



# ***IRENE NEWS***

*3 August 2015*

*No 30 - 2015*



## ***ACHIEVEMENTS***

The following members were on the podium on Saturday at the Tshwane AC Road Race:

Anelle Vorster	2 <sup>nd</sup> Lady – 21 km (1:40:15)
Elsa Meyer	1 <sup>st</sup> GM lady, run & walk – 21 km (2:20:10)
Gerard van den Raad	1 <sup>st</sup> Walker – 10 km (66:38)

Well done!

The following members earned medals in their respective age categories at the cross country meeting on 25 August:

Liza Maritz	Gold
Rob Hudson	Gold
Thea van der Merwe	Bronze

Congratulations!

## ***PERSONAL ACHIEVEMENTS***

None received

## ***PERSONALIA***

Sandra Steenkamp was in hospital last week due to a back injury. We trust that she will be well soon.

Our oldest member, oom Jan van de Venter (88) had a knee replacement recently. We pray that he will recover completely to participate again in the future.

Gerard van den Raad had a fall in the club house on Sunday while cleaning up after a water pipe burst and injured his ribs. We trust that he will be well soon.

Congratulations to everybody celebrating their birthdays during the week.

Michelle	Lubbe	03-Aug
Karen	Mc Ewen	03-Aug
Danni	Marlin	04-Aug
Elsa	Meyer	04-Aug
Celeste	Janse van Vuuren	05-Aug

Johanni	Pieterse	06-Aug
Gapes	Stoltz	06-Aug
Gerhard	van Niekerk	06-Aug
Guy	Stocker	07-Aug
Willem	Fourie	08-Aug
Danie	Labuschagne	09-Aug
Gillian	Mokoma	09-Aug
Mauritz	Mollentze	09-Aug
Louis	Piso	09-Aug



### ***COMRADES WORKSHOP***

The Comrades workshop was a great success. Thank you to everyone who attended. It was the start of a great project to ensure that we get a record percentage finishers next year. Watch this space for more info about it in the near future.

### ***SIZWE DR MOTLANA MARATHON – 30 AUGUST***

For the first time we will allow our members to participate in one of our races. The following conditions will apply:

- You will only be allowed to participate in the 42 km
- You will have to nominate a non-member to work in your place on the day
- Remember that the 42 km is a pre-entry race only



### ***IRENE CLOTHING***

You are all invited to come and have a look at the wide range of club clothing that is available in The Shop in the club house, especially the winter range.

Members still have the opportunity this week to order the new very popular track suit.

### ***LEAGUE RACE***

The Woman's Rights Run/Walk 10/21 km at the Fountains Valley this Saturday is the next league race. Please be there! Whether you are fast or slow, we need you.

As always there will be something nice to eat for all members after the race, FREE OF CHARGE!

## ***SOCIAL EVENING***

It will be the annual pancake evening on Tuesday when the men will be baking the pancakes. After doing it for a number of years now, there are quite a number of experienced bakers amongst us.

Don't miss out on a lovely opportunity.

Prices will be R5 each for plain with cinnamon sugar and R15 each for a filled pancake.

As always there will be a few lucky draw prizes.

## ***LEAGUE RESULTS***

Thank you to everybody who attended the Garsfontein Ice Breaker race. It is so important that as many members as possible attend the league races. Unfortunately we dropped with two positions on the log to 10<sup>th</sup> place.

<i>Jun</i>	<i>Global Pos</i>	<i>BHS Pos</i>	<i>Sun Pos</i>	<i>Sol Mah Pos</i>	<i>Jmek Pos</i>	<i>M'lodi Pos</i>	<i>Gars Pos</i>	<i>Div 1 Club</i>
109	1	1	1	1	1	1	1	Vtm
128	2	3	4	3	3	3	2	Ace
194	7	4	3	2	2	2	2	Pmmc
37	3	2	2	3	4	4	4	Npo
150	10	7	5	5	5	5	5	Resbank
70	5	9	8	7	6	6	6	Hqh
159	9	11	9	10	8	7	7	Csir
50	8	8	6	6	7	10	8	PvR
177	16	13	9	12	10	8	9	Agape
750	13	5	7	12	11	8	10	Irene
250	11	14	13	11	13	12	11	Love Running
35	6	11	14	14	14	14	12	Arete
140	12	10	11	9	8	11	13	Overkruin
35	4	5	11	7	12	13	14	Post Office
288	18	18	16	14	15	15	14	Rwfl
160	14	16	17	16	18	16	16	Aurecon
269	19	15	15	17	17	17	17	Runavation
37	14	17	18	18	16	18	18	Enduro
100	17	19	19	19	19	19	19	Zwakala
306	20	20	20	20	20	20	20	Phobians

## SUPER LEAGUE

Our ladies are still unbeaten! Well done to you! Keep up the good work and be at the Fountains on Saturday.

<b>Grt Run 1</b>	<b>BHS</b>	<b>SunRise</b>	<b>Sol Mah</b>	<b>Jmek</b>	<b>M'lodi</b>	<b>Gars</b>	<b>Female</b>	<b>Points</b>
<b>Pos</b>	<b>Pos</b>	<b>Pos</b>	<b>Pos</b>	<b>Pos</b>	<b>Pos</b>	<b>Pos</b>	<b>Club</b>	<b>Log</b>
1	1	1	1	1	1	1	IRENE	350
3	2	2	2	3	2	2	MAGNOLIA	311
16	8	4	3	2	4	3	NEDBANK	300
14	5	3	4	5	5	4	RUNAVATION	297,5
11	9	7	6	6	5	5	CSIR	294,5
17	12	9	8	7	7	6	PHOBIANS	274
8	6	5	5	4	3	7	OVERKRUIN	253,5
5	3	8	7	8	8	8	VTM	227
19	13	21	13	11	9	9	LOVE RUNNING	226
4	4	11	9	13	12	10	TRANSNET	223

Our men managed to stay in 6<sup>th</sup> position. Please try and keep it there!

<b>Global</b>	<b>BHS</b>	<b>SunRise</b>	<b>Sol Mah</b>	<b>Jmek</b>	<b>M'lodi</b>	<b>Gars</b>	<b>Male</b>	<b>Points</b>
<b>Pos</b>	<b>Pos</b>	<b>Pos</b>	<b>Pos</b>	<b>Pos</b>	<b>Pos</b>	<b>Pos</b>	<b>Club</b>	<b>Log</b>
3	2	1	1	1	1	1	PMMC	346,5
2	1	2	2	2	2	2	NEDBANK	339
5	4	4	3	3	3	3	ACE	335
1	3	3	4	4	4	4	TRANSNET	323,5
12	7	7	5	5	5	5	CORR SERV	309
6	5	6	7	7	6	6	IRENE	287,5
10	8	5	8	8	7	7	TUKS	273
3	6	8	6	6	8	8	RUNAVATION	260
24	16	11	9	9	9	9	VTM	253,5
	22	15	10	10	10	10	AURECON	217



Congratulations to the following members who earned super league points:

NAME	AGE	CAT	TIME	POINTS
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**Ladies 10 km**

J VD WAALS	41	vet	00:41:02	22
A BREYTENBACH	51	mas	00:44:28	17
N BREYTENBACH	38	snr	00:45:29	14
A VORSTER	43	vet	00:46:05	12
S BOTHA	45	vet	00:49:02	3

**Ladies 21 km**

H GRIESEL	27	snr	01:50:34	20
R CLARIHEW	43	vet	01:55:25	17
T CAWOOD	31	snr	02:01:12	3

**Men 10 km**

P BREYTENBACH	39	snr	00:39:23	36
N SARAIVA	34	snr	00:40:39	29
T GOMES	39	snr	00:42:46	21

**Men 21 km**

J NEL	61	gm	01:38:13	13
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***WALKERS LEAGUE***

Well done to our walkers who finished first on the day and who are still on top of the log.  
Keep it there!

<i>Grt Run</i> <i>1</i>	<i>BHS</i>	<i>Sol Mah</i>	<i>JMek</i>	<i>M'lodi</i>	<i>Gars</i>	<i>Div 1</i>	<i>Points</i>
<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>L'gue</i>
1	1	1	1	1	1	IRENE	119
2	2	2	2	2	2	RWFL	114
3	3	3	4	3	3	ACRW	89,5
4	4	4	3	5	4	PMWC	83,5
6	5	7	7	7	5	VTM	77,5
8	8	5	5	4	6	LOVE RUNNING	73,5
9	6	6	6	6	7	AGAPE	72,5
6	10	7	8	9	8	SOLIDARITEIT	71,5
10	6	10	8	8	9	PHOBIANS	63,5
11	12	9	10	11	10	AURECON	59

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

Dear Fellow Club Members,

August is here and we upping the intensity of the training. It is time to dust off those running shoes and get ready for the ensuing season. Testing you on your shorter races to see how far off you are with your fitness is a good start. Once the season starts proper you should be well on your way to full fitness and ready to face your target races. 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 not so hard (MOST TIMES). 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.

Most of you will know this little tune from CHEERS. Hopefully this will inspire you to come to the club and attend the training sessions ☺

**Making your way in the world today takes everything you've got  
Taking a break from all your worries, sure would help a lot.  
Wouldn't you like to get away?**

**Sometimes you want to go where everybody knows your name,  
And they're always glad you came.  
You wanna be where you can see; our troubles are all the same  
You wanna be where everybody knows your name.**

**You wanna go where people know, people are all the same,  
You wanna go where everybody knows your name.**

Proud IRENE Greetings

Linley

### ***GREEN LEAF PROJECT***

Spring is around the corner and it is time that we become fit and strong, but also support a worthy cause in the process!!

I am therefore excited to announce our **2015 Spin-a-thon** that will take place on 6 September 2015 from 10h00 to 14h00 at the Virgin Active, Mall@Reds.

Buy a bike for R200, put together a team and come and spin for an hour session to enable us to help Bramley Children's home to acquire a gas stove.

To book please contact Lindie Steenkamp, 082 333 1261 or lindies66@gmail.com

Cannot wait to see you all there!

Lindie

### ***NOTICE BOARD***

#### **Saturday 8 August**

#### **Women's Rights Run/Walk 21.1/10/5 km**

Race Organisers: Aeorobics 4 All **League Race**

Venue: Fountains Valley

GPS: S 25.7811' E 28.1939'

	21.1 km	10 km	5 km
Pre entry fees	R 70	R 50	R 30
Race day entry fees	R 90	R 70	
Start time	07h00		
Time Limit	??hrs		

**No pets allowed**

Pre-entries at: Run-away-Sports; Running Inn; Sweat Shop Southdowns; The Runners Shop  
Tramshed

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

**Monday 10 August****Castle Walk Road Race 10/5 km**

Race Organisers: Fit 2000

Venue: Castle Walk Centre, Nossob Street, Erasmuskloof

	10 km	5 km
Entry fees	R 40	R 30
Start time	07h00	07h15
Time Limit	??hrs	

**No wheel chairs**

Pre-entries at: Run-away-Sports; Running Inn; Sweatshop Southdowns, Dunkeld West &amp; Fourways

Castle Walk shops: Engen; Curves; Coco Bistro; Stationers; DFC

[www.enteronline.co.za](http://www.enteronline.co.za)**Saturday 15 August****Ocean Basket Marcel van't Slot Memorial**

Race Organisers: Phobians Athletics Club

Venue: Pretoria Boys High School, Roper Street, Brooklyn

GPS: S 25.45'38.25 E 28.13'26.07

	15 km	5 km
Entry fees	R 60	R 40
Late entry fees	R 70	R 40
Entry fees 70+ / wheel chairs / blind runners – race day only	Free	
Start time	Running 07h00 Walking 06h50	07h15
Time Limit	02h30	02h00

**Free t-shirts 10 the 1<sup>st</sup> 1000 in the 15km and 500 in the 5km****Baby strollers welcome on the fun run**

Pre-entries at: Run-away-Sports; Running Inn; Sweatshop Southdowns, Dunkeld &amp; Bedfordview; Runners Shop Tramshed

[www.entrytime.com](http://www.entrytime.com) & [www.sa.active.com](http://www.sa.active.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>
A4A Women's Rights Run/Walk	10 km/21	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**

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

#### **International Championships**

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>

#### ***THOUGHT FOR THE WEEK***

**Stop worrying about what you have to loose and start focusing on what you have to gain.**



## Photo Corner

The following photos were taken at the prize giving ceremony of the 1000 Km Challenge. Congratulations to the following members on their achievements. Unfortunately the complete results are not available.



Fanie Naude



Henk Moen





Jacque Burn



Marie van Dyk



James Black



Zelna Black





Marulette Erasmus

The following photos were taken at the cross country meeting at LC de Villiers on Saturday:



Liza Maritz





Ansie Breytenbach



Mike du Bruto



Kobus van Schalkwyk running under cover