



IRENE NEWS

27 November 2017

No 47 - 2017



ACHIEVEMENTS

The following members were on the podium at the Muller Potgieter race:

Leon Page	1 st Master – 10 km (48:31)
Jaap Willemse	1 st Walker – 10 km (61:02)

Congratulations!

PERSONAL ACHIEVEMENTS

None received

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:30 - Club house

Saturday:

Year-end function at 17:00 – Club house

NEW CARAVAN

Our new caravan will be registered this week. Gerard came up with the idea to get a personalised registration number plate. The number "Irene AC GP" is available at a cost of R3300. It can only be done if we can get sponsors for it.

We therefore call on our members to help us in this regard. I am positive that we will be able to get it. Gerard has already donated R500 which means that we only require another R2800.

Please let us know today (Monday) if you are willing to help.

REGISTRATIONS FOR 2018 ARE OPEN

All members who register for 2018 will be required to submit a signed ASA registration form at the club in order to receive a 2018 licence number.

The ASA website is unfortunately not programmed to handle any registrations at this stage. Despite this, members can register from today in one of the following ways:

- Send your proof of payment together with the attached ASA form (completed and signed). Our admin manager will then complete the form on the website on your behalf once it is programmed for 2018. (The forms can also be submitted at the club house)
- Send your proof of payment only. You can then complete the form on the website yourself once it has been programmed for 2018, print it, sign it and submit it to the club.
- Hard copies of the form will also be available at the admin counter from this Tuesday.

Remember only the first 500 members to register will receive a T-shirt. Your proof of payment will ensure that you will be part of the 500. Avoid disappointment, pay your fees a.s.a.p.

We are pleased to announce that the membership fees for 2018 will remain the same as for the previous two years. The pro-rata fees at the end of the year have been reduced slightly.

Membership fees for 2018 (please note that the fees are prorated if you join from June 2018 onwards):

Category Member	If you join between Jan – May 2018	If you join between Jun – Jul 2018	If you join between Aug – Sep 2018	If you join between Oct – Nov 2018
Full member	630	530	430	330
Spouse / life partner	530	430	330	230
Social member (not a full member – no licence, cannot vote, but can use facilities. Normally for members that run less than 10km or supports a runner / walker)	300	300	200	200
Junior (under 20 years old for the year)	100	100	100	100

The fee includes the 2018 license, name tag and one windscreen disc. Additional discs will be available at R10.00 each.

ANNUAL INFO BOOKLET

The 2018 information booklet that every member will receive when joining the club next year will be printed soon. A total of 1000 copies will be printed.

We want to give our members the opportunity to advertise their businesses/services in there. As you know it will be in full colour. The cost of the ads will be minimal: Full page – R800, half page – R400 and business card – R200.

Please send your ads a.s.a.p. to secure your spot.

The closing date is Thursday, 30 November.

YEAR-END FUNCTION

Everybody knows by now that we can look forward to a fantastic beach party on Saturday at the club house. If you haven't booked yet, do it today at joy@petretreat.co.za

CHRISTMAS LIGHTS RUN/WALK



TIPS FOR WALKING FASTER

1. Use good posture. Walk tall, look forward (not at the ground), gazing about 20 feet ahead. Your chin should be level and your head up.
2. Keep your chest raised, and shoulders relaxed - shoulders down, back and relaxed.
3. Bend your arms in slightly less than a

90 degree angle. Cup your hands gently. Swing arms front to back. Do not swing side to side - arms should not cross your body. Do not swing elbows higher than your sternum (breast bone). Swing your arms faster and your feet will follow.

4. Tighten your abs and buttocks. Flatten your back and tilt your pelvis slightly forward.

5. Pretend you are walking along a straight line. Resist the urge to elongate your steps. To go faster -- take smaller, faster steps.

6. Push off with your toes. Concentrate on landing on your heel, rolling through the step and pushing off with your toes. Use the natural spring of your calf muscles to propel you forward.

7. Breathe naturally. As you walk, take deep, rhythmic breaths, to get the maximum amount of oxygen through your system. Walk fast enough that your breathing is increased yet you are not out of breath.

WALKING DON'TS - COMMON MISTAKES MADE BY WALKERS

1. Do not over stride

2. Do not use too vigorous arm movements

3. Do not look at the ground

4. Do not hunch your shoulders

5. Do not carry hand weights or place weights on your ankles

PERSONALIA

Aletha van den Bergh underwent a back/neck operation last week. Hopefully she will now be back on the road to full recovery after being ill for since Comrades.

After being a member for more than 20 years, Pat Andrew is on her way to Durban. Her friends are invited to say goodbye to her on Tuesday evening

Congratulations to everybody celebrating their birthdays during the week:

Donnevan	Espag	27 Nov
Glenn	Thompson	27 Nov
Gerard	Van Den Raad	27 Nov
Arden	Finn	29 Nov
Caitlin	Visser	29 Nov
Andre	Knoop	01 Dec
Samantha	Dry	02 Dec
Isabel	Erlank	02 Dec
Boitumelo	Mokwe	02 Dec
Elie	Van Wyk	02 Dec
Arno	Smit	03 Dec



MODERN
athlete



NOTICE BOARD

Saturday 9 December

Nedbank Skosana Road Race 10/5 km

Race Organisers: Nedbank

Venue: Pretoria Correctional Services, Kgosi Mampuru St, Pretoria

	10 km	5 km	Kids mile
Entry fee	R 80	R 60	R 60
Entry fee 70+	Free		
Start Time	06:30		08:30
Cut-off	02:00		

1st 600 entries on 10km and 1st 250 on 5km and 1st 50 in the kiddies mile receive a free t-shirt

Pre-entries at: Run-away Sport; Sweatshop Southdowns; AGN office

Saturday 16 December

The Wonderful Run 21.1/10/5 km

Race Organisers: Wonderpark Athletics Club

Venue: Bundu Inn

GPS: S 26.2035 E 27.6855

	21.1 km	10 km	5 km
Jardine Joggers & 60+	R 40		
Start Time	06:00		06:15
Cut-off	04:00		

1st 200 athletes to register receive a free t-shirt

Pre-entries at: Run-away Sport; Sweat Shop Centurion; Tshwane Running Shop

Late entries 15/12: Wonderpark Virgin Active entrance 14h00 – 18h00 www.entrytime.com

THOUGHT FOR THE WEEK

Some people always throw stones in your path. It depends on you what you do with them – build a wall or a bridge? Remember you are the architect of your life.

PHOTO CORNER



Saturday was the last time that our old caravan was used. From now on it will be our new caravan with new canopies for the gazebos as well. It will al be on display at the year-end function on Saturday



After 6 years the caravan was really falling apart



Tannie Bertha showing how sad she is about the caravan's last appearance



A few happy faces at the Tough One on Sunday



The Sani Stagger was a wet affair this year



Markus van der Westhuizen, Yvonne and Loubser van Wyk braved the wet conditions