



# **IRENE NEWS**

**31 July 2017**

**No 30 - 2017**



## **ACHIEVEMENTS**

The following members were on the podium at the Zwartkop Lapa race on Saturday:

Ansie Breytenbach	1 <sup>st</sup> Master lady – 10 km (47:32)
Rainer Ludwig	1 <sup>st</sup> GM – 10 km (47:58)
Rosemary Brink	1 <sup>st</sup> Vet lady – 21 km (1:44:18)
Rhoda Willemse	1 <sup>st</sup> Lady walker – 10 km (60:43)
Retha Knoetze	1 <sup>st</sup> GM lady walker – 10 km (67:07)
Gerard van den Raad	1 <sup>st</sup> GGM walker – 10 km (67:06)
Sandra Steenkamp	1 <sup>st</sup> lady walker & 1 <sup>st</sup> master – 21 km (2:08:23)
Marie van Dyk	1 <sup>st</sup> GM lady walker – 21 km (2:59:16)
Elsa Meyer	1 <sup>st</sup> GGM lady walker – 21 km (2:22:31)
Jaap Willemse	1 <sup>st</sup> GM walker 21 km (2:19:42)

Congratulations!

## **PERSONAL ACHIEVEMENTS**

None received

## **THIS WEEK'S DIARY**

### **Tuesday:**

Time trials at 17:15 - Club house

Social function at 18:00 (Pancake evening) – Club house

### **Saturday:**

Spar Ladies Race 5/10 at 14:00 – SuperSport Park

## **SPAR LADIES INCENTIVE**

We have won the R50 000 prize!!!! Thank you once again to those members who put in a real team effort to make it possible. It was a fantastic achievement.

At the end there were 75 members who contributed towards this achievement. I salute you for responding to the call. You have made us proud.

There was a fierce competition amongst a few members to see who could get the most entries. The following members got 10 or more entries:

Dianne du Plessis	44
Dieter Meyer	41
Bets Botha	30
Alta Struwig	21
Yvonne van Wyk	20
Candice van der Spuy	16
Shalati Maponopono	15
Joy Nicholl	12
Mpho Motung	11
Lemao Moataung	10
Tebogo Moloisane	10



Whether you submitted 1 or 44, we applaud you.

Those who didn't collect the race packs at the race on Saturday, can do so on Tuesday at the club house from 16:00 till 19:00.

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

Training starts in earnest on Monday the 31st of July. We have decided to make things a little more interesting and try something new with Kaapsehoop in mind. I have Suzelle Engels who is a qualified Biokineticist to assist me with the training. She will do the strength training sessions and assist with the weekly sessions at the club. She will be an invaluable asset to the training sessions and will assist you with injury prevention. The strength training sessions will happen in the Lapa at the clubhouse on Mondays only. Training starts at 17h15pm (see training program). Bring a mat or a towel and a water bottle to the session. It will be a 30-minute session. We must get ready for the new running season. Looking forward to seeing you in your numbers at the training sessions and let's start to have **FUN** which IRENE is well known for. Anyone who want to be on the IRENE WHATSAPP group please drop me a message and stipulate your name and surname so I know who you are.

An important point I want to stress is that **"The club group training program is for all club members and to assist you in reaching your desired goals"**. Join in at the group training sessions at the clubhouse. It is in a safe environment and it is **YOUR** club.

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.

Suzelle Engels details is 082 415 5019 and her email is [suzelleengels@gmail.com](mailto:suzelleengels@gmail.com)

See you at the training sessions.

Proud IRENE Greetings

Linley

## **SOCIAL EVENING**

All members and their families are invited to attend the social evening on Tuesday after the time trials. It will be the annual pancake evening when the men will be the pancake bakers. It will be served with different fillings as well as the traditional sugar and cinnamon.

There will be a pair of running shoes to be won in the lucky draw.

## **WATCH FOR SALE**

GARMIN 310XT with HRM Strap for sale for R1100

Contact: Johannes Liebenberg

Cell: 071 870 7790

## **PERSONALIA**

Congratulations to everybody celebrating their birthdays during the week:

Judy	Faint	31 Jul
Michelle	Lubbe	03 Aug
Danni	Marlin	04 Aug
Elsa	Meyer	04 Aug
Adrian	Lategan	05 Aug
Jacobus	Naude	06 Aug



## NOTICE BOARD

### **Wednesday 9 August**

### **Castle Walk Road Race 10/5km**

Race Organisers: Fusion Sports

Venue: Castle Walk Shopping Centre, c/o Nossob & Swakop Street, Erasmuskloof

	10 km	5 km
Entry fees	R 70	R 50
60+ / Children under 12		R 30
Toddlers under 5		Free
Start time	07h00	07h15
Time Limit	??	

**No pets or wheelchairs on the 10km race**

Pre entries at: Run-Away-Sport; Sweat Shop Southdowns & Dunkeld West & Fourways Crossing; The Runners Store; Curves Castle Walk Centre

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

### **Saturday 19 August**

### **Roman's Pizza Phobians 15/5 km**

Race Organisers: Phobians Athletics Club

Venue: Pretoria Boys High School, Roper Street, Brooklyn

	15 km	5 km
Entry fees	R 80	R 40
70+ / Blind runners / Wheelchair athletes – race day only	Free	
Start time	07h00 Run 06h50 Walk	07h15
Time Limit	2h30	02h00

**No pets**

**5km Baby strollers welcome**

Pre entries at: Run-Away-Sport; Sweat Shop Southdowns & Dunkeld; The Runners Store; Tshwane Running Shop

[www.entrytime.com](http://www.entrytime.com) & [www.sa-active.com](http://www.sa-active.com)

**Saturday 26 August****SMU Half Marathon 21.1/10/5 km**

Race Organisers: Tshwane AC in partnership with Sefako Makgatho Health Sciences University

Venue: SMU Sport Complex, Garankuwa, Soshanguve

GPS: S 25 37.8 E 28 1.22

	21.1 km	10 km	5 km
Entry-fee	R 80	R 60	R 30
60+	R 30	R 20	
70+ (ID requested on registration)	Free		
Start Time	07:00		07:10
Cut-off	?:00		

Pre-entries at: Run-away Sport; The Runners Store

**21.1km AGN Race Walk Championship****Saturday 16 September****Brooklyn Road Race 21.1/10/5 km**

Race Organisers: Pretoria Marathon Club

Venue: Brooklyn Mall, c/o Veale & Bronkhorst Streets, Brooklyn

	21.1 km	10 km	5 km
Entry-fee	R 100	R 80	R 40
70+, wheelchairs, blind runners	Free (race day only)		
Start Time	06:00		06:10
Cut-off	03:00		02:00

**No animals allowed**

**Baby strollers welcome on the 5km race**

**Wheelchair athletes welcome in all races**

**Free t-shirts to 1<sup>st</sup> 100 on line entries**

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld & Fourways Crossing; Runners Store

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

<b>2017 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
MARCEL VAN'T SLOT	15	19 Aug	X	X
ADDICTED TO LIFE	10/21	9 Sep	X	X
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

### **SA MASTERS**

#### **Local meetings**

**12 Augustus 2017**

? Sept/? October 2017

November 2017

**Claude Sterley Memorial**

SWD

Free State

**Pilditch**

Oudtshoorn11

Bloemfontein

### **THOUGHT FOR THE WEEK**

Worry always gives a small thing a big shadow.

### **Photo Corner (Swartkop Lapa)**



An excellent example of club colours during the winter





Tony Gomes



Letha Kotze



Heleen de Bruin, Johan van Vuuren and Rosemary Brink





Mthokozisi Mambi



Debra Arkell

**Cross country action**



Amanda Cloete





Joey Cloete



Ansie Breytenbach





Dirk Cloete and Pieter van Heerden



Mike du Bruto





Joseph Moagi



The photo says it all! Congratulations to Marie van Dyk with a great achievement