



IRENE NEWS

18 January 2016

No 3 - 2016



ACHIEVEMENTS

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

Mike du Bruto	1 st GM – 10 km (43:38)
Jacque van der Waals	1 st Vet lady – 10 km (40:55)
Ansie Breytenbach	1 st Master lady – 10 km (46:36)
Annatjie Greyvenstein	1 st GGM lady – 10 km (60:49)
Johan van Vuuren	1 st GGM – 21 km (2:23:39)
Sandra Steenkamp	1 st Lady walker – 21 km (2:11:06)
Nilo Saraiva	3 rd Man – Navworld Nite 10 km – (40:49)

Congratulations!

The following members received medals in their respective age categories for the AGN Championships:

Mike du Bruto	Gold
Jacque van der Waals	Gold
Ansie Breytenbach	Gold
Annatjie Greyvenstein	Gold
Letha Kotze	Bronze

Well done!

PERSONAL ACHIEVEMENTS

Ronel Jooste	PB – 15 km and 21 km
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Well done!

SPORT PSYCHOLOGIST

Please take note that the well-known sport psychologist Maretha Claasen will be at the club on 19 January to present her second talk on mental preparation for Comrades. All Comrades athletes are invited to attend. All other members are also welcome because everybody can benefit from this.

The aim of these workshops by Maretha is to prepare our members mentally for Comrades in order to increase the number of finishers. You just have to be there to become part of this great effort. It is sponsored by the club and free of charge to all our members.

COMRADES WORKSHOP

The Comrades Marathon Association will be presenting its annual Roadshow Programme from January 2016. Irene is proud to be hosting one of the shows on Tuesday 26 January. Venue: ARC Auditorium Time: 19:00



Tell your friends about it. It is always a special event for Comrades runners.

TWO OCEANS SUBSTITUTIONS

A number of our members missed the cut-off for both distances of the Two Oceans. They now rely on other members who entered but will not be going for some reason.

I want to call on these members to make their entries available for substitutions. You will at least get your money back. One can only substitute a runner in the same race – i.e. a Half Marathon South African entrant can only be substituted by a Half Marathon South African that wants to participate.

Please note that substitutions must be done before 23 February.

SOCIAL AWARENESS PROJECT

Liewe Irene klublede

‘n Baie Voorspoedige Nuwe Jaar aan almal vanaf die Green Leaf projek! Ons beoog om vanjaar nog ‘n groter verskil in die lewe van minder bevoorregte kinders en mense te maak. Daarom neem ek nou die vrymoedigheid om te vra vir die volgende dringende behoefte aan babaklere, seunsklere van enige ouderdom en 2 stootwaentjies.

Baie dankie!

Groete

Dear Irene Club members

The Green Leaf Project would like to wish you a very Prosperous New Year! Our aim during this year is to make an even bigger difference in the lives of underprivileged children and people. I would therefore like to ask for contributions towards the following urgent needs i.e. baby clothes, boys clothes of any age and two prams.

Thank you!

Greetings

Lindie Steenkamp

RUNNING SHOES FOR SALE

Ek het 'n paar Ladies Asics Gel Nimbus 15 (UK no6; US no8) hardloopskoene wat ek wil verkoop. Ek het nog nie daarmee gehardloop nie. Het R2,000 daarvoor betaal, maar sal dit vir R1,400 verkoop.

Ronel Jooste - 0835589037

RACE CANCELLED

Please note that the Race Against Drugs that was due to take place in Mamelodi on 27 February has been cancelled.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Tony	Gomes	19 Jan
Naomi	Havenga	19 Jan
Pottie	Potgieter	19 Jan
Johann	van der Walt	19 Jan
romano	vermaak	19 Jan
Conrad	Walters	19 Jan
Charles	Bloem	20 Jan
Jolande	Jonker	20 Jan
Anne	Nortman	22 Jan
Nadene	Visser	22 Jan
Dirk	Blom	23 Jan
Megan	de Klerk	23 Jan
Renata	Louw	24 Jan
Alta	Struwig	24 Jan
Kerry	Trentham	24 Jan



NOTICE BOARD

Saturday 23 January

**PWC George Claassen Memorial Road
Race 21.1 / 10 / 5 km**

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 80	R 60	R 40
Race day entries	R 100	R 80	
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; Running Inn; Runners Shop; Sweat Shop: Southdowns, Dunkeld West, Fourways Crossing; Bedford Runner; Randburg Runner

www.enteronline.co.za

Saturday 30 January

Akasia Road Race 42.2 / 21.1 / 10 / 5 km

Race Organisers: Wonderpark Shopping Centre

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 90	R 70	R 60	R 30
Entry fees 60+	R 40	R 30		
Race day entry fees	R 110	R 90	R 80	
Race day entry fees 60+	R 50	R 40		
Blind runners	Free			
Start time	05h30	05h45	06h00	06h10
Time Limit	05h00			

Pre-entries at: Running Inn; Runners Store; Sweat Shop, Southdowns; Dunkeld West & Bedford View; Boost Juice & Maxi's Wonderpark Centre

Saturday 6 February**McCarthy Toyota 21.1 / 10 / 5km Race**

Race Organisers: Magnolia Road Runners

Venue: Rietondale Park, North Street, Rietondale

GPS: S 25 43.980 E 28 13.239

	21.1 km	10 km	5 km
Pre-entry fees (until 1/02/16)	R 90	R 70	R 30
Entry fees (5 & 6 /02/16)	N.a.	R 80	R 30
Entry fees 60 - 79	R 40	R 40	R 30
Entry fees 80+	Free	Free	Free
Start time	06h00	06h20	06h25
Time Limit	03h00	02h00	01h00

1st 2000 pre-entries on 21.1 & 10km will receive a free t-shirt

Pre-entries at: Run-A-Way Sport; Sweat Shop, Dunkeld & Bedford Arcade

McCarthy Toyota: Arcadia; Hatfield; Gezina; Lynnwood; Sinoville & Centurion

www.entrytime.com**Sunday 14 February****Love the Run 10 / 5km Race**

Race Organisers: Northerns Running Club

Venue: Noorderlikes Rugby Club, Jopie Fourie Street, Pretoria North

	10 km	5 km
Entry fees	R 50	R 30
Entry fees 60+	Free	Free
Start time	06h00	06h15
Time Limit	03h00	

No animals allowed**Wheelchair athletes welcome**www.enteronline.co.za and www.entrytime.com and www.sa.active.co.za

Sunday 28 February**Deloitte Pretoria Marathon 42.2 / 21.1 / 10km**

Race Organisers: Phobians Athletic Club

Venue: Pretoria High School Ols Boys Club, Hofmeyr Park, c/o Kings Highway & Queens Crescent, Lynnwood

GPS: S 25.45.64.4 E 28.15.22.8

	42.2 km	21.1 km	10 km
Entry fees (42.2 & 21.1km pre-entries only)	R 150	R 100	R 70
Entry fees 70+ (must be licensed or buy temp)	Free	Free	Free
Start time	06h00		06h20
Time Limit	05h30		

1st 5 500 pre-entries will receive a free t-shirt

Pre-entries at: Run-Away Sports; Running Inn; Runners Shop; Sweat Shop: Southdowns, Bedfordview & Dunkeld

www.enteronline.co.za & www.saactive.com**2016 AGN LEAGUE FIXTURE LIST**

EVENT	DIST	DATE	LEAGUE	
			RR	RW
Tuks Bestmed	10/21	20 Feb	X	X
VirSeker	10/21	19 Mar	X	X
Ford	10/21	9 Apr	X	X
The Love Run	10/21	14 May	X	X
Race 4 Faith	10/15	4 Jun	X	X
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	20 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

Masters Athletics Fixture list

Local meetings

02 April 2016 Gauteng North Championships, Pilditch

13 August 2016 Claude Sterley - Pilditch

SA Masters Championships

13/14 May 2016 SA's Pilditch, Pretoria

International Championships

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

Remind yourself that it's okay not to be perfect.



Photo Corner (ACE race)



Thank you to our admin manager Zelna Black who walked the extra mile to have the registration envelopes ready at the race on Saturday. Thanks also to husband James



It was good to see so many Irene members at the gazebo



Schalk Liebenberg making sure that his wife Nadia is ready for her first race in Irene colours with Charnette van Rooyen looking on



Irene members all over at the start



André Rudolph and Derick van der Merwe enjoying a beer after the race



Marie van Dyk with Grazyna and Philip Koornhof



Musa Nkosi his daughter and Marks Mathebula



Kobus van As, Johan de Klerk and Heinrich Piek



Arnold Ossendryver helping himself to the delicious food



Willem van Biljon looks happy after his first race of the year



Telanie and Jurie Venter enjoying themselves



Belinda de Bruin, Cari Snyman and Clinton Nicholl



Dawie Steenkamp relaxing after his race



Johann Stadler enjoying his breakfast



Zelna black wearing the new T-shirt that the first 500 members to register will receive
Photos taken at the Dischem race taken by Joyce Jakavula who was responsible for the gazebo



Danie Cornelissen, John Hoffman, Johnny Maritz and Henk Basson



Yvonne van Wyk and Johan Engelbrecht



Marius ? and Dries Strydom



Treveo Netshiombo, Jacqui Burn and Mpho Netshiombo



Great teamwork, well done ladies!