



IRENE NEWS

24 August 2015

No 33 - 2015



ACHIEVEMENTS

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

Leon Page	2 nd Master – 10 km (45:58)
Louis Botha	3 rd Master – 10 km (46:07)
Lourens Smit	1 st GM – 10 km (51:18)
Bridgette Elk	3 rd Lady – 10 km (46:24)
Seanette Botha	1 st Vet lady – 10 km (48:50)
Sonia Scheepers	2 nd Master lady – 10 km (51:30)
Susan Maree	3 rd Master lady – 10 km (52:29)
Mariet Louw	2 nd GM lady – 10 km (71:56)
Bertha van den Raad	1 st GGM lady – 10 km (82:34)
Gerard van den Raad	1 st GGM walker – 10 km (77:58)
Jaap Willemse	3 rd Master walker – 21 km (2:15:16)
Sandra Steenkamp	1 st Lady walker & 1 st Vet – 21 km (2:05:44)
Elsa Meyer	1 st GM lady walker & 3 rd lady – 21 km (2:15:32)
Lucia Willemse	2 nd GM lady walker – 21 km (2:24:52)

Well done!

The following members earned medals in their respective age categories at the AGN cross country championships held at Bronkhorstspuit on Saturday:

Liza Maritz	Gold
Jacquie van der Waals	Gold
Ansie Breytenbach	Gold
Mike du Bruto	Gold
Rob Hudson	Bronze

Congratulations!

PERSONAL ACHIEVEMENTS

Ntsako Msomi	PB 10 km
Dieter Meyer	PB 21 km

Well done!

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FROM THE WALKERS CAPTAIN

Quality training sessions.

This is a reminder to all of you who have attended the walkers training sessions previously and also to those of you who are still deciding on making the move to start training.

We have a quality training session every Tuesday evening. We meet at the main admin building at 17h00. Go past the club on your right, first turn left (This is the Irene time trial route) and you will see the double storey face brick building on your right.

The sessions run for between 45 and 60 minutes.

You don't have to officially join the group nor do you have to attend every session. It's up to you.

All walkers and runners are welcome irrespective of age, experience pace or fitness level. (Beginners are more than welcome)

The training sessions consist of:

A warm up before the session. (Dynamic stretches)

The training session. (To be supervised and advice given where necessary)

A warm down after the session. (Static stretches)

Activities include strength training, endurance, stamina and speed work.

There is also coaching on Race Walking and or Power walking technique for those who want it.

The aim of the training sessions is to provide an opportunity for anyone who wants to improve their times, fitness, technique or just to get some exercise.

With spring just around the corner now is a good time to start exercising again.

This week (25 Aug) we are doing a 3k time trial. This is a good opportunity for you to assess your fitness level and to set some goals for the coming months training.

On 01.09.2015 (spring day) we will be doing a pyramid fartlek session consisting of fast and not so fast walking.

If anyone wants more information about the quality sessions you are welcome to contact me. rayp@mweb.co.za or 076 565 2228

LEAGUE RESULTS

There were marshalling problems at the A4A race held at the Fountains which resulted in athletes running varying distances. So regardless of age or sex each athlete in the running league was allocated 4 points and 5 points in the walking league. (The running league has a

maximum of 7 points and the walking league 10points). We managed to maintained our 10th position on the log. Thank you to all of you who participated.

Global Pos	BHS Pos	Sun Pos	Sol Mah Pos	Jmek Pos	M'lodi Pos	Gars Pos	A4A Pos	Div 1 Club	Points League
1	1	1	1	1	1	1	1	Vtm	156
2	3	4	3	3	3	2	2	Ace	142
7	4	3	2	2	2	2	3	Pmmc	136
3	2	2	3	4	4	4	4	Npo	135
10	7	5	5	5	5	5	5	Resbank	127
5	9	8	7	6	6	6	6	Hqh	109
9	11	9	10	8	7	7	7	Csir	94
16	13	9	12	10	8	9	8	Agape	83
8	8	6	6	7	10	8	8	PvR	83
13	5	7	12	11	8	10	10	Irene	75
11	14	13	11	13	12	11	11	Love Running	74
18	18	16	14	15	15	14	12	Rwfl	66
12	10	11	9	8	11	13	13	Overkruin	62
6	11	14	14	14	14	12	14	Arete	59
4	5	11	7	12	13	14	15	Post Office	58
14	16	17	16	18	16	16	16	Aurecon	54,5
14	17	18	18	16	18	18	17	Enduro	52,5
19	15	15	17	17	17	17	18	Runavation	42
17	19	19	19	19	19	19	18	Zwakala	42
20	20	20	20	20	20	20	20	Phobians	26

WALKERS LEAGUE

Our walkers are still on top of the league. Well done!

Grt Run 1 Pos	BHS Pos	Sol Mah Pos	JMek Pos	M'lodi Pos	Gars Pos	A4A Pos	Div 1 Club	Points L'gue
1	1	1	1	1	1	1	IRENE	138,5
2	2	2	2	2	2	2	RWFL	133,5
4	4	4	3	5	4	3	PMWC	101
3	3	3	4	3	3	4	ACRW	100
6	5	7	7	7	5	5	VTM	92
9	6	6	6	6	7	6	AGAPE	83
6	10	7	8	9	8	7	SOLIDARITEIT	82
10	6	10	8	8	9	8	PHOBIANS	79,5
8	8	5	5	4	6	9	LOVE RUNNING	78,5
12	11	10	11	10	11	10	NPO	71

CLUB 10 KM CHAMPIONSHIPS

The Spirit of Flight 10 km race taking place at the Zwartkop Air base on 5 September will serve as our annual Club 10 km championships. Make sure that you are ready for it.

HELPERS REQUIRED

Thank you very much to all our members who have responded on the request to help at our race on Sunday. The response was excellent! However, we still need more. We really need your help.

Every helper will receive a T-shirt and a cap as well as something to eat and drink.

As you know the race takes place on Sunday 30 August and starts at 12:00. Entries will be taken from 08:00.

Please reply to this email and let me know where you want to help.

Bring your family along to participate in the fun run!

IN THE MAILBOX

I wish to excuse myself from helping out on next Sunday's race but since I have now finally moved to Kleinmond in the Cape, it will be a bit stretched for me to try and assist in this historic event. I am extremely proud to have been a member of this dynamic running family and with the new marathon project recently launched the club is clearly going from strength to strength.

I would like to thank you and your team for making it such a special home for the keen and also the below average runner like myself and it has been an absolute privilege to have been a member of this now well-established club. I have had tremendous fun with my fellow 'Engelsmanne' from Irene and every Saturday morning race attended over the last two decades was special in one way or another. I am sure that the club will have a rich and wonderful future.

So thank you again and whenever in Kleinmond it will not be difficult to find me.

All the very best,

Mike de Wit

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Charmaine	Faul	26 Aug
Deon	Hoffmann	26 Aug
Flip	Olivier	26 Aug
Jurie	Venter	26 Aug
Leon	Hailstones	27 Aug
Takalani	khoza	27 Aug
Lara	Cramer	28 Aug
Pierre	du Bruyn	28 Aug
Bonanu	Mgwenya	28 Aug



Elsa	Taylor	28 Aug
Willem	van der Merwe	28 Aug
Esme	Cilliers	29 Aug
Duncan	Trentelman	29 Aug
Gerald	Kroukamp	30 Aug
Theuns	Nieuwoudt	30 Aug

NOTICE BOARD

Saturday 29 August
10 / 5km

The Most Beautiful Road Race/ Spar Women's

Race Organisers: Athletics Gauteng North

Venue: Supersport Park, Centurion

GPS: S 25.51'29.2" E 28.11'44.2"

	10 km	5 km
Entry fees	R 70	R 70
Start time	14h00	
Time Limit	??	

Entries limited to 25 000

No entries taken on race day

Pre-entries at: Various Spar, Superspar & Kwikspar shops; Run-Away-Sports; The Sweatshop Stores; Curves Branches

www.sparladiespta.co.za



Sunday 30 August

Sizwe Dr Motlana Marathon 42.2/21.1/10/5 km

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Irene

GPS: Gate 1: S 25 53'49" E 28 13'29"

Gate 2: S 25 53'31" E 28 11'29"

	42.2km Pre- entries only	21.1km	10 km	5 km
Entry fees	R 120	R 80	R 60	R 40
Entry fees 60+	R 80	R 50	R 40	
80+	Free			
Start Time	12:00			
Time Limit	6 Hours			

Free t-shirts and caps to all

The 5km is not wheelchair friendly

Pre-entries: Run-A-Way Sports, Running Inn Pretoria, Sweatshop Dunkeld, Bedfordview, Fourways; Runner's Store Tramshed; Sportmans Warehouse Centurion

Enter on line: www.enteronline.co.za

Wednesday 2 September

PvR Dorpsfees 10 / 5 km Spring Night Race

Race Organisers: Pierre van Ryneveld Athletics Club

Venue: PvR Community Church, Baltimore Road, Pierre van Ryneveld

	10 km	5 km
Entry fees	R 60	R 30
Start time	18h30	
Time Limit	2h00	

Pre-entries at: Run-Away-Sports; Running Inn

Saturday 5 September**Spirit of Flight 10 / 5 km**

Race Organisers: PMMC

Venue: Air Force Base Zwartkop, Valhalla (Old Johannesburg Road – Northern Entrance)

GPS: S 25 47'58.75" E 28 09'51.49"

	10 km	5 km
Entry fees	R 60	R 30
Grand masters & GG masters	R 30	
Start time	16h30	
Time Limit	02h00	1h30

Race is not suitable for wheelchair athletes**The race will serve as the IRENE 10 km championships****Wednesday 16 September****Lester Mills Memorial Night Race 10 / 5 km**

Race Organisers: Tuks Athletics

Venue: University of Pretoria Sports Campus – HPC

GPS: S -25.74538 E 28.24718

	10 km	5 km
Entry fees	R 60	R 30
Grand masters	½ price – only on race day	
Entry fees 70+/ blind runners	Free – only on race day	
Start time	18h30	
Time Limit	??	

Race is not suitable for wheelchair athletesPre-entries at: Run-away-Sports; Running Inn; Sweatshop Southdowns; Runners Shop
Tramshed

Thursday 24 September

Great Run Series 3 15 / 6 km

Race Organisers: Global Athletics Club

Venue: Weskoppies Hospital, Pretoria West

	15 km	6 km
Entry fees	R 80	R 40
70+ and 80+ entry fees	Free	
Start time	07h00	
Time Limit	??	

Goodie bags for the 1st 1000 finishers

<i>2015 AGN LEAGUE FIXTURE LIST</i>				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
Value Log Ou Voetpad		12/09/15	X	X
Capital Classic		10/10/15	X	X
Muller Potgieter		28/11/15	X	X

Masters Athletics Fixture list

Local meetings

16 October 2015 Rassiebyeenkoms – Bronkhorstpruit

31 October 2015 SWD Champs – Oudtshoorn

14 November 2015 Vrystaat Champs - Bloemfontein

You are regularly informed about league meetings, please support these meetings. Results are taken into consideration when choosing the GN team for SA's

26 Oct – 6 November 2016 MA Championships, Perth, Australia

<http://www.perth2016.com>

THOUGHT FOR THE WEEK

Don't let the behaviour of others destroy your inner peace.

Photo Corner



Congratulations to Thea van Helden and Jacqui Burn who completed the Triathlon in Bela Bela over the weekend



Ray Patterson our walkers captain, recently took part in the World Masters Championships held in France. He finished 15th in the 5000 meters and 14th in the 10 km. There were 40 competitors in each event. Well done Ray!

The following photos were taken at the AGN cross country championships:



Rob Hudson and Kobus van Schalkwyk



Mike du Bruto



Liza Maritz



Jacquie van der Waals



Ansie Breytenbach