



IRENE NEWS

11 May 2015

No 19 - 2015



ACHIEVEMENTS

The following members did us proud at the Jackie Mekler race:

Liza Maritz	2 nd lady – 10 km (41:51)
Ansie Breytenbach	1 st Master lady – 10 km (43:19)
Lyn de Bruin	1 st GM lady – 10 km (54:17)
Elsa Meyer	1 st Lady walker (61:55)
Annatjie Greyvenstein	3 rd Lady walker (66:39)
Anelle Vorster	9 th Lady – 25 km (1:53:37)
Sandra Steenkamp	1 st Lady walker – 25 km (NT)

Congratulations!

Johan Nel	1 st GM – Nylstroom Warmbad 28km (2:15:08)
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Well done!

PERSONAL ACHIEVEMENTS

Dewald Bezuidenhout	First 21 km
Hermien Bezuidenhout	First 21 km

Congratulations!

Please send me the info about all your personal achievements, don't be shy.

CAPTAIN'S CORNER

Comrades' month is here and the buzz in the running circles is all about the BIG DADDY of ULTRAS.

As you all should know by now the **UP RUN** route is longer and will measure 87.72km so adjust your plans to make provision for it. There is also a route deviation in Pinetown that you must be aware of.

I have added a blow by blow synopsis of the **UP RUN** as explained by one of the Comrades greats who is Mr. Barry Holland. He has run this route more than 40 times and knows where to give and where to take. This day will also be a journey no matter who you are. Read it and familiarise yourselves with what is in store and it could help you.

Let make these last few weeks on the training ground count. We have done the work so now it is all about maintaining and sharpening up.

Should you have any questions about training please drop me a mail at training@irenerunner.co.za or call me on 082 345 5343 and I will assist where possible.

Proud IRENE Greetings

Linley

PS: The UP RUN notes doesn't include the changes of the route distance and deviation but does give you an idea of the route

THE JACKIE MEKLER PENALTY STAKES

This initiative by Travers Snyman was a huge success. It was fun and an example of the great Irene Spirit. Thank you to everyone who was part of it. An amount of R800 was raised for the Hasie se Holte shoe project and there is still more penalties outstanding. You were great!



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COMRADES PRE-FUNCTION

Our Comrades pre-function will take place on Saturday 23 May at 11:00 at the club house. This year the legendary Alan Robb will be our guest of honour and will be available to answer all your last minute questions regarding Comrades. Alan has run 41 consecutive Comrades Marathons. He has collected not less than 12 gold and 16 silver medals. You can't miss this opportunity.



TIME TRIALS

Please take note that the time trials now start at 17:15 from Tuesday. This will be the starting time until the end of August.

TRACK SUITS

The new Irene track suits will be ordered on an individual basis only. It is quite possible that the top and pants will not be the same size. You will have the last opportunity on Tuesday evening to fit for size. The order will be placed with the suppliers on Wednesday.

The price of the track suit top will be R300 and the pants will cost R295.

BLUE TIGHTS

The blue tights are selling fast! Make sure that you don't miss out.



IRENE ATHLETICS CLUB FACEBOOK

Another 13 more likes were added to our page last week. With the total likes now on 547 the 600 mark is not so far away. Please help us to get there and click on the link below and like our page if you haven't done it yet.



LEAGUE RESULTS

Our position on the general log took a dive from 7th to 12th position on the log after the Solomon Mahlangu race, nothing to be proud of. Thank you to all of you who participated.

Mar	Global	BHS	Sun	Sol Mah	Div 1	Points
	Pos	Pos	Pos	Pos	Club	League
105	1	1	1	1	Vtm	76
166	7	4	3	2	Pmmc	71
126	2	3	4	3	Ace	69
37	3	2	2	3	Npo	69
150	10	7	5	5	Resbank	60
45	8	8	6	6	PvR	52
70	5	9	8	7	Hqh	45
35	4	5	11	7	Post Office	45
135	12	10	11	9	Overkruin	43
150	9	11	9	10	Csir	42
248	11	14	13	11	Love Running	40
177	16	13	9	12	Agape	39
750	13	5	7	12	Irene	39
35	6	11	14	14	Arete	30
277	18	18	16	14	RWFL	30
155	14	16	17	16	Aurecon	27,5
269	19	15	15	17	Runavation	25
35	14	17	18	18	Enduro	17,5
100	17	19	19	19	Zwakala	12
306	20	20	20	20	Phobians	8

SUPER LEAGUE

Congratulations to our ladies who did us proud again. After four league races they are still unbeaten and leaders on the log. The challenge is to stay there for the rest of the year.

Unfortunately our men dropped back from 6th to 7th position.

Ladies' log

<i>Grt Run 1</i>	<i>BHS</i>	<i>SunRise</i>	<i>Sol Mah</i>	<i>Female</i>	<i>Points</i>	<i>Sol Mah</i>
<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>Log</i>	<i>Log Pts</i>
1	1	1	1	IRENE	200	50
3	2	2	2	MAGNOLIA	184	45
16	8	4	3	NEDBANK	178,5	47
14	5	3	4	RUNAVATION	174,5	40,5
8	6	5	5	OVERKRUIN	170	39
11	9	7	6	CSIR	168	44
5	3	8	7	VTM	151	32
17	12	9	8	PHOBIANS	150,5	48
4	4	11	9	TRANSNET	128	38
15	10	6	10	RUNNING INN	127	

Men's log

<i>Global</i>	<i>BHS</i>	<i>SunRise</i>	<i>Sol Mah</i>	<i>Male</i>	<i>Points</i>	<i>Sol Mah</i>
<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>Log</i>	<i>Log Pts</i>
3	2	1	1	PMMC	197,5	50
2	1	2	2	NEDBANK	195	48
5	4	4	3	ACE	189	49
1	3	3	4	TRANSNET	187	46
12	7	7	5	CORR SERV	176	47
3	6	8	6	RUNAVATION	157,5	41
6	5	6	7	IRENE	154	24
10	8	5	8	TUKS	149,5	17,5
24	16	11	9	VTM	123,5	43
	22	15	10	AURECON	116	38



Congratulations to the following members who were responsible for the super league points:

POS	NAME	AGE	CAT	TIME	POINTS
Ladies 10 km					
42	L MARITZ	35	snr	00:42:42	24
48	A BREYTENBACH	51	mas	00:43:07	22
154	H DE BRUIN	37	snr	00:52:26	9
177	N VISSER	46	vet	00:54:03	5
190	L DE BRUIN	62	gm	00:54:37	3

Ladies 21 km					
149	S SCHEEPERS	51	mas	01:54:55	19
192	A V D HEEVER	34	snr	01:59:28	10
201	A LOTHERINGEN	45	vet	02:00:38	9
228	M MASEKOAMENG	32	snr	02:03:44	3
229	L FIBIGER	43	vet	02:03:59	2

Men 10 km					
49	M DE BRUTO	66	gm	00:43:07	15
63	L PAGE	56	mas	00:44:41	7

WALKERS LEAGUE

Well done to our walkers who remain on top of the league, we are proud of you. RWFL is on our heels, beware!

<i>Grt Run 1</i>	<i>BHS</i>	<i>Sol Mah</i>	<i>Div 1</i>	<i>Points</i>	<i>L'gue</i>
<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>L'gue</i>	<i>Points</i>
1	1	1	IRENE	59	19
2	2	2	RWFL	58	20
3	3	3	ACRW	51	15
4	4	4	PMWC	48	18
8	8	5	LOVE RUNNING	41	17
9	6	6	AGAPE	37,5	9,5
6	10	7	SOLIDARITEIT	36,5	13
6	5	7	VTM	36,5	8
11	12	9	AURECON	31,5	11,5
12	11	10	NPO	28	7

COMRADES CHURCH SERVICE



Comradesdiens

24 Mei
om 18:00
by
NG Valleisig



Jan de Wet

Almal word hartlik uitgenooi om die diens by te woon

Navrae: Gideon Adriaanse 083-629-6693

Kollekte word by die deure opgeneem

IN THE MAILBOX

Dear Irene Members,

Marisa Oosthuizen did inform me that she let the club know that I was in Nepal at the time of the earthquake, but I was surprised to see a huge photo of me in the Irene news.

We were so blessed as to be at the right place in the 'wrong' time of the quake. After a short visit to Kathmandu upon arrival in Nepal, we hiked the Annapurna Trail near Pokhara in the Himalayas, which was a wonderful and breath-taking experience.

We were busy with our Community charity project at a school near Pokhara, when the huge earthquake took place. I was standing on the stoep of the 4-classroom school when the earth started shaking. At first I thought that a huge truck might be delivering bricks or something. We soon realized that we should move to the open grass area in front of the school. It was over in about a minute. As we did not have any Wi-Fi or means of communication, we did not know the severity of the earthquake, which epicentre was about 100 km away from us. Shortly after, we had another tremor, just as severe as the first. Fortunately, the buildings just moved, but nothing was damaged.

Our expedition leader, Mike Wakeford from World Challenge, contacted the Head Office in the UK via satellite phone to relay the message that we were safe. Our families and school in Pretoria, heard the good news from them. We carried on with the painting of the class rooms

and interacted with the community of which a number came to sleep on the open field with us.

As soon as we got back to the luxury of a "hotel" in Pokhara, we were summoned to sleep at another project school, in our tents once again, to safeguard us against more tremors which were expected. So, basically our recreation days which lay ahead, was over...Still we did not realize the full severity of the impact of the quake although we did get the message that it registered 7.8 on the Richter scale. We never saw a TV and any footage at the time. In any case, it was a case of looking after the girls and making things as pleasant as possible, not wanting them to get upset unnecessarily.

We were bussed to the outskirts of Kathmandu for two nights, basically camping on the road side the first night and moving into a bamboo structure for the last night before we caught our scheduled flight to S. A. We were supplied with regular meals and bottled water for the time that we were there and under the circumstances, we were well taken care of.

I have the following message to the Irene runners:

Running makes you physically strong, but one tends to forget the impact of the perseverance of long distance running on the mind.

During our wonderful hike, it started pelting with rain whilst ascending a gruelling hill. The memory of the Two Oceans of 2012 (which we swam), made me push through and I actually enjoyed it! On another occasion the Eastern food was playing up with my tummy, and I thought: If you can run through this on Comrades (with stomach cramps), you can walk through this!

The last two days were emotionally taxing. No running water, nothing to do etc. Once again, my mind had to pull me through!

Having said this, nothing would have been possible without the grace of God. Running is a privilege bestowed on us by His grace, and reaping the benefits of training, is also God given!

I hope to get fit again, overcoming my hamstring injury for once and for all, and to see you all on the road again. It is the family of Irene and the friendliness and camaraderie that makes one want to come back again and again.

Thanks to Sonja, who phone me to check up upon our return as well as Marisa, who was in contact with me whenever possible.

Keep running and good luck to all the Comrades athletes. Do yourself proud and keep on running and walking, but never give up!

Regards

Lizelle (ala Hoener by some of you)

SPECIAL OFFER

Ek het gereel vir 'n special vir Comrades by 1 van my sponsors. Ek het my Silwer op Two Oceans en Comrades met hierdie belt gehardloop, dis baie lig en baie gemaklik. Die Quantum belt kos normaalweg R 515. Nou slegs R 200. Terwyl voorraad hou.



Koop dit online by www.nativesport.co.za

Bennie Roux

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week.

Sarah	Munnik	11-May
Jan Hendrik	Kymdell	12-May
Talana	Prinsloo	12-May
Derick	Viviers	12-May
Anita	Marais	13-May
Marlene	Oosthuizen	14-May
Johan	Van Vuuren	14-May
Lani	Botha	15-May
Liz	Harper	15-May
Murray	Steenkamp	15-May
Dianne	Hoffman	16-May



NOTICE BOARD

Saturday 16 May

The Love Run 21.1/10/5 km

Race Organisers: Love Running

Venue: Hatfield Christian Church, 551 January Masilela Drive, Menlyn, Pretoria East

	21.1 km	10 km	5 km
Pre-entry fees	R 60	R 50	R 30
Race day entries	R 70	R 60	R 30
Start time	Runners 07h00 Walkers 06h45		07h10
Time Limit	03h00		

T-shirts to 10 & 21.1km pre-entries in shops and dealerships only whilst stocks last

Pre-entries at: Running Inn; Run-away-Sports; Sweatshop Southdowns & Dunkeld; Audi Centre Arcadia, Wonderboom, Menlyn & Silver Oaks

www.entrytime.com; www.mccarthyvw.co.za; www.mccarthyaudi.co.za

Saturday 23 May

Virseker 3 in 1 – 21.1/10/5 km

Race Organisers: Overkruin Atletiekkklub

Venue: Kolonnade Shopping Centre, c/o Sefako Makgatho Dr & Dr van der Merwe Street,
Montana Park

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Start time	07h00		07h15
Time Limit	03h00		

Wheelchairs athletes welcome

Pre-entries at: Running Inn; Run-away-Sports;

Sunday 24 May

Pan African Marathon 21.1/10/5 km

Race Organisers: Great Run Africa/AGN

Venue: Union Buildings, Sunnyside

	21.1 km	10 km	5 km
Pre-entry fees with t-shirt	R 100	R 90	R 70
Pre-entry fees without t-shirt	R 85	R 75	R 50
Race day entries – no t-shirt	R 120	R 100	R 60
Pre-entry fees 70+ with t-shirt	R 70	R 70	
Pre-entry fees 70+ without t-shirt	R 50	R 50	
Pre-entry fees 60+ women with t-shirt	R 70	R 70	
Pre-entry fees 60+ women without t-shirt	R 50	R 50	
Start time	08H00	08H15	08h20
Time Limit	03H00	02H00	

Pre-entries at: Running Inn; Run-away-Sports; Sweatshop Southdowns & Dunkeld; The Runners Store; Sportsmans warehouse; Rockets Sport Shop

www.entrytime.com; www.greatrunafrica.com

Please take note that the caravan and gazebo will not be at this race

Saturday 30 May

Great Run Series 2 – 10 / 6km

Race Organisers: Global Athletics Club

Venue: Weskoppies Hospital, Pretoria West

	10 km	5 km
Entry fees	R 60	R 40
Entry fees 70+	Free	
Start time	07h00	
Time Limit	02h30	

Pre-entries at: Running Inn; Run-away-Sports; Sweatshop Southdowns, The Runners Store

www.enteronline.co.za

Saturday 6 June

Silver Oaks Race of Faith 15 / 10 / 5.5km

Race Organisers: Run Walk for Life

Venue: Silver Oaks Crossing, c/o Von Backstrom Boulevard & Solomon Mahlangu Drive,
Willow Acres

GPS: S 25 45 57,57 E 28 21 31.80

	15 km	10 km	5.5 km
Entry fees	R 60	R 50	R 30
Start time	07h00		07h10
Time Limit	??h00		

There will also be a kiddie's race at 09h30 & 09h45 (500m & 1km)

T-shirts to the 1st 100 pre-entries, 50 per outlet

Wheelchair athletes and prams welcome on the 5.5km

Pre-entries at: Silver Oaks Mediabox Northern Loft and SPAR at the MRK installation/DSTV
desk – between 11 May and 5 June

www.enteronline.co.za

Tuesday 16 June

Winter Warmer Road Race 21.1/10/5 km

Race Organisers: ACRW

Venue: ACRW Club House, Edinburgh Road, Clubview East, Centurion

GPS: S 25 50'13.3 E 28 10'32.4

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
Entry fees GGM, Wheelchair & blind athletes	Free		
Start time	14h00		14h35
Time Limit	??h00		

Wheelchairs athletes welcome

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

2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
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

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

4 – 16 August 2015	WMA Championships, Lyon, France
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<http://www.lyon2015.com>

26 Oct – 6 November 2016	MA Championships, Perth, Australia
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<http://www.perth2016.com>

THOUGHT FOR THE WEEK

Doing what you like is freedom. Liking what you do is happiness.



Photo Corner (Jackie Mekler)















