



# ***IRENE NEWS***

*24 November 2014*

*No 47 - 2014*



## ***ACHIEVEMENTS***

Congratulations to the following members who were on the podium at the Tom Jenkins race:

Ansie Breytenbach	2 <sup>nd</sup> Master lady – 27 km
Bertha van den Raad	2 <sup>nd</sup> GGM Lady – 9.4 km
Sandra Steenkamp	1 <sup>st</sup> Master lady walker & 3 <sup>rd</sup> lady – 9.4 km
Ray Patterson	1 <sup>st</sup> GM walker – 9.4 km
Gerard van den Raad	1 <sup>st</sup> GGM walker – 9.4 km
Elsa Meyer	1 <sup>st</sup> GM lady walker – 9.4 km
Lucia Willemse	2 <sup>nd</sup> GM lady walker – 9.4 km
Jeanette Loots	1 <sup>st</sup> GGM lady walker – 9.4 km

## ***PERSONAL ACHIEVEMENTS***

None received

## ***TOM JENKINS***

What a fantastic response from our members! It was one of the best and biggest buses we had in years! The Irene spirit was exceptional.

Thank you to each and every one who was part of the bus to make it such a success. Thank you to Diederick and Dorette who put plan B in operation after they were told that they were not allowed to prepare the food at the finish. Donnevan and Monique Espag helped them tremendously.

Thank you to Linley for his organization and to everybody who helped spraying the cans and painting the banner. Also to Louis for transporting the trolley.

Our gratitude to Bertha for baking a special cake to celebrate oom Johan's 100 000<sup>th</sup> km.

## ***REGISTRATIONS FOR 2015***

Registrations for 2015 will start early in December. Watch this space for details

## ***FROM THE CLUB CAPTAIN***

Hi All,

This is the first of many emails you will receive from me regarding the training programs. I have attached the base training program for **December 2014** as well as **January 2015** program where we start getting rid of the cobwebs of the festive season. The base training



program I want to quickly explain is there to build up our fitness and for those who have been training all year to maintain their fitness. You can play with the base program as it suits you and if you feel energetic and want to do a TEMPO run on some days please do so. **PS: When you do please exercise caution.**

The January program is geared towards our first qualifying marathon which is the **Johnson Crane**. This is to get the qualifier out of the way and change our focus to the training that lies ahead. Marathon months are usually around middle to end of February and the first to second week in March. This is usually when we do high mileage and it will require lots of effort from everyone and lots of REST days when they are scheduled on the program. Rest days are just as important as training days. Please note the training programs are geared towards **COMRADES 2015**.

I am aware that some members are not there to run **TWO OCEANS** or **COMRADES** as they focus on the 10km and 21.1km races only. I ask that those members please make contact with me so that I can work out a program with you and hopefully help you reach your goal. I look forward to engaging with you and assist where I can. There are a few members who raised the topic of morning training groups as some find it a challenge to train in the afternoon. If you want to train in the morning with a group please feel free to send me a mail and your area you live in and I will see who else is in that area you can hook up with to train.

Let's make our training exciting and push one another to reach their goals. We have always been known as the friendly, vibrant club in AGN and even in JHB and further afield. Let's start getting this friendliness again and greet your club mate on the road or at the caravan after the race. Encourage one another and let's get that camaraderie that IRENE ATHLETIC CLUB is accustomed to back on track.

The training motto for 2015 will be **EACH ONE TEACH ONE, EACH ONE GREET ONE**.

Proudly IRENE Greetings,

Linley

Cell: 082 353 5343

Email : [training@irenerunner.co.za](mailto:training@irenerunner.co.za)

### ***YEAR END FUNCTION***

Attached you will find the flyer once again. Please book you're your place now! You just have to be there!

### ***RACE CANCELLED***

The Tshwane City Marathon scheduled for the 14<sup>th</sup> December 2014 has been cancelled.

### ***NORRIE WILLIAMSON WORKSHOP***

Just a reminder about the workshop by the well-known Norrie Williamson. If you are serious about your running/walking you have to attend. It will take place in the ARC auditorium at the main buildings on Monday 24 November

**Boosting the Basics to Improve Performance**

**Irene Club: 24 November 2014**

**with: Old Mutual Virtual Coach Norrie Williamson**

**Time: 17:30 for 18:00 to 20:00**

**Venue: Agricultural Research Centre, Nellmapius Rd Irene. Cost R20**

**A holistic approach: Advice on Physical Training, Planning, Nutrition, Shoes and more. – Become consistent.**

**Supported by High Energy, Replenish, and Newton Shoes**

**Contacts:** Linley 0823455343  
Wynand 082 937 0733.

**OLD MUTUAL**

## AGN NEWS

The SA 10km Championships will take place on 28 February 2015 in Eersterus. The race will be presented by ACE.

All athletes who want to be considered for the team, must please ensure that they run a 10 km within the qualifying criteria between October 2014 and 15 January 2015.

### Criteria

Athlete must have run the qualifying times in the races that have been identified for that year. The Province will select the best athletes. The number of athletes in the team will depend on the Province's financial budget and approval by the Board.

The following standard times of AGN must be met as the first criteria, if no athletes meets the AGN times, only then will the ASA criteria be considered.

	AGN		ASA	
10km	Men	Women	Men	Women
15-19	33min	41min	35min	45min
20+	31min	38min	35min	45min
40+	34min	42min	50min	60min



50+	38min	47min	50min	60min
60+	43min	53min	50min	60min
70+	49min	59min	50min	60min

### **COMRADES BUS**

Please find the flyer of the bus to Comrades. Many of our members have used this service over the years.

### **TRIBUTE TO JOHAN VAN VUUREN**

It was a very special day for Johan van Vuuren (Oom Johan) on Saturday when he reached a very special milestone in his running career. He ran his 100 000<sup>th</sup> kilometer, something that very few people have achieved or will achieve.

He started his running career way back in August 1977. He was forced to stop running for a few years after having a bypass operation. He got going again but was halted again, this time due to a knee replacement operation. That kept him off the road for another few years.

Despite these setbacks he kept going and is as dedicated as ever. He has completed 99 official Marathons and 83 Ultra Marathons. He was able to run a few Marathons in less the 3 hours. He has run more than 30 000 km after his knee replacement!

Today he is still someone that we can all look up to and he is more than willing to share his knowledge with everyone.

We are privileged to have him in our midst and we salute him.

### **PERSONALIA**

Congratulations to everybody celebrating their birthdays during the week.

Anita	Faber	24-Nov
Fanie	Naude	24-Nov
Fanie	Naude	24-Nov
Lynette	Gough	26-Nov
Mark	Naiker	26-Nov
Donnevan	Espag	27-Nov
Gerard	Van Den Raad	27-Nov
Wim	Cilliers	28-Nov
Nicole	Haschka	28-Nov
Rene	Greyling	29-Nov



Elmarie	Keen	29-Nov
Elmarie	Strecker	29-Nov

## ***NOTICE BOARD***

Saturday 29 November  
km

Muller Potgieter Road Race - 21.1/10/5

Race Organisers: Voortrekker Monument Draf & Stap klub

Venue: Freedom Park, Skietpoort Street, Salvokop

GPS: S 25.763089<sup>0</sup> E 028.185861<sup>0</sup>

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

Pre-entries at: Run-A-Way Sport, Running Inn, Outdoor Freedom Mall@Reds, Postnet  
Pretoria West

On-line entries: [www.entrytime.co.za](http://www.entrytime.co.za)

Secure parking at Jopie Fourie Primary School (200m from the start)

Wednesday 3 December

TUT Nite Race - 10/5 km

Race Organisers: TUT

Venue: TUT Pretoria Campus Stadium

	10 km	5 km
Entry fees	R 50	R 30
Start time	18h05	18h10
Time Limit	3 hrs	

Pre-entries at: Run-A-Way Sport, Running Inn, The Runners Store, Pilditch Stadium, TUT  
Pretoria Stadium

**No wheelchairs or prams allowed – course not suitable**

Saturday 6 December

Great Run Series IV - 10/6 km

Race Organisers: Global Running Club

Venue: Pilditch Stadium

	10 km	6 km
Entry fees	R 50	R 30
Start time	07h00	07h00
Time Limit	??	

Pre-entries at: Run-A-Way Sport, Running Inn, Sweat Shop Irene & Dunkeld & Fourways  
Crossings, Pilditch Stadium

**AGN League Race**

On-line entries: [www.entriesonline.co.za](http://www.entriesonline.co.za)

Saturday 13 December  
mile/10km

Skosana Legend Street Mile Development 1

Race Organisers: Skosana Running Group Development

Venue: Correctional Service Pretoria Kgosi Mampuru II

	1 mile	10 km
Pre entry fees	R 30	R 50
Late entry fees	R 40	R 60
Start time	07h45	06h00
Time Limit	??	

Pre-entries at: Run-A-Way Sport, Running Inn, Sweat Shop Southdowns & Fourways Crossing, The Runner's Store, Pilditch Stadium

On-line entries: [www.entrytime.co.za](http://www.entrytime.co.za)

<b>2014 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
Great Run IV	10 km	06/12/14	X	X

### **Masters Athletics Fixture list**

#### **Local meetings**

20/21 March 2015	WP Champs - Bellville/Greenpoint
20/21 March 2015	KZN Champs - Durban
4 April 2015	GN Champs - Pilditch

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

#### **SA Masters Championships**

1/2 May 2015	KZN - Durban
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#### **International Championships**

Next appointment:	Torun 2015 (March 23-28)
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4 – 16 August 2015	WMA Championships, Lyon, France
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<http://www.lyon2015.com>

26 Oct – 6 November 2016	MA Championships, Perth, Australia
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<http://www.perth2016.com>

18 – 25 March 2017	World Indoor Championship 2017 in Daegu, Korea
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#### **THOUGHT FOR THE WEEK**

**For those who understand, no explanation is needed. For those who do not understand, no explanation is possible.**





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**Photo Corner (Fun at the Tom Jenkins)**



































