



IRENE NEWS

23 July 2018

No 29 - 2018



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Long Walk/Run to Freedom:

Leon Page	1 st Master - 10 km (48:57)
Jaap Willemse	1 st Master walker & 3 rd man – 10 km (1:03:16)
Tania Thompson	3 rd Lady walker – 10 km (NTA)
Gerard van den Raad	1 st GGM walker – 10 km (1:11:17)
Sandra Steenkamp	1 st Lady walker & 1 st master – 21 km (2:16:15)
Elsa Meyer	1 st GGM lady walker & 2 nd lady – 21 km (2:28:32)
Iain McFadyen (social member)	1 st GGM – 21 km (1:59:44)

PERSONAL ACHIEVEMENTS

None received

THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:15 – Club house



Saturday:

Zwartkop 1,10,21 @ 07:00 – Zwartkop Lapa, Wierda Road

SPAR COMPETITION

This is the last week to get some entries for the Spar Ladies race on 4 August. Please put in big effort. Winning the prize can mean a lot to the club and can also put R500 in your pocket.



WINTER WARMER PROJECT



WINTER WARMER

We would like to call on all our members to help us warm the hearts of the needy this winter. Our plan is to collect non-perishable food over the next three weeks and to hand it out to The NG Church Wespoort to their feeding and outreach project. There will be a box at the clubhouse, where you can leave the non-perishable foods. You can also bring it to the races where I will collect it.



Thank you so much for your generosity.

Bets Botha



We would like to thank all the members that donated Easter marshmallow eggs. We handed them out on the 29th of March at Irene Homes. They were so excited and appreciated the chocolate treats, we were able to warm the hearts of 160 people. A special thanks to Chantelle Botha, who made the parcels and to Lani Botha who, assisted us, at Irene homes in handing out the treats.

Attached are a few photos that we took.

Thank you to our members for your generosity,

Bets Botha



CAPTAINS CORNER

VALUE OF CORE STRENGTH TRAINING:

I wanted to reiterate the value of core and strength training. This was once again highlighted by Elena Meyer and her husband Jacques at the talk on Tuesday night at the clubhouse. You are all encouraged to attend these sessions in the Lapa with a qualified Biokineticist at no charge. Bring along your mat/towel and a set of dumbbells that you can be part of this fantastic opportunity. The benefits will surprise you once you see how your body reacts to this and the strong core you will have. The consequence of the strong core will be better form when running and a stronger finish as highlighted at the talk. These sessions start in the Lapa next to the clubhouse on Monday nights at 17h30. Hope to see you there in your numbers.

Thank you for your ongoing support at the training sessions.

See you on the road and trails soon.

PROUD IRENE GREETINGS

Linley

082 345 5343

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Thea	Van Helden	23 Jul
Melani	Swart	24 Jul
Nathan	Bezuidenhout	24 Jul
Buks	van Deventer	24 Jul
Andre	Maree	26 Jul
Cari	Snyman	26 Jul
Cindy	van Zyl	26 Jul
Martin	Williams	26 Jul
Jaco	Du Toit	27 Jul
Karen	Geldenhuis	27 Jul
Ester	Poshoko	27 Jul
Moses	Nhlabatsi	29 Jul
Dianne	Du Plessis	30 Jul



JOINTEze****TM

NOTICE BOARD

Saturday 28 July

Zwartkop Road Race 21.1/10/1 km

Race Organisers: Gereformeerde Kerk Wierdapark in conjunction with Denel Athletics Club

Venue: Zwartkop Lapa, Wierda Road, Centurion

GPS: S 25 50'14.25 E 28 07'28.46

	21.1 km	10 km	1 km kiddies race
Entry fee	R 100	R70	Free
Entry fee 70+	Race day only 50% of above		
Start Time	07:00		
Cut-off	04:00	02:00	

No pets No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns & Dunkeld; Sportmans Warehouse Centurion; Natural Runner Highveld

www.entrytime.com

Thursday 9 August

Castle Walk Road Race 10/5km

Race Organisers: Fusion Sports

Venue: Castle Walk Shopping Centre, c/o Nossob & Swakop Street, Erasmuskloof

	10 km	5 km
Entry fees	R 70	R 50
Children under 12		R 30
60+/Children under 5		Free
Start time	07h00	07h15
Time Limit	??	

No pets or wheelchairs on the 10km race

Pre-entries at: Run-Away-Sport; Sweat Shop Southdowns & Dunkeld West & Fourways Crossing; Curves Castle Walk Centre

2018 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
SMU Half Marathon	21.1/10 km	25/08	X	X
Clover Irene Spring Race	21.1/10 km	29/09	X	X
CSIR Road Race	21.1/10 km	20/10	X	X
Tom Jenkins	21.1/10 km	17/11	X	X

Masters Athletics Fixture list

- **Local meetings**

4 Augustus 2018	FSMA Throws and jumps	Pelliespark, UFS
27 October 2018	SWD	Oudtshoorn
10 November 2018	Free State	Bloemfontein

THOUGHT FOR THE WEEK



PHOTO CORNER



Elana Meyer's talk last week was very special



Although it is a quite period now, the talk was well attended



Leon Page on the podium at the Long Walk/Run to Freedom race



Sherilyn van Wyk



Pierre Koch



Musa Nkosi



Rosemary Brink



Amanda Cloete



The receivers of the Easter-eggs some time ago



Thank you to Bets for a job well done