude Sterley - Pilditch

SA Masters Championships

13/14 May 2016 SA's Pilditch, Pretoria

International Championships

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

Don't let your happiness depend on something you may lose.



Photo Corner (A4A race at Eco Boulevard)



After a few years at Run Walk for Life, Dawie and Irene Venter are back at IAC



Eliza Steyl enjoyed one of her last races in Irene colours before moving to Walvis Bay



Everything was back to normal on Saturday



Amanda Cloete ran another PB on the 21 km



Willem Haarhoff doing a few stretches after the race



Johan van Vuuren with his 2 grandchildren handing out flyers. Hanro finished 2nd in the 5 km



Werner & Yolandi Smit with Hennie Engelbrecht



Bernadette & Grant Buss with Talana Prinsloo (Bernadette's mother)



Monty was quite busy behind the counter



Candice van der Spuy enjoying a cold one



Pieter Olivier looking tired after his 21 km



Relaxing after the race