



# ***IRENE NEWS***

*19 January 2015*

*No 3 - 2015*



## ***ACHIEVEMENTS***

The following members were on the podium at the ACE race in Eersterust:

Ansie Breytenbach	1 <sup>st</sup> Master lady – 21 km
Elsa Meyer	1st Lady walker – 21 km
Mike du Bruto	1 <sup>st</sup> GM – 10 km
Lyn de Bruin	1 <sup>st</sup> GM Lady – 10 km
Annatjie Greyvenstein	1 <sup>st</sup> GGM Lady – 10 km

Congratulations!

## ***PERSONAL ACHIEVEMENTS***

Jaco de Bruin	PB – 10 km
Nobuhle Maphatane	First 10 km

Well done!

## ***TRAINING GROUP***

Hi All,

I wanted to enlighten you on the HOUSE RULES for the IRENE TRAINING GROUP 2015 to hopefully alleviate all confusion. If you are unsure about posting something on the group please run it by me first.

- No profanity, unsavoury and uncouth behaviour or comments will be tolerated.
- No racial slurs or racial comments.
- No advertisements of any kind or selling and marketing will be tolerated.
- This is NOT a place to enquire about administration type stuff. There is an email address for it which is [admin@irenerunner.co.za](mailto:admin@irenerunner.co.za)
- Should you require training information or want to talk to me about any training please send a mail to [training@irenerunner.co.za](mailto:training@irenerunner.co.za) and I will respond as soon as I can.
- Should you require club information like collection of numbers, where to buy the Irene running clothes etc. please send a mail to [info@irenerunner.co.za](mailto:info@irenerunner.co.za)

This group is meant for training only and should you know of a race that is cancelled, moved or an upcoming interesting event you want the members to be aware of then post it. If you are unsure about something you want to post run it by me and I will vet it and advise you. This way we eliminate the unnecessary messages sent to the group.

In this group you can let us know if you running late for the sessions etc. so we know who is still coming to join the session.

Let us make the group a fun training group of sharing and caring where we arrive in our numbers and help our fellow club members achieve their goals. It will only be us who make training fun, worthwhile and a place where we all can benefit.

**All communication on the group to be conducted in English for the benefit of all.**

Should you want to discuss this with me I am at the clubhouse every day as well as Tuesday after Time Trials.

Proud Irene Greetings

Linley

### ***INFORMATION SESSION***

All new members are invited to attend an information session that will be held at the club house on Tuesday evening at 18:30. This is the ideal opportunity to find out everything about your new club. Please try to be present.

### ***LEAGUE RESULTS***

We are in 13<sup>th</sup> position after the first league race. It proofed once again that we need many more of our members to participate in the league races. Thank you to those members who participated in this race.

The next league race is the Bronkhorstspuit race on 15 February.

<b><i>Dec</i></b>	<b><i>Global Pos</i></b>	<b><i>Div 1</i></b>	<b><i>Points League</i></b>
		<b><i>Club</i></b>	
95	1	Vtm	20
106	2	Ace	19
44	3	Npo	18
50	4	Post Office	17
70	5	Hqh	16
35	6	Arete	15
173	7	Pmmc	14
36	8	PvR	13
150	9	Csir	12
159	10	Resbank	11
240	11	Love Running	10
128	12	Overkruin	9
738	13	Irene	8
50	14	Enduro	6,5
175	14	Aurecon	6,5
190	16	Agape	5



80	17	Zwakala	4
269	18	RWFL	3
460	19	Runavation	2
296	20	Phobians	1

### ***SUPER LEAGUE***

Our ladies had an excellent start and are on top of the log! Well done and thank you to the three ladies who made this happen. There is no reason why the trophy can't be back in the Irene trophy cabinet at the end of the year.

<b><i>Grt Run 1 Pos</i></b>	<b><i>Female Club</i></b>	<b><i>Points Log</i></b>	<b><i>Great Run 1 Log Pts</i></b>
1	IRENE	50	50
2	ZWARTKOP	49	49
3	MAGNOLIA	48	48
4	TRANSNET	47	47
5	VTM	46	46
6	ACE	45	45
7	HQH	44	44
8	OVERKRUIN	43	43
9	MONACO	42	42
10	NPO	41	41

Our men are in 6<sup>th</sup> position. There is much room for improvement and it is a big challenge to our faster runners to improve on this.

<b><i>Global Pos</i></b>	<b><i>Male Club</i></b>	<b><i>Points Log</i></b>	<b><i>Great Run 1 Log Pts</i></b>
1	TRANSNET	50	50
2	NEDBANK	49	49
3	PMMC	47,5	47,5
3	RUNAVATION	47,5	47,5
5	ACE	46	46
6	IRENE	45	45
7	WONDERPARK	44	44
8	MONACO	43	43
9	GLOBAL	42	42
10	MAGNOLIA	40,5	40,5
10	TUKS	40,5	40,5



Congratulation to the following members who earned super league points:

NAME	AGE	CAT	TIME	POINTS
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**Ladies**

A BREYTENBACH	51	mas	00:45:50	20
L MARITZ	30	snr	00:47:23	15
H DE BRUIN	36	snr	00:49:05	11

**Men**

B ROUX	36	snr	00:37:39	32
N SARAINA	34	snr	00:40:22	20
M VAN DEVENTER	38	snr	00:41:14	11
M DU BRUTO	66	gm	00:42:05	5

**WALKERS LEAGUE**

Our walkers started where they finished last year, on top of the log. Well done to them.

<i>Great Run 1</i>	<i>Div 1</i>	<i>Points</i>
<i>Pos</i>	<i>Club</i>	<i>L'gue</i>
1	IRENE	20
2	RWFL	19
3	ACRW	18
4	PMWC	17
5	PPMK	16
6	SOLIDARITEIT	14,5
6	VTM	14,5
8	LOVE RUNNING	13
9	AGAPE	12
10	PHOBIANS	11



### ***CLOTHING ORDERS***

No more clothing orders will be accepted. All clothing items must in future be bought at the shop in the club house.

### ***PERSONALIA***

Our condolences go to George Lubbe whose wife died two weeks ago after a short illness.

Congratulations to everybody celebrating their birthdays during the week.

Pottie	Potgieter	19-Jan
Romano	Vermaak	19-Jan
Nadene	Visser	22-Jan
Renata	Louw	24-Jan
Belinda	Skinner	25-Jan

### ***NOTICE BOARD***

Saturday 24 January

Akasia Road Race 42.2/21.1/10/5 km

Race Organisers: Akasia Athletics Club

Venue: Wonderpark Shopping Centre, Heinrich Avenue, Karenpark

GPS: S 25 40,264 E 28 6,703

	42.2km	21.1km	10 km	5 km
Pre-entry fee	R 80	R 60	R 50	R 30
Entry fees 60 – 69	R 40	R 30	R 30	
Late entry fees	R 100	R 80	R 70	
Jardine Joggers	Free			
Start Time	05:30	05:45	06:00	06:10
Time Limit	05h00			

Pre-entries: Run-A-Way Sports, Running Inn Pretoria, Sweatshop Dunkeld,  
Fourways & Southdowns, Maxi's Wonderpark, Boost Juice Wonderpark

Enter on line: [www.enteronline.co](http://www.enteronline.co) [www.saactive.com](http://www.saactive.com)

Saturday 31 January  
km

PWC George Claassen Memorial Road Race 21.1/10/5

Race Organisers: Pretoria Marathon Club

Venue: Pick 'n Pay Hyper, c/o Atterbury Road & Silikats Course Way, Faerie Glen

GPS: S 25.7841 E +28.3051

**21.1 & 10 km races are pre-entry races only**

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
Start time	05h30 – walk 06h00 - run	05h50 – walk 05h45 - run	06h30
Time Limit	03h00		

**Free moisture management shirts to the 1<sup>st</sup> 500 on line entries**

Pre-entries at: Run-Away-Sport; Running Inn; Sweat Shop, Southdowns, Dunkeld West & Fourways Crossing; Bedford Runner; Randburg Runner

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

Saturday 7 February

McCarthy Toyota 32<sup>nd</sup> Half Marathon - 21.1/10/5 km

Race Organisers: Magnolia Road Runners

Venue: Rietondale Park, Soutpansberg Road, Rietondale

GPS: S 25 43.980 E 28 13.239

**21.1 km race is pre-entry only**

**The 21 km will serve as the Irene 21 km club championships**

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30

Entry fees 6 – 7 February	-	R 70	
Entry fees 60+	R 30	R 30	
Start time	06h00	06h20	06h25
Time Limit	03h00	02h00	01h00

**Free t-shirt to the 1<sup>st</sup> 2 000 (21.1 & 10km) pre-entries**

Pre-entries at: Run-Away-Sport; Sweat Shop, Southdowns, Dunkeld & Bedford Arcade:  
Various McCarthy Toyota Dealerships in Pretoria

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

Wednesday 11 February

Lantern Nite Race 10/5 km

Race Organisers: Irene Athletics Club

Venue: Irene Campus ARC, Centurion

Entrance 1: GPS: S 25 53.49 E 28 13.29

Entrance 2: GPS: S 25 53.31 E 28 11.29

	10 km	5 km
Entry fees	R 60	R 40
Start time	18h30	18h30
Time Limit	2 hrs	

**The route is not suitable for wheelchair athletes**

**No Irene member is allowed to run the race**

Pre-entries at: Run-A-Way Sport; The Runners Store; Sweat Shop –  
Dunkeld/Fourways/Southdowns/Bedfordview; Centurion Spar; Hennops Park Spar;  
Monument Superspar; Montana Superspar; Lyttelton Superspar; Queenswood Superspar

[www.sa-active.com](http://www.sa-active.com) [www.enteronline.co.za](http://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 1<sup>st</sup> 5 500 pre-entries**

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

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

<b>2015 AGN LEAGUE FIXTURE LIST</b>				
<b><i>EVENT</i></b>	<b><i>DIST</i></b>	<b><i>DATE</i></b>	<b><i>LEAGUE</i></b>	
			<b>RR</b>	<b>RW</b>
Bronkhorstspuit		14/02/15	X	X
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***

**The best place to be is in someone's thoughts.**

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Photo Corner (Action at the ACE race)





















