



IRENE NEWS

16 January 2017

No 2 - 2017



ACHIEVEMENTS

The following members were on the podium at the ACE race on Saturday:

Franza Landman	3 rd Lady – 21 km (1:36:22)
Ansie Breytenbach	1 st Master lady – 21 km (1:43:06)
Johan Nel	1 st GM – 21 km (1:39:22)
Elsa Meyer	1 st Lady walker – 21 km (2:27:23)
Joey Cloete	1 st GM lady – 10 km (58:15)
Roda Willemse (Social member)	1 st Lady walker – 10 km (1:04:14)

Congratulations!

PERSONAL ACHIEVEMENTS

None Received



THIS WEEK'S DIARY

Tuesday:

Time Trials at 17:30.



Saturday:

George Claassen 10/21 at 06:00 (05:30 for walkers) – Pick 'n Pay Hyper, Faerie Glen

REGISTRATIONS 2017

Please take note that the clubs will only receive the 2017 licences from ASA on 19 January. Due to this scenario, members who have registered will only be able to collect their registration packages on 24 January. The 2016 licences will be valid until the end of January.

Apologies for any inconvenience.

CAPTAIN'S CORNER

Comrades is only 140 days or so away!! Let's get started. You've entered for the old big C and now you got to do the work. I know you hate to hear this, but, yip, the holidays are over and reality sticks to the body in the form of an extra couple of kilos. Not everybody entered for Comrades, but everybody relaxed and indulged over the holidays, so this is for everyone.

Talking of extra kilos around the middle section or rear portion of the bod, our chairman Louis came up with an ingenious way of motivating you to trim that burdening and unflattering waistline. He has initiated a competition and sponsored R 500 towards it. The winner of the competition will be the person who percentagewise loses the most weight between now and end of February 2017. To enter will cost you a meagre R10 that also goes to the kitty. Winner takes all!! Enter next Tuesday at time trails and start your weight loss challenge.

Speaking of weight loss. Just a reminder that running at your optimum body weight not only contributes to injury free running, but also enables the achievement of your optimum fitness level. Another simplistic way of looking at it: The fitter you are the closer you will get to your optimum weight and the faster and further you will go.

So how do you lose weight? Work on getting fit. How do you become fit? Join the Training Group from Mondays to Thursdays. I've just realised again how much easier it is to train in a group rather than alone. Not just easier, but also brings that all important pleasure factor into your running. Chatting with likeminded friends while busting your butt just makes running better!

Signing off till next week.

James Eayrs

NEW MEMBERS

Welcome to the following new members whose membership has been finalized during the week:

Roelof	Blignaut	Henriette	Smit
John-Roy	Cloete	Willem	Swart
Leon	Els	Christiaan	Swart
Johan	Erasmus	Coenie	van den Bergh
Julian	Liebenberg	Bert	van den Raad
Lindsey	Lotringer	Gavin	van Wyk
Ratilwe	Mdaka	Klarize	Van Wyk
Martin	Meyer	Rhoda	Willemsse
Dudley	Peacock	Philip	Botha
Peter	Sherman	Chrisna	Heystek
		Mark	Forbes

You are now part of a great family!

It is noteworthy that a few of these new members were members before.



TWO OCEANS ENTRIES

There are a few members who are looking for Two Oceans entries (both distances). If you entered but are unable to go then your entry can be substituted. Please let us know about it and help someone else.

BAR TABS

Can members with outstanding bar tabs from 2016 pay them in full at the bar on Tuesday night please? The routine for the tab system will remain the same for 2017!



YELLOW PAGES

We want to start with our own Irene Yellow Pages again. This will give our members the opportunity to advertise their businesses/services to all the club members for free. It will be sent out once a month to everybody on the mailing list.

Members who are interested are requested to send their advertisements to info@irenerunner.co.za to ensure that it appears in the first issue at the end of January.



PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Kelly	Schoeman	16 Jan
Tjaart	Van Wyk	16 Jan
Gloria	Mangwane	17 Jan
Elani	Swanepoel	17 Jan
Hermien	Velleman	17 Jan
Tony	Gomes	19 Jan
Naomi	Havenga	19 Jan
Monique	Heystek	19 Jan
Juan	Koekemoer	19 Jan
Tebogo	Tselangoe	19 Jan
Heidi	van Wyk	19 Jan
Romano	Vermaak	19 Jan
Bets	Botha	22 Jan
Anne	Nortman	22 Jan
Nadene	Visser	22 Jan



WEARING OF LICENCE NUMBERS

Please take note that both licence numbers must be worn at races, one in front and one at the back. This applies even when race numbers are worn. The race number must be attached over the front licence number with the logo of the sponsor on the licence number visible, see photo for an example.

Athletes not wearing both licence numbers will be disqualified by the referees. Please adhere to this rule.



NOTICE BOARD

Saturday 21 January

PWC George Claassen Memorial Road

Race 21.1 / 10 / 5km

Race Organisers: Pretoria Marathon Club

Venue: Pick 'n Pay Hyper, c/o Atterbury Rd & Selikaats Causeway, Faerie Glen

GPS: S 25.7841 E 28.3051

	21.1 km	10 km	5 km
Pre-entry fees	R 100	R 70	R 40
Race day entries	R 100	R 70	
GGM & GGGM – free entry on race day only			
Start time – Running	06h00		06h15
Start time - Walking	05h30		
Time Limit	03h00		

No wheelchairs

Pre-entries at: Running Inn; Run Away Sport; Runners Store; Sweat Shop: Southdowns, Dunkeld West; Bedfordview; Sportsmans Warehouse

www.enteronline.co.za

Saturday 28 January**Akasia Road Race 42.2 / 21.1 / 10 / 5 km**

Race Organisers: Akasia AC

Venue: Wonderpark Shopping Centre, Heinrich Avenue, Karenpark

GPS: S 25 40.264 E 28 6.703

	42.2 km	21.1. km	10 km	5 km
Pre entry fees	R 110	R 80	R 70	R 30
Entry fees 60+	R 50	R 40	R40	
Race day entry fees	R 120	R 100	R 80	
Race day entry fees 60+	R 60	R 50	R40	
Blind runners & 70+	Free			
Start time	05h30	05h30	06h00	06h10
Time Limit	05h00			

Pre-entries at: Running Inn; Runners Store; Sweat Shop, Southdowns; Dunkeld & Bedford View; Maxi's Wonderpark Centre; Virgin Active & Cross Trainer

www.enteronline.co.za & www.saactive.com

2017 AGN LEAGUE FIXTURE LIST

EVENT	DIST	DATE	LEAGUE	
			RR	RW
BRONKHORSTSPRUIT	10/32	11 Feb	X	X
PRETORIA BOBBIES	10/21	11 Mar	X	X
CITY OF TSHWANE	10/21	29 Apr	X	X
JACKIE MEKLER	10/25	6 May	X	X
RUN/WALK FOR BIBLES	10/21	24 Jun	X	X
LONG WALK/RUN FOR FREEDOM	10/21	22 Jul	X	X
MARCEL VAN'T SLOT	15	19 Aug	X	X
ADDICTED TO LIFE	10/21	9 Sep	X	X
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

Saturday 4 February

Bidvest McCarthy Toyota Race 21.1/10/5km

Race Organisers: Magnolia Road Runners

Venue: Rietondale Park, North Road, Rietondale

GPS: S 25 43.980 E 28 13.239

	21.1 km	10 km	5 km
Pre entry-fee	R 100	R 70	R 40
Pre-entry fee 60 - 79	R 50	R 40	R 40
Entry fees 80+	Free		
Friday & race day entry-fee	N/a	R 90	R 40
Start Time	06:00	06:20	06:25
Cut-off	03h00	02h00	01h00

Free t-shirts to the 1st 2000 (21.1 & 10km pre-entries)

No wheelchair athletes

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Sweatshop - Dunkeld West, Bedfordview

Bidvest McCarthy Toyota Dealerships – Arcadia, Hatfield, Gezina, Lynnwood, Sinoville, Centurion

www.entrytime.com

SA MASTERS

Local meetings

31/3 & 1/4/2017

KZN Champs

Kingspark

1 April 2017

Gauteng North Championships

Tuks/Pilditch?

8 April 2017

Central Gauteng Championship

Germiston

12 Augustus 2017

Claude Sterley Memorial

Pilditch

? Sept/? October 2017

SWD

Oudtshoorn

11 November 2017

Free State

Bloemfontein

4, 5 & 6 May 2017

SA Masters Chamionships

Groenpunt Stadium

African Masters Track & Field Championship

Cameroon

27 – 29 May 2017

International Masters Championships

18 – 25 March 2017

World Indoor Championship 2017 in Daegu, Korea

THOUGHT FOR THE WEEK

It never gets easier, you just get better.



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Photo Corner (ACE)



Marie van Dyk and Magda Saayman



Stephen Mee and his son Luke ensured that everyone had a nice breakfast



Andy Crawshay-Hall and Joy Nicholl



Frances Lezar and club captain James Eayrs



Mpho and Trevor Netshiombo



Andries and Minnette Nel



Colleagues at work, Tania Thompson, Dianne du Plessis and Carla Hartmann



Charnette and Nelius van Rooyen



New member Charmaine van Rooyen



Fast runners Tony Gomes and Emile Muburgh



Fast ladies on Saturday, Ansie Breytenbach and Franza Landman