



IRENE NEWS

4 January 2016

No 1 - 2016



EDITORIAL

I trust that all of you had a wonderful break and an enjoyable festive season. On behalf of the management committee I want to wish all our members a year filled with good health, wealth and happiness. May all your dreams come true. Don't count the days in 2016, make the days count.

I want to appeal to all our members once again to set an example to others this year. Keep the following in mind:

Do not throw your empty water sachets and cups away 200 meters after a water point. If you want to keep it a bit longer then dump it at the next water point. Encourage other athletes to do the same.

Make a point of it to thank the marshals at the races.

We are known as a friendly club. Proof it by greeting your fellow club members when passing them on the road. Wear your name tag on the back of your running vest so that we can get to know each other.

Wear your proper club apparel. It makes a very bad impression if some members wear shorts of different colours. The clothing shop now belongs to the Club and management will do its best to ensure that there is ample stock of all the items.

Take part in the club activities and become part of the Irene family.

Find out what you can do for the club and not what the club can do for you.

ACHIEVEMENTS

Congratulations to the following members who were on the podium during the holiday period:

Ansie Breytenbach	1 st Master lady & 5 th lady – Skosana 10 km (46:34)
Elsa Meyer	1 st GM lady – Skosana 10 km (64:49)
Mariet Louw	2 nd GM lady – Skosana 10 km (73:49)
Leon Page	3 rd Master man – Skosana 10 km (48:03)
Johan van Vuuren	1 st GGM – Skosana 10 km (63:15)
Sandra Steenkamp	1 st Lady walker & 1 st Master – Wonderful run 21 km (2:18:23)
Jaap Willemse	1 st Master walker – The Wonderful Run 21 km (2:19:29)
Lucia Willemse	1 st GM lady walker – The Wonderful Run 10 km
Jacquie van der Waals	1 st Lady & 1 st Vet – Palm Tyres George (39:22)
Ansie Breytenbach	1 st Master lady & 2 nd lady – Silverton 12 km (55:38)
Mike du Bruto	1 st GM – Silverton 12 km (53:59)

Danie Labuschagne	1 st Walker – Silverton 25 km (2:59:15)
Ansie Breytenbach	1 st Master lady & 3 rd lady – A4A 21 km (1:39:38)
Johan van Vuuren	1 st GGM – A4A 21 km (2:19:16)
Sandra Steenkamp	1 st Lady walker – A4A 21km (2:12:53)
Elsa Meyer	2 nd Lady walker – A4A 21 km (2:12:53)
Leon Page	1 st Master – A4A 10 km (45:55)
Mariet Louw	1 st GM – A4A 10 km (1:11:16)
Lucia Willemse	2 nd Lady walker – A4A 10 km (1:07:08)
Jacquie van der Waals	1 st Lady & 1 st Vet – Bophelong 10 km (39:22)
Johan van Vuuren	1 st GGM – Bophelong 10 km (63:19)
Jaap Willemse	1 st Walker – Bophelong 10 km (63:43)
Sandra Steenkamp	1 st Lady walker – Bophelong 10 km (59:13)

Congratulations to you all!

REGISTRATIONS 2016

Attached are the registration instructions and details for 2016 once again.

Registration started on 1 December 2015 and the registration parcels will be ready for collection from 12 January 2016 (also see point 5 below). Your 2015 licence number is valid until the end of January 2016.

Please note that if you were registered for 2015 and your details have not changed, you do not need to visit the ASA website. You can just pay the registration fees and send me the proof of payment (that's it!).

To assist with the big task ahead, please help me to:

1. Send only ONE email with your proof of payment, t-shirt size and the information requested on the instruction sheet. I get a LOT of emails and I will appreciate if we can limit the traffic and have a smooth process;
2. Please ensure that all registration communication is emailed to the *correct* email address: admin@irenerunner.co.za ;
3. Only the first 500 members will receive t-shirts – so get those registrations in;
4. If you have registered by 31 December 2015, your registration parcel will be ready for collection at the club house on 12 January 2016 from 17:20 – 19:00 or any other Tuesday at the same time;

Regards, Zelna

TIME TRIALS

The normal club activities will commence on Tuesday 5 January. The time trials will start at 17:30. EVERYBODY STARTS TOGETHER. Please note that the admin desk will be closed but the clothing shop will be open for business. The admin desk will open on 12 January.

SOCIAL EVENING

The first social evening of 2016 will take place on Tuesday 12 January. Bring the family along and enjoy a lovely evening with your fellow club members. As always there will be something to eat at a very reasonable price.

CAPTAIN'S CORNER

Dear Fellow Club Members,

The start of the new running season is upon us. We start on the 4th of January at the clubhouse at 17h30 every day except Fridays. This is our REST DAY as you will see on the training program. There are morning's runs happening from Rhapsody's for those members who cannot train in the afternoon. Dieter Meyer facilitates these morning runs and they usually start around 4h45am Mondays, Wednesdays and Fridays. Our long runs will be from the Ridgebacks Restaurant starting from the 6th of January. The address is Corner of South and Jean Ave, Doringkloof. GPS co-ordinates are Latitude - 25.8541 and Longitude - 28.20282.

The bathroom key is no longer available. Should you want one please purchase your personal one from any locksmith. The key number is **M21B**.

REMEMBER the first **LEAGUE** race is on the 16th of January. Please diarise this and commit to it. We will need everyone to attend the league races this year so we can give it a good go for the top spot.

See you all on the training ground.

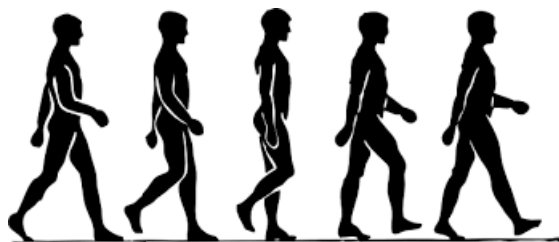
Should you have any questions about training please drop me a mail at training@irenerunner.co.za or call me on 082 345 5343 and I will assist where possible.

Proud IRENE Greetings

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WALKERS SECTION

Attention all walkers.



(Race walking, power walking or just social walking to stay fit)

My name is RAY PATTERSON, I am the Walking Captain for Irene Athletics Club.

We will be resuming our quality training sessions every Tuesday evening as from January 12th 2016.

All walkers and runners are welcome irrespective of age, experience pace or fitness level. (Beginners are more than welcome)

You don't have to officially join the group nor do you have to attend every session. It's up to you.

The quality training sessions consist of:

A warm up before the session. (Dynamic stretches)

The training session. (To be supervised and advice given where necessary)
A warm down after the session. (Static stretches)

The training sessions are approximately 60 minutes long depending on the activity.

Activities will include strength training, endurance, stamina and speed work.

There will also be coaching on technique for those who want it.

The aim of these quality training sessions is to provide an opportunity for anyone who wants to improve their times, fitness or technique.



We have a 3 km time trial every 6 weeks so that you can monitor your progress and level of fitness.

We meet every Tuesday at the main admin building at 17h00.

Go past the club on your right, first turn left (This is the Irene time trial route) and you will see the double story face brick building on your right.

We have a designated area (400m flat section with markers) to do our training including the warm ups and warm downs.

Some points to consider when deciding whether to partake or not.

- ✓ Walking is known to be one of the best forms of exercise you can get.
- ✓ When race walking or power walking (without using the hips) you use 95% of your muscles.
- ✓ Race walking gets the heart working just as well as running does, but without the excessive jarring to the body.



We do what we do to get fit and to stay fit. Some of us like to compete and some don't, but we all want to get a little bit better at what we do.

I look forward to seeing you all again and look forward to meeting all the newcomers who have made the decision to make a difference in their lives by getting fit!

If anyone wants more information about the quality sessions you are welcome to contact me.
rayp@mweb.co.za or 076 565 2228

RAY PATTERSON.

AGN LEAGUE

We managed to finish in 12th position in the AGN league. Thank you to all our members who participated in the league race during the year. Let's all try to put in a bigger effort to support the league races during 2016.

<i>Div 1</i>	<i>Points</i>
<i>Club</i>	<i>League</i>
Vtm	216
Ace	195
Pmmc	185
Npo	184
Resbank	176
Hqh	159
Csir	126
Agape	116
PvR	112
Overkruin	96
Love Running	96
Irene	95
Aurecon	85,5
Rwfl	84
Enduro	76,5
Arete	73
Zwakala	67
Post Office	64
Runavation	53
Phobians	45



SUPER LEAGUE

Congratulations to our ladies who won the super league with an excellent performance! They lead from start to finish during the year. We are very proud of them. Our men finished in the 6th position.

<i>Female</i>	<i>Points</i>
<i>Club</i>	<i>Log</i>
IRENE	495
MAGNOLIA	448
RUNAVATION	446
NEDBANK	413,5
PHOBIANS	395
OVERKRUIN	378

<i>Male</i>	<i>Points</i>
<i>Club</i>	<i>Log</i>
PMMC	491,5
NEDBANK	489
ACE	480
CORR SERV	444
TRANSNET	406,5
IRENE	396,5

CSIR	369
VTM	360
RESBANK	326
RUNNING INN	313,5

VTM	390
TUKS	382
RUNAVATION	380,5
RESBANK	306,5

Congratulations to the following members who earned super league points at the Muller Potgieter race:

NAME	AGE	CAT	TIME	POINTS
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Ladies 10 km

L MARITZ	36	snr	00:41:12	24
N BREYTENBACH	38	snr	00:43:48	19
A BREYTENBACH	51	mas	00:45:42	17
S BOTHA	45	vet	00:50:58	3

Ladies 21 km

H GRIESEL	27	snr	01:48:17	12
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Men 10 km

P BREYTENBACH	39	snr	00:37:26	42
T GOMES	39	snr	00:42:26	31,5
L PAGE	56	mas	00:46:16	10

Men 21 km

D BROUGHTON	42	vet	01:31:59	28
N SARAIVA	35	snr	01:32:25	23
J NEL	61	gm	01:35:30	16
C NICHOLL	47	vet	01:37:30	8

WALKERS LEAGUE

Congratulations to our walkers who did it once again! They beat RWFL with only one point! You really did us proud.

<i>Div 1</i>	<i>Points</i>
<i>Club</i>	<i>L'gue</i>
IRENE	194,5
RWFL	193,5
PMWC	156
ACRW	131
LOVE RUNNING	127,5
SOLIDARITEIT	127
VTM	124,5
PHOBIANS	116,5
AGAPE	103



LIGHTS RUN 10 DECEMBER

The light run was a huge success. Just over 100 people participated. It was a record number by far! Thank you to everybody who participated and also for the many presents received. The presents were given to the Danville Lights House for distribution.

See the photo corner for some photos.

PERSONALIA

Congratulations to Dirk Cloete and Amanda Viljoen who got married in December. We wish them a wonderful life together.

Congratulations to everybody celebrating their birthdays during the holiday period:

Franco	Jansen	05 Jan
Annemarie	Breytenbach	06 Jan
Shane	Redelinghuys	06 Jan
wilna	van zyl	06 Jan
Anina	Coetzee	07 Jan
Rachelle	van der Walt	07 Jan
Giel	Cillie	08 Jan
Peter	Dixon	08 Jan
Lizelle	Page	08 Jan
Nadia	Oberholzer	09 Jan
Juan	Koekemoer	10 Jan
Mathabo	Mathebula	10 Jan
Ian	Mossop	10 Jan



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NOTICE BOARD

Saturday 9 January

A4A Road Safety Run/Walk 21.1 / 10 / 5km

Race Organisers: Aerobics for All

Venue: Eco Boulevard, 270 Witch-Hazel Avenue, Highveld X68, Centurion

GPS: S 25.7665 E 28.3012

	21.1 km	10 km	5 km
Pre-entry fees	R 70	R 50	R 30
Race day entries	R 90	R 70	R 50
Start time	06h00		06h15
Time Limit	??h00		

No animals allowed

The road is wheelchair friendly

League Race & 10km AGN Championships

Saturday 16 January

BestMed 10 / 21.1 / 5km Race

Race Organisers: Eersterust Athletic Club

Venue: Eersterust Sports Stadium, c/o St Joseph & Hans Coverdale West, Eersterust

GPS: S 25 42'54.12" E 28 18' 25.79"

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
GGM – free entry on race day only			
Start time	06h00		06h10
Time Limit	03h00		

No animals allowed

Pre-entries at: Running Inn; Running Inn; Runners Shop; Sweat Shop, Southdowns

www.enteronline.co.za

Saturday 23 January**PWC George Claassen Memorial Road
Race 21.1 / 10 / 5 km**

Race Organisers: Pretoria Marathon Club

Venue: Pick 'n Pay Hyper, c/o Atterbury Rd & Selikaats Causeway, Faerie Glen

GPS: S 25.7841 E 28.3051

	21.1 km	10 km	5 km
Pre-entry fees	R 80	R 60	R 40
Race day entries	R 100	R 80	
GGM & GGGM – free entry on race day only			
Start time – Running	06h00		06h15
Start time - Walking	05h30		
Time Limit	03h00		

No wheelchairs

Pre-entries at: Running Inn; Running Inn; Runners Shop; Sweat Shop: Southdowns, Dunkeld West, Fourways Crossing; Bedford Runner; Randburg Runner

www.enteronline.co.za**Saturday 30 January****Akasia Road Race 42.2 / 21.1 / 10 / 5 km**

Race Organisers: Wonderpark Shopping Centre

Venue: Wonderpark Shopping Centre, Heinrich Avenue, Karenpark

GPS: S 25 40.264 E 28 6.703

	42.2 km	21.1 km	10 km	5 km
Pre entry fees	R 90	R 70	R 60	R 30
Entry fees 60+	R 40	R 30		
Race day entry fees	R 110	R 90	R 80	
Race day entry fees 60+	R 50	R 40		
Blind runners	Free			
Start time	05h30	05h45	06h00	06h10
Time Limit	05h00			

Pre-entries at: Running Inn; Runners Store; Sweat Shop, Southdowns; Dunkeld West & Bedford View; Boost Juice & Maxi's Wonderpark Centre

www.enteronline.co.za & www.saactive.com

2016 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
ACE	10/21	16 Jan	X	X
Tuks Bestmed	10/21	20 Feb	X	X
VirSeker	10/21	19 Mar	X	X
Ford	10/21	9 Apr	X	X
The Love Run	10/21	14 May	X	X
Race 4 Faith	10/15	4 Jun	X	X
Zwartkop	10/21	30 Jul	X	X
Wierie	10/21	13 Aug	X	X
Andrew Greyling	10/21	17 Sep	X	X
King Price Irene Farm	10/21	20 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

Masters Athletics Fixture list

Local meetings

02 April 2016 Gauteng North Championships, Pilditch

13 August 2016 Claude Sterley - Pilditch

SA Masters Championships

13/14 May 2016 SA's Pilditch, Pretoria

International Championships

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

<http://www.perth2016.com>

18 – 25 March 2017 World Indoor Championship 2017 in Daegu, Korea

THOUGHT FOR THE WEEK

To be inspired is great, to inspire is incredible.



SPAR



Photo Corner



Pat Andrew enjoying herself at the Lights Run



Dell Lewis and Werner Zandberg



Kerry and Sandra Trentham



Waiting for the race to start



Friend getting together



Mike Lundie giving the final instructions



Johan van Vuuren on the podium with Nick Bester



Ansie Breytenbach on the podium at the same race



Our oldest member oom Jan van de Venter (88) enjoying himself during the mass aerobics



Cheers to Rosemary Brink on her birthday



Danie Labuschagne on the podium



Nadene and Louis Visser, Amanda and Dirk Cloete and Claudia and Newton Cockcroft at the Knysna Trail Run



Amanda Cloete in action at the Knysna Trail Run



Louis Visser had to overcome his fear for heights at the Knysna Trail Run