



# ***IRENE NEWS***

***30 March 2015***

***No 13 - 2015***



## ***ACHIEVEMENTS***

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

Ansie Breytenbach	1 <sup>st</sup> Master lady & 2 <sup>nd</sup> lady – 21 km (1:34:09)
Sandra Steenkamp	1 <sup>st</sup> Lady walker – 21 km (2:09:44)
Elsa Meyer	2 <sup>nd</sup> Lady walker – 21 km (2:17:53)
Rob Hudson	1 <sup>st</sup> Master – 10 km (42:41)
Jacquie van der Waals	1 <sup>st</sup> Vet lady & 3 <sup>rd</sup> lady (40:42)
Annatjie Greyvenstein	1 <sup>st</sup> GGM lady – 10 km (55:43)
Jaap Willemse	2 <sup>nd</sup> Walker – 10 km (60:15)

## ***PERSONAL ACHIEVEMENTS***

Marubini Khwashaba	First 21 km
Celeste Thiart	PB – 50 km

Johan de Klerk also completed his 10<sup>th</sup> Om die Dam Ultra to receive his permanent number.

Well done!

## ***TWO OCEANS ULTRA, HALF MARATHON AND TRAIL RUNS (OMTOM)***

It is now less than a week to Two Oceans and we would like to confirm the following arrangements with our members who are going to participate in any of the races and trail runs:

### **1. T-Shirt**

On Tuesday 31 March 2015, immediately after the time trial, you may collect your T-shirt at the Club House and join us for a complementary drink at the bar. We will then provide you with final arrangements and share in the excitement.

### **2. Race Day**

Our Club gazebo will be at the finish area at UCT on 4 April 2015. It will provide for the secure storage of your togbag and personal stuff. This is where we all meet our family, supporters and fellow runners. The facility is there for your benefit, so please make use of it. The location of the Club gazebo is: To the South - East of the grounds, near the point where the runners enter the stadium.

### **3. Post Race Dinner**

We have reserved for a large group to have a fun dinner at the Quay Four Tavern restaurant, located at the V&A Waterfront (see [www.quay4.co.za](http://www.quay4.co.za)). Please note that the

Tavern is down-stairs, where live music and a large crowd add to the festive atmosphere. Members of IAC as well as their supporters, family and friends are welcome to attend the dinner. Our reservation is for 18:30 on 4 April 2015, to allow sufficient time for runners to recover after the race of that morning. Each person will pay his/her own dinner account. In view of the fact that this is during the Easter peak season, it is imperative that you RSVP by sending a mail to [info@irenerunner.co.za](mailto:info@irenerunner.co.za) , specifying the number of guests attending, by no later than 31 March 2015.

It is official: The Old Mutual Two Oceans Ultra Marathon route will run along the Ou Kaapse Weg detour route for safety reasons. For more information, please visit: <http://www.twooceansmarathon.org.za/.../old-mutual-two-oceans...>

### ***CAPTAIN'S CORNER***

With colder days approaching, training will be more challenging but yet rewarding. This is the time where we have to dig deep as the focus is moving towards Comrades 2015. We have to stay together and train as a club. This does not mean that those members not doing Comrades can stay away from training. We need you in the training group as your support will help makes us a successful club. This is where the camaraderie comes in and you, the **IRENE ATHLETIC CLUB** member play an integral part in making the club the awesome club it is. Our long runs will start at Ridgebacks from the 15<sup>th</sup> of April onwards. All the detail of the venue is on the training program like the address and the GPS coordinates.

We will have the **Magnolia Long Run** on the 26<sup>th</sup> and we will need **YOU** our members to support us during this training run by assisting and manning a water table if you can.

Managing your training over this period is very important and you have to prevent injuries by not racing to see where you are with your fitness. This is a very bad idea so please **DO NOT TRY IT.**

Should you have any questions about training please drop me a mail at [training@irenerunner.co.za](mailto:training@irenerunner.co.za) or call me on 082 345 5343 and I will assist where possible.

Proud IRENE Greetings,

Linley

### ***IRENE ATHLETICS CLUB FACEBOOK***

We want to increase the likes on our Facebook page. Please click on the link below to go to our page and like it. Promote it to your family and friends. You will find a lot of Om die Dam photos there as well as photos from the Denel race. Race photos will be posted more regularly



### ***IRENE CLOTHING***

The new batch of blue shorts have arrived and will be available on Tuesday. We can now seriously start to do away with the black shorts. The blue tights will be available shortly.

### ***RACE NUMBERS AVAILABLE***

Please note that I am injured and will not be able to participate in the following races, for which I have already applied:

- Slow Mag (50km)
- Wally Hayward (21km)
- Colgate Road Race (32km)
- Comrades Marathon

Johan du Toit [johan@legalinc.co.za](mailto:johan@legalinc.co.za)

### ***NEWS FROM AGN***

Please take note once again of the following:

- Both the 2015 licences must be worn during races, one in front and one at the back of your vest. Race numbers must be worn on top of the front licence number.
- It is illegal to run with a listening device in your ears. It is purely for your own safety.

Technical officials will be stricter in the future and athletes not adhering to these rules will be disqualified.

### ***COMRADES GOODY BAGS***

In the past we've always enjoyed a wonderful response from our members to make the Comrades goody bags extraordinary, and I trust that it will be the same again this year.

If you are in any position to donate something, it will be much appreciated. It can be anything, no matter how small. For the self-employed and entrepreneurs, this represents a great opportunity to advertise your business, service or product by donating something with your business card attached.

For those of you in the corporate world, please use all your contacts to see if there are companies willing to contribute towards this project.

Feel free to contact me with any queries regarding the goody bags.

There are 324 Comrades entries from our club, but we are working towards 250 goody bags. The items must be available no later than 20 May.

### ***FOR SALE***

Garmin 910xt with heart rate strap complete in box. R3900 (R6299 new)

Bennie Roux [bennieroux@gmail.com](mailto:bennieroux@gmail.com)

## PERSONALIA

Congratulations to everybody celebrating their birthdays during the week.

Magriet	Marais	31-Mar	1959-03-31
John	Maritz	31-Mar	1976-03-31
Charine	van Niekerk	31-Mar	1981-03-31
Mike	de Wit	01-Apr	1952-04-01
Franco	Venter	01-Apr	1980-04-01
Holger	Hedelt	02-Apr	1968-04-02
Rirhandzu	Mathebula	02-Apr	1981-04-02
Mmemezi	Dlamini	03-Apr	1972-04-03
Denise	Higgins	03-Apr	1978-04-03
Lemao	Motaung	03-Apr	1967-04-03
Vanessa	White	03-Apr	1963-04-03
Hendrik	Steynberg	05-Apr	1971-04-05
Alhasan	Jallow	06-Apr	1978-04-06
Ben	Taljaard	06-Apr	1956-04-06



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## NOTICE BOARD

Monday 6 April

Pick 'n Pay - The Grove Mall Family Day 21.1/10/5 km

Race Organisers: Run Walk for Life

Venue: The Grove Mall, c/o Lynnwood & Simon Vermooten, Equestria

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

**All distances are suitable for wheel chair athletes**

Pre-entries at: Total Sports at the Grove Mall

[www.enteronline.co.za](http://www.enteronline.co.za)

Saturday 11 April

Ford 3-in -1 Run & Walk 21.1/10/5 km

Race Organisers: Ford Athletics Club

Venue: Ford Motor Company Sports Grounds, Cnr Simon Vermooten & Alwyn Streets,  
Silverton

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
Start time	06h30		
Entries 60+	50%		
Time Limit	03h00		

Pre-entries at: Total Sports Hatfield, Run –A-Way Sport, Running Inn, Sportsmans  
Warehouse Kolonnade & Atterbury Value Mart

[www.enteronline.co.za](http://www.enteronline.co.za)

Saturday 18 April

Morula Run/Walk 5/10/21.1 km

Race Organisers: Morula Running Club

Venue: Giant Stadium, Soshanguve

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees 70+	Free		
Start time	06h00		06h15
Time Limit	??		

**Free t-shirts to the 1<sup>st</sup> 500 pre-entries**

**No wheelchairs allowed**

Pre-entries at: Run-A-Way Sport; Sweatshop Southdowns; Running Inn; Soshanguve P'nP

[www.entrytime.com](http://www.entrytime.com)

<b>2015 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
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**

4 April 2015	GN Champs – Pilditch
11 April 2015	CG Champs – Germiston
18 July 2015	Claude Sterley meeting – Pilditch - <b>only if sponsored</b>
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
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#### **International Championships**

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>

*THOUGHT FOR THE WEEK*

Don't wait for the  
**PERFECT MOMENT**  
take the moment and make it  
**PERFECT**





## Photo Corner (Denel race)





































