



IRENE NEWS

3 July 2017

No 26 - 2017



ACHIEVEMENTS

The following members were on the podium at the Run & Walk for Bibles race on Saturday:

Johan van Vuuren	1 st GGM – 10 km (66:28)
Joey Cloete	1 st GM lady – 10 km (54:57)
Danie Labuschagne	1 st GM walker & 3 rd walker 10 km (65:32)
Iain McFadyen	1 st GGM – 21 km (1:52:49)
Sandra Steenkamp	1 st Lady walker & 1 st master (2:10:43)
Elsa Meyer	1 st GGM lady walker – 21 km (2:33:25)

Congratulations!

PERSONAL ACHIEVEMENTS

None received

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:15 - Club house

Social evening at 18:00 – Club house

Saturday:

Ice Breaker 5/10/21 at 06:30 (Walkers), 07:00 (Runners) – Garsfontein Primary School

SOCIAL EVENING

Don't miss out on the social evening on Tuesday, it is going to be special.

Bring the whole family along.

Menu: Orange and sage roasted chicken with Christmas stuffing, Rosemary roast potatoes, Maple cinnamon roast butternut and salad. This for only R40 pp.

Jumping castle for the kids.



SPAR



**BURR! COME IN OUT
OF THE COLD!**

CHRISTMAS IN JULY
Irene Social 4 July 2017

Christmas dinner and eggnog on sale

Join us for a white, wintery
Christmas. Bring with a unisex
gift to the value of R20
for the gift exchange



GreetingsIsland.com



CLUB AWAY WEEKEND

The Club Away weekend will be held at the Ingwenyama Lodge about 20 km outside Nelspruit from Friday 3 November until Sunday 5 November. The Kaapsehoop race takes place on Saturday, 4 November.

We have managed to secure 80 places for the weekend (40 x 2 berth rooms). (The accommodation has been booked and paid for by the club already.)



The cost of accommodation will be R700.00 per person for the two nights.

To confirm your accommodation it must be booked personally via email with Joy Nicholl (joy@petretreat.co.za). First come first serve.

Payment for the accommodation must be made to the club account, no later than Friday 11th August 2017. (The proof of payment must also be sent to Joy)! If you have put your name down and the booking has not been paid for by this date the accommodation will be passed over to the next person on the waiting list.

All queries regarding the accommodation must also be directed to Joy.

Details regarding the program of the weekend will be sent out later once it has been finalised.

Irene Athletics Club, Standard Bank, Account 032183186, Branch 012645

ATHLETE OF THE YEAR

Attached you will find the standings of the athlete of the year up to the end of June (excluding the Race of Friendship league race). Please refer to the 2017 Information Booklet should you need more information regarding the methods used to determine the athlete of the year.

Please send any queries to info@irenerunner.co.za

CAPTAIN'S CORNER

With the winter chill in full swing it is difficult to think of going out for a run or a training session. With that said we are starting on **Monday 3rd of July at 17:15** at the clubhouse. We

must get ready for the new running season and the focus will be on your qualifying marathon which is Kaapsehoop in Nelspruit. The race date is the **4th of November** and this will give us a few months to prepare. This will fall nicely in line with the club's weekend away which is always a great event. For those members who want to qualify early, this is a great opportunity to get it out of the way.

This way you can meet your fellow club members and share your war stories of the day. It is also a great place to ask questions about how to approach your training and racing goals. There are quite a few experienced members at the club who will be attending the weekend away.

An important notice I want to ensure everyone understands is that **"The club group training program is there for everyone 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.

Remember we will start off slowly with easy runs not more than 10km's, so dress warm, bring a headlight if you have one and dry clothes.

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.

NB: SUMMER BODIES ARE MADE IN WINTER 😊

Happy running and see you on the road or the trails.

Proud IRENE Greetings,

Linley

WINTER WARMER PROJECT

Don't forget your contribution towards this very important project. With this money Irene AC would like to continue our 'tradition' to buy blankets for needy senior citizens and to also supply animals with much needed food and blankets.

If every club member raises R50, we can reach our target of R30,000.

FROM THE MAIL BOX

To my dear Irene club members... runners and walkers alike. its with a heavy heart I am saying good-bye to you all, I have been a club member for 15 years and I'm relocating to Hermanus Western Cape. Over the years I have made many friends at the club and run many many races as a proud Irene runner. I send a special thank you to Bertha and Gerard for spoiling me weekly at the club tent. I'd also like to take this opportunity to thank everyone for making me feel part of the Irene family we've had many fun times over the years on the road and at the club house, wishing you all the very best for the future and I hope to see you all on the road at various races in the Beautiful Cape.

Love to all,

Elaine Cuffe.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Maureen	Mossop	03 Jul
Jeanine	Smit	03 Jul
Nadia	Liebenberg	04 Jul
Pierre	van Deventer	04 Jul
Nadine	Breytenbach	06 Jul
Lindsey	Lotringer	06 Jul
Mpho	Netshiombo	06 Jul
Andrew	Heuvel	07 Jul
Martin	Struwig	09 Jul
Roche	Vermaak	09 Jul
Roche	Vermaak	09 Jul



NOTICE BOARD

Saturday 8 July

Garsfontein Ice Breaker 21.1/10/5 km

Race Organisers: Wingate Road Runners & Dutch Reformed Church Garsfontein

Venue: Garsfontein Primary School, Zita Street, Garsfontein

GPS: S 25 47 24,44 E 28 17 43,22

	21.1 km	10 km	5 km
Entry-fee	R 80	R 60	R 40
70+ (only temporary license if applicable)	Free		
Start Time	06:30 – Walk 07:00 – Run		07:15
Cut-off	03:30		

No animals allowed

Pre-entries at: Run-away Sport; The Runners Store; Garsfontein Church (285 Emmie Hartmann Street)

www.nggars.org.za

Saturday 15 July**AfriForum Springbok Vasbyt 25/10/5 km**

Race Organisers: Voortrekke Monument Atletiekkklub

Venue: Voortrekker Monument, Pretoria

GPS: S 25 77 690 E 28 17 747

	25 km	10 km	5 km
Entry-fee	R 120	R 80	R 40
60+ - only with age tag – race day only	R 50		
Start Time	07:30		07:40
Cut-off	03:30		

The 10 & 25km is not suitable for bay stollers and wheelchairs**No animals allowed**

Pre-entries at: Run-away Sport; The Runners Store; PostNet Pretoria West (Quagga Centre); Sportmans Warehouse Centurion, Kolonnade, Atterbury Value Mart

www.entrytime.co.za**League Race****Saturday 22 July****Long Walk/Run to Freedom 21.1/10/5 km**

Race Organisers: A4A Athletics Club

Venue: Eco Boulevard, Witch-Hazel Avenue, Highveld, Centurion

	21.1 km	10 km	5 km
Entry-fee	R 80	R 60	R 40
Start Time	07:00 run 07:15 walk		07:30
Cut-off	03:00		

No animals allowed

Pre-entries at: Run-away Sport; The Runners Store; Sweatshop Southdowns; Maxi's Restaurant Eco Boulevard; Tshwane Running Shop Sinoville

www.entrytime.com

Saturday 29 July**Zwartkop Road Race 21.1/10/5 km**

Race Organisers: Gereformeerde Kerk Wierdapark/Denel Athletics Club

Venue: Zwartkop Lapa, Centurion

GPS: S 25 50 14.25 E 28 07 28.46

COME EARLY – ONLY ONE ENTRANCE GATE

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 40
70+, blind & wheelchair athletes – race day only	50% of entry fee		
Start Time	07:00 run 07:15 walk		07:30
Cut-off	3:00		

Pre-entries at: Run-away Sport; The Runners Store; Sweatshop Southdowns & Dunkeld;
Sportmans Warehouse Centurion; The Natural Runner Highveld

www.enteronline.co.za **No animals allowed**

2017 AGN LEAGUE FIXTURE LIST

EVENT	DIST	DATE	LEAGUE	
			RR	RW
LONG WALK/RUN FOR FREEDOM	10/21	22 Jul	X	X
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

Happiness is found when you stop comparing yourself to other.

Photo Corner (Run and Walk for Bibles)



Tania Thompson and Dianne du Plessis



Louwrens Smit and Johan van Janse Vuuren



Mariet Louw, Joey Cloete and Letha Kotze



Candice van der Spuy, Renette Prinsloo, Charmaine and Jolandé Janse van Rensburg



Danie Labuschagne and Annemarie Breytenbach



Trevor Netshiombo and Marks Mathebula



Chilene Verheem and Marlise Pienaar



Glenn Thompson is back on the road after being bitten by a dog



Irene had a lovely spot for the caravan and gazebos



Werner van der Merwe stood in for Gerard and Bertha and did an excellent job



Riaan Jordaan recently ran the Hamburg Half Marathon in Germany

