



# IRENE NEWS

20 March 2017

No 11 - 2017



## ACHIEVEMENTS

The following members were on the podium at the Om die Dam race on Saturday:

Johan Nel	1 <sup>st</sup> GM – 50 km (4:09:44) Third in a row
Annatjie Greyvenstein	1 <sup>st</sup> GGM lady – 21 km (2:11:50)
Elsa Meyer	1 <sup>st</sup> GGM lady walker – 21 km (2:21:36)
Danie Labuschagne	2 <sup>nd</sup> Walker – 21 km (2:21:36)
Gerard van den Raad	3 <sup>rd</sup> Walker – 21 km (2:28:31)

Philip Breytenbach	3 <sup>rd</sup> Vet – Kosmos 42 km (2:53:11)
--------------------	--

Johan Nel was the 1<sup>st</sup> GM in the combined race (42 km, 21 km and 10 km) at Kosmos in an excellent time of 6:05:40

Congratulations!

## PERSONAL ACHIEVEMENTS

Jacqui Burn	Permanent Kosmos number (10 races)
Johan Nel	Permanent Om die Dam number (10 races)
Sandi Cloete	PB – 10 km (two in a row)
Minnette Nel	PB – 21 km
Isabel Erlank	First 21 km

Well done!

## THIS WEEK'S DIARY

### Tuesday:

Sunnypark 10/21 at 07:00 - Sunnypark Shopping Centre

Time trials at 17:30 at the club house and braai

### Saturday:

Denel 10/21 at 06:00 – Denel Campus

## TIME TRIALS

Although it is a public holiday on Tuesday, the time trials will take place as always. A public holiday usually gives many members who can't always visit the club house on a Tuesday due to working conditions, school activities etc. the opportunity to do so.

With the Sunnypark race taking place on Tuesday morning, it is an ideal opportunity to put in some extra distance on the day.

Please be part of the braai and enjoy the time with your fellow club members. An ideal opportunity to get to know each other.

Make sure that you RSVP for catering purposes.



Hi Irene Runners,

We know all of you are pushing to get the kilo's on the feet in the new shoes and the knees & legs in prep for Comrades @ the "Right to Run" race ... Come and have a relaxed braai @ the Clubhouse afterwards on "Human Rights Day". The kidz can come and look for some "early" Easter Eggs & Bunnies whilst you relax with a cold beer, good music and some nice vibes

Where : Clubhouse Irene Running Club  
When : Tuesday, 21 MARCH 2017 from 14:00  
What to bring: Blanket/Chairs to relax on and Umbrella to keep out the sun  
To eat : Bun and salads @ R25.00  
(then you bring your own meat)  
OR "Braaipakkie (wors / steak & chicken kebab) with bun and salad @ R50.00

Easter Egg hunt for the kidz @ R10.00 a ticket and access to Jumping Casite to get rid of the energy after all the easter eggs eaten by the little ones ...

Support the Caravan Fund come Buy a melktertjie @ R10.00



Regards  
Mel & Reet

**RSVP  
PLEASE**

ATTENDANCE to be confirmed so that we cater for enough people if not enough response we will be there at the normal time

SMS Mel @ 0727967122  
([Mellany.Hoffmann@momentum.co.za](mailto:Mellany.Hoffmann@momentum.co.za))

SMS Reet @ 078 933 5836  
([Retha.Venter@ldc.com](mailto:Retha.Venter@ldc.com))

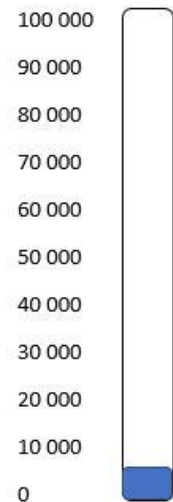


### **CARAVAN FUND**

R600 was collected at the caravan on Saturday. The fund now stands on R7020. Still a long way to go!

You will notice the mini caravan at the counter of the caravan. Although it is a masterpiece by Gerard, it is not an ornament, but a collection box for the caravan fund. Make sure that you contribute your change to it.

We need some ideas from our members to boost this fund. Please let your thoughts go.



### **NEWS FROM THE CLOTHING SHOP**

Winter is looming and therefore members are requested to order their Irene tracksuits now. It is a quality garment that can be worn with pride.

The cost is R595. Please be reminded once again that there is a card facility at the clothing shop.

This is your last opportunity to order!



### **MODERN ATHLETE IRENE ULTRA 2 APRIL**

Thank you to those members who have made themselves available to help at our race on 2 April. However, we are still short of many more. Please let me have your names. We cannot present this prestigious race without you.

**MODERN**  
**athlete**

### **COMRADES AND TWO OCEANS SPONSORSHIPS**

We are still looking for sponsorships for these two races. We want to give our members the best and therefore rely very much on these sponsorships

### **ENTRY AVAILABLE**

Due to an injury, Marietjie Wanland is unable to participate in the Mapungubwe Trans frontier Wild run taking place in May. Her entry is available. You can contact her at [mw@altimax.co.za](mailto:mw@altimax.co.za) or 082 809 7841

### **LOSKOP MARATHON TRANSPORT**

Bus transport available from PnP Hypermarket, Faerie Glen to Loskop Marathon, Middelburg. Bus departs at 03:00 on 22 April and returns after the race. Cost: R1000 pp. Contact Willie Hall 082 375 6174 or [info@tripsntours.co.za](mailto:info@tripsntours.co.za) for more info.

### **PERSONALIA**

Condolences to Pierre Koch whose father passed away on Friday.

Arnold Ossendryver had a knee operation last week. We wish him a speedy recovery.

Congratulations to everybody celebrating their birthdays during the week:

Marli	Hanekom	20 Mar
Chantal	Heuvel	20 Mar
Egmond	van Niekerk	20 Mar
Johan	Du Toit	21 Mar
Johan	Janse van Vuuren	21 Mar
Andries	Nel	21 Mar
Heinrich	Beukman	22 Mar
Nicholas	Southey	22 Mar
Pieter	Engelbrecht	23 Mar
Thian	Grobbelaar	23 Mar
Izaak	van Niekerk	23 Mar
Chantelle	Zowitzkey	24 Mar
Michael	Gazzard	26 Mar
Darryl	Liebenberg	26 Mar



## **CAPTAIN'S CORNER**

WELL DONE! My hat off to all the completers of the OM die Dam 2017. Take a bow, madam/sir, you deserve it... for a day or two, then don the hat of realism and resume the narrow path to Comrades. The first big one is in the pocket. The march to Comrades is now well and truly its way....and a successful Om die Dam is irrefutable proof that your training is also.

Join us tomorrow afternoon at the club for a light recovery run (for those Om die Dam conquerors) and share some war stories while you do so. There will be hill training for those who didn't do Om die Dam. Tuesday, being a public holiday presents a unique training opportunity for the Comrades warriors among us. Tuesday morning you can do the 10/21 at the Right to Run/Walk in Arcadia and that evening you can do the time trial at the club – a potential 30 km's on the legs. That could count to be invaluable time on the legs, especially the time trail the evening.

YOU HAVE TO READ ALL OF THE REST OF MY ARTICLE!!

This is still supposed to be a guarded secret, but I'm so excited about what's coming that I just have to say something about it. A bit of background first. As you all know, were all members of the bestest ever running club in the world. A club where your running needs are catered for in ways other clubs only dream of...(of course your participation is compulsory to actually experience this – so if you choose not to participate in the club organised training and related events you lose out and won't get my proclamation)...and we're about to do it again.

Not only do we bring you Maretha Claasen a psychologist who specialises in sport psychology every second Tuesday of March, April and May to fix the head for the big C, we also have a surprise up our sleeves for you for the Comrades pre-function. Man, this is big, really big!! We have successfully lined up, not one...yes, read my lips, but two absolutely fantastic motivational guru's to psyche you up big time my cuzzy, big time! ...but here's the catch. You really need to attend Maretha's sessions on the second Tuesday of April AND May. So why is that...?

Well, you all know by now that Comrades has been shortened to 30km! ... but you all have to run 60km to the start... Yip, the old running warriors are spot on when they say that Comrades actually only starts at 30km to go. And again, why is that? Those in the know have it that us mere mortals are able to train our bodies to run up to about 60km. No matter how much training we do, it will carry us for up to 60km and because Comrades is a couple of kilometres further, your mind needs to do the work to get you through the little issue of completing the last 30km.

NOW YOU REALLY HAVE TO KEEP ON READING!

So, for you to achieve your Comrades goals, you also need to train and strengthen the old block on the shoulders to do so...and that, ladies and gentlemen, is why we've gone beyond the normal to firstly arrange Maretha's services (free of charge to our club members) to align the grey matter upstairs for you to cope from 60km onwards. Then we got the two



legends in their own right to firstly blow your mind and then to psyche you up to not only just cope with the last 30km, but to kick ass from Camperdown all the way to the Finish!

But who are they, you might ask? Fair question, but it's still a secret. Damn, this secret thing is burning my butt! I can't wait for the news to brake! Suffice to say, the one is a very well-known legend in running circles and is very active in road running as we speak. The guy is also a previous Comrades winner, so who better to dot the I's and cross the T's when it comes to preparation and motivation for the big day. And then the second guy, well, this guy did a couple of marathons and ultras, but life took him in a totally different direction, tried to stump him with obstacles', but he successfully, very successfully, by digging deep into his psyche and having had to develop the kind inner strength and of mind power to have overcome these obstacles', obstacles that makes those on Comrades look like child's play. I can't wait to hear this guy's story and tap into his set of mind tools he developed to conquer any obstacle Comrades might throw your way on race day. I've already said too much!

You have yourself a fantastic week.

#### **NOTICE BOARD**

**Tuesday 21 March**

**Sunnypark Right to Run/Walk 21.1/10/5 km**

Race Organisers: Arcadia Running Club

Venue: Sunnypark Shopping Centre, c/oSteve Biko & Robert Sobukwe St., Sunnyside

GPS: S 25.45'2 E 28.12'11

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 40
Start Time	07:00		
Cut-off	?:?:00		

**Manually operated wheelchairs allowed**

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Running Inn; Sweatshop – Southdowns; Cross Trainer & Sports Scene Sunnypark

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

**Saturday 25 March**

**Denel Road Race 21.1/10/5km**

Race Organisers: Denel Athletics Club Club

Venue: Denel Irene Campus, Nellmapius St, Centurion

GPS: S 25.53.413 E 28.11.429

	21.1 km	10 km	5 km
Entry-fee	R 80	R 60	R 30
Pre-entry fee 60 +	R 30		
Blind athletes	Free		
Start Time	06:00		06:15
Cut-off	04:00	02:00	

**10/21.1 suitable for wheelchairs**

**5km fun run NOT suitable for wheelchairs**

**No baby strollers/dogs on the 10/21.1km**

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Running Inn; Sweatshop – Southdowns; Natural Runner - Centurion

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

 <b>SHORT TERM BROKERS</b> Value. Service. Trust Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za	<b>We go the distance</b> <small>Short Term Brokers is an authorised financial services provider – FSP no. 10670</small>
---	---



**Sunday 2 April****Modern Athlete Irene Ultra 48/21.1/5 km**

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Irene

Entrance 1: GPS: S 25.53'49 E 28.13'29

Entrance 2: GPS: S 25.53'31 E 28.11'29

	48 km	21.1 km	5 km
Entry-fee	R180	R 90	R 50
Pre-entry fee 60 +	R 90	R 45	R 30
Entry fees 70+ & blind & wheelchair athletes	Free		
Start Time	06:00		06:15
Cut-off	06:00	03:30	

**The 5km is wheelchair friendly**

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Sweatshop – Southdowns, Dunkeld, Broad Acres, Bedfordview

[www.championchip.co.za](http://www.championchip.co.za)**Saturday 8 April****Ford 21.1/10/5 km**

Race Organisers: Ford Athletics Club

Venue: Ford Sports &amp; Recreation Center, c/o Simon Vermooten &amp; Alwyn St., Silverton

	21.1 km	10 km	5 km
Entry-fee	R 90	R 60	R 35
Start Time	06:30		06:45
Cut-off	?:00		

**Babystrollers welcome on the 5km**

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Sweatshop – Southdowns; Sportsmans Warehouse Kolonnade Retail Park &amp; Atterbury Value Mart; Tshwane Running Shop; Aurina Motors Silverton

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



<b>2017 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
CITY OF TSHWANE	10/21	29 Apr	X	X
JACKIE MEKLER	10/25	6 May	X	X
RACE FOR FRIENDSHIP	10/21	24 Jun	X	X
LONG WALK/RUN FOR FREEDOM	10/21	22 Jul	X	X
MARCEL VAN'T SLOT	15	19 Aug	X	X
ADDICTED TO LIFE	10/21	9 Sep	X	X
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

## **SA MASTERS**

### **Local meetings**

31/3 & 1/4/2017	KZN Champs	Kingspark
<b>1 April 2017</b>	<b>Gauteng North Championships</b>	<b>Tuks/Pilditch?</b>
8 April 2017	Central Gauteng Championship	Germiston
<b>12 Augustus 2017</b>	<b>Claude Sterley Memorial</b>	<b>Pilditch</b>
? Sept/? October 2017	SWD	Oudtshoorn
11 November 2017	Free State	Bloemfontein
<b>4, 5 &amp; 6 May 2017</b>	<b>SA Masters Chamionships</b>	<b>Parow</b>

## **African Masters Track & Field Championship**

Cameroon 27 – 29 May 2017

## **International Masters Championships**

18 – 25 March 2017 World Indoor Championship 2017 in Daegu, Korea

## **THOUGHT FOR THE WEEK**

**The road to success runs uphill.**

## Photo Corner (Om die Dam)



A lonely Ben Marais



Henk Basson, Adriaan van der Merwe and Joy Nicholl





Michael Mokwala



Nelius van Rooyen with Louis Visser supporting



Johan Nel



Lynette September in good spirit on top of Saartjies





Rosemary Brink and Joan van Wyngaard



Linley September taking a break on top of Saartjies





Heleen de Bruin looking as fresh a daisy



Werner van der Merwe looking good





Schalk Liebenberg



Thumbs up from Marks Mathebula





Jan van Wyk

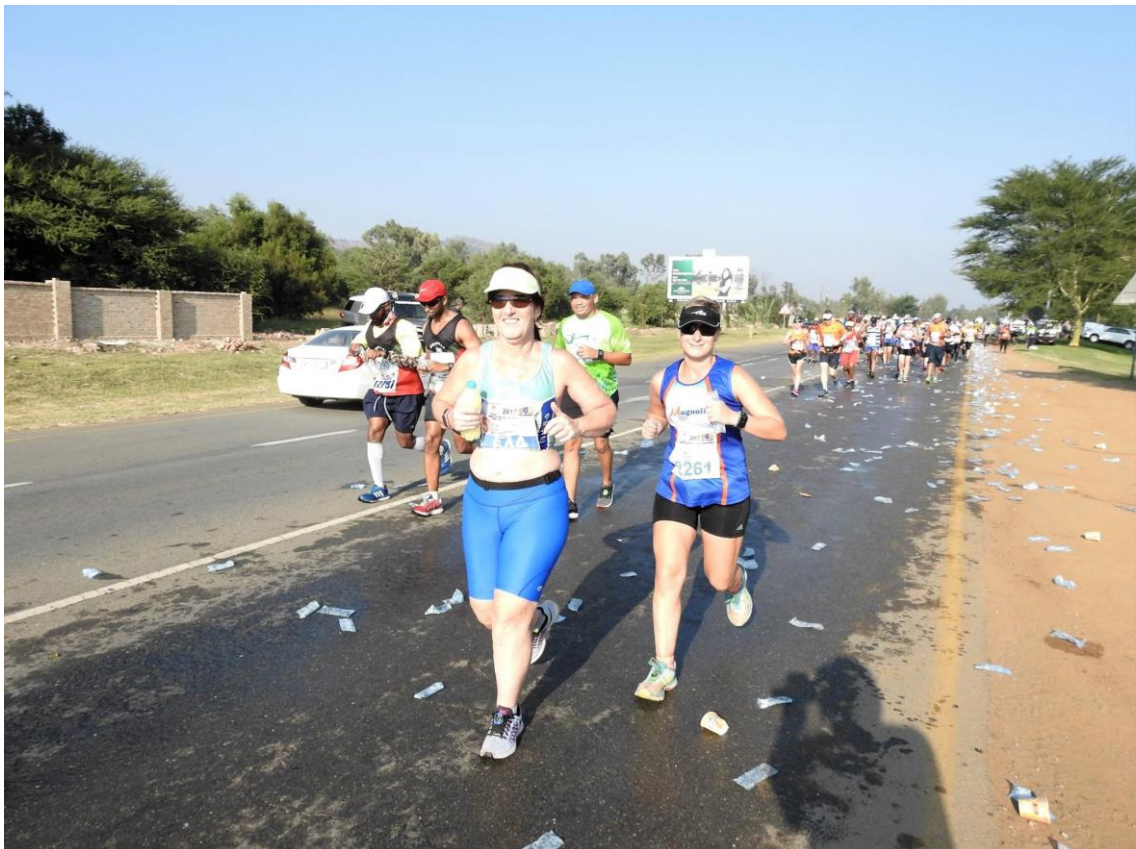


Blanche van Vuuren





Vanessa McClure conquered Saartjies



Jacqui Burn