



IRENE NEWS

26 January 2015

No 4 - 2015



ACHIEVEMENTS

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

Ansie Breytenbach	1 st Lady & 1 st Master – 21 km
Dirk Cloete	3 rd Vet – 21 km
Sandra Steenkamp	1 st Lady Walker – 21 km
Jacquie van der Waals	1 st Vet lady – 10 km
Lyn de Bruin	1 st GM Lady – 10 km
Zelda Breytenbach	2 nd Vet lady – 42 km
Lydia Fibiger	1 st Vet lady & 4 th lady - Mielie Marathon

Congratulations!

PERSONAL ACHIEVEMENTS

Willem Fourie	PB – 10 km
Nobuhle Maphatane	PB – 10 km
Renate Louw	PB – 21 km
Thea van Helden	First 10 km
Bennie Roux	PB – Marathon (2:50)

Well done!

Congratulations also to all our members who finished the half Iron Man on Sunday. A special thought to Belinda Skinner who did it on her 50th birthday.

FROM THE ADMIN OFFICE

2014 Registration numbers only valid until 31 January 2015

The 2014 licence numbers are only valid until next week Saturday and the last race you can run with the old licences, is the PwC George Claassen race.

January is always a tough month for everyone and to assist all our members that still needs to register for 2015, we can make the following, once-off arrangement:

- If you pay your club entry and send me the proof of payment on / before 31 January 2015 at admin@irenerunner.co.za, I will have your registration parcel ready for you at the club house on 3 February, between 17h15 and 19h00 to collect.
- I will acknowledge every email to confirm if you can collect your parcel.

- Can I request that you please follow the attached instructions carefully, so that a query will not hold up your registration.
- If you were already registered on the ASA website in 2014 for Irene AC, you do not need to re-register, just check if all your details are still correct and make a payment.

Please note that I will not be able to do this every week and thereafter registrations for collections on a Tuesday will close as normal on the previous Thursday. Can I please ask your co-operation in this regard and not to send me special requests after the 31st of January, as my full-time (other) work commitments does not allow me to make changes or to make other arrangements in time (we pack all the parcels over the weekend / after hours).

I hope to see everyone on the road with the brand new 2015 licences soon.

Happy running / walking,

Zelna

CAPTAIN'S CORNER

Hi Everyone, I hope your training is on track. The group training is going well and the attendance numbers has grown significantly. Some of our members ran Akasia and Johnson Crane races this weekend. The feedback was great and some even ran terrific times over the various distances. WELL DONE to all of you. I am particularly SUPER PROUD of your achievements. The group training occurs every Monday to Thursday at the club starting at 17h30. Those members who is not aware, we have a WHATSAPP group called the IRENE TRAINING GROUP 2015 and here we share running and training news ONLY.

See you all at training and on the road.

Proud Irene Greetings

Linley

COMRADES MARATHON ROAD SHOW

HOSTED BY IRENE ATHLETICS CLUB ON 27 JANUARY 1015

For over a decade, the CMA has been organizing the ever popular Comrades Marathon Roadshow and as part of it presenting a series of workshops across the country. The Comrades Marathon Roadshow Programme has grown in popularity with the running clubs across the country sending the Comrades Marathon invitations to come and do workshops in their clubs and towns. To prepare runners for the 90th Comrades Marathon, the CMA will present a series of workshops across South Africa covering all the 9 provinces. The Comrades Marathon Roadshow Programme forms an important part of the CMA marketing strategy. It is aimed at primarily getting the Comrades Marathon runners ready to tackle and conquer the Comrades Marathon challenge. The Comrades Marathon Coach as well as other experts in the field of running and motivation share invaluable information with the runners that attends the workshops. The Comrades Coach shares great tips in terms of how to prepare a training programme; how to prevent or treat an injury. Many runners have credited the

Comrades Marathon Roadshow Programme for making it to the start line as well as for getting over the finish line.

When: 27 January 2015

Time: 19:00

Where: ARC Auditorium, ARC Campus

Entrance is FREE, all welcome including none Comrades runners and members from other clubs.

Invite your friends from other clubs to attend

The Comrades team will be made up as follows:

1. Ian Laxton (General Information)
2. Lindsey Parry (Training information)
3. Brad Brown (Motivation)

New Balance will also send trackster who will be helping out with explaining the different kinds of shoes.

Don't miss out! Be prepared for the Big One!

STRAVA WRITE UP

This is a very nice tool to measure your performances and to interact with your fellow club mates.

Features:

Track all your runs, rides and cross-training too. Upload your activities from your Garmin, [Android or iPhone](#) and Strava will automatically log all your workouts.

Run or ride a segment (specific section of road or trail) and compare your effort against past efforts, as well as other athletes who've run or ridden the same segment. See where you rank and start moving up the leader boards.

Join ongoing run and ride challenges to help you reach new goals and get ready for race day.

Follow friends and their activities, join clubs and create new ones. Push each other with kudos and comments.

Find the most popular and competitive segments anywhere you go. Traveling? Discover the best places to ride and run and take your best shot against the locals.

Keep tabs on your shoes, or record maintenance you perform on your bike. Keep track of the age and status of all your gear and equipment.

Control your privacy settings with ease. Any location or activity can be marked as private and hidden from view.

Devices:

iOS or Android devices will record and upload immediately while you can use over 50 other gps devices.

Getting Started:

<https://www.strava.com/login>

You can use your Facebook account for easy login and setup

Join the Irene club and see how you rank against your friends:

<https://www.strava.com/clubs/irene-running-club>

On joining the club you will be able to see each runner's weekly number of runs, longest run, total ascent, weekly pace and total distance of the current week and previous week. Bennie Roux is No 1 since I can remember and the Strava Irene club is managed by Jan van Wyk.

For the average runner Strava is a great motivational tool and it tracks your PB's. Your friends will be able to see this too and comment on your training or races. All our local races are recorded many times by many athletes and there you can see the route, profile and how they performed which can give you an idea about the easy and tough parts of the course so you can prepare yourself. Since you can do this with local races, Strava is used all over the world and you can look up any race world wide.

This is not a run or cycle app only, it can be used for swim, trail run, ski, hike, canoeing.... if you are moving - it can be recorded.

This is a great tool to learn about new training routes to keep your fitness moving forwards.

Happy training

TWO OCEANS SUBSTITUTIONS

Substitutions are now open for the 21km Two Oceans race. If anyone has entered and no longer require the entry, please let me know. There are other club members who missed the cut-off and who would love to go.

LOSKOP BUS

2015 Loskop Marathon Trip

Price R460 pp

Price includes: Return bus trip to Middelburg, drop athletes at start and take supporters to finish at Loskop Dam. Return to Pretoria.

Depart Saturday 18 April 2015 at 03:30. Return at 17:00 in Pretoria

Departure from Atterbury Pick n Pay Hypermarket, Pretoria or Kempton Park **

** Subject to a minimum of 28 persons

Contact us today to book

Cell phone number: **082 375 6174**

E-mail: info@tripsntours.co.za

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week.

Devron	Abdoll	29-Jan
Chris	Cloete	31-Jan
Heleen	de Bruin	01-Feb
Neels	Janse van Vuuren	28-Jan
Anton	Jooste	31-Jan
Erik	van der Merwe	28-Jan
Schalk	Liebenberg	27-Jan
Elmien	Louw	26-Jan



NOTICE BOARD

Saturday 31 January
km

PWC George Claassen Memorial Road Race 21.1/10/5

Race Organisers: Pretoria Marathon Club

Venue: Pick 'n Pay Hyper, c/o Atterbury Road & Silikats Course Way, Faerie Glen

GPS: S 25.7841 E +28.3051

21.1 & 10 km races are pre-entry races only

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
Start time	05h30 – walk 06h00 - run	05h50 – walk 05h45 - run	06h30
Time Limit	03h00		

Free moisture management shirts to the 1st 500 on line entries

Pre-entries at: Run-Away-Sport; Running Inn; Sweat Shop, Southdowns, Dunkeld West & Fourways Crossing; Bedford Runner; Randburg Runner

www.enteronline.co.za

Saturday 7 February

McCarthy Toyota 32nd Half Marathon - 21.1/10/5 km

Race Organisers: Magnolia Road Runners

Venue: Rietondale Park, Soutpansberg Road, Rietondale

GPS: S 25 43.980 E 28 13.239

21.1 km race is pre-entry only

The 21 km will serve as the Irene 21 km club championships

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
Entry fees 6 – 7 February	-	R 70	
Entry fees 60+	R 30	R 30	
Start time	06h00	06h20	06h25
Time Limit	03h00	02h00	01h00

Free t-shirt to the 1st 2 000 (21.1 & 10km) pre-entries

Pre-entries at: Run-Away-Sport; Sweat Shop, Southdowns, Dunkeld & Bedford Arcade:
Various McCarthy Toyota Dealerships in Pretoria

www.entrytime.com

Wednesday 11 February

Lantern Nite Race 10/5 km

Race Organisers: Irene Athletics Club

Venue: Irene Campus ARC, Centurion

Entrance 1: GPS: S 25 53.49 E 28 13.29

Entrance 2: GPS: S 25 53.31 E 28 11.29

	10 km	5 km
Entry fees	R 60	R 40
Start time	18h30	18h30
Time Limit	2 hrs	

The route is not suitable for wheelchair athletes

No Irene member is allowed to run the race

Pre-entries at: Run-A-Way Sport; The Runners Store; Sweat Shop –
Dunkeld/Fourways/Southdowns/Bedfordview; Centurion Spar; Hennops Park Spar;
Monument Superspar; Montana Superspar; Lyttelton Superspar; Queenswood Superspar

www.sa-active.com www.enteronline.co.za

Saturday 14 February

Bronkhorstspuit 32/10/4 km

Race Organisers: BHS Atletiekkklub

Venue: Hoërskool Erasmus, Cathy Street, Bronkhorstspuit

	32 km	10 km	4 km
Entry fees	R 100	R 50	R 10
Entry fees - grandmasters	Free	Free	
Start time	06h00	06h15	06h30
Time Limit	04h30		

Free t-shirts to the 1st 200 pre-entries at Run-Away-Sport

No wheel chairs

Pre-entries at: Run-A-Way Sport

www.enteronline.com

Sunday 1 March

Deloitte Pretoria Marathon – 42.2/21.1/10 km

Race Organisers: Phobians Athletic Club

Venue: Pretoria High School Old Boys Club, Hofmeyr Park, c/o Kingshighway & Queens Crescent

GPS: S 25.45.64.4 E 28.15.22.8

42.2 & 21.1 km races are pre-entry only

	42.2 km	21.1 km	10 km
Entry fees	R ?	R ?	R ?
Start time	06h00		06h20
Time Limit	05h30		

Free t-shirts to the 1st 5 500 pre-entries

Pre-entries at: Run-A-Way Sport; Running Inn; Sweatshop Southdowns, Dunkeld & Bedfordview

www.entrytime.co.za

2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
Bronkhorstspuit		14/02/15	X	X
Medihelp Sunrise Monster		07/03/15	X	X
Mamelodi	10 km	25/04/15	X	X
Great Run Series II	10 km	30/05/15	X	X
Race Against Drugs	10 km	13/06/15	X	X
Mooikloof Realtors Winter Road Race	10 km	18/07/15	X	X

A4A Women's Rights Run/Walk	10 km	08/08/15	X	X
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

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

15/16 May 2015 EP – Port Elizabeth

International Championships

Next appointment: Torun 2015 (March 23-28)

4 – 16 August 2015 WMA Championships, Lyon, France

<http://www.lyon2015.com>

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

<http://www.perth2016.com>

18 – 25 March 2017 World Indoor Championship 2017 in Daegu, Korea

THOUGHT FOR THE WEEK

Don't cry because it's over, smile because it happened.

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Photo Corner (Akasia race)



Podium finishers Lyn de Bruin, Ansie Breytenbach & Jacquie van der Waals



Nadine Breytenbach, first Irene lady to finish the Marathon



Pehr Lodhammar, first Irene member to finish the Marathon



Zelda Breytenbach, 2nd Vet lady - Marathon









