



IRENE NEWS

1 February 2016

No 5 - 2016



ACHIEVEMENTS

The following members were on the podium over the weekend:

Aksia:

Mike du Bruto	1 st GM – 10 km (41:30)
Annatjie Greyvenstein	1 st GGM lady – 10 km (54:57)
Victor Pheto	1 st Master – 21 km (1:28:56)
Yvette Rademan	2 nd Vet lady – 21 km (1:37:29)
Ansie Breytenbach	1 st Master lady – 21 km (1:41:03)
Belinda de Bruin	1 st Vet lady – 42 km (3:56:55)

Ottosdal:

Joy Nicholl	2 nd Vet lady – 42 km (3:55:00)
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Johnson Crane:

Johan Nel	1 st GM – 42 km (3:21:11)
Sandra Steenkamp	1 st Lady walker – 42 km (No time available)
Lynette Gough	2 nd Lady walker – 21 km (2:44:27)
Rose Kavalianneas (social member)	3 rd Lady walker – 21 km (2:44:28)

Congratulations!

PERSONAL ACHIEVEMENTS

Michelle le Roux	First 21 km
Stephan Craggs	First 42 km

Please let me know about your PB's etc. Don't be shy!

 <p>SHORT TERM BROKERS Value. Service. Trust Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za</p>	<p>With you all the way</p> <p><small>Short Term Brokers is an authorised financial services provider – FSP no. 10670</small></p>
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THIS WEEK'S DIARY

Monday:

Training session at 17:30 - Club house

Morning run from Rhapsody's – 04:45 - 10 km easy route

Tuesday:

Time trials at 17:30 - Club house

Wednesday:

Long run at 17:30 - Ridgebacks

Morning run from Rhapsody's - 04:30 – 12 km hilly route

Thursday:

Training session at 17:30 - Club house

Friday:

Morning run from Rhapsody's – 04:45 – 12 km easy route

Saturday:

McCarthy 5/10/21 – Rietondale Park (Club 21 km championships)

Sunday:

Klapperkop long run at 06:30 – Dros, Waterkloof Ridge Shopping Centre

Springs Striders 4/15/32 at 06:00 – Springs Rugby Club

CLUB 21 KM CHAMPIONSHIPS

The McCarthy 21 km this Saturday will serve as the Club 21 km Championships. Be there and do your best. Remember the 21 is a pre-entry only race.

CAPTAIN'S CORNER

Dear Fellow Club Members,

We are a month into the new season and it seems everyone is getting back into the swing of things. There are morning's runs happening from Rhapsody's for those members who cannot train in the afternoon. Dieter Meyer facilitates these morning runs and they usually start around 4h45am Mondays, Wednesdays and Fridays. The long runs have started from Ridgebacks and the group is growing steadily. We have a WHATSAPP group that you can join should you wish to join the training group. Please send me you name and surname so I can add you. On Sundays starting at 6h30 we have our long run at KLAPPERKOP so let me know if you want to join. Please check with me first before you go as there might be a race or something happening on the Sunday.

The first league race was a huge success with many members attending the race. Please keep the momentum going and attend the league races. We want that top spot this year and the only way to do it is with your help and attendance. Our first race we hosting is coming up on the 10th of February. It is the **LANTERN RACE**. Please start by giving your names in to assist. We, the members make our races a success and we give back to the running community.

Lastly, just as a reminder the 21km (6th) and 42km (28th) CLUB CHAMPS happens this month. See training program for the races mentioned.

Good luck and see you all on the training ground.

Should you have any questions about training please drop me a mail at training@irenerunner.co.za or call me on 082 345 5343 and I will assist where possible.

Proud IRENE Greetings

Linley

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.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Heleen	de Bruin	01 Feb
Christine	Vorster	02 Feb
Samantha	Hall	04 Feb
Theuns	Willemse	05 Feb
Shaun	Smee	07 Feb



Giel Cillié, part sponsor of the Irene T shirts for the last 3 years with his quantity surveying firm in 10 Lenchen Park, 2029 Lenchen Ave South, Zwartkops x 4, Centurion. (Opposite Glasfit)

SOCIAL AWARENESS PROGRAMME

Liewe Irene klublede

Hierdie week is dit weer Sosiale aand en vier ons die liefde! Wees deel van die omgee en koop 'n R20 lootjie waarmee jy 'n geskenkpak met sjampanje, sjokolade en biltong kan wen. Die fondse sal aangewend word om vir die kleuters van Hasie in die Holte Kleuterskool tandeborsels, tandpasta, seep en waslappies te koop.

Daar is ook nog 'n dringende behoefte aan babaklere en seunsklere van enige ouderdom.

Baie dankie!



Dear Irene Club members

This week it is again our Social evening and we are celebrating love! Be part of the outreach initiative and buy a raffle ticket of R20. You could be the winner of a gift parcel consisting of champagne, chocolates and biltong. The proceedings will be used to buy toothbrushes, toothpaste, soap and face cloths for the Hasie in die Holte Nursery School.

There is also still an urgent need for baby clothes and boy's clothes of any age.

Thank you!

Social Awareness greetings

Lindie Steenkamp



WEEKLY BRAAI PACKS

The club braai pits are in the process of being refurbished! Once the work has been completed braai packs will be available to purchase from the bar on Tuesday's apart from the monthly social night! Charcoal and fire lighters will be available free of charge from the bar as well! More details to follow!

SOCIAL EVENING

The next monthly social will take place on Tuesday evening after the time trials. Please bring the whole family along and enjoy a lovely evening with your club mates and a lovely meal for only R35.

It is going to be a special evening. See the flyer on the next page.

CHILDREN SUPERVISION

There will be supervision for all the kids by a qualified teacher on Tuesday evening. This will be the case in future at all the social evenings. This will give all the moms the opportunity to participate in the time trials without worrying.



February is the month of *LOVE*

Join us for the social on Tuesday 2nd
under the *Irene* stars for good food,
music and romancing...



LANTERN RACE

Our annual Lantern race will take place on Wednesday, 10 February at 18:30 on the premises of the ARC. This is one of the most popular races in the country and rated amongst the top ten 10 km races. About 5000 athletes normally take part.

We cannot present a race of this magnitude without the assistance of our members. We therefore call on you to make yourselves available and give a few hours of your time to make the race a huge success once again. We are fortunate to participate in races every weekend presented by other clubs. This is our opportunity to show everybody how to present a race of high quality.

We require helpers for the following:

- Taking entries
- Handing out medals
- Route marshals
- Traffic marshals
- Water point helpers
- Lantern helpers
- Splitting of the runners
- Helpers at the start/finish

Please reply to this email and let me know where you prefer to work. We require about 300 people. You are welcome to bring along family and friends.

All helpers are invited to go to the finish area after the race where there will be something to eat and drink to celebrate.

Please note that no Irene member is allowed to participate in the race. You will have the opportunity to do the helpers race on Tuesday 16 February to earn your medal.

We rely on you.

THANK YOU TO EACH AND EVERYONE WHO HAS RESPONDED THUS FAR



NOTICE BOARD

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

Wednesday 10 February

Lantern Night Race 10 / 5km

Race Organisers: Irene Athletics Club

Venue: Irene Campus ARC, Centurion

	10 km	5 km
Entry fees	R 60	R 40
Entry fees 60+ (only on entry fee)	Half price	Half price
Entry fees 70+ (only on entry fee)	Free	Free
Start time	18h30	
Time Limit	??h00	

No animals allowed Wheelchair athletes welcome

Pre-entries at: Run-A-Way Sport; Runners Store; Sweat Shop
Dunkeld/Southdowns/Bedfordview

Spar & Superspar shops: Centurion; Hennops Park; Monument; Montana; Lyttelton;
Queenswood

www.enteronline.co.za and www.sa.active.co.za

Saturday 13 February**Bronkhorstspuit 32 / 10 / 4 km**

Race Organisers: Bronkhorstspuit Athletics Club

Venue: Hoërskool Erasmus, Church Street, Bronkhorstspuit

	32 km	10 km	4 km
Entry fees	R 150	R 80	R 20
Entry fees 60+	Free	Free	
Start time	06h00	06h15	06h30
Time Limit	04h30		

Pre-entries at: Run-A-Way Sport

www.enteronline.co.za**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

<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			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

Only those who dare to fail greatly can ever achieve greatly.



Photo Corner (Akasia)



Yvette Rademan, second vet lady on the 21 km



New members Suzelle and Brian Engelbrecht



Susan Strauss is back after 10 years.



Musa Nkosi convinced his daughter Khay to become part of the Irene family



An all smiling Theuns Willemse after completing the 21 km



Jenny Prinsloo and Mpho Netshiombo discussing the race



Christine Vorster and Marissa Wolhuter



Lindie Steenkamp and Stephan Olieman



New member Michelle le Roux did her first 21 km



Retha Knoetze is now a social member. She is one of the walkers attending the weekly clinic



Carla Bruwer and Ernst Gottschalk



Mfundo Hadebe



Thembinkosi Masinga



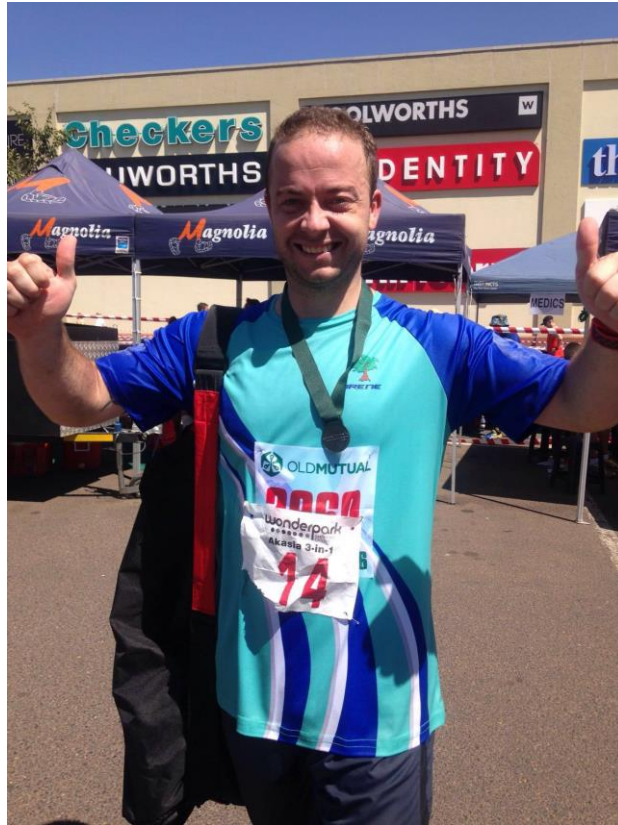
Belinda de Bruin was the first vet lady on the Marathon



Good to see Lynette September back on the road



Our admin manager Zelna had a fall but fortunately there was no blood, just dust



Stephan Caggs did his first Marathon



Podium winners at the Johnson Crane 21 Rose Kavaliannas and Lynette Gough