



IRENE NEWS

16 February 2015

No 7 - 2015



ACHIEVEMENTS

The following members were on the podium at the Bronkhorstspuit race:

Ansie Breytenbach	1 st Master lady – 32 km
Anelle Vorster	1 st Vet lady – 32 km
Zelda Breytenbach	3 rd Vet lady – 32 km
Jacque van der Waals	1 st Vet lady & 2 nd lady – 10 km
Elsa Meyer	1 st GM lady – 10 km
Annatjie Greyvenstein	1 st GGM lady – 10 km
Johan Nel	1 st GM – Pick ‘n Pay Marathon
Frikkie Loubser	2 nd Master – Diaz Marathon

Congratulations!

PERSONAL ACHIEVEMENTS

Heleen de Bruin	PB – 32 km
Sarah Munnik	PB – 32 km
Tim Munnik	PB – 32 km
Telanie Venter	PB – 10 km
Dawie Steenkamp	First 42 km
Yolandi Smit	First 32 km

Well done!

LANTERN RACE

Thank you to all our members who contributed towards the success of our Lantern race on Wednesday. It was awesome! Without you it couldn't have happened.

Officially there were 2293 finishers in the 10 km and 1765 in the fun run. However, we handed out 4516 medals!

HELPERS RUN

The helpers run will take place on Tuesday evening in place of the time trials. Starting time will be at 17:30 from the main buildings. All Irene members are welcome to participate. No entry fee will be charged and it won't be necessary to wear club colours

We are looking for a few members who won't be running to assist at the water point and to hand out the medals at the finish. Please let me know if you can help

CAPTAIN'S CORNER

The training sessions are going very well and the spirit amongst the group is amazing. Lots of camaraderie and everyone is enjoying the sessions. Any member wanting to join the group sessions, we meet every day from Monday to Thursday at the club at 17h30. It is open to members of all running ability. The group caters for everyone. On Monday the 16th of February Mr. Norrie Williamson will be at the club at 17h30 to give us more insight into running as per the flyer below. Invite as many of the members and your friends to listen to Norrie with his wealth of knowledge on running.

The practical session will be held at the clubhouse and the talk afterwards will be in the clubhouse. If you can, bring along a **golf** or **cricket ball** to the session.

I have been asked by some members if there is anyone from Irene who runs a bus every Saturday at races. Stephen Holtshousen does this with a few members and he is more than happy to have more members on board. He is on the whatsapp group and will post the races he will be at as well as distance and times he will run. This is a great way for our members to run together and show the rest of the clubs what an IRENE GREEN BUS look like. It is also meant for those who want to complete a race and need a pacing guru which Stephen and his group does very well.

If you have any questions mail me on training@irenerunner.co.za or call me on 082 345 5343.

Proud Irene Greetings

Linley



A Simple Approach to Improve Performance - Part 2

Irene Club: Monday 16 February 2015

with: **Old Mutual Virtual Coach**
Norrie Williamson

Time: 17:30 for 18:00 to 20:00
Venue: Agricultural Research Centre, Nellmapius Rd Irene **FREE TO ALL**

A practical will look at running style, shoes, injury prevention: Training to qualify and onwards. Complimentary and strength for runners, Efficient Recovery. Building to your peak, Get your Head around it!

Supported by High Energy, Replenish, and Newton Shoes

Contacts: Linley 0823455343
Wynand 082 937 0733.



GREEN LEAF PROJECT

Please remember to bring your Easter eggs to the clubhouse on a Tuesday evening and place in the donation container at the bar.

We really need your assistance in this regard.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week.

Mfundo	Hadebe	18-Feb
Christiaan	Schellingerhout	18-Feb
Linley	September	18-Feb
Olivia	Odendaal	19-Feb
Pierre	Rousseau	19-Feb
Michael	Freeman	20-Feb
Johannes	Liebenberg	20-Feb
Stefan	Meuller	21-Feb



NOTICE BOARD

Saturday 21 February

Bestmed Tuks Race 21.1/10/5/1km

Race Organisers: Tuks Athletics Club

Venue: UP Sports Campus, Burnett Street, Brooklyn

GPS: S25 44'58" E28 14'47"

21.1 km is a pre-entry race only

	21.1 km	10 km	5 km	1 km
Pre entry fees	R 60	R 40	R 30	R 20
Race day entry fees	-	R 50	R 30	R 20
Grandmasters (60 – 69) race day only	-	Half price		
Great grandmasters 70+ blind runners – race day only	-	Free		
Start time	06h00	06h30 06h20 – wheel chairs	06h40	08h00
Time Limit	03h00			

Free t-shirts to all finishers

Wheel chairs – only the 10km is wheel chair friendly

Pre-entries at: Run-A-Way Sport; Running Inn; Wannabee Main Campus and Groenkloof Campus; The Sweatshop, Dunkeld, Fourways & Centurion

www.entrytime.com or www.just-events.co.za

Saturday 28 February

SA 10km Championships & Fun Run

Race Organisers: Athletics Club Eersterust in conjunction with AGN & ASA

Venue: Eersterust Soccer Stadium, c/o St Joseph & Hans Coverdale West, Eersterust

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

	10 km	5 km
Entry fees	R 50	R 40
Entry fees 60+	R 20	
Start time	05h45 Champs 06h00 Open	06h10
Time Limit	02 hrs	

Pre-entries at: Run-A-Way Sport; Running Inn; Sweat Shop Southdowns

www.enteronline.co.za

Sunday 1 March

Deloitte Pretoria Marathon – 42.2/21.1/10 km

Race Organisers: Phobians Athletic Club

Venue: Pretoria High School Old Boys Club, Hofmeyr Park, c/o Kingshighway & Queens Crescent

GPS: S 25.45.64.4 E 28.15.22.8

42.2 & 21.1 km races are pre-entry only

	42.2 km	21.1 km	10 km
Entry fees	R ?	R ?	R ?
Start time	06h00		06h20
Time Limit	05h30		

Free t-shirts to the 1st 5 500 pre-entries

Pre-entries at: Run-A-Way Sport; Running Inn; Sweatshop Southdowns, Dunkeld & Bedfordview

www.entrytime.co.za

League race

Saturday 7 March

Medihelp Sunrise Monster – 32/10/5 km

Race Organisers: Harlequin Harriers

Venue: Harlequin Club, Totius Road, Groenkloof

GPS: S 25.46.122' E 28.13.031'

	32 km	10 km	5 km
Entry fees	R 80	R 60	R 40
Entry fees 60+	R 40	R 30	R 20
Race day entry fees (excepting 60+ athletes)	R 90	R 70	R 40
Start time	06h03 (sunrise)	06h30	06h40
Time Limit	04h30	02h00	

Free t-shirts to pre-entries on the 32 and 10km races while stocks last

Pre-entries at: Run-A-Way Sport; Running Inn; Sweatshop Southdowns, Dunkeld,
Bedfordview & Fourways

www.entrytime.co.za

2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
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

15/16 May 2015 EP – Port Elizabeth

International Championships

Next appointment: Torun 2015 (March 23-28)

4 – 16 August 2015 WMA Championships, Lyon, France

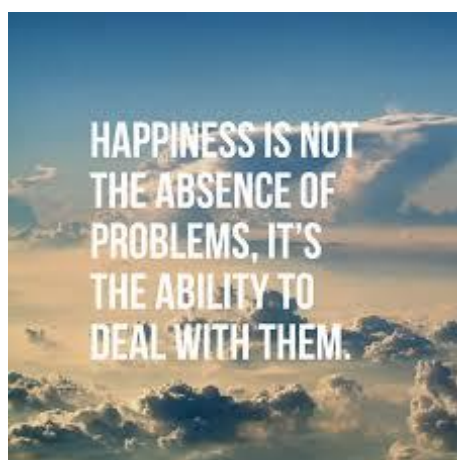
<http://www.lyon2015.com>

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



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Photo Corner (Lantern race)













A group of Irene members who did the Tri-Rock Cradle Triathlon on Sunday

Relaxing after the Bronkhorstspuit 32 km

