



IRENE NEWS

4 May 2015

No 18 - 2015



ACHIEVEMENTS

The following members did us proud over the weekend:

Wally Hayward race

Ansie Breytenbach	1 st Master lady – 10 km (43:14)
Jaap Willemse	2 nd Walker – 10 km (62:35)
Wynand Breytenbach	1 st GM walker & 3 rd Man – 10 km (68:43)
Annatjie Greyvenstein	1 st GGM lady walker – 10 km (65:55)
Jan van de Venter	1 st GGGM walker – 10 km (98:07)
Victor Pethoe	2 nd Master – 21 km (85:38)
Elsa Meyer	1 st Lady walker & 1 st GM – 21 km (2:16:34)
Sune Jordaan	1 st Vet lady walker & 3 rd lady – 21 km (2:34:52)
Annemarie Kruger	9 th Lady – 42 km (3:24:29)
Johan Nel	3 rd GM – 42 km (3:33:39)
Sandra Steenkamp	1 st Lady walker – 42 km (4:37:53)

Jacaranda race

Ansie Breytenbach	1 st Master lady & 3 rd lady – 10 km (44:10)
Jaap Willemse	1 st Master walker & 2 nd man – 10 km
Gerard van den Raad	1 st GGM walker & 3 rd man – 10 km
Mike du Bruto	1 st GM – 21 km (1:32:28)
Elsa Meyer	1 st Lady walker & 1 st GM – 21 km (2:24:29)

Colgate race

Lyn de Bruin	1 st GM lady – 15 km (1:22:41)
--------------	---

Well done to all of you!

Congratulations to the following members who have been selected to the Gauteng North team to participate in the SA Masters Championships to be held in Port Elizabeth on 15 & 16 May:

Ansie Breytenbach	Ray Patterson
Wynand Breytenbach	Sandra Steenkamp
Joey Cloete	Jan van de Venter
Annatjie Greyvenstein	Gerard van den Raad
Liza Maritz	Jaap Willemse
Elsa Meyer	Lucia Willemse

PERSONAL ACHIEVEMENTS

Nadene Visser	PB – 21 km
Makomane Mokwala	First Marathon
Rirhandzu Mathebula	First Marathon
Johann van der Walt	PB – 21 km

Congratulations!

Please send me the info about all your personal achievements, don't be shy.

AN INSPIRING STORY

Makomane Mokwala is an employee of the ARC. He has been watching as our members run the time trials for some time now and decided that he also wanted to run. He took the big step last year and entered for Comrades. He started running slowly and joined the club this year. On Friday at the Wally he ran his first race ever and finished the Marathon in 3 hours 20 minutes.

Comrades here he comes!

Well done Makomane, it is indeed a great achievement for your first race ever.



LEAGUE RACE

The next league race will now be the Jackie Mekler 10/25 race this coming Saturday and not the Great Run 10 km on 30 May. We need you there in big numbers please! As always there will be something to eat for all our members.

INVITATION TO THE JACKIE MEKLER PENALTY STAKES

Irene members,

Please join us in a bus and run with a difference at the Jackie Meckler 25 km on Saturday. We will run at LSD pace and the run is targeted for those aiming between 10 hours and 12 hours at Comrades. If you run at LSD pace between 6:30 and 7:30 per km this is for you. Non Comrades runners are also welcome if the pace suits you. The aim is to clear the minds after all the hard months of training and have some fun, keeping running just simple and enjoyable. There are however a few very strict rules in this bus. I will carry a little black book and if you transgress any of the following rules your name will be dotted down in my black book. You will have to pay R10 for each time your name appears in the book and the money will be given to the Irene charity projects.

Rules:

1. No stop watches or any other electronic running devices are allowed

2. Each member of the group will get a chance to pace the bus at his/her easy LSD pace and no one is allowed to pass the pacer. The pacer will lead for between 1km and 3km depending on how many committed members we get
3. If you are caught asking a runner, marshal, official or any member of the public the time during the run your name will go in the black book
4. No pain killers or any performance enhancing substances allowed
5. If the group consensus is that the pacer is going to fast the pacer will slow down immediately and be booked
6. Each member will be required to sing at least one song or utter a mantra during the run
7. If you do or say anything remotely “*dof*” during the run you are booked
8. If you are not booked during the run you will be booked anyway at the finish for being too good
9. Pit stops are allowed but you will have to catch the bus on your own. If the group consensus is that you were dawdling too long at a pit stop or catching up you are booked
10. Any other penalties deemed fit by group consensus will be bookable
11. You are not allowed to talk about your injuries or moan about any niggles

See you on Saturday

Travers

CAPTAIN’S CORNER

With just a few weeks away to the big day this is the time to ensure you stay healthy. Take precautions and don’t play any contact sport or do something silly that could jeopardise your 2015 COMRADES.

We have worked hard to get here and we need to ensure we get to the start line in the best possible shape. This is the time to prevent injuries by not racing to see where you are with your fitness. As I mentioned before this would be a very bad idea so please **DO NOT TRY IT.**

If you are suffering with any niggles go and see a specialist. Do not try and run through the aches and pains as it could turn into something far worse. To all the members not doing Comrades you are not out of the woods at all as the training designed for **ALL** the members. The program is and will always be for everyone. Please come and join the training group every night at the clubhouse.

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

Linley

 <p>SHORT TERM BROKERS Value. Service. Trust</p> <p>Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za</p>	<p style="font-size: 2em; margin: 0;">We put you first</p> <p style="font-size: 0.8em; margin: 5px 0 0 0;">Short Term Brokers is an authorised financial services provider – FSP no. 10670</p>
---	--

NORRIE WILLIAMSON SEMINAR 3



The Final Approach to Your Best Comrades

Irene Club: 6 May 2015

**with: Old Mutual Virtual Coach
Norrie Williamson**

Time: 17:15 for 17:30 to 20:00
Venue: Agricultural Research Centre, Nellmapius Rd Irene **FREE TO ALL**

Your final Training, Taper, Injury/Illness, Pacing the UP Comrades, Mental Preparation, Nutrition for the Race, and Logistics – Everything you need for a great 90th Comrades

Supported by High Energy, Replenish, and Newton Shoes

Contacts: Linley 0823455343
 Wynand 082 937 0733.

 **OLD MUTUAL**

Due to this seminar there will be no long run on Wednesday.

TIME TRIALS

Please take note that the time trials will start at 17:15 from Tuesday. This will be the starting time until the end of August.

TRACK SUITS

The new Irene track suits will be ordered on an individual basis only. It is quite possible that the top and pants will not be the same size. There will be another opportunity on Tuesday evening to fit before placing your order.

The price of the track suit top will be R300 and the pants will cost R295.

BLUE TIGHTS

The new blue Irene tights have arrived and will be on sale at the clothing shop on Tuesday. Now there will be no reason anymore to wear black tights. It is not Irene colours. Wear the correct club colours with pride.



WALLY HAT RACE

Thank you to each and every one who was part of this great event on Friday. It was a huge success and enjoyed by everybody. Thank you to all our members who were wearing hats, pushing the trolley and making a contribution towards the Hasie se Holte shoe project. A total of R1190 was raised.

The winning hat belonged to Hennie van der Walt, second place to Teresia Stander and third to Bertha van der Raad.



IRENE ATHLETICS CLUB FACEBOOK

We now stand on 534 likes and on the way to the 600 mark. Please help us to get there and click on the link below and like our page if you haven't done it yet.



PERSONALIA

Condolences to Marie Viviers and her family with the loss of her husband. He lost the battle against cancer last week.

We also want to convey our condolences to Derick van der Merwe and the family of Sanette van der Westhuizen. Sanette was a former member of the club. She was admitted to hospital on Thursday and died on Friday morning due to kidney failure. She was 47 years old.

Co van den Raad will undergo an operation during the week. We wish him a speedy recovery.



Congratulations to everybody celebrating their birthdays during the week.

Johan	Nel	04-May
Kobus	van Schalkwyk	04-May
Simone	Du Plooy	06-May
Geoleen	Engelbrecht	06-May
Cobus	Engelbrecht	07-May
Caroline	Less	07-May
Clinton	Nicholl	07-May
Haupt	Beneke	09-May
Sheren	Naidoo	09-May
Marius	Smit	09-May
Pehr	Lodhammar	10-May



NOTICE BOARD

Saturday 9 May

Jackie Mekler Race 25/10/5 km

Race Organisers: PMMC

Venue: Pretoria Military Sport Grounds, Thaba Tshwane (Voortrekkerhoogte)

	25 km	10 km	5 km
Entry fees	R 70	R 50	R 25
Entry fees 60 – 69 / 70 - 79	R 30	R 30	Free
Entry fees 80+	Free	Free	Free
Start time	??h00		??h10
Time Limit	??h00		

Limited t-shirts are available. No t-shirts for 80+

Saturday 16 May

The Love Run 21.1/10/5 km

Race Organisers: Love Running

Venue: Hatfield Christian Church, 551 January Masilela Drive, Menlyn, Pretoria East

	21.1 km	10 km	5 km
Pre-entry fees	R 60	R 50	R 30
Race day entries	R 70	R 60	R 30
Start time	Runners 07h00 Walkers 06h45		07h10
Time Limit	03h00		

T-shirts to 10 & 21.1km pre-entries in shops and dealerships only whilst stocks last

Pre-entries at: Running Inn; Run-away-Sports; Sweatshop Southdowns & Dunkeld; Audi Centre Arcadia, Wonderboom, Menlyn & Silver Oaks

www.entrytime.com; www.mccarthyvw.co.za; www.mccarthyaudi.co.za

Saturday 23 May

Virseker 3 in 1 – 21.1/10/5 km

Race Organisers: Overkruin Atletiekklub

Venue: Kolonnade Shopping Centre, c/o Sefako Makgatho Dr & Dr van der Merwe Street,
Montana Park

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Start time	07h00		07h15
Time Limit	03h00		

Wheelchairs athletes welcome

Pre-entries at: Running Inn; Run-away-Sports;

Sunday 24 May

Pan African Marathon 21.1/10/5 km

Race Organisers: Great Run Africa/AGN

Venue: Union Buildings, Sunnyside

	21.1 km	10 km	5 km
Pre-entry fees with t-shirt	R 100	R 90	R 70
Pre-entry fees without t-shirt	R 85	R 75	R 50
Race day entries – no t-shirt	R 120	R 100	R 60
Pre-entry fees 70+ with t-shirt	R 70	R 70	
Pre-entry fees 70+ without t-shirt	R 50	R 50	
Pre-entry fees 60+ women with t-shirt	R 70	R 70	
Pre-entry fees 60+ women without t-shirt	R 50	R 50	
Start time	08H00	08H15	08h20
Time Limit	03H00	02H00	

Pre-entries at: Running Inn; Run-away-Sports; Sweatshop Southdowns & Dunkeld; The Runners Store; Sportsmans warehouse; Rockets Sport Shop

www.entrytime.com; www.greatrunafrica.com

Tuesday 16 June

Winter Warmer Road Race 21.1/10/5 km

Race Organisers: ACRW

Venue: ACRW Club House, Edinburgh Road, Clubview East, Centurion

GPS: S 25 50'13.3 E 28 10'32.4

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
Entry fees GGM, Wheelchair & blind athletes	Free		
Start time	14h00		14h35
Time Limit	??h00		

Wheelchairs athletes welcome

Pre-entries at: Running Inn; Run-away-Sports; Sweatshop Southdowns

2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
Jackie Mekler	10/25	11/05/15	X	X
Race Against Drugs	10 km	13/06/15	X	X
Mooikloof Realtors Winter Road Race	10 km	18/07/15	X	X
A4A Women's Rights Run/Walk	10 km	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

18 July 2015

Claude Sterley meeting – Pilditch - **only if sponsored**

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

SA Masters Championships

15/16 May 2015

Nelson Mandela Metropolitan University – Port Elizabeth

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

Life is like the ocean. It can be calm or still, and rough or rigid, but in the end it is always beautiful.



Photo Corner



Lizelle le Roux was one of the teachers with the group of children that survived the earth quake in Nepal

Wally Hat Race



















