



IRENE NEWS

2 March 2015

No 9 - 2015



ACHIEVEMENTS

The following members did us proud at the SA 10 km Championships on Saturday:

Jacquie van der Waals	2 nd Vet lady (39:54)
Ansie Breytenbach	2 nd Master lady (42:28)
Leon Page	Bronze SAMA medal 55 – 59 (44:03)
Mike du Bruto	Gold SAMA medal 65 – 69 (42:13)

Both Jacquie and Ansie also received their silver South African Master Association medals.

Congratulations to you!



Our star performers at the SA 10 km Championships: Jacquie van der Waals, Leon Page, Ansie Breytenbach and Mike du Bruto.

The following members were on the podium at the Deloitte race on Sunday:

Zelda Breytenbach	3 rd Vet lady – 42 km (3:28:28)
Ansie Breytenbach	1 st Master lady – 42 km (3:30:00)
Sandra Steenkamp	2 nd Master lady 42 km (3:46:21)
Victor Phetoe	2 nd Master – 21 km (1:30:05)
Rainer Ludwig	1 st GM – 21 km (1:53:36)
SP Botha	1 st GGM – 21 km (2:42:13)
Jacquie van der Waals	1 st Vet lady – 10 km (40:15)
Susan Maree	1 st Master lady – 10 km (51:32)
Ronel Fourie	2 nd Master lady - 10 km (52:34)
Lyn de Bruin	1 st GM lady – 10 km (54:34)
Bertha van den Raad	1 st GGM lady 10 km (75:31)
Elsa Meyer	1 st GM lady walker & 3 rd lady – 10 km (62:37)
Annatjie Greyvenstein	1 st GGM lady walker 10 km (65:59)
Gerard van den Raad	1 st GGM walker – 10 km (64:45)

Well done!

Congratulations to the following members who were selected for the AGN team and who participated in the SA 10 km Championships:

Mike du Bruto
Leon Page
Louis Visser
Louwrens Smit
Jacquie van der Waals
Ansie Breytenbach
Nadene Visser
Lyn de Bruin
Thea van der Merwe

PERSONAL ACHIEVEMENTS

Johan van der Werff	PB – 21 km
Haley van der Werff	PB – 10 km
Johann van der Walt	PB – 21 km
Chantel van der Walt	PB – 10 km
Sarah Munnik	PB – 42 km
Jaco de Bruin	First 21 km
Yolandi Smit	First 42 km
Travers Snyman	50 th Marathon

Congratulations!

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MARATHON CHAMPIONSHIPS

Congratulations to Alfred Choma and Zelda Breytenbach who are our 2015 Marathon champions.



FROM THE ADMIN CORNER

Dear Members

Attach is the list of all the embroidered names that is uncollected. If your name is on the list and you have never received a name before, please collect it on Tuesday at the clubhouse. I will also have all the names at the club tent at the Monster race next week.

Ordering process of names:

* All new members gets a first name for free. I order these name automatically for all our new members and the order is up to date up to the mid of February. I wait until I have enough names to order, so if you joined after the said date, we will still order your name and it will take about 3-4 weeks to be ready.

* For all our 'old' members: you can replace a name for a new vest etc. at a cost of R15. You can order at the counter on Tuesdays. The lead time for this is also 3-4 weeks.

Regards,
Zelna

GREEN LEAF PROJECT

Please remember to bring your Easter eggs to the clubhouse on a Tuesday evening and place in the donation container at the bar.

We really need your assistance in this regard.

CAPTAIN'S CORNER

Captains Corner:

The training is going full steam ahead and we gaining so much momentum with the groups. We are moving into the next phase of our training. With so many Ultras coming in fast and furious there will be members who will be participating in the OM DIE DAM, TWO OCEANS, THE EASTER 100km challenge at RAC , LOSKPOP and a few others. This doesn't mean that those members not doing an ULTRA must stay away from training. **IT IS BUSINESS AS USUAL AT TRAINING FOR EVERYONE.**

We will need to ensure we manage our training and races over this period to prevent injuries. As you will see the program (attached) is getting a little harder but it is needed to ensure we stay on track to reach our various goals. Keep the focus and join this vibrant group at the training sessions.

Should you have any questions about training please drop me a mail at training@irenerunner.co.za or call me on 082 345 5343.

Proud IRENE Greetings

Linley

CARAVAN/GAZEBO HELPER REQUIRED

With oom Koos not available anymore, it has become quite important to find a reliable person to replace him. The management committee has decided to pay such a person the amount of R300 per race. Here is a short job description:

- Must be at the venue 2 hours before the start of the race and must stay until the last Irene member departs (it can be any time between 10:00 and 13:00)
- Must physically be able to assist with the setup of the gazebos
- Not allowed to participate in the race
- Continuous supervision of the belonging of club members
- Must see to it that hot water, coffee tea etc. is available
- Must assist with the sales of drinks
- Must be able to do it on a regular basis

This is an ideal position for a non-running spouse. Please contact me at info@irenerunner.co.za if you are interested or if you require more information.

SOCIAL EVENING

Our monthly social evening will take place on Tuesday evening after the time trials. Bring the whole family and enjoy a lovely evening with you fellow club mates. There will be something to eat and there will be a lucky draw as usual.

Remember about the quiz that will take place. See the details below once again.

Come and be part of a fun-filled evening.

IRENE

ATHLETICS CLUB



QUIZ NIGHT

Tuesday after lucky draw

R50

PER TEAM
MAX 6 persons

winner

TAKES ALL

*Winning team
receives the sum
of entry money*

Whatever you do

DON'T



No technological devices allowed | We'll get parliament to jam the signal

And it's the monthly SOCIAL

————— SO DINNER IS SORTED —————

The Quiz will start after the lucky draw, and teams must enter in the clubhouse. Your team may consist of 6 people or less.

LEAGUE RACE

The Sunrise Monster 10 km and 32 km on Saturday will be the next league race. We need you there in big numbers please for the general league and all our faster runners for the super league. As usual there will be something to eat for all our members.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week.

Mitchell	Black	03-Mar
Debra	Arkell	04-Mar
Musa	Nkosi	04-Mar
Tracey	Mac Fadyen	05-Mar
Pieter	Olivier	05-Mar
Chantel	van der Walt	05-Mar
Marie	Banninga	06-Mar
Kim	Schoeman	06-Mar
Markus	van der Westhuizen	07-Mar
Martin	Walshaw	07-Mar
Iain	McFadyen	08-Mar
Keegan	Trentelman	08-Mar



NOTICE BOARD

League race

Saturday 7 March

Medihelp Sunrise Monster – 32/10/5 km

Race Organisers: Harlequin Harriers

Venue: Harlequin Club, Totius Road, Groenkloof

GPS: S 25.46.122' E 28.13.031'

	32 km	10 km	5 km
Entry fees	R 80	R 60	R 40
Entry fees 60+	R 40	R 30	R 20
Race day entry fees (excepting 60+ athletes)	R 90	R 70	R 40
Start time	06h03 (sunrise)	06h30	06h40
Time Limit	04h30	02h00	

Free t-shirts to pre-entries on the 32 and 10km races while stocks last

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

www.entrytime.co.za

Saturday 14 March

Pretoria Bobbies – 21.1/10/5 km

Race Organisers: PPMC

Venue: Wonderboom Junction

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees 60+	R 30	R 20	R 10
Entry fees 70+ & Blind & wheel chair runners	Free	Free	Free
Start time	05h30	05h40	05h50
Time Limit	04h00		

Pre-entries at: Run-A-Way Sport; Sweatshop Southdowns; Wonderboom Junction

www.enteronline.co.za

Saturday 21 March

Sunnypark Right to Run/Walk 5/10/21.1km

Race Organisers: Arcadia Running Club

Venue: Sunnypark, c/o Steve Beko & Robert Sobukwe St, Sunnyside

GPS: S 25 45'2 E 28 12'11"

	21.1 km	10 km	5 km
Entry fees	R 60	R 50	R 30
Start time	07h00		
Time Limit	03h00		

T-shirts to the 1st 250 entrants

Goodie bags to the 1st 500 finishers

Pre-entries at: Sunnypark: Cross Trainer; Sports Scene

www.enteronline.co.za

Wednesday 25 March

Great Run – Diamond Run 10/5 km

Race Organisers: Global Athletics Club

Venue: Weskoppies Hospital, Pretoria West

	10 km	5 km
Entry fees	R 50	R 40
Entry fees 70+	Free	
Start time	18h30	
Time Limit	?? hrs	

Pre-entries at: Run-A-Way Sport; Sweat Shop Southdowns; The Runners Store; AGN Offices

www.enteronline.co.za

Saturday 28 March

Denel Road Race 5/10/21.1 km

Race Organisers: Denel Athletics Club

Venue: Denel Irene Campus

GPS: S 25 53.413' E 28 11.429'

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees 60+	R 30	R 30	R 30
Start time	06h00		06h10
Time Limit	04h00	02h00	

10/21.1km suitable for wheel chairs

5km not wheel chair friendly

Pre-entries at: Run-A-Way Sport; Sweatshop Southdowns; Running Inn; The Runner's Store

www.enteronline.co.za & www.saactive.com

2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
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
11 April 2015	CG Champs – Germiston
18 July 2015	Claude Sterley meeting – Pilditch - only if sponsored
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

SA Masters Championships

15/16 May 2015

Nelson Mandela Metropolitan University – 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

Apologizing:

Does not always mean you are wrong
and the other person is right.

It just means you value your relationship
more than your ego.

InspirationBoost.com



SIZWE MEDICAL FUND

Caring for the health of the nation



SPAR



Photo Corner



A very proud chairman Louis Visser with a few of our ladies at the SA Championships



A tired but happy Louwrens Smit

Action from Deloitte













