



IRENE NEWS

12 December 2016

No 50 - 2016



EDITORIAL

This will be the last Irene News for 2016. The next issue will be sent out on 9 January 2017. The last official time trials will be held on Tuesday. The next official time trials will take place on 10 January when everything will be back to normal. Please take note that the office will be closed from 16 December until 9 January.

The Management team wants to make use of this opportunity to wish you all a fantastic festive season. May you enjoy peace and happiness on Christmas day that will last a lifetime. If you are fortunate to go away, please drive carefully and come back safely.

ACHIEVEMENTS

Podium positions at the Nedbank /Skosana 10 km race on Saturday:

Liza Maritz	3 rd Lady – 42:00
Johan Nel	1 st GM – 46:48
Joey Cloete	1 st GM lady – 57:30
Sandra Steenkamp	1 st Lady walker – 58:49

Congratulations!

PERSONAL ACHIEVEMENTS

None received



THIS WEEK'S DIARY

Tuesday:

Time Trials at 17:30. (Last for 2016)

Thursday:

Christmas Lights Run at 18:30 – Jan Cilliers Park, Groenkloof

Friday:

Live Running 5/12.5/25 at 06:00 – Voortrekker Park, Silverton

Saturday:

The Wonderful Run 5/10/21 at 06:00 – The Forum, Karenpark



REGISTRATIONS 2017

Registrations for 2017 are going extremely well. Make sure that you qualify for your T-shirt. Only the first 500 members will receive a T-shirt. Don't miss out on it. Go to <http://www.irenerunner.co.za/membership.html> to register.

The membership fee for social members has been reduced to R300 and that of the juniors to R100. Full membership remains on R630, the same as 2016.

NEW MEMBERS

Welcome to the following new members whose membership has been finalized.

Michelle	Van Greuning
Ilana	Richter
Jacobus	Richter
Marli	Hanekom
Monica	Du Toit
Piet	Bothma
Ferdinand	Kotze
Riaan	Lourens
Parvathi	Pakkiri

You are now part of a great family!

CAPTAIN'S CORNER

I was in the company of one of the club's distinguished gentlemen on Tuesday after time trials. Oom Johan, as most of us know him by was leisurely sipping on a frosty when I joined him. We share a common hometown and often, when we meet would refer to long past times and the people of the little town of Fochville. During the conversation and I can't quite recall the context, oom Johan made the following statement: "Change your head, and you'll change your life."

I admit that I don't recall what was said just afterwards as the profoundness of this wisdom loaded statement struck me! Wow! This is so true. Change the way you think about something and change the outcome of your association towards that something. What's more is that this is not limited to certain things in life, but to everything in life...yes, running as well. If you are stuck in a rut, and you don't seem to be optimising your achievements, then change your approach.

Are you one of those who find themselves stuck on their 9th Comrades, but just don't seem to be able to pocket that dream 10th permanent number? Are you one of those who just can't seem to finish your first Comrades after a few attempts? Are you battling year after year to break that elusive 50 minute barrier in a 10km race, or the 2 hour goal of a 21 km?

Well guys, instead of doing the same thing over and over and failing to achieve your goal, let's work on changing the way we think about it, the way we approach our training and preparation. Next year I would like to assist you in achieving your goals. Your running dreams. So next year, as soon as possible after the 10th of January 2017, when the club reopens, we need to talk. Let me then if you are one of those who are prepared to make the mind change and reach for the running stars.

CHRISTMAS LIGHTS RUN



**COME AND JOIN US FOR SOME FUN ON THE STREETS OF BROOKLYN AND
RUN A SHORT 6KM TO SEE THE "FAMOUS" XMAS LIGHTS ON LAWLEY
STREET**

START AND FINISH AT

"JAN CILLIERS PARK"

BRODERICK STREET, GROENKLOOF

START TIME: 18H30

DATE: WEDNESDAY 14TH DECEMBER

WATER AND BUBBLY WILL BE PROVIDED ON ROUTE

BRING OWN DRINKS FOR AFTERWARDS

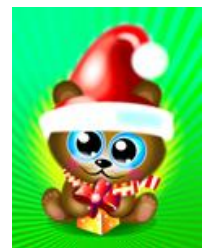
KIDS WELCOME, DRESS FOR THE OCCASION (REFLECTIVE BANDS)



PLEASE BRING A SMALL TOY FOR CHARITY

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Email mlundie@optron.com



PERSONALIA

Congratulations to Diederick and Dorette Steyn on the birth of their baby girl. May they be blessed every day.



Congratulations to everybody celebrating their birthdays during the holiday period:

Fanna	Njomo	12 Dec
Adrian	Spence	12 Dec
Marissa	Wolhuter	12 Dec
Kepi	Madumo	13 Dec
Rynier	van der Watt	14 Dec
Daleen	van Staden	14 Dec
Elaine	Cuffe	15 Dec
Ernest	Kenoshi	15 Dec
Liezel	Van Achterbergh	15 Dec
Rosemary	Brink	16 Dec
Gerald	Hartmann	16 Dec
Llewellyn	Jacobs	16 Dec
Kobus	Faber	17 Dec
Lizelle	le Roux	17 Dec
Brett	Muir	18 Dec
LN	Strauss	18 Dec
Ansie	Breytenbach	19 Dec
Charnette	Van Rooyen	19 Dec
Lourens	van Aardt	20 Dec
Gerard	du Toit	21 Dec
Steve	Holtshousen	22 Dec
Shelley	Robertson	22 Dec
Liezl	Schoeman	22 Dec
Marie	Viviers	23 Dec
Dirk	Cloete	24 Dec
Anjanette	Jones	24 Dec
Helga	Reyneke	24 Dec



Hennie	van der Walt	24 Dec
Conita	van Rensburg	24 Dec
Henk	Basson	26 Dec
Anton	De Klerk	26 Dec
Lean	du Plessis	27 Dec
Minki	Fourie	27 Dec
Tjaart	van Wyk	27 Dec
David	Broughton	28 Dec
Philip	Koornhof	29 Dec
Annatjie	Greyvenstein	31 Dec
Daleen	Labuschagne	31 Dec
Amina	Mohamed	31 Dec
Riana	van den Berg	31 Dec
Louis	Visser	31 Dec
Cassie	Calaca	01 Jan
John	Ellmore	02 Jan
Ntsako	Msomi	02 Jan
Vishal	Ramkissoo	03 Jan
Annemarie	Breytenbach	06 Jan
Amber	Klaas	06 Jan
Wilna	Van Zyl	06 Jan
Anina	Coetzee	07 Jan
Mark	Patterson	07 Jan
Rachelle	van der Walt	07 Jan
Giel	Cillie	08 Jan
Marinda	Tadman	08 Jan
Nadia	Oberholzer	09 Jan
Johann	van Biljon	09 Jan
Nelius	Van Rooyen	09 Jan

**FABER
VERVOER**




MUGG & BEAN
 Midstream 0120409229

CARAVAN/GAZEBO

Please take note that the caravan/gazebo will not be at the Old years race on 31 December or at the New years race on 2 January



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NOTICE BOARD

Friday 16 December

Live Running 25/12.5/5 km

Race Organisers: Vitalfitness Athletics Club

Venue: Voortrekker Park, c/o Jasmyn & Van Wyk Street, Silverton, Pretoria

	25 km	12.5 km	5 km
Entry Fee	R 70	R 60	R 40
Start Time	06:00		06:30
Cut-off	04h30		

No wheelchairs

Pre-entries at: Run-A-Way Sport; Running Inn; Sweatshop Southdowns; The Runners Store
Tramshed

Monday – Friday 08h00 – 17h00 @ BB Silverton Nissan, Pretoria Road, Silverton

Saturday 17 December

The Wonderful Run 21.1/10/5km

Race Organisers: Wonderpark Athletics Club

Venue: The Forum (Between Wonderpark Mall & Akasia Town Hall), c/o Heinrich & Disotus
Avenue, Karenpark

	21.1 km	10 km	5 km
Entry Fee	R 80	R 60	R 30
Start Time	06:00		06:15
Cut-off	04h00		

Pre-entries at: Running Inn; Sweatshop Southdowns, Dunkeld & Fourways; The Runners
Store Tramshed

Saturday 24 December**A4A Road Safety Run/Walk 1.1/10/5km**

Race Organisers: Aerobics 4 All

Venue: Eco Boulevard, 170 Witch-hazel Avenue, Highveld X68, Centurion

	21.1 km	10 km	5 km
Pre entry-fee	R 70	R 50	R 30
Race day entry-fee	R 90	R 70	R 50
Start Time	06:30		06:45
Cut-off	??h00		

Wheelchairs and strollers welcome

Pre-entries at: Run-away Sport; Running Inn; The Runners Store Tramshed; Sweatshop Southdowns

www.entrytime.com**Saturday 31 December****Old Years run/walk 10/5km**

Race Organisers: Arcadia Running Club

Venue: Rietondale Park, North Street, Rietondale

	10 km	5 km
Entry Fee	R 60	R 40
Start Time	17h00	
Cut-off	02h00	

Pre-entries at: Run-away Sport; Running Inn; The Runners Store Tramshed

www.enteronline.co.za

Monday 2 January**New Year Beginning 11/5km**

Race Organisers: Run Walk for Life

Venue: Pretoria National Botanical Garden, Cussonia Avenue, Silverton

	11 km	5 km
Entry Fee	R 60	R 40
Start Time	07h00	
Cut-off	02h00	

Pre-entries at: Run-away Sport; Running Inn; The Runners Store Tramshed

www.enteronline.co.za**Saturday 7 January****A4A Road Safety Run/Walk 1.1/10/5km**

Race Organisers: Aerobics 4 All

Venue: Eco Boulevard, 170 Witch-hazel Avenue, Highveld X68, Centurion

	21.1 km	10 km	5 km
Pre entry-fee	R 70	R 50	R 30
Race day entry-fee	R 90	R 70	R 50
Start Time	06:30		06:45
Cut-off	02h00		

Wheelchairs and strollers welcome

Pre-entries at: Run-away Sport; Running Inn; The Runners Store Tramshed; Sweatshop Southdowns

www.entrytime.com

LEAGUE RACE

Saturday 14 January

Atheltics Club Eersterust Race 21.1/10/5km

Race Organisers: Athletics Club Eersterust

Venue: Eersterust Sport Stadium. c/o St Jospeh & Hans Coverdale West, Eersterust

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

	21.1 km	10 km	5 km
Pre entry-fee	R 80	R 60	R 30
Race day entry-fee – 80+	Free – proof of age may be requested		
Start Time	06:00		06:10
Cut-off	03h00	02h30	

Pre-entries at: Run-away Sport; Running Inn; The Runners Store Tramshed; Sweatshop Southdowns; Tshwane Running Shop

www.entrytime.com

African Masters Track & Field Championship

Cameroon

27 – 29 May 2017

International Masters Championships

18 – 25 March 2017

World Indoor Championship 2017 in Daegu, Korea

THOUGHT FOR THE WEEK

Obstacles are those little frightening things you see when you remove your eyes from your goal.

Photo Corner



Johan du Toit, Candice van der Spuy, Marks Mathebula, Elaine Cuffe and Joy Nicholl at the Nedbank Skosana race on Saturday