



IRENE NEWS

22 February 2016

No 8 - 2016



ACHIEVEMENTS

The following members were on the podium at the Tuks race on Saturday:

Jacque van der Waals	1 st Vet lady – 10 km (40:24)
Annatjie Greyvenstein	1 st GGM lady – 10 km (57:31)
Victor Phetoe	3 rd Master – 10 km (39:54)
Gerard van den Raad	1 st GGM walker – 10 km (71:13)
Sandra Steenkamp	1 st Lady walker & 1 st master – 10 km (57:52)
Danie Labuschagne	1 st GM walker – 21 km (2:34:03)
Elsa Meyer	1 st GM lady walker – 21 km (2:21:58)
Ansie Breytenbach	2 nd Master lady – SA Marathon Championships (3:25:14)

Congratulations!

PERSONAL ACHIEVEMENTS

Nadia Barnard First 21 km

Well done!

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

THIS WEEK'S DIARY

Monday:

Training session at 17:30 - Club house
Morning run from Rhapsody's – 04:30 - 12 km easy route

Tuesday:

Time trials at 17:30 - Club house
Info session for new members at 18:30 – Club house lapa

Wednesday:

Long run at 17:30 - Ridgebacks
Morning run from Rhapsody's - 04:30 – 14 km hilly route



Thursday:

Training session at 17:30 - Club house

Friday:

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

Saturday:

No race

Sunday:

Deloitte 10/21/42 at 06:00 – Phobians (**Irene Marathon Championships**)

Township 4/10/21/42 at 06:00 – Eldorado Park Stadium

NEW MEMBERS INFORMATION SESSION

Please take note that the information session for new members will take place on Tuesday 23 February after the time trials at 18:30.

This is a very important meeting for all our new members. Please try to be present.

CAPTAIN'S CORNER

Dear Fellow Club Members,

The running season is in full swing and there are so many races happening it is mind boggling to decide which ones to do. With this said, plan your races well so it doesn't affect your training and recovery periods. You should be aware of the morning's runs happening by now from Rhapsody's for those members who cannot train in the afternoon. The long runs have started from Ridgebacks on Wednesdays and the group is growing steadily. We have a WHATSAPP group that you can join should you wish to join the various training groups. Please send me your name and surname so I can add you. The KLAPPERKOP Sunday runs are becoming a regular and we have quite a few members joining us on this LSD run. Please check with me first before you go as there might be a race or something happening on the Sunday.

Once again our **LANTERN RACE** was a huge success and I have you the members to thank for this. WELL DONE on helping IRENE ATHLETICS CLUB host another awesome event.

Can I request that you ensure you wear your **full club colours** and not black shorts or any other colour shorts? Our running shop has a fully stocked range of clothing. Please speak to Frances Lezar at the shop if you have any issues with the clothing items and she will assist.

Lastly, just as a reminder please discard your water sachets in the bins provided at races. Let's be in the forefront of the **RUN CLEAN** initiative.

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

CLUB MARATHON CHAMPIONSHIPS

The Deloitte 42 km this weekend will serve as our Club Marathon Championships for 2016. Do your best!

FEEDBACK

Maretha Claasen's talk was excellent! I got quite a lot of useful tips that I'll start practicing starting now in my running.

Everyone should go to these talks! If they just hear one thing that resonates with them it might just be that one tool that helps them during their weakest moment and gets them to the finish, or improves their time.

A lot of what Maretha says can also be used in normal day to day life.

Thanks very much for organising her.

Dee Donaldson

COMRADES SUBSTITUTIONS

Although Comrades substitutions can only be done in April, I call on all members who entered but who already know that they won't be running, to make their entries available for substitution.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Joel	Loftus	23 Feb
Tumisho	Maleka	23 Feb
Yvette	Rademan	23 Feb
Suzelle	Engels	24 Feb
Theo	Bohnen	25 Feb
Andy	Crawshay-Hall	25 Feb
Annemarie	Oberholzer	25 Feb
Hanlie	Lundie	28 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)



NOTICE BOARD

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

	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

Saturday 5 March

Medihelp Sunrise Monster 32 / 10 / 5 km

Race Organisers: Harlequin Harriers

Venue: Harlequin Club, Totius Road, Groenkloof

GPS: S 25.46.122 E 28.13.031

	32 km	10 km	5 km
Pre-entry fees	R 90	R 60	R 40
Race day entries (excl GM)	R 100	R 70	R 50
Entry fees 60+	R 50	R 30	R 20
Entry fees 70+ & 80+ (Race eve or race day only)	Free		
Start time	06h03	06h30	06h40
Time Limit	04h30	02h00	

Routes not suitable for wheelchair athletes

Pre-entries at: Run-Away Sports; Running Inn; Runners Store; Sweat Shop

www.entrytime.co.za

League Race

Saturday 19 March

Budget Insurance (Virseker) 3 in 1 21.1 / 10km / 5 km

Race Organisers: Overkruin Athletics Club

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

GPS: S 25.40.49 E 28.14.53

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees 60+	Free		
Start time	06h00		06h15
Time Limit	03h00	02h00	

No pets allowed

Pre-entries at: Run-Away Sports; Running Inn; Runners Store; Sweat Shop: Southdowns;
Kolonnade info desk; Wellness World

www.enteronline.co.za

2016 AGN LEAGUE FIXTURE LIST

<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			<i>RR</i>	<i>RW</i>
Budget Insurance Kolonnade	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	29 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

Masters Athletics Fixture list

18 and 19 March	KZN Masters Championships	Durban, Kings Park
26 and 27 February	EP Master Championships	NMMU Athletics Stadium
2 April	AGN Masters Championships	Pretoria LC de Villiers Tuks
9 April	CGA Masters Championships	Gauteng Germiston
13 and 14 May	SA Masters Championships	Pretoria LC de Villiers Tuks
13 Augustus	Claude Sterley byeenkoms	Pilditch
? Oktober	SWD	Oudtshoorn
12 November	Vrystaat	Bloemfontein

THOUGHT FOR THE WEEK

If you want something you've never had, then you've got to do something you've never done.



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Photo Corner



AGN athletes won both the men and woman titles at the SA Marathon Championships in East London on Saturday. Lucas Jani and Patience Khumalo with a proud team manager Wynand Breytenbach

Action at the time trials, see if you recognise yourself (no photos available of the Tuks race)













