



IRENE NEWS

13 July 2015

No 27 - 2015



ACHIEVEMENTS

The following members did us proud at the Springbok Vasbyt on Saturday:

Elsa Meyer 1st Lady walker & 1st GM – 10 km (73:56)
 SP Botha 1st GM walker – 25 km (3:23:24)

Well done!

Ansie Breytenbach 1st Master lady & 5th lady – Rhodes 52 km Trail run (6:04:15)

Congratulations to her and the other Irene members who finished this gruelling race in time.

Well done to Hennie van der Walt and Kerry Trentham who both received their permanent Rhodes numbers.

PERSONAL ACHIEVEMENTS

None Received

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week.

Rize	Blom	13-Jul
Rita	Liebenberg	13-Jul
Machiel	Engelbrecht	14-Jul
Petro	Smit	14-Jul
Lindie	Steenkamp	14-Jul
Anneke	du Toit	15-Jul
Liezel	Anderson	16-Jul
Madeleine	La Grange	16-Jul
Lidia	Kardara	17-Jul
Theresa	Klopper	18-Jul
Sithembele	Sihunuza	18-Jul
Marlene	Koekemoer	19-Jul
Jason	Labuschagne	19-Jul
Derick	Mostert	19-Jul
Zaskia	Vrey	19-Jul



FROM THE WALKERS CAPTAIN

This is a reminder that we are still continuing with our quality training sessions throughout the winter months. We meet on Tuesday evenings from 17h00 to 18h00.

It is important to keep up some form of maintenance training during winter. This will ensure that you have a level of base fitness to start with when the urge to train again comes with the warmer weather in spring.

The purpose of the quality sessions is to help you to walk fast. The only way you can do this is by walking fast.

Most of the quality sessions consist of very fast but short repeats that force your body and mind to go further than your comfort zone. These sessions get you to start feeling more comfortable at higher speeds, including race pace.

What holds us back is how fast we can walk, not how long. We are not doing ultra-distances but rather racing 5 to 20km.

Before you can walk a fast 5, 10 or 20k you need to be able to walk a very fast 400m with good technique.

Get the speed first, then work on the distance.

All walkers want to walk faster. The purpose of the Tuesday quality sessions is to help you achieve that.

Beginners are welcome.

Quality sessions

We meet every Tuesday 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 are for an hour and consist of a warm up (Dynamic stretches) the quality session between 20 and 40 minutes depending on what we are doing, and then ending off with static stretches.

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

And remember, always walk on purpose! (Stap met a doel!)

RAY PATTERSON.
WALKING CAPTAIN.
076 565 2228



LEAGUE RACE

The Garsfontein Ice Breaker 10/21 this weekend is the next league race. We need you there in big numbers please. As always there will be something to eat. Please remember to fill in all the required information on the race numbers.

COMRADES WORKSHOP

There will be a post Comrades workshop at the club on Tuesday 21 July after the time trials. It is open to all the Comrades runners but especially to the non-finishers. We want as much feedback from you as possible.

This is the start of a big effort to ensure that we will have a record number of finishers next year. The aim is to increase the number of finishers from 77% to at least 95%. It is possible if we start working on it now.

Maretha Claasen, well-known sport psychologist will be the guest speaker. You just have to be there to become part of this great effort.



NOTICE BOARD

League Race

Saturday 18 July

Garsfontein Ice Breaker 21.1/10/5 km

Race Organisers: Wingate Road Runners & Dutch Reformed Church Garsfontein

Venue: Garsfontein Primary School, Zita Street, Garsfontein

GPS: S 25 47'24.44" E 28 17'43.22"

	21.1 km	10 km	5 km
Entry fees	R 70	R 60	R 30
Entry fees – 70+	Free, except for temporary license if applicable		Free
Start time	Running 07h00 Walking 07h10		07h20
Time Limit	03:30 hrs		

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

www.nggars.org.za

Saturday 25 July

Zwartkop Road Race 21.1/10/5 km

Race Organisers: Alpha Centurion Runners & Walkers

Venue: Zwartkop Lapa, Centurion

GPS: S 25 50'14.25" E 28 07'28.46"

	21.1 km	10 km	5 km
Pre entry fees	R 70	R 50	R 30
Race day entry fees	R 80	R 60	R 30
GGM; GGGM; Blind & wheelchair athletes – 25 July	Free		
Start time	07h00		07h10
Time Limit	03hrs		

No pets and baby strollers allowed on the 10/21.1 km

Come early – only one entrance gate

Pre-entries at: Run-away-Sports; Running Inn, Sweatshop Southdowns & Dunkeld;
Sportmans Warehouse Centurion

www.enteronline.co.za

Saturday 1 August

Tshwane AC Road Race 21.1/10/5 km

Race Organisers: Tshwane Athletic Club

Venue: Medunsa Stadium (now known as Sefako Makgatho Health & Science University)

GPS: S 25 37'01.3 E 28 50.9

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees – GM & GGM & 80+	R 30		
Start time	07h00		
Time Limit	03hrs		

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

www.entrytime.co.za and www.enteronline.co.za



SPAR



2015 AGN LEAGUE FIXTURE LIST

EVENT	DIST	DATE	LEAGUE	
			RR	RW
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 -
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

You've only got three choices in life: give up, give in or give it all you've got.



Photo Corner (Rhodes Run)



Six of the eight Irene members at the start of the Rhodes Run. Theo Bohnen, Ansie Breytenbach, Jaco Taljaard, Heleen de Bruin, Hennie van der Walt and Gerard van den Raad. Absent: Kerry Trentham and Willem Haarhoff.



Hennie van der Walt looking as fresh as a daisy



Thumbs up from Heleen de Bruin



Kerry Trentham in good spirit. He finished the race to get his permanent number



Gerard van den Raad finished 38 minutes faster than last year. A remarkable achievement for a walker and the oldest competitor



Roger Browne, one of the founder members of the club who is now farming just outside Rhodes



Although it was a reasonably “warm” Rhodes this year, there was some snow on the mountains



Ansie Breytenbach took off her warm clothes at 8km and ran the rest of the race with a short sleeve T-shirt



Coming down in single file down a steep slope on very rough terrain



Another example of the terrain

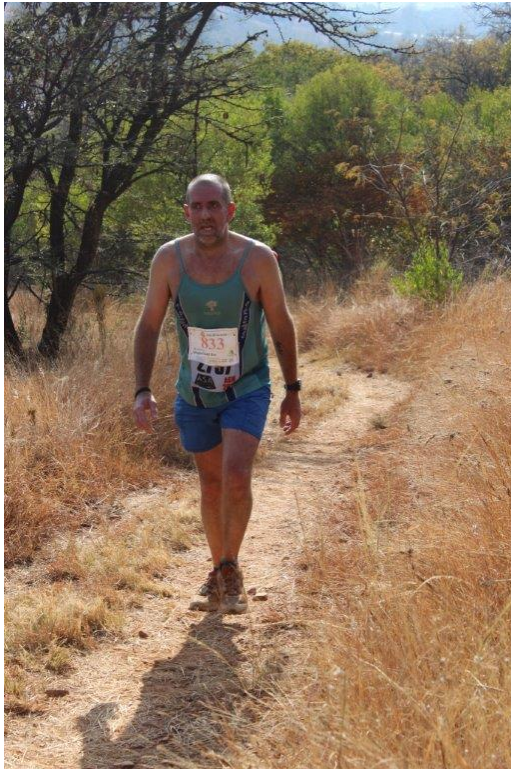


The scenery was breath-taking



A very proud Hennie van der Walt after receiving his permanent number

Springbok Vasbyt (Thanks to Rena van Wyk for the photos)



Werner Zandberg looking pretty tired



Theuns Strecker looking strong



Musa Nkosi in action



Tjaart van Wyk had enough