



# ***IRENE NEWS***

*31 August 2015*

*No 34 - 2015*



## ***ACHIEVEMENTS***

The following members were on the podium during the weekend:

Ansie Breytenbach	3 <sup>rd</sup> Master lady – Spar ladies 10 km (45:00)
Annatjie Greyvenstein	1 <sup>st</sup> GGM lady – Spar ladies 10 km (60:00)
Sandra Steenkamp	2 <sup>nd</sup> Lady walker – Spar ladies 10 km (57:07)
Elsa Meyer	4 <sup>th</sup> Lady walker – Spar ladies 10 km (63:25)
Lucia Willemse	9 <sup>th</sup> Lady walker – Spar ladies 10 km (67:22)
Sandra Steenkamp	1 <sup>st</sup> Lady walker – Sizwe Marathon (4:48:35)

Congratulations!

A number of our members took part in the Dawn to Dusk on Saturday.

Johan Nel – 2<sup>nd</sup> Man (105 km)  
Theuns Strecker 3<sup>rd</sup> Man (95 km)  
Fanie Naude finished 4<sup>th</sup> in the 100 miler, his 3<sup>rd</sup> 100 miler in two months!  
Rosemary Brink and Rae Clerihew – 4<sup>th</sup> Ladies team (121km)  
Candice van der Spuy and Danie Labuschagne – 4<sup>th</sup> Mixed team (114 km)

Well done to all of you.

## ***PERSONAL ACHIEVEMENTS***

None received

## ***CLUB 10 KM CHAMPIONSHIPS***

The Spirit of Flight 10 km race taking place at the Zwartkop Air base on 5 September will serve as our annual Club 10 km championships. Make sure that you are ready for it.

## ***SOCIAL EVENING***

Our monthly social evening will take place after the time trials tomorrow evening. Please bring the whole family along. On the menus will be Chicken Korma, Rice, Tossed Salad, Naan Bread & Sambols. All for only R35 pp. don't miss out.

## ***TIME TRIALS***

Please take note that as from tomorrow the time trials will start at 17:30.

## ***SPRING HANDICAP***

The time trials will be a bit different tomorrow evening. Please note the following:

- No watches to be worn
- You must predict your time and write it down in a book before the start
- The time trial will be run the other way round
- You will see your time on the new digital clock at the finish
- Write it down the book next to your predicted time
- Please be honest
- The member with the time closest to the predicted time will win a prize

Be part of the fun!

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

Dear Fellow Club Members,

**SPRING** has sprung so come and run. There should be no more excuses about cold mornings and getting dark early. Let's get started and kick start the training sessions. If you have not yet started, this will be a good time to get into the training sessions. Some members are already busy with training and have focus races they planning on doing. They have been working hard and I know they will do well at their respective races. A good start is to test your fitness either at Time Trials (TT) or at a 10km race to see where your fitness levels are. Once the season starts proper you should be well on your way to getting fit. I mentioned last month that the race calendar is becoming congested of late so choose now what you want to race and stay focussed.

As I mentioned on numerous occasions that the club training program is designed for every one of different running abilities so please do not feel intimidated by it. Attend these sessions as it does help you get through those days where you don't feel like training. The training group is usually a fun place to be and it makes the sessions great. The training program is designed for the 14<sup>th</sup> of November for the **SUPERSPAR BELA BELA Marathon**. This is also our club weekend away. For those who are interested about running the CITY TO CITY marathon (27<sup>th</sup> of September) we can chat about it and see how the program can be adjusted to suit you.

If anyone needs assistance I will be at the club every Tuesday night from 5h15 pm onwards and we can have a chat on what your focus is for the ensuing year.

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

PS: Please have a look at the training program to see what we doing on a daily basis. I put a copy up at the club as well for everyone to see. There are some members who want to run in the mornings as work and family life is hampering them from attending the evening training sessions. Please send me a WhatsApp , SMS or mail if you interested.

## ***IN THE MAILBOX***

### **No 1**

I have an entry for Mount Aux Source available if anyone is interested. 5 September. I paid R1,300 and willing to sell for R1,000.

Willem Haarhof - [willemhaarhoff@gmail.com](mailto:willemhaarhoff@gmail.com)

### **No 2**

Ek is op soek na iemand wat woon in Stone Ridge, Mona Voni, wat ook aan die klub behoort waarmee ek saam kan oefen?

Carolien van Zyl - [CarolienvZ@TSHWANE.GOV.ZA](mailto:CarolienvZ@TSHWANE.GOV.ZA)

### **No 3**



**ARE YOU A LONG DISTANCE RUNNER?**

**Participants needed to complete an online questionnaire for Human Kinetics and Ergonomics Master of Science study titled “Running related injury risk factors in South African long distance runners”.**

**Requirements:**

- South African citizens of 18 years or older
- Running a minimum of 20 kilometres per week for at least the last 3 months
- Both non-injured and injured runners will be included, provided the injured runners were running for at least 3 months prior to the injury
- Injured runners must not be out of training for longer than 6 months

**If you fit these criteria, YOU are eligible to participate! Follow this link to complete the questionnaire: <http://goo.gl/forms/iWHDwRC8Xd>**

**For more information, contact Chloë Jäger at [runningstudysa@gmail.com](mailto:runningstudysa@gmail.com) or 072 130 5282.**

## ***SIZWE DR MOTLANA MARATHON***

We made history yesterday! Except for the heat the race was very successful. We have received very good feedback from the participants. There were just over 2000 finishers.

Thank you to each and every Irene member who worked so hard to make it happen. You were fantastic! You made us all proud to be a member of Irene Athletics Club.

We need your feedback to enable the organizing committee to improve wherever possible.

## ***PERSONALIA***

Noel Pastor's father passed away last week. Our condolences to him and his family.

Congratulations to everybody celebrating their birthdays during the week:

Sune	Jordaan	31 Aug
Rainer	Ludwig	31 Aug
Dorette	Muller	31 Aug
Pieter	Coetzee	02 Sep
Annelies	Cramer	02 Sep
Kobus	van As	02 Sep
Gerhard	Laurens	03 Sep
Lydia	Fibiger	04 Sep



## ***NOTICE BOARD***

### **Wednesday 2 September**

### **PvR Dorpsfees 10 / 5 km Spring Night Race**

Race Organisers: Pierre van Ryneveld Athletics Club

Venue: PvR Community Church, Baltimore Road, Pierre van Ryneveld

	10 km	5 km
Entry fees	R 60	R 30
Start time	18h30	
Time Limit	2h00	

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



**Saturday 5 September****Spirit of Flight 10 / 5 km**

Race Organisers: PMMC

Venue: Air Force Base Zwartkop, Valhalla (Old Johannesburg Road – Northern Entrance)

GPS: S 25 47'58.75" E 28 09'51.49"

	10 km	5 km
Entry fees	R 60	R 30
Grand masters & GG masters	R 30	
Start time	06h30	
Time Limit	02h00	1h30

**Race is not suitable for wheelchair athletes****The race will serve as the IRENE 10 km championships****League Race****Saturday 12 September    The Value Logistics Addicted to Life 21.1 / 10 / 5 km**

Race Organisers: Voortrekker Monument Klub

Venue: TUT, Staatsartillerie Road, Pretoria West

GPS: S -25.732633 E 28.161844

	21.1 km	10 km	5 km
Pre entry fees	R 70	R 50	R 30
Race day entry fees	R 80	R 60	
Grand Masters / Disabled Athletes (race day only)	R 30		
Great Grand Masters (race day only)	Free		
Start time	06h00		06h15
Time Limit	03h30		

**No pets allowed**

Pre-entries at: Run-away-Sports; Running Inn; Post Net Pretoria-West; Outdoor Freedom

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

**Wednesday 16 September****Lester Mills Memorial Night Race 10 / 5 km**

Race Organisers: Tuks Athletics

Venue: University of Pretoria Sports Campus – HPC

GPS: S -25.74538 E 28.24718

	10 km	5 km
Entry fees	R 60	R 30
Grand masters	½ price – only on race day	
Entry fees 70+/ blind runners	Free – only on race day	
Start time	18h30	
Time Limit	??	

**Race is not suitable for wheelchair athletes**Pre-entries at: Run-away-Sports; Running Inn; Sweatshop Southdowns; Runners Shop  
Tramshed**Thursday 24 September****Great Run Series 3 15 / 6 km**

Race Organisers: Global Athletics Club

Venue: Weskoppies Hospital, Pretoria West

	15 km	6 km
Entry fees	R 80	R 40
70+ and 80+ entry fees	Free	
Start time	07h00	
Time Limit	??	

**Goodie bags for the 1<sup>st</sup> 1000 finishers**

<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>
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**

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

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

<http://www.perth2016.com>

### **THOUGHT FOR THE WEEK**

**You can't start the next chapter of your life if you keep re-reading the last one.**

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## Photo Corner



Dawn to Dusk runners: Candice van der Spuy, Rosemary Brink, Rae Clerihew, Renette Prinsloo, Riaan Prinsloo and the twins, Charmaine and Jolande Janse van Rensburg

## Action from the Sizwe Dr Motlana Marathon



















