



# ***IRENE NEWS***

*20 April 2015*

*No 16 - 2015*



## ***ACHIEVEMENTS***

The following members were on the podium at the Loskop 50 km:

Ansie Breytenbach	2 <sup>nd</sup> Master lady (4:00:25)
Sandra Steenkamp	1 <sup>st</sup> Lady walker (5:35:13)

The following members were on the podium at the Shoshanguve race:

Elsa Meyer	1 <sup>st</sup> Lady walker – 21 km (2:14:18)
Bertha van den Raad	1 <sup>st</sup> GGM lady – 10 km (1:13:30)
Gerard van den Raad	2 <sup>nd</sup> Walker – 10 km (1:04:15)

Congratulations to you all!

## ***PERSONAL ACHIEVEMENTS***

Elmarie Strecker	PB -50 km
Fanie Naude	PB -50 km
Stefan Meuller	PB -50 km
Musa Nkosi	PB -50 km
Tim Munnik	PB -50 km
Sarah Munnik	PB -50 km
Simoné du Plooy	First ultra

Well done!

Congratulations to Claudia Cockcroft, Magda Vermaak and Kobus van As who ran their 10<sup>th</sup> Loskop Ultra to receive their permanent numbers.

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

## ***IRENE ATHLETICS CLUB FACEBOOK***

We need 7 more likes to reach 500. Click on the link below and like our page please!



## ***IRENE SUPPORTER SHIRTS***

For as long as I can remember Irene has had epic support at all the races and we are the envy of all other athletes. Whether it is the shouts of "go Irene" or just to see a friendly or familiar face, it makes a huge difference to a tired runner. The support and encouragement does not always come from Irene members, but also from spouses, children, friends or family of Irene members. For an athlete it is difficult to recognise these supporters amongst the crowd, especially at times when you are tired. We generally have very visible Comrades and Two Oceans Supporter T-shirts, a different colour each year and often a tired runner can't remember what colour the supporter-shirt is to look out for.

In 2004 we had a very bright Comrades shirt that stood out anywhere, even amongst huge crowds. We decided to use the design of the 2004 shirt as our official Irene supporter shirt to maximise the visibility of our support. These permanent supporter shirts will be available before Comrades, and can be bought by everybody who is an Irene supporter, there is no requirement to be a member. Once our supporters have bought these shirts they can use it race after race, year after year and there will be no need any longer to buy a new shirt every year. I am looking forward to see these bright supporter shirts at all the races and not just at Comrades! I will be first in line when they are available, so look out for me in future in my "official Irene supporter" shirt when I am not running!

Irene greetings,  
Louis Visser (Chairman)



## ***RED IRENE T-SHIRTS***

The red Irene T-shirts that a number of our members ordered will be available on Tuesday evening at the club house.



## ***BIBFIX***

You can now throw away those pins and use Bibfix to attach your licence and race numbers to your running vest. You can buy your Irene Bibfix at our clothing shop for only R40 per set.



## ***LEAGUE RACE***

The Solomon Mahlangu race in Mamelodi this Saturday will be the next league race. please support this race and ensure that we get maximum points. It is safe and will be a great experience to you if you haven't done it before. As usual there will be something to eat for all our members.

Scroll down to see the race details at the Notice Board.

## ***THE WALLY HAT RACE***

Start getting your hats ready for the Wally Hayward race on 1 May. As in the past we want our members to wear hats on the day. As always the drinks trolley will be pushed on the 21 km. more details about it in next week's newsletter. This year there will be cash prizes for the best hats: 1<sup>st</sup> prize – R500, 2<sup>nd</sup> prize R300 and 3<sup>rd</sup> prize R200. We want to thank Short Term Brokers for sponsoring this.

Be creative and funny, your hat may just let you take R500 home on the day.



## **MAGNOLIA LONG RUN**

We will be doing a water point once again this year at the Magnolia long on Sunday. We need a few people to help please. Please let me know if you can.



MAGNOLIA will be holding our 13<sup>th</sup> long run on 26<sup>th</sup> April through the shaded and quiet streets of Brooklyn and Groenkloof. To cater for all types of runners, either fast or slow and to provide the flexibility of allowing the runner to determine their own distance, the route is a 15 km loop that does not go further than 3 km from the club at any time.

Our Long Run offers you the following:

- ✓ Determine your own distance from 15 to 45. The nature of the course will allow for incomplete laps.
- ✓ Ideally placed 5 weeks before Comrades.
- ✓ 5 fixed water points on route stocked with Coke, Powerade/Energade, water and snacks.
- ✓ You should not find yourself running alone as you would if we had an out and back route.
- ✓ There will also be a sweep vehicle to identify the last runner or to provide aid to anybody wanting a lift back to the club.
- ✓ Drop off warm or wet clothing at the clubhouse after the first lap.
- ✓ Collect your own special drink from your car as the run progresses.
- ✓ Run on quiet shaded streets with very little traffic.
- ✓ No big hills and relatively flat.
- ✓ Shower facilities will be available afterwards.
- ✓ Parking and guards – but parking still at your own risk
- ✓ Remember this is an organised long training run and is not a race. No medals will be issued.

Cost per person, as this is a non-sponsored event: Magnolia buys the drinks for all 5 points as well as snacks for 2 water points, arrange car guards, and gives an amount to each of the 3 helping clubs/sport store to cover some of their (snacks) costs of the day.

- ☐ 3 laps, 45 km – R 70
- ☐ 2 laps, 30 km – R 60
- ☐ 1 lap, 15 km – R 40 (Walkers welcome)

**Start 6:00 from the Magnolia Clubhouse, c/o Middel & Dey streets, the white building next to Mimmos/ Crowdaddies/Shell Petrol garage. 2 Blocks from the Brooklyn Circle/Shopping Centre. GPS co-ordinates: S25 46.321 E28 13.816**

## **TALK ON NUTRITION**

There will be a talk about nutrition by an expert after the time trials on Tuesday. One can never know enough about this. Come and listen, ask questions and prepare yourself better for your races.



## ***IN THE MAILBOX***

### ***No 1***

Ek het 'n inskrywing vir Rhodes in Julie maar het nog nie akkommodasie nie. Weet jy dalk van iemand by die klub wat ook gaan hardloop wat dalk kan uithelp?

Willem Haarhoff - [willemhaarhoff@gmail.com](mailto:willemhaarhoff@gmail.com)

### ***No 2***

Garmin Forerunner 210 for sale, Mint condition, very seldomly used. Heart rate monitor, charger and original packaging included. Price: R2000

Contact: Hermo Terblanche email: [hermo\\_t@hotmail.com](mailto:hermo_t@hotmail.com)

### ***No 3***

Graag wil ek 'n kort gedagte met jou deel vir die nuusbrief. Ek het gister my eerste ultra voltooi, die Loskop 50. Die laaste deel van die wedloop het ek saam met Irene klublede gehardloop. Hulle was ongelooflik ondersteunend en dit het my gemotiveer om die wedloop binne 6 ure te voltooi. Dit was dié Irene runners wat rondom 5:57 klaargemaak het. Vir hulle wil ek spesiaal dankie sê. Die motivering van 'n klompie ander Irene runners gedurende die wedloop het die kms ook korter gemaak.

Simoné du Plooy

### ***No 4 (Alan Hyson)***

Just a quick snapshot of yours truly trooping the IAC colours at a local race held at Disneyland in Hong Kong, during the Rugby 7's weekend.

They certainly do things differently there – all runners have to have electronic shoe time recorders, which allows the average runners to start when they like (say within 20mins of gun) and avoid any 'mass' start chaos. Only the serious challengers for finish line honours start on the gun (about 150), the rest seem to take a steady civilised stroll to the relatively narrow (5m) start-line archway, check it's not too crowded, and start their race by crossing the timing carpet to activate the timing mechanism. No medals either, just a run and a time – also, no water sachets, just paper cups – also, (possibly as a result), relatively little litter.



## ***PERSONALIA***

Congratulations to everybody celebrating their birthdays during the week.

Sandra	Faber	20-Apr
Marc-Steven	Havinga	20-Apr
Sandra	Van der Walt	20-Apr
Susan	Maree	21-Apr
Emily	Van der Schyff	22-Apr
Hanroux	du Plooy	23-Apr
Philip	Breytenbach	24-Apr
Deirdre	Donaldson	24-Apr
Alan	Hyson	24-Apr
Gerhard	Koekemoer	24-Apr
Nel	Kotze	24-Apr
Anelle	Vorster	24-Apr
Adele	Weber	24-Apr
Luzuko	Mbidlana	25-Apr
Renette	Prinsloo	26-Apr
Dendre	Theunissen	26-Apr



## ***NOTICE BOARD***

### **League race**

Saturday 25 April

Solomon Mahlangu Race 21.1/10/5 km

Race Organisers: AGN

Moretele Park, Mamelodi

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees 60+	R 30	R 30	
Start time	06h00		06h15
Time Limit	03 hrs		

Pre-entries at: Run-A-Way Sport; Sweatshop Southdowns; Running Inn; The Runner's Shop

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

Monday 27 April

Addicted to Life Freedom Run 21.1/10/5 km

Race Organisers: Addicted to Life

Venue: Temba Stadium, Unit D, Temba, Pretoria

GPS: S 25 22'42.5" E 28 14'58.1"

	21.1 km	10 km	5 km
Entry fees (16/03 – 20/04)	R 70	R 50	R 30
Late entry fees (21 – 27/04)	R 80	R 70	R 30
Entry fees 60 - 79	R 40	R 35	R 30
Entry fees 80+	Free		R 30
Start time	07h00	07h15	07h30
Time Limit	03h00		

**No wheelchairs allowed**

Pre-entries at: Running Inn; The Runners Store; Pick 'n Pay Soshanguve

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

Friday 1 May

Rockets Wally Hayward Marathon 42.2/21.1/10/5/1 km

Race Organisers: Alpha Centurion Runners/Walkers

Venue: Hoërskool Zwartkop, Mopani Road, Zwartkop, Centurion

GPS: S 25 50'58.60" E 28 09' 54.32"

	42.2km	21.1km	10 km	5 km	1 km
Pre-entry fee	R 110	R 80	R 60	R 30	R 10
Entry fees – race day	R 130	R 100	R 70		
GGM & GGGM (race day only)	Free				
Jardine Joggers	Free				
Start Time	06:30		06:45	07:00	07h30
Time Limit	05h:30	03h30	2h00		

Pre-entries: Run-A-Way Sports, Running Inn Pretoria, Sweatshop Dunkeld & Southdowns, Sportsmans Warehouse Centurion, Atterbury Value Mart, Kolonade, Fourways, Woodmead, Boksburg, Roodepoort, Cresta' Randburg Runner; Rockets Sport Shop

Enter on line: [www.entrytime.com](http://www.entrytime.com)

<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>
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**

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  
<http://www.lyon2015.com>

26 Oct – 6 November 2016 MA Championships, Perth, Australia  
<http://www.perth2016.com>



*THOUGHT FOR THE WEEK*

A WINNER IS A DREAMER  
WHO NEVER GIVES UP

Nelson Mandela



## Photo Corner (Action from Loskop)









































