



IRENE NEWS

3 July 2018

No 26 - 2018



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Race for Friendship:

Louisa Spangenberg	1 st Lady – 21 km (1:41:14)
Ansie Breytenbach	1 st Master lady & 2 nd lady – 21 km (1:44:42)
Elsa Meyer	1 st GGM lady walker – 21 km
Jaap Willemse	1 st GM walker & 2 nd man – 10 km (1:03:50)
Danie Labuschagne	2 nd GM walker – 10 km (1:05:26)
Gerard van den Raad	1 st GGM walker – 10 km (1:10:24)

PERSONAL ACHIEVEMENTS

None received



THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:15 – Club house (social evening)

Saturday:

Garsfontein Ice Breaker @ 07:00 (06:30 for walkers) – Garsfontein Primary School

LEAGUE RACE

The Garsfontein Ice Breaker on Saturday is the next league race. We need you there for league points please. There will be something to eat afterwards as always.

CAPTAIN'S CORNER

The Comrades buzz is over and we head into the second half of the season with hopefully just as much vigour and commitment during these cold winter months. With winter well settled in, it gives us no excuse to hibernate and wrap ourselves in a cocoon. It's the best time to train, dress warm and hit the road again to prepare for faster times over the shorter distances.



SUMMER BODIES ARE MADE IN WINTER. The importance of core and strength training was highlighted at our Comrades pre-function by Caroline, as well as in many sporting print and social media so use the opportunity presented to you by Suzelle Engels our qualified Biokineticist we have on Mondays. It worked for a lot of us at our races and at Comrades. She is running a July special for extra sessions for **ALL** the IRENE members at her Silverlakes practice. Please engage with her regarding this package deal. Her contact number is 082 415 5019.

As you will see the program will entail Tempo, Interval and Hill Repeat sessions on Wednesdays so that we can effectively train towards our 10km Club Champs goal. Those who want to run good times over 10km, 21km and ultimately a marathon, here is the ideal opportunity to make it happen and train for it. Thank you for your ongoing support at these training sessions and your friendship you display amongst one another. I like what I see and the camaraderie you have shown makes anyone want to join the club.

Talking about joining the club, I have attached a **NOVICE 10km** program that is no work of mine but that of Prof Jacques Rossouw (Ex IRENE club member) I found in the 2018 Nedbank race calendar book. I encourage each one of you to bring along a family member, friend, colleague or whoever is keen on starting out to run and to join the club. You can be the reason that they living a healthier lifestyle. See, we are all ambassadors of the club and we are the ones who can promote the club and tell people about it. Your personal experience of the club speaks volumes. No social media or pamphlet can do that but **YOU**, yes **YOU**. They can use this program to get them going and in doing so they become members of this outstanding club. Nice little challenge for you to participate in.

See you on the road and trails soon.

PROUD IRENE GREETINGS

Linley

082 345 5343

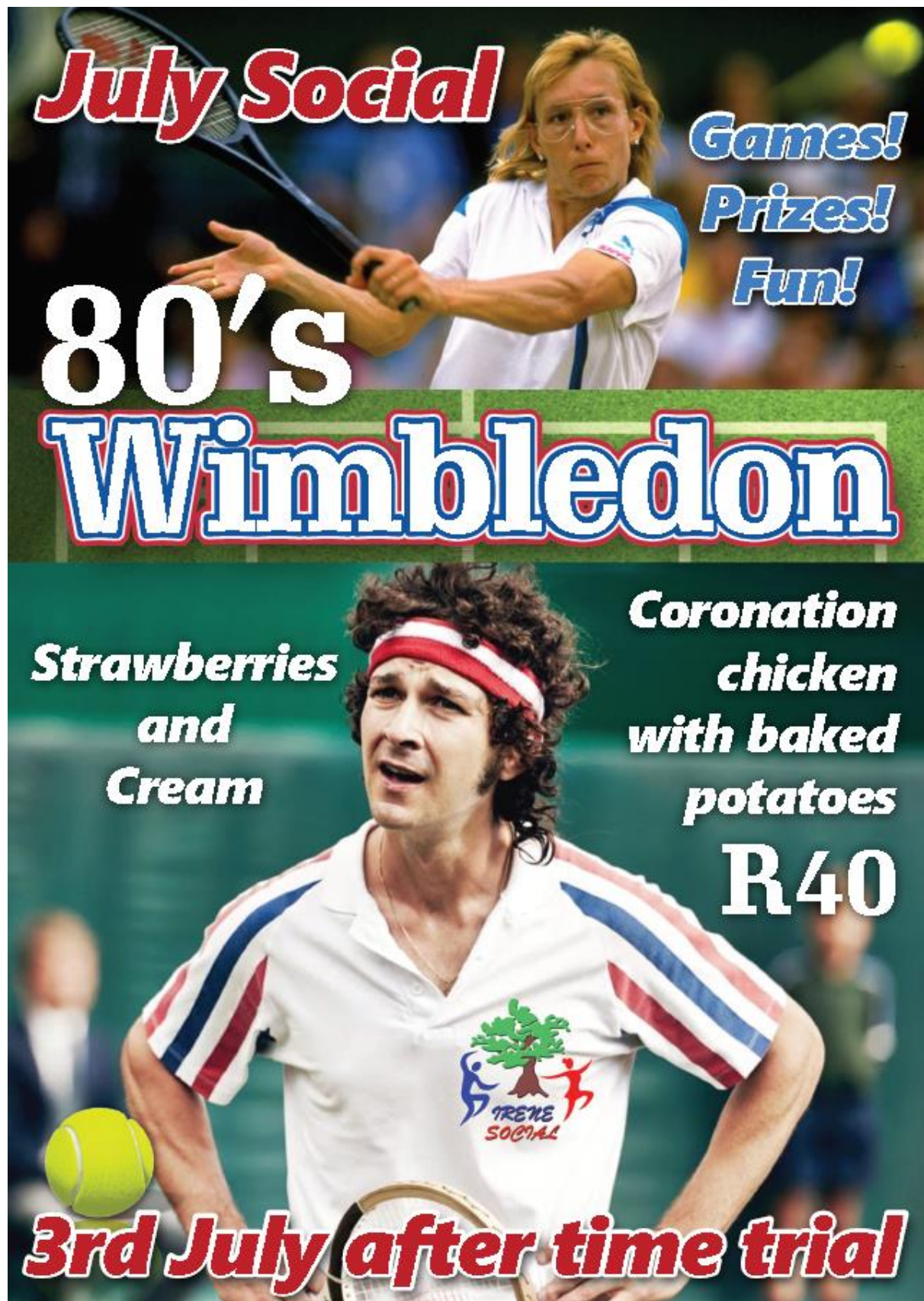
PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Gerhard	Van Vuuren	02 Jul
Maureen	Mossop	03 Jul
Jeanine	Smit	03 Jul
Nadia	Liebenberg	04 Jul
Nadine	Breytenbach	06 Jul
Alfred	Matema	06 Jul
Willem	Botha	06 Jul
Mpho	Netshiombo	06 Jul
Andrew	Heuvel	07 Jul



SOCIAL EVENING



July Social

**Games!
Prizes!
Fun!**

**80's
Wimbledon**

**Strawberries
and
Cream**

**Coronation
chicken
with baked
potatoes**

R40

3rd July after time trial

You can't miss out on this one!!!!!!!!!!!!



MODERN
athlete

NOTICE BOARD

Saturday 7 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 47°24,44 E 28 17'43,22

	21.1 km	10 km	5 km
Entry fee	R 80	R60	R50
Entry fee 70+	Free		
Start Time	Walk 06:30 Run 07:00		07:15
Cut-off	03:30		

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sport; Garsfontein Church 285 Emmie Hartmann Street

www.enteronline.co.za

2018 AGN LEAGUE FIXTURE LIST

<i>EVENT</i>	<i>DISTANCE</i>	<i>DATE</i>	<i>LEAGUE</i>	
			<i>RR</i>	<i>RW</i>
Ice Breaker	21.1/10 km	07/07	X	X
SMU Half Marathon	21.1/10 km	25/08	X	X
Clover Irene Spring Race	21.1/10 km	29/09	X	X
CSIR Road Race	21.1/10 km	20/10	X	X
Tom Jenkins	21.1/10 km	17/11	X	X

Masters Athletics Fixture list

- **Local meetings**

4 Augustus 2018 FSMA Throws and jumps Pelliespark, UFS

27 October 2018 SWD Oudtshoorn

10 November 2018 Free State Bloemfontein

THOUGHT FOR THE WEEK

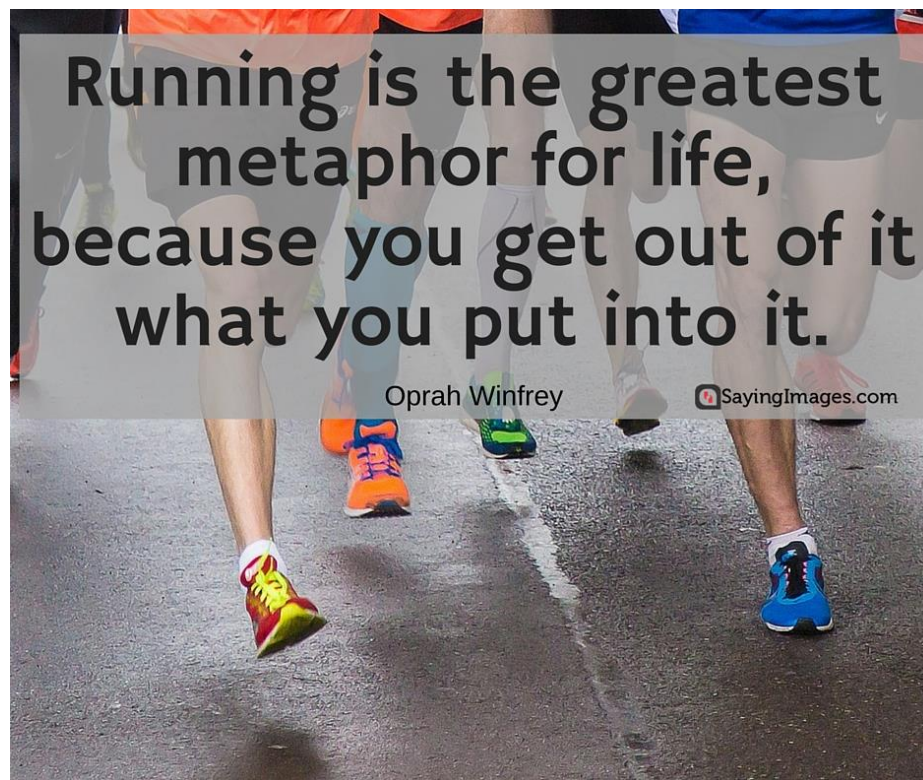


PHOTO CORNER (Race of Friendship)



Louisa Spangenberg on the right and Ansie Breytenbach, 1st & 2nd ladies of the 21 km



Jaap Willemse



Gerard van den Raad



Annemarie Breytenbach, Anna Pieterse and Derrick van der Merwe



Marks Mathebula and Joseph Moagi