



IRENE NEWS

30 November 2015

No 47 - 2015



ACHIEVEMENTS

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

Liza Maritz	1 st Lady – 10 km (40:17)
Ansie Breytenbach	1 st Master lady – 10 km (45:36)
Nadine Breytenbach	2 nd Lady – 21 km (1:40:56)
Jaap Willemse	1 st Master walker & 3 rd man – 10 km (60:55)
Jan van de Venter	1 st 80+ walker – 10 km (1:49:24)
Lucia Willemse	3 rd Lady walker – 10 km (67:01)
Danie Labuschagne	1 st Walker & 1 st GM – 21 km (2:25:41)
Elsa Meyer	1 st Lady walker & 1 st GM – 21 km (2:19:04)

Congratulations!

Gerard van den Raad	1 st GGM walker – Sani 42 km
Bertha van den Raad	1 st GGM lady – Sani 21 km

Gerard also received his permanent Sani number.

Well done!

PERSONAL ACHIEVEMENTS

Renette Prinsloo	PB – 10 km
Amanda Viljoen	PB – 10 km
Estelle Jansen van Vuuren	PB – 10 km
Ronel Jooste	PB – 32 km

REGISTRATIONS 2016

Attached are the registration instructions and details for 2016.

Members can start registering from 1 December 2015 and the registration parcels will be ready for collection from 12 January 2016 (also see point 5 below). Your 2015 licence number is valid until the end of January 2016.

Please note that if you were registered for 2015 and your details have not changed, you do not need to visit the ASA website. You can just pay the registration fees and send me the proof of payment (that's it!).

To assist with the big task ahead, please help me to:

1. Send only ONE email with your proof of payment, t-shirt size and the information requested on the instruction sheet. I get a LOT of emails and I will appreciate if we can limit the traffic and have a smooth process;
2. Please ensure that all registration communication is emailed to the *correct* email address: admin@irenerunner.co.za ;
3. Only the first 500 members will receive t-shirts – so get those registrations in;
4. If you have registered by 31 December 2015, your registration parcel will be ready for collection at the club house on 12 January 2016 from 17:20 – 19:00 or any other Tuesday at the same time;

I wish you a merry Christmas and a blessed 2016. May your running / walking targets be realistic, but challenging enough to keep those good juices flowing.

See you at the club house and on the road!

Regards, Zelna

Please note that the first 500 registrations last year were done in December. Make sure that you don't miss out on your T-shirt!

ANNUAL INFO BOOKLET

The 2016 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 for the ads will be minimal: Full page – R800, half page – R400 and business card – R200.

Please send me your ads in jpeg or pdf format a.s.a.p. to secure your spot.

Don't miss out on this opportunity, space is limited.

CAPTAIN'S CORNER

Dear Fellow Club Members,

The year has come to a close and I am sure everyone is looking forward to the well-deserved break to spend with your loved ones and friends. The club will be closed over the December holidays as per usual but the training program I have set up is for you to keep on turning those legs over and to stay fit. This is to keep your base training going so come January you will be ready to start with the hard sessions and it won't feel like an upheaval.

I will communicate the morning runs that are happening at present and this is for those members who cannot make the afternoon sessions at the club. Dieter Meyer facilitates the morning runs from Rhapsody's and they usually start around 4h45am Mondays, Wednesdays and Fridays.

The bathroom key is no longer available. Should you want one please purchase your personal one from any locksmith. The key number is **M21B**.

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

Lastly, from me HAPPY HOLIDAYS to one and all, be safe and see you all in the New Year.

Proud IRENE Greetings,

Linley

IRENE WALKING SECTION

Quality training sessions.

Tuesday the 1st of December will be our final quality training session for 2015.



We are going to have a light training session starting as usual up at the main building at 17h00 and will be ending off the year at the clubhouse with boerewors rolls and champagne.

All who have attended the sessions at any time during the year are welcome. Please let me know if you are going to attend so that we can cater accordingly.

The quality training sessions will resume again on Tuesday the 12th of January 2016.

These training sessions are open to all walkers, race walking, power walking or just social walking to stay fit. (Runners welcome)

If anyone wants more information about the quality sessions you are welcome to contact me. rayp@mweb.co.za or 076 565 2228

RAY PATTERSON.
WALKING CAPTAIN.

AGN & SA 10 KM CHAMPIONSHIPS

The 10 km at the Eersterust Race on 16 January will serve as the following:

- AGN 10 km Championships
- Trials to select an AGN team to participate at the SA 10 km Championships at Sasolburg on 6 February.

There are no set qualifying times, but it is expected that all selected senior and junior male athletes will finish the race in less than 35 minutes and all senior and junior female athletes will finish in less than 45 minutes. All other age categories should be able to finish within 60 minutes.

The AGN team will be announced as soon as the results of the Eersterust race become available.

Please note that there will be additional prize money for the winners at the AGN Championships.

SA MARATHON CHAMPIONSHIPS

The SA Marathon Championships will take place in East London on 20 February 2016. Congratulations to the following Irene members who have been selected to the preliminary AGN squad:

Zelda Breytenbach
Ansie Breytenbach
Johan Nel

The final team will be announced in January. The qualifying period is from September 2015 until 9 January 2016. There is still time to qualify. Qualifying times are as follows:

	Men		Woman
Senior	02:28:30		03:08:30
40 - 49	02:46:50		03:30:20
50 - 59	03:07:10		03:55:40
60 - 69	03:29:40		04:23:50

Running a Marathon or longer after 9 January 2016 will lead to automatic disqualification.

SHOES REQUIRED

A few of our less privileged members are in need of running shoes. If you have old shoes in a usable condition, please bring it to the club house. It will be highly appreciated.

ANNUAL CHRISTMAS LIGHTS RUN

Our annual and very popular Christmas light run will take place on Thursday, 10 December. Please see the attachment for all the details.



RACE CANCELLED

Please take note that the Great Run Series IV of 5 Dec 2015 at Weskoppies has been cancelled.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Ria	Strydom	30 Nov
Andre	Knoop	01 Dec
RICKY-JON	VISCHER	01 Dec
Samantha	Dry	02 Dec
Isabella	Erlank	02 Dec
ANGELIQUE	MEYER DU BRUYN	02 Dec

Dirk	Smit	03 Dec
Dorothea	van der Merwe	03 Dec
Vsevolod	Gorlach	04 Dec
Cornelius	Grobbelaar	05 Dec
John	May	05 Dec
Johann	White	05 Dec
Willie	du Plessis	06 Dec
Miles	Saxby	06 Dec
Marietjie	Steyn	06 Dec
Johann	van Zyl	06 Dec



NOTICE BOARD

Saturday 12 December

The Wonderful Run 21.1 / 10 / 5 km Race

Race Organisers: Wonderpark Athletic Club

Venue: The Forum, between Wonderpark Mall & Akasia Town Hall, c/o Heinrich & Disotus Avenues, Karenpark

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
Start time	06h00		06h15
Time Limit	03h00		

No wheelchair athletes

Pre-entries at: Running Inn; Runners Store; Sweat Shop, Southdowns; Dunkeld West & Fourways Crossing

www.enteronline.co.za

Saturday 12 December
Race

Skosana Road Race 5/ 10 km and 1 mile Road

Race Organisers: Nedbank Running Club

Venue: Pta Correctional Services, Kgosi Mampuru Street, Pretoria

	10 km	5 km	1 mile
Entry fees	R 50	R 30	R 20
Start time	06h30		08h30
Time Limit	??h00		

Pre-entries at: Run-Away-Sports; Running Inn; The Runners Store; Sweatshop South Downs & Dunkeld West; AGN Office

www.nedbankskosana.myactiveonline.co.za

Wednesday 16 December

Silverton Live Running 25 / 12.5 / 5 km

Race Organisers: Vitalfitness Athletics Club

Venue: Voortrekker Park, c/o Jasmyn & van Wyk Streets, Silverton

	25 km	12.5 km	5 km
Entry fees	R 60	R 50	R 40
Start time	06h00		06h30
Time Limit	04h30		

No wheelchairs allowed

Pre-entries at: Run-Away-Sports; Running Inn; Sweatshop South Downs; BB Nissan Silverton

Thursday 31 December**21st Old Years Run/Walk 5 / 10 km**

Race Organisers: Arcadia Running Club

Venue: Rietondale Park, North Street, Rietondale

	10 km	10 km
Entry fees	R 50	R 30
Start time	17h00	
Time Limit	02h00	

Pre-entries at: Run-Away-Sports; Running Inn; Runners Store

www.enteronline.co.za**Friday 1 January****New Year Run/Walk 5 / 11 km**

Race Organisers: Run Walk for Life

Venue: Pretoria National Botanical Gardens, Cussonia Avenue, Silverton

	11 km	5 km
Entry fees	R 50	R 30
Start time	07h00	
Time Limit	02h00	

Pre-entries at: Run-Away-Sports; Running Inn

www.enteronline.co.za

Saturday 2 January**Bophelong Road Race 10 / 5km / 50m**

Race Organisers: Bophelong Athletics Club

Venue: Charity & Faith Mission Church (behind Shell Garage), c/o Molepo & Hinterland St,
Mamelodi East

	10 km	km	50 m
Entry fees	R 50	R 30	Free
Start time	06h15	06h20	00h00
Time Limit	02h30		

No wheelchairs allowedPre-entries at: Run-Away-Sports; Running Inn; Runners Store; Bophelong Community
Centrewww.enteronline.co.za**2016 AGN LEAGUE FIXTURE LIST**

<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
ACE	10/21	16 Jan	X	X
Tuks Bestmed	10/21	20 Feb	X	X
VirSeker	10/21	19 Mar	X	X
Ford	10/21	9 Apr	X	X
The Love Run	10/21	14 May	X	X
Race 4 Faith	10/15	4 Jun	X	X
Zwartkop	10/21	30 Jul	X	X
Wierie	10/21	13 Aug	X	X
Andrew Greyling	10/21	17 Sep	X	X
King Price Irene Farm	10/21	20 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

Masters Athletics Fixture list

Local meetings

02 April 2016 Gauteng North Championships, Pilditch

13 August 2016 Claude Sterley - Pilditch

SA Masters Championships

13/14 May 2016 SA's Pilditch, Pretoria

International Championships

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

Every day may not be good, but there is something good in every day.



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Photo Corner

A few married couples at the Muller Potgieter race



Kallie and Anina Coetzee



Annette and Stefan Müller



Riaan and Renette Prinsloo



Lucia and Jaap Willemse



Grant and Bernadette Buss



Deon and Retha van Onselen



Derrick van der Merwe with Carla and Gerald Hartmann



Hendrien Breed and Magda Wilcox enjoying their breakfast



The Geldenhuys family



Olieman and Werner van der Merwe

Stephan



Ansie Breytenbach and Ben Taljaard

Pictures taken at the Sani



Espé Steyl, Gerard van den Raad, Rob Huson, Eliza Steyl, Yolandi Smit, Werner Smit and Shaun Shrives in front



Bertha van den Raad, Eliza Steyl, Mariska Shrives and Yolandi Smit

