



# **IRENE NEWS**

**23 January 2017**

**No 3 - 2017**



## **ACHIEVEMENTS**

The following members were on the podium at the George Claassen race on Saturday:

Johan Nel	1 <sup>st</sup> GM – 21 km (1:37:43)
Ansie Breytenbach	1 <sup>st</sup> Master lady – 21 km (1:46:23)
Roda Willemse (social member)	2 <sup>nd</sup> Lady walker – 21 km (2:17:40)
Elsa Meyer	3 <sup>rd</sup> Lady walker – 21 km (2:24:30)
Joey Cloete	2 <sup>nd</sup> GM lady – 10 km (58:21)
Rita Jordaan	3 <sup>rd</sup> GM lady – 10 km (64:45)

Congratulations!

## **PERSONAL ACHIEVEMENTS**

Willem Swart                      First race (10 km) in his life (at the age of 61)

Well done!

## **THIS WEEK'S DIARY**

### **Tuesday:**

Time Trials at 17:30.

### **Saturday:**

Akasia 10/21/42 at 05:30 – Wonderpark Shopping Centre, Karenpark

## **REGISTRATIONS 2017**

The registration packs will be available at the club house on Tuesday afternoon from 17:00.

## **CAPTAIN'S CORNER**

My goodness! What a week. This year really hit the runway running. At this rate, we are going to be sitting down for Christmas lunch before we know it... and Comrades would be far behind. This off course means that Comrades will be upon us at twice the speed! Have you started training yet? I bet your reply will be that you have. The real question though, is have you begun your focussed Comrades training?

I bumped into ex Irene chairman, runner of 17 Comrades with 14 silver medals, 14 Two Oceans with 12 silver medals and winner of a number of multi day ultra-events, Dirk Cloete. “Is the Training Programme the same as previous years?” was his question. “Yip, hill training on Mondays, Time Trial on Tuesdays, etc....” And then the surprising statement from Dirk: “Amanda and I will be joining you shortly for hill training. We need the training for Comrades.”

Now this took me by surprise. Why would a runner of Dirk’s calibre be interested in participating in the club’s training programme? The conclusion lies in two reasons. Firstly, Dirk’s success in running lies in proper planning, discipline in execution and sticking to what works for him. Secondly, it speaks of the club’s training programme. The training programme has proven itself over many years and has guided and assisted many (literally hundreds) of Irene runners in achieving their Comrades goals and dreams.

My question is: “Why don’t you join us?” Actually, why haven’t you joined us already? If you stick to the programme you will succeed bar those funny injuries and ailments that derail your race on the day. But if you follow the training programme and join the training group, you won’t only succeed in your training, but also be carried along the race by the very important comradeship established in the training sessions pre-dating the Big C. I speak from personal experience when I relate to the passion and motivation built during these training sessions.

It’s not only your fitness that counts; it is also your state of mind and psychological preparation that carries you on race day. The latter is far easier cultivated when training with likeminded people, such as the training group. Come join us Monday afternoon at 17h15 at the clubhouse for your focussed Comrades hill training session.

### **NEW MEMBERS**

Welcome to the following new members whose membership has been finalized:

Natasha	Buitendag
Shaun	Jansma
Annerine	van Schalkwyk
Willie	van Schalkwyk
Madele	Nelson
Nicolaas	Badenhorst
Tlou	Thema
Leani	Van der Walt
Giel	Laubscher
Ansu	Laubscher
Mthokozisi	Mambi
Fanie	van Wyngaard
Estien	van Wyngaard



**FABER  
VERVOER**

You are now part of a great family!

## **RACE COMMITTEE**

There are two vacancies on the Race Committee. Any volunteers to be part of a great team?

### **LANTERN RACE**

Our annual Lantern race will take place on Wednesday, 15 February at 19:00 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 21 February to earn your medal.

We rely on you.

### **FREE MEMBERSHIP**

Free club membership for 2018 will be given to members who achieve one of the following during 2017:

- Bettering a South African record
- Improving Comrades PB with more than an hour
- Men earning a silver Comrades medal
- Woman running a sub 8:30 Comrades Marathon

Qualifiers will also have to participate in at least 5 league races during 2017 and work at at least 2 of the Irene races during 2017 to receive the free membership.

### **IRENE CALENDAR**

A lovely Irene calendar (hard copy) is available at R100 each. All the AGN and CGA races will be indicated on the calendar. An example will be available at the club house on Tuesday. Orders will be taken at the admin counter. This is a once off opportunity. Don't miss out.

### **INFORMATION SESSION**

An information session for new members will be held in the lapa after the time trials on 31 January. All our new members are invited to attend this session.

### **RHODES ENTRY AVAILABLE**

Looking for a Rhodes entry? Contact Wynand at [info@irenerunner.co.za](mailto:info@irenerunner.co.za)

### **TWO OCEANS ENTRY**

I have a half marathon entry for the Two Oceans that I would like to exchange for an Ultra entry. Should there be anyone interested at the club that is willing to exchange please kindly let me know.

K. Leeuw [kamoleeuw@gmail.com](mailto:kamoleeuw@gmail.com)

### **TWO OCEANS ACCOMMODATION**

Wil net iets deel met almal wat Two Oceans gaan doen en nog akkommodasie soek. Hoërskool Jan van Riebeeck se koshuis is baie baie baie aangenaam om in te bly en is reg onder Tafelberg geleë. Hulle tarief is R500 per kamer - 2 tot 'n sesbed. Genoeg storte en baddens - netjies en skoon. Beddegoed word voorsien. Groot sentrale kombuis met koelkamer geriewe. Teen 'n klein bedraggie voorsien hulle etes. Die Argus fietsryers bly altyd daar oor so hulle is geared vir groot sportgroepe. Hulle email adres : [steyn.jakkie@gmail.com](mailto:steyn.jakkie@gmail.com)

Groete, Elmarie

### **HEART RATE MONITOR**

Stefni Janse van Rensburg is looking for a second hand Garmin heart rate monitor. You can contact her on 083 504 7399



## PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Dirk	Blom	23 Jan
Adam	McCallum	23 Jan
Jaco	Van Rooyen	23 Jan
Renata	Louw	24 Jan
Nadine	Naude	24 Jan
Alta	Struwig	24 Jan
Kerry	Trentham	24 Jan
Parvathi	Pakkiri	25 Jan
Elmien	Louw	26 Jan
Schalk	Liebenberg	27 Jan
Erik	Van Der Merwe	28 Jan
Elize	Dieckmann	29 Jan



## NOTICE BOARD

### **Saturday 28 January**

### **Akasia Road Race 42.2 / 21.1 / 10 / 5 km**

Race Organisers: Akasia AC

Venue: Wonderpark Shopping Centre, Heinrich Avenue, Karenpark

GPS: S 25 40.264 E 28 6.703

	42.2 km	21.1. km	10 km	5 km
Pre entry fees	R 110	R 80	R 70	R 30
Entry fees 60+	R 50	R 40	R40	
Race day entry fees	R 120	R 100	R 80	
Race day entry fees 60+	R 60	R 50	R40	
Blind runners & 70+	Free			
Start time	05h30	05h30	06h00	06h10
Time Limit	05h00			

Pre-entries at: Running Inn; Runners Store; Sweat Shop, Southdowns; Dunkeld & Bedford View; Maxi's Wonderpark Centre; Virgin Active & Cross Trainer

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

**Saturday 4 February**

**Bidvest McCarthy Toyota Race 21.1/10/5km**

Race Organisers: Magnolia Road Runners

Venue: Rietondale Park, North Road, Rietondale

GPS: S 25 43.980 E 28 13.239

	21.1 km	10 km	5 km
Pre entry-fee	R 100	R 70	R 40
Pre-entry fee 60 - 79	R 50	R 40	R 40
Entry fees 80+	Free		
Friday & race day entry-fee	N/a	R 90	R 40
Start Time	06:00	06:20	06:25
Cut-off	03h00	02h00	01h00

**Free t-shirts to the 1<sup>st</sup> 2000 (21.1 & 10km pre-entries)**

**No wheelchair athletes**

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Sweatshop - Dunkeld West, Bedfordview

Bidvest McCarthy Toyota Dealerships – Arcadia, Hatfield, Gezina, Lynnwood, Sinoville, Centurion

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



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**Saturday 18 February**

**Bestmed Tuks Race 21.1/10/5km**

Race Organisers: Tuks Athletics Club

Venue: UP Sports Campus, Jan Shoba Street, Hatfield

GPS: S 25 44' 58" E 28 14' 47"

	21.1 km	10 km	5 km	1 km
Entry-fee	R ?	R ?	R ?	R ?
Start Time	06:00	06:30	06:40	08:00
Cut-off	03h00			

**Free t-shirts to finishers**

**Wheelchair athletes – only on the 10km**

Pre-entries at: Run-away Sport; Running Inn; The Runners Store Tramshed; Sweatshop -  
Dunkeld West, Fourways, Centurion

[www.entrytime.com](http://www.entrytime.com) & [www.just-events.co.za](http://www.just-events.co.za)

## **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>Groenpunt Stadium</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**

**It's hard to beat a person who never gives up.**



Photo Corner (George Claassen)



On their way to the start



Dirk Cloete is getting into good shape again





Ludwig Harmse



Amanda Cloete





Gert Fourie



Teresia & Johann Stander, Anne Calaca and Yolandi Smit





Rena van Wyk, Danél Geldenhuys, Minnette Nel, Joey Cloete, Renate Louw & Rita Jordaan



Chantelle Zowitzkey and Bets Botha





The Willemse family: Lucia, Roda and Jaap



It was good to see Giel Cillié back on the road





New member Willem Swart who did his first race ever at the age of 61



Loubser and Yvonne van Wyk with Johan Engelbrecht. They did the Dubai Marathon on Friday