



IRENE NEWS

24 April 2017

No 16 - 2017



ACHIEVEMENTS

The following members were on the podium at Loskop on Saturday:

Johan Nel	2 nd GM – 50 km (3:56:49)
Sandra Steenkamp	1 st Lady walker – 50 km (5:33:00)

PERSONAL ACHIEVEMENTS

Yolanda Meintjes	PB – 21 km
Charmaine van Rooyen	PB – 21 km
Stephan Olieman	Permanent Loskop number (10 races)

Well done!

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:30 at the club house

Comrades mental preparation at 18:30 at the club house

Thursday:

Magnolia long run at 06:00 – Magnolia club house

Saturday:

Tshwane 5/10/21 at 06:30 – Voortrekker Park, Silverton (League race)

COMRADES MENTAL PREPARATION

The role of mental preparation is an aspect very neglected by athletes in general. We would like to see you as Comrades runner both physical and mentally prepared for the 2017 running of Comrades. You've invested so much time and effort to realise your Comrades dream. To ensure your mental approach is also covered, please attend the club sponsored session. We promise you the session will be very valuable for your Comrades preparation!

We would really appreciate your attendance of Maretha Claasen, Sport Psychologist's Comrades Mental Preparation Session on Tuesday 25 April at the Clubhouse after the Time Trial.



MAGNOLIA LONG RUN

MAGNOLIA will be hosting their 15th long run on Thursday, **27 April 2017** 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 goes no further than 3 km from the club at any time.

The 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.
- 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 90

2 laps, 30 km – R 70

1 lap, 15 km – R 50 (Walkers welcome)

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

As always Irene will be responsible for the water point at the 12 km mark. We need a few volunteers to help out please. It will be great fun.

LEAGUE RACE

Please note that the Tshwane 10/21 race in Silverton is the next league race. As always there will be something to eat to all Irene finishers. Be there in numbers, we need you.

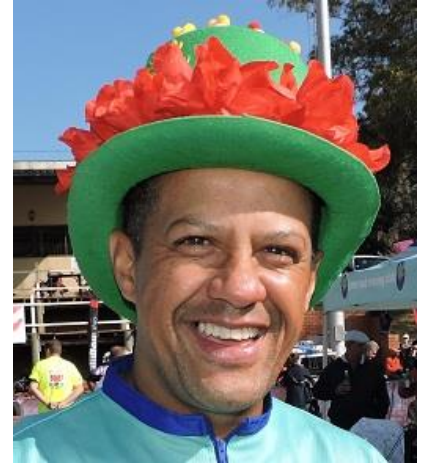
THE WALLY HAT RACE

You only have a week left to get 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. There will be cash prizes for the best hats: 1st prize – R500, 2nd prize R300 and 3rd prize R200.

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

Just look at some of last year's hats! Irene membership is much more than running/walking.





DRINKS TROLLEY

Monday is going to be a fun day at the Wally once again! As always, our drinks trolley will be pushed on the 21 km. Ensure that your hats are ready for the occasion. **It is also our monthly social and therefore there will be something to eat afterwards.**

It is going to be slow and ideal for those who want to make a comeback or who want to do their first 21 km.



A few of last year's trolley pushers

SA 21 KM CHAMPIONSHIPS

The SA 21 km Championships will take place in Port Elizabeth on 24 June 2017.

To be considered for selection to the AGN team, the times of half Marathons run during the period 1 March until 1 May will be considered. The qualifying times are as follows:

Men	Women
16-19	16-19
1:15:00	1:35:00
20-39	20-39
1:07:00	1:26:00
40-49	40-49
1:16:00	1:34:00
50-59	50-59
1:25:00	1:45:00
60-69	60-69
1:35:00	1:55:00
70+	70+
1:45:00	1:57:00

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Philip	Breytenbach	24 Apr
Dee	Donaldson	24 Apr
Gerhard	Koekemoer	24 Apr
Adele	Weber	24 Apr
Renette	Prinsloo	26 Apr
Retha	Knoetse	27 Apr
Leon	Els	28 Apr
Peter	Sherman	28 Apr
Richard	Goodchild	29 Apr
Elbie	Louw	01 May



NOTICE BOARD

League Race

Saturday 29 April

Tshwane Half Marathon 21.1/10/5 km

Race Organisers: City of Tshwane & AGN

Venue: Voortrekker Park, Pretoria Rd (Opposite Build Mart), Silverton

	21.1 km	10 km	5 km
Entry-fee	R 80	R 60	R 30
70+	R 50	R 40	
80+	Free		
Start Time	06:30		06:45
Cut-off	03:00		

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Running Inn; Sweatshop Centurion; Running Inn; AGN office

www.enteronline.co.za

Monday 1 May

MiWay Wally Hayward Marathon 42.2/21.1/10/4.9/1 km

Race Organisers: Alpha Centurion Runners/Walkers

Venue: Hoërskool Zwartkop, Mopani Road, Zwartkop

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

	42.2 km	21.1 km	10 km	4.9km	1 km
Entry fees	R 160	R 120	R 90	R 40	R 20
Entry fees 70+; blind & wheelchair athletes *race day only	Free	Free	Free		
Start time	06h30		06h45	07h00	09h00
Time Limit	05h30	03h30	02h00	None	

Wheelchair athletes welcome

No animals allowed

Pre-entries at: Run-A-Way Sport; Running Inn; The Runners Store, The Randburg Runner; Sweatshops – Southdowns, Dunkeld West, Fourways Crossing, Bedfordview; Sportmanswarehouses – Centurion, Atterbury Value Mart, Fourways, Woodmead, Roodepoort, Cresta, www.active.com

League Race

Saturday 6 May

Jackie Meklar Race 25/10/5 km run/walk

Race Organisers: PMMC

Venue: Pretoria Military Sports ground, Thaba Tshwane (Voortrekkerhoogte)

GPS: S25 47'15.35" E28 8'20.22"

	25 km	10 km	5 km
Entry-fee	R 90	R 70	R 30
60+	R 40	R 30	Free
70+	Free (no t-shirt)		
Start Time	06:30		06:45
Cut-off	04:00	02:30	01:30

Free t-shirts to the 1st 1 200 online entries

No wheelchair athletes or prams will be allowed due to traffic conditions

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Running Inn; Sweatshop Dunkeld West, Southdowns; Sportmans Warehouse Princess Crossing, Montana Crossing

www.entrytime.com

2017 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
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

12 Augustus 2017	Claude Sterley Memorial	Pilditch
? Sept/? October 2017	SWD	Oudtshoorn
11 November 2017	Free State	Bloemfontein
4, 5 & 6 May 2017	SA Masters Chamionships	Parow

African Masters Track & Field Championship

Cameroon 27 – 29 May 2017

THOUGHT FOR THE WEEK

Perfection is not attainable, but if we chase perfection we can catch excellence.



Photo Corner (Loskop)



Michael Mokwala was the first Irene member to finish



After being out of action for months due to an injury, Theuns Strecker ran his first 21 km last week and decided to do the Loskop 50. He qualified for Comrades!



Johan Nel on the podium as the 2nd GM



Thabiso Mashaba with his bag of oranges after the race



Werner van der Merwe and Stephan Olieman at the finish



Stephan Olieman displaying his permanent number