



IRENE NEWS

12 January 2015

No 2 - 2015



ACHIEVEMENTS

The following members were on the podium at the A4A 10 km race at the Fountains:

Ansie Breytenbach	1 st Master lady
Leon Page	1 st Master
Johan Nel	1 st GM
Elsa Meyer	2 nd Lady walker
Lucia Willemse	3 rd Lady walker
Keith Reynolds	1 st Walker

Congratulations!

PERSONAL ACHIEVEMENTS

Sandra Trentham did her first 10 km as a walker.

Well done!

TIME TRIALS

The start of the time trials last week was huge. Please note that everybody starts together at 17:30

WALKING TRAINING SESSIONS

The walking training sessions will commence on Tuesday. Don't miss out on this. Runners who attend these sessions will see an improvement on their Marathon and Ultra distance times.

These sessions will consist of:

An explanation of the session.

A warm up before the session.

The training session. (To be supervised and advice given where necessary)

A warm down after the session.

The training sessions will be approximately 60 minutes long depending on the activity. Activities will include strength training, endurance, stamina and speed work.

There will also be coaching on Race Walking technique for those who want it.

The aim of these quality training sessions is to provide an opportunity for anyone who wants to improve their times, fitness or technique.

We will have a designated area to do our training including the warm ups and warm downs.

As a starting point we will be meeting in front of the clubhouse on 13 January 2015 at 17h15 for 17h30.

My aim as the Irene Walking Captain is to make all walkers feel welcome irrespective of age, experience (Beginners are more than welcome) pace or fitness level.

We do what we do to get fit and to keep fit. Some of us like to compete and some don't, but we all want to get a little bit better at what we do.

So please join us if you can on January 13th and let's get the ball rolling!

RAY PATTERSON.
076 565 2228

TRAINING GROUP

Dear Irene Members

My name is Linley September and I am the Club Captain for 2015. I have started a whatsapp group for all members who are interested in joining our training groups. The training is open to all members of different running ability and not focussed on any specific race. I have to add, that the ultimate goal is to get as many members to achieve there running goals, be it to get fit and healthy only, running a personal best time , completing their first 10km , 21km, 42km or Ultra race. I want to encourage each member who want to train in the group to come to the club where we have a safe and secure environment and join the training group. You can be part of a group that suits your running ability and there are a few members who have the extended knowledge to assist you with questions you might have with regards to racing, injuries etc.

Should you wish to join the **IRENE TRAINING GROUP 2015** whatsapp group please send me a SMS or whatsapp with your name and surname to 082 345 5343 so I can add you. Training at the club starts at 17h30 every day from Monday to Thursday.

Proud Irene Greetings,

Linley

 <p>SHORT TERM BROKERS Value. Service. Trust Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za</p>	<p>We're there for the long run</p> <p><small>Short Term Brokers is an authorised financial services provider – FSP no. 10670</small></p>
--	--

COMRADES BUS

Comrades bus na Durban. Vertrek Vrydag 29 Mei en kom terug Maandag 1 Junie 2015. Verblyf in Amamzimtoti vir 3 nagte. Koste R2050 pp.

Kontak Willie Hall by 0823756174 indien jy belangstel.

BE INVOLVED

Attached you will find a very serious call from our social management to all our members to become involved. Please ensure that you read it properly.

PERSONALIA

Congratulations to Chris and Dani Marlin with the birth of baby Robbie on New Years' day.

Congratulations to everybody celebrating their birthdays during the week.

Carla	Hartmann	12-Jan
Gert	Fourie	13-Jan
John	Ward	13-Jan
Kobus	van Niekerk	13-Jan
John	Hoffman	15-Jan
Maarten	Kamper	15-Jan
Elizabeth	Maree	15-Jan
Johann	Stander	15-Jan
Elna	Kruger	16-Jan
Rachelle	Pretorius	16-Jan
Ronel	Kraukamp	17-Jan
Zelda	Lamprecht	17-Jan
Elani	Swanepoel	17-Jan
Hermien	Velleman	17-Jan
Keneilwe	Mpolokeng	18-Jan
Mohamed	Shafik	18-Jan



NOTICE BOARD

Saturday 17 January

ACE Road Race 10/ 21.1 / 5 km

Race Organisers: Athletics Club Eersterust

Venue: Eersterust Soccer 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 70	R 50	R 30
Start time	06h00		06h00
Time Limit	03h00		

Free t-shirts to the 1st 1500 pre-entries on the 10 & 21.1km

Pre-entries at: Run-Away-Sport; Running Inn; Sweat Shop, Southdowns

www.enteronline.co.za

Saturday 24 January

Akasia Road Race 42.2/21.1/10/5 km

Race Organisers: Akasia Athletics Club

Venue: Wonderpark Shopping Centre, Heinrich Avenue, Karenpark

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

	42.2km	21.1km	10 km	5 km
Pre-entry fee	R 80	R 60	R 50	R 30
Entry fees 60 – 69	R 40	R 30	R 30	
Late entry fees	R 100	R 80	R 70	
Jardine Joggers	Free			
Start Time	05:30	05:45	06:00	06:10
Time Limit	05h00			

Pre-entries: Run-A-Way Sports, Running Inn Pretoria, Sweatshop Dunkeld,
Fourways & Southdowns, Maxi's Wonderpark, Boost Juice Wonderpark

Enter on line: www.enteronline.co www.saactive.com

Saturday 31 January
km

PWC George Claassen Memorial Road Race 21.1/10/5

Race Organisers: Pretoria Marathon Club

Venue: Pick 'n Pay Hyper, c/o Atterbury Road & Silikats Course Way, Faerie Glen

GPS: S 25.7841 E +28.3051

21.1 & 10 km races are pre-entry races only

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Start time	05h30 – walk 06h00 - run	05h50 – walk 05h45 - run	06h30
Time Limit	03h00		

Free moisture management shirts to the 1st 500 on line entries

Pre-entries at: Run-Away-Sport; Running Inn; Sweat Shop, Southdowns, Dunkeld West &
Fourways Crossing; Bedford Runner; Randburg Runner

www.enteronline.co.za



2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
Bronkhorstspuit		14/02/15	X	X
Medihelp Sunrise Monster		07/03/15	X	X
Mamelodi	10 km	25/04/15	X	X
Great Run Series II	10 km	30/05/15	X	X
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

20/21 March 2015 WP Champs - Bellville/Greenpoint

20/21 March 2015 KZN Champs - Durban

4 April 2015 GN Champs - Pilditch

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

1/2 May 2015 KZN - Durban

International Championships

Next appointment: Torun 2015 (March 23-28)

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>

18 – 25 March 2017 World Indoor Championship 2017 in Daegu, Korea

THOUGHT FOR THE WEEK

There is no key to happiness. The door is always open.

Photo Corner (Action at the Fountains race)









