



IRENE NEWS

12 October 2015

No 40 - 2015



ACHIEVEMENTS

The following members were on the podium over the weekend at the Capital Classic:

Liza Maritz	2 nd Lady – 10 km (41:12)
Ansie Breytenbach	1 st Master lady – 10 km (45:42)
Wynand Breytenbach	1 st GM walker – 10 km (73:00)
Johan Nel	1 st GM – 21 km (1:35:30)
SP Botha	1 st GGM walker – 21km (2:45:37)
Lynette Gough	1 st Master lady walker – 21 km (2:49:11)

Ansie Breytenbach	2 nd Master lady – Jhb Spar ladies 10 km (45:01)
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Congratulations!

The following walkers earned medals in their respective age categories at the SA Walking Championships held in Cape Town on Saturday:

Annatjie Greyvenstein	Gold – 10 km (SA record)
Elsa Meyer	Gold – 20 km
Lucia Willemse	Gold – 20 km
Gerard van den Raad	Gold – 20 km
Jaap Willemse	Bronze – 20 km
Sandra Steenkamp	Silver – 30 km

Well done!

PERSONAL ACHIEVEMENTS

Gift Mathebula	First 21 km
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Congratulations!

VACANCY IN THE CLOTHING SHOP

The vacancy in the clothing shop hasn't been filled yet. Please send an email to info@irenerunner.co.za if you want more info about the job.



SA MARATHON CHAMPIONSHIPS

The next SA Marathon Championships will take place in East London on 27 February 2016. Qualifying standards to be considered for election for the AGN team are as follows:

	Men	Woman
Senior	02:28:30	03:08:30
40 - 49	02:46:50	03:30:20
50 - 59	03:07:10	03:55:40
60 - 69	03:29:40	04:23:50

The qualifying period is from 1 September 2015 – 16 January 2016

Let's see how many Irene members can qualify.

FROM THE WALKING CAPTAIN

Quality training sessions.

For anyone still deciding whether or not to attend our Tuesday training sessions, consider this:

Walking is known to be one of the best form of exercise you can get.

When race walking or power walking (without using the hips) you use 95% of your muscles.



Race walking gets the heart working just as well as running does, but without the excessive jarring to the body.

Why walking is good for you.

- Walking strengthens your heart.
- Walking lowers the risk of disease.
- Walking keeps your weight in check.
- Walking can help prevent dementia.
- Walking strengthens and tones your muscles, all of them!
- Walking boosts your vitamin D levels.
- Walking improves circulation.
- Walking strengthens your bones.
- Walking leads to a longer life.
- Walking lightens your mood.
- Walking improves sleep.
- Walking lowers Alzheimer's risk.

Don't keep putting it off, get started.

The pain of exertion goes away shortly after you stop; the pain of disappointment due to lack of commitment lasts a lifetime!

No improvement in fitness can come without effort. Commitment to what you are doing is key to achieving your goals.

Our goals should simply be to get fit and to stay fit and to be healthy.

We have a quality training session every Tuesday evening. We meet at the main admin building at 17h00. Go past the club on your right, first turn left (This is the Irene time trial route) and you will see the double storey face brick building on your right.

The sessions run for between 45 and 60 minutes.

You don't have to officially join the group nor do you have to attend every session. It's up to you.

2.

All walkers and runners are welcome irrespective of age, experience pace or fitness level. (Beginners are more than welcome)

The training sessions consist of:

A warm up before the session. (Dynamic stretches)

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

A warm down after the session. (Static stretches)

Activities include strength training, endurance, stamina and speed work.

There is also coaching on Race Walking and or Power walking technique for those who want it.

The aim of the training sessions is to provide an opportunity for anyone who wants to improve their times, fitness, technique or just to get some exercise.

We have a 3k time trial every 6 weeks so that you can monitor your progress and level of fitness.

If anyone wants more information about the quality sessions you are welcome to contact me. rayp@mweb.co.za or 076 565 2228

RAY PATTERSON.

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IRENE MEMBERSHIP

We now stand on 837 members, an all-time record! The previous record was 830. Thank you to each and every member for being part of this great family.

PERSONALIA

After battling for many years it finally happened! Congratulations to Juan and Marlene Koekemoer with the birth of Anrich Juanré Koekemoer on 1 October.



Congratulations to everybody celebrating their birthdays during the week:

Leon	Page	12 Oct
Amanda	Viljoen	12 Oct
Tjantji	Matemane	13 Oct
Henriette	Smit	13 Oct
Sonette	Bronkhorst	14 Oct
Sonja	Cilliers	14 Oct
Marthinus	Geldenhuys	14 Oct
Mohau	Hlope	14 Oct
Makomane	Mokwala	14 Oct
Natasha	Craw	15 Oct
Craig	du Plessis	15 Oct
Masego	Mathibe	15 Oct
Nare	Matsena	15 Oct
Carol-Anne	Sanders	15 Oct
Marike	van Rensburg	15 Oct
Christelle	van der Watt	16 Oct
Jacobus	Pieterse	17 Oct
Henry	Enslin	18 Oct
Hermo	Terblanche	18 Oct



NOTICE BOARD

Saturday 17 October Jacaranda City Challenge 42.2/21.1/10/5 km

Race Organisers: Agapé Athletics Club & Sportsvendo

Venue: SABS Grounds, 1 Dr Lategan Road, Groenkloof

GPS: S 25 46' 10" E 28 12' 42"

	42.2km	21.1km	10 km	5 km
Pre-entry fee (until 7 October)	R 80	R 60	R 50	R 30
Entry fees 60 – 69	R 40	R 30	R 30	
Late entry fees (16/17 October)	R 100	R 80	R 70	
Jardine Joggers / 70+ athletes	Free			
Start Time	05:45		06:15	06:30
Time Limit	05h:30	03h00	2h00	

Pre-entries: Run-A-Way Sports, Running Inn Pretoria, Sweatshop Dunkeld, Bedford & Southdowns, Randburg Runner; Sportmans Warehouse Atterbury value Mart, Centurion Value World & Kolonnade Retail Park; The Runner's Store

Enter on line: www.entrytime.co.za

2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
Muller Potgieter		28/11/15	X	X



SPAR



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

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

THOUGHT FOR THE WEEK

Failure defeats losers but it inspires winners.



Photo Corner (Pub run)



There was a huge attendance at the pub run last Tuesday



Everybody enjoyed themselves



Smiles all over



It is such a privilege to run on the farm



More happy people



Destination reached. The pub at the 8 km turn



Werner vd Merwe, Stephan Olieman and Kerry Trentham enjoying a beer at sunset



Proof that they were there



Enjoying a rest before the more difficult road back after a beer



Time to catch up on serious running issues

Capital Classic Race



Pieter Venter near the finish



Sisters in law, Nadia and Melanie Saayman



Liza and Martin Maritz with the youngest of their three children



Nadine and Philip Breytenbach with their two sons



Deon and Retha van Onselen



Noel Banda



Kiara and Charles Nizetich



Rob Hodgkiss was one of many runners wearing a kilt on the day