



IRENE NEWS

13 June 2016

No 24 - 2016



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Race against Drugs 10 km on Saturday:

Jaap Willemse	1 st Master walker (1:00:11)
Gerard van den Raad	1 st GGM walker (1:11:37)
Elsa Meyer	1 st GM lady walker & 3 rd lady (1:05:07)

The following members were selected to the AGN cross country team to participate at the Inter Provincial Championships that were held in Witbank on Saturday:

Rob Hudson
Willem van der Merwe
Thea van der merwe

Well done!

The following members have been selected to the AGN team to participate in the SA 21 km Championships in Port Elizabeth on 30 July:

Alfred Matema
Ansie Breytenbach

Congratulations!

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:15 - Club house

Thursday:

Winter Warmer 5/10/21 at 13:30 – Alpha Centurion Club House

SOCIAL EVENING

The social evening last week was a huge success. Thank you to those Comrades runners who shared their Comrades experiences with us, it was very special.

Thank you also to Stephen and Elna Mee for the food once again. The two of you are also very special.

See the photo corner for a few photos.



CAPTAIN'S CORNER

Dear Fellow Club Members,

With our focus on faster times on the shorter runs namely the 10km and 21km, this is the time of the season to do it. You have a good base you built so the focus should be on speed and quality sessions. A target race to measure your 10km or 21km would be the race at ZWARTKOP LAPA which is a LEAGUE race as well. The league race is the 30th of July. This can prepare you for the 10km CLUB CHAMPS at the SPIRIT OF FLIGHT which happens on the 3rd of September. This is a good track to run a PB (Personal Best).

We have to stay fit over these challenging colder months. For those who want to qualify earlier for Two Oceans and/or Comrades, there is the club weekend away at the Kaapsehoop Marathon the 4th/5th of November. Nice early marathon to kick the running season off. This will alleviate that pressurised feeling of trying in January and February to qualify with race as dates are so congested. The other marathons and Ultras after you qualified would be good training and preparation runs. Start planning your races for next year and start visualizing your goals and ambitions for the 2017 season.

Happy running and see you on the road.

Proud IRENE Greetings

Linley

082 345 5343



JOHAN NEL – COMRADES GM WINNER

I couldn't exercise to my full potential from 2003 to 2013 because my Dad was suffering from Parkinson's disease for many years and it was getting worse as time went on. My ultra-running program had to change and I started doing shorter distances 10's and 21's.

I was introduced to trail running by my eldest son and that caught my liking and it was totally different to road running.

With the odd 10 or 21km road running here and there to keep me going, it was trail running that made me a much stronger runner. After my Dad passed away February 2013, I decided to make a "come back" and start serious road running again. At that stage, I had only completed 5 Comrades from 1999 to 2003 and my new set goal was to carry on and continue until I have my "green number".

I am very disciplined, organised and dedicated to my training program and with the support, love and praise I get from my wife, family, friends, co-workers, fellow runners and Irene club members, I am able to do this.

Wishing you all the best

Kind regards

Johan Nel



PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Yvonne	Van Wyk	13 Jun
Cindy	Frost	15 Jun
Mauritz	Oberholzer	16 Jun
Rob	Hodgkiss	17 Jun
Rob	Siegrist	17 Jun
Evelyn	Modiba	18 Jun
Estelle	Jansen van Vuuren	19 Jun



NOTICE BOARD

Thursday 16 June

Rockets Winter Warmer road race 21.1/10/5km

Race Organisers: Alpha Centurion Runners & Walkers

Venue: ACRW club house, Edinburgh Road, Clubview East, Centurion

GPS: S 25 30'13.3 E 28 10'32.4

	21.1 km	10 km	5 km
Entry fees	R 80	R650	R 30
70+ / 80+ / wheelchair & blind runners – race day entries only	Free		
Start time	13h30		13h35
Time Limit	03h00		

No animals

Wheelchair friendly

Pre entries at: Run-Away-Sport; Running Inn; The Runners Store; Sweat Shop Southdowns

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Saturday 25 June

Riana van Niekerk Run & Walk 4 Bibles 21.1/10/5 km

Race Organisers: Alpha Centurion Runners & Walkers

Venue: Hoërskool Zwartkop, c/o Mopani & Old Johannesburg Road, Centurion

GPS: S 25 50'58.60 E 28 09'54.32

	21.1 km	10 km	5 km
Entry fees	R 100	R 80	R 40
70+ – race day entries only	½ price		
Start time	07h30		07h35
Time Limit	??h00		

Pre entries at: Run-Away-Sport; Running Inn; The Runners Store; Sweat Shop Southdowns

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2016 AGN LEAGUE FIXTURE LIST				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
Zwartkop	10/21	30 Jul	X	X
Wierie	10/21	13 Aug	X	X
Andrew Greyling	10/21	17 Sep	X	X
King Price Irene Farm	10/21	29 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

Masters Athletics Fixture list

13 Augustus	Claude Sterley byeenkoms	Pilditch
? Oktober	SWD	Oudtshoorn
12 November	Vrystaat	Bloemfontein

THOUGHT FOR THE WEEK.

Life becomes easier when you learn to accept an apology you never got.



Photo Corner (Aches and Pains)



Chairman Louis Visser introducing the 5 speakers to share their experiences



Michelle Lubbe sharing her story as a novice who didn't finish in 2015 but had a great run in 2016



Mpho Netshiombo failed a few times. Sport psychologist Maretha Claasen helped her a lot to finish this year



Club Captain Linley September finished his 10th Comrades this year



Dee Donaldson had an excellent run as a novice



Philip Breytenbach earned his 2nd silver medal and assured us that the fast runners also suffer



Telanie Venter hasn't stopped smiling after completing her first Comrades. Husband Jurie also finished once again



The evening was well attended and enjoyed by everyone



Everybody paying full attention



Thinking of next year already?



Marks Mathebula, Lindie Steenkamp and Stephan Olieman all finished in time



Karin and Paul Prinsloo were in charge of the support station at Cowies Hill. Johann and Chantél van der Walt manned the mini station at Cato Ridge