



# IRENE NEWS

18 May 2015

No 20 - 2015



## ACHIEVEMENTS

Congratulations to the following members who earned medals at the South African Masters Athletic Championships held in Port Elizabeth:

Ansie Breytenbach	Gold – 10 000m, Silver – 5000m
Ray Patterson	Gold – 5000m walk, Gold 10 km walk
Elsa Meyer	Gold – 5000m walk, Gold 10 km walk
Annatjie Greyvenstein	Gold – 5000m walk, Gold 10 km walk (both SA records)
Gerard van den Raad	Gold – 10 km walk (SA record), Silver – 5000m walk
Jaap Willemse	Gold – 20 km walk, Silver – 5000m walk
Sandra Steenkamp	Gold – 20 km walk, Silver – 5000m walk
Fanie Venter	Silver – 10 km walk
Joey Cloete	Gold – Discus, Gold Shot put
Wynand Breytenbach	Bronze - Discus

The following members dis us proud at the Love Run:

Lyn de Bruin	1 <sup>st</sup> GM lady – 10 km (61:43)
Anelle Vorster	3 <sup>rd</sup> Vet lady – 10 km (47:52)
Lean du Plessis	3 <sup>rd</sup> Junior – 10 km (49:52)
Theo Bohnen	2 <sup>nd</sup> Master – 21 km (1:43:56)
Letha Kotze	1 <sup>st</sup> GM lady walker – 10 km (NT)

Congratulations!

Well done also to Liza Maritz who was first in her category at the cross country meeting.

## PERSONAL ACHIEVEMENTS

Helen Griesel PB – 21 km

Congratulations!

Please send me the info about all your personal achievements, don't be shy.



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## ***WALKING SECTION***

Please note that we have changed the starting time of the quality sessions on Tuesdays to 17h00.

### **South African Masters Athletics Championship**

AGN was once again prominent at the South African Masters Athletics Championships held in Port Elizabeth this past Friday and Saturday.

And especially prominent were the Irene walkers. We once again established Irene Athletics Club as the strongest Race walking club in the country. (See medals and achievements in Wynand's report)

### **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](mailto:rayp@mweb.co.za) or 076 565 2228

Beginners are not only welcome but are encouraged to join us.

With winter now just around the corner this is a good time to keep up with a maintenance programme. It's really tough to get going again in spring when you have not maintained a level of fitness during winter.

Some tips to assist you with this:

- Make a commitment to keep on training throughout winter.  
(Self-discipline is something only you have control over)
- Invest in some good quality warm gear.  
(With all the kit available today there is no excuse for not training in the cold weather)
- Get yourself a training partner.  
(If you know you've got someone waiting for you at 05h30 it's not so easy to give it a miss)

If all else fails, join us on Tuesday evenings.

On behalf of the Irene Walking section we want to wish all the Comrades runners a good race this coming weekend.

And for all those runners who have attended a few sessions with us to improve your walking between running on the day, just remember two things;  
Keep your arms locked at the elbows (90 degrees) and push back with your elbows, don't push forward.

And remember:  
Always walk on purpose, even when you are walking through the mall.

RAY PATTERSON.  
WALKING CAPTAIN.  
076 565 2228

### ***COMRADES PRE-FUNCTION***

Our Comrades pre-function will take place on Saturday 23 May at 11:00 at the club house. This year the legendary Alan Robb will be our guest of honour and will be available to answer all you last minute questions regarding Comrades. Alan has run 41 consecutive Comrades Marathons. He has collected not less than 12 gold and 16 silver medals. You can't miss this opportunity.



**SIZWE MEDICAL FUND**

Caring for the health of the nation

## COMRADES CHURCH SERVICE



# Comradesdiens

24 Mei  
om 18:00  
by  
NG Valleisig



Jan de Wet

Almal word hartlik uitgenooi om die diens by te woon

Navrae: Gideon Adriaanse 083-629-6693

Kollekte word by die deure opgeneem

*H/v Tipperary- en Mayostraat, Faerie Glen, Pretoria*

*GPS: S 25 47' 35,9" E 28 19' 01.3"*

### GOODY BAGS

The Comrades goody bags will be packed on Thursday evening at 18:00 in the club house. We need a few helpers to be part of the fun. Thank you to everyone who contributed towards this.

### IRENE ATHLETICS CLUB FACEBOOK

Another 17 more likes were added to our page last week. With the total likes now on 564. The 600 mark is getting closer every week. Please help us to get there and click on the link below and like our page if you haven't done it yet.



## ***ATHLETE OF THE YEAR***

The athlete of the year is not necessarily the fastest athlete in any specific distance. It is the best overall athlete. It is the athlete who runs good times, who competes in various distances, who runs/walks time trials, who runs/walks in the league races and who competes in the club championships. You will find the complete method in our annual info booklet that you received with your licence number.

Congratulations to Johan Nel and Ansie Breytenbach who are our current leaders. A lot can still happen before the end of the year, go for it!

Attached you will find the calculations of the top 15 men and woman up until 30 April.

Please contact me at [info@irenerunner.co.za](mailto:info@irenerunner.co.za) if you have any queries.

## ***ACCOMMODATION AVAILABLE***

Accommodation available in the Cabanas, Umhlanga

30 May - 6 June 2015

Cost: R8000

Sleeps: 4 adults 2 children

Main bathroom, separate shower and guest toilet Directly on Umhlanga Beach Amazing sea views!

Contact: Maggi 082 094 8081 or [maggimarx@yahoo.com](mailto:maggimarx@yahoo.com)

## ***PERSONALIA***

Congratulations to everybody celebrating their birthdays during the week.

Dianne	Hoffman	16-May
Retha	Hoffmann (Bornmann)	18-May
Rene	Lloyd	18-May
Julien	van der Pluym	18-May
Lindelani	Chule	19-May
Kiara	Nizetich	19-May
Grant	Young	19-May
Niel	Marais	20-May
Louwrens	Smit	20-May
David	de Bruin	21-May
Brendon	Mossop	21-May
Karin	Prinsloo	21-May
Carolina	van der Westhuizen	21-May
Brian	Marais	23-May
Frances	Lezar	24-May



Saturday 23 May

Virseker 3 in 1 – 21.1/10/5 km

Race Organisers: Overkruin Atletiekkklub

Venue: Kolonnade Shopping Centre, c/o Sefako Makgatho Dr & Dr van der Merwe Street,  
Montana Park

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Start time	07h00		07h15
Time Limit	03h00		

**Wheelchairs athletes welcome**

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

Sunday 24 May

Pan African Marathon 21.1/10/5 km

Race Organisers: Great Run Africa/AGN

Venue: Union Buildings, Sunnyside

	21.1 km	10 km	5 km
Pre-entry fees with t-shirt	R 100	R 90	R 70
Pre-entry fees without t-shirt	R 85	R 75	R 50
Race day entries – no t-shirt	R 120	R 100	R 60
Pre-entry fees 70+ with t-shirt	R 70	R 70	
Pre-entry fees 70+ without t-shirt	R 50	R 50	
Pre-entry fees 60+ women with t-shirt	R 70	R 70	
Pre-entry fees 60+ women without t-shirt	R 50	R 50	
Start time	08H00	08H15	08h20
Time Limit	03H00	02H00	

Pre-entries at: Running Inn; Run-away-Sports; Sweatshop Southdowns & Dunkeld; The Runners Store; Sportsmans warehouse; Rockets Sport Shop

[www.entrytime.com](http://www.entrytime.com); [www.greatrunafrica.com](http://www.greatrunafrica.com)

**Please take note that the caravan and gazebo will not be at this race**



Saturday 30 May

Great Run Series 2 – 10 / 6km

Race Organisers: Global Athletics Club

Venue: Weskoppies Hospital, Pretoria West

	10 km	5 km
Entry fees	R 60	R 40
Entry fees 70+	Free	
Start time	07h00	
Time Limit	02h30	

Pre-entries at: Running Inn; Run-away-Sports; Sweatshop Southdowns, The Runners Store

[www.enteronline.co.za](http://www.enteronline.co.za)

Saturday 6 June

Silver Oaks Race of Faith 15 / 10 / 5.5km

Race Organisers: Run Walk for Life

Venue: Silver Oaks Crossing, c/o Von Backstrom Boulevard & Solomon Mahlangu Drive,  
Willow Acres

GPS: S 25 45 57,57 E 28 21 31.80

	15 km	10 km	5.5 km
Entry fees	R 60	R 50	R 30
Start time	07h00		07h10
Time Limit	??h00		

**There will also be a kiddie's race at 09h30 & 09h45 (500m & 1km)**

**T-shirts to the 1<sup>st</sup> 100 pre-entries, 50 per outlet**

**Wheelchair athletes and prams welcome on the 5.5km**

Pre-entries at: Silver Oaks Mediabox Northern Loft and SPAR at the MRK installation/DSTV  
desk – between 11 May and 5 June

[www.enteronline.co.za](http://www.enteronline.co.za)

Tuesday 16 June

Winter Warmer Road Race 21.1/10/5 km

Race Organisers: ACRW

Venue: ACRW Club House, Edinburgh Road, Clubview East, Centurion

GPS: S 25 50'13.3 E 28 10'32.4

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
Entry fees GGM, Wheelchair & blind athletes	Free		
Start time	14h00		14h35
Time Limit	??h00		

**Wheelchairs athletes welcome**

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

<b>2015 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
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**

18 July 2015	Claude Sterley meeting – Pilditch - <b>only if sponsored</b>
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***

**Taste your words before you spit them out.**



## Photo Corner

























