



# IRENE NEWS

4 September 2017

No 35 - 2017



## ACHIEVEMENTS

The following members were on the podium during the week:

Pierre van Ryneveld 10 km Night Race:

Ansie Breytenbach	1 <sup>st</sup> Master lady – (49:08)
Joey Cloete	1 <sup>st</sup> GM lady – (68:02)
Bert van den Raad	1 <sup>st</sup> GGM (69:58)

Spirit of Flight 10 km

Mike du Bruto	2 <sup>nd</sup> GM – (45:08)
Johan van Vuuren	2 <sup>nd</sup> GGM – (72:34)
Jaap Willemse	1 <sup>st</sup> GM walker & 3 <sup>rd</sup> man – (61:36)
Danie Labuschagne	2 <sup>nd</sup> GM walker – (63:11)
Gerard van den Raad	1 <sup>st</sup> GGM walker – (66:40)
Sandra Steenkamp	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> master – (58:37)
Retha Knoetze	2 <sup>nd</sup> GM lady walker & 3 <sup>rd</sup> lady – (67:05)

Johan Nel	1 <sup>st</sup> GM – Rustenburg Mountain 25 km (2:17:25)
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Congratulations!

The following members received medals in their different age categories at the AGN 10 km championships that was part of the Spirit of Flight race:

Mike du Bruto	Gold
Ansie Breytenbach	Gold
Johan van Vuuren	Silver
Belinda de Bruin	Silver
Chis Harmse	Bronze
Joey Cloete	Bronze

Well done!

Rena van Wyk, Tjaart van Wyk, Joey Cloete and Susan Maree were the members of the winning mixed team at the Dawn to Dusk 12 hour circuit race.

Linley September, Nelius van Rooyen, Jaco van Rooyen and Gert van der Mescht were the members of the team that won the 100 miler at the Dawn to Dusk.

Congratulations to all of you!

### ***PERSONAL ACHIEVEMENTS***

Kerry Trentham	PB – 10 km
Alita Swanepoel	PB – 10 km
Rena van Wyk	PB – 10 km

Congratulations!

### ***CLUB 10 KM CHAMPIONSHIPS***

Congratulations to Phumlani Mabophe and Amanda Cloete who are our 10 km champions. The category winners will be announced once the full results have been received.



Phumlani Mabophe



Amanda Cloete

## **THIS WEEK'S DIARY**

### **Tuesday:**

Time trials at 17:15 - Club house -Spring run and Social evening

### **Saturday:**

Value Logistics 21/10/5 at 06:00 – TUT (League Race)

### **TIME TRIALS**

Spring is in the air and from Tuesday the time trials will start at 17:30. It will remain like this until the end of April.

The first time trials in September are very special and different. We request all our members to start at the same time (17:30). The time trials will be run in reverse without a watch. Members are requested to predict their times before the start. The actual time closest to the predicted time will win a pair of Asics running shoes.

It goes without saying that we rely on the honesty of each member.

### **MONTHLY SOCIAL 5 SEPTEMBER**



### **SPRING IS IN THE AIR**

Come and join us on the 5<sup>th</sup> of September at **17:30** for the annual spring handicap time trial.

No watches or cell phones allowed. Predict your time and run the time trial in reverse. Closest time to the time predicted wins a pair of running shoes!!

Don't miss it.... Then stay for the **PUB QUIZ!!!!**

Enter a team of 6. R50 entrance fee per team. **Winner takes all!!**

*No googling*

*Join us for a fun filled evening. Gourmet hamburgers on sale and as always....the bar will be open*

**You miss it... you miss out**

## **AWAY WEEKEND**

There are still 4 chalets available for the away weekend in November. First come first serve. Contact Joy at [joy@petretreat.co.za](mailto:joy@petretreat.co.za)

## **CARAVAN COMPETITION**

Our new "caravan" will be ready for use before the end of October. Although it will have the similar functions as our present caravan, it is a custom build trailer and therefore cannot be called a caravan.

The new trailer needs a name. We want to call on our members to help us to name it. In recognition for the member that comes up with the best name, a name plaque will be put up in the trailer. In addition, the member will receive free membership for next year.

Be creative and send your suggestions to [info@irenerunner.co.za](mailto:info@irenerunner.co.za).

## **CAPTAIN'S CORNER**

Spring is in the air and it is now the time to build that base for the upcoming running season. There should be no more excuses about the cold weather, you not motivated or whatever kept you away from training. Time to build your fitness and get a "spring" in your step. Training will start at 17h30 as of Monday, so hopefully I will see more of you at the sessions. For those of you who don't know we do strength and core training every Monday evenings from 6pm until 6h30 in the Lapa next to the clubhouse. I have Suzelle Engels who is a qualified Biokineticist to assist me with the training. She is doing the strength and core training sessions and will assist with the weekly sessions at the club. She is an invaluable asset to the training sessions and will assist you with injury prevention. We do a warm up run for 30 minutes and thereafter the strength training starts. Bring a mat or a towel to the session. An important point I want to stress is that **"The club group training program is for all club members and to assist you in reaching your desired goals"**. Join in at the weekly evening group training sessions at the clubhouse if possible. It is in a safe environment and it is **YOUR** club. The IRENE WHATSAPP is also there for you to be part of should you wish to be on the group. Send me your name and surname and I will add you to the group.

We are planning on getting a Physio and a Nutritionist to come give us a talk. WATCH THIS SPACE and the newsletter for the information.

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.

Suzelle Engels details is 082 415 5019 and her email is [suzelleengels@gmail.com](mailto:suzelleengels@gmail.com)

**REMEMBER - RUNNING MUST NOT BE A CHORE TO FIT IN, BUT A PRIVILEGE.**

PS: if you want to take an extra day rest and feel tired, then do.

Proud IRENE Greetings

Linley



## ***SOCIAL RESPONSIBILITY FEEDBACK***

### **Winter Warmer Project**

The money donated by Club members was: R 10,600

Money spent for “Hsie in die Holte”

and Daspoort feeding scheme: R 6,069.95

Money spent “Wollies Animal Shelter”: R4,000

Funds left: R503,05

#### **Hasie se Holte and Daspoort Feeding:**

“Hsie in die Holte”: is a crèche / primary school in Pretoria West, situated at the NG Church Wespoort grounds in Danville. The school caters for 25 – 35 very poor children and is run by volunteers from Tuks, 2 social workers and other women. No government money is received, and the facility is run with private donations.

The Wespoort feeding scheme is also run from the same grounds and caters for 66 poor families. Most of the families consist of people with disabilities or are elderly. The social workers have tested these people and from the 66 families, only 2 people were fit for work. People benefitting from this scheme must work, before they may have their weekly feeding scheme package. They are doing crafts twice a week, do Bible study and they sell their crafts once a year at a market.



The social workers gave Irene AC a wish list and we managed to buy all the stationery, cleaning materials, toothbrushes, soap and toothpaste and some treats for the children. With left over money, we assisted with 250 toilet rolls and 100kg of washing powder for the feeding scheme. There were some items left on the feeding scheme's list. All these items were delivered two weeks ago at the Wespoot church and it was wonderful to see the children.

Please refer to the website for the project: [www.wespoortuitreik.co.za](http://www.wespoortuitreik.co.za)

*The Wollies Animal Shelter:*

The Wollies animal Shelter caters for 250 + dogs and cats and do not put out the animals at all. The Shelter is also run with donated funds and does wonderful work, placing animals with families.

We reached out to Cilla to also hear what the Shelter's immediate needs were. It changes from time to time, due to donations received. Their biggest need when we called, was to try and pay the veterinary bill. The veterinary AC paid R4,000 directly towards the veterinary bill.

Please do not hesitate to contact me, should you need more information or also want to contribute to this worthy causes.

Our last two projects will be to:

- reach out to surrounding schools and give out 30 vouchers to children to run the 5km with our next race and;
- the light run – getting Christmas boxes together for needing families as

Regards,

Zelna

***RUNNING PARTNER WANTED***

I am a new runner, and I joined this last Tuesday.

I need some help to start my running and am looking for a running partner for early morning.

I live opposite St. George's hotel and am looking for beginners to run with at 5.00 am in that area.

Alternatively, if there is no one available, I will even consider paying someone to run with me in the morning as my coach. Unfortunately, the mornings are the only time I can guarantee that I will be available. I am aware this time is problematic for some people.

Please let me know if you can assist.

I would be most appreciative.

Regards, Loyiso [loyindlovu@gmail.com](mailto:loyindlovu@gmail.com)

## **ANNUAL GENERAL MEETING**

Our AGM will take place on 14 November this year. The management committee for 2018 will be elected during this meeting. Start thinking of members you would like to nominate to serve on the committee.

More info will follow in the weeks to come.

## **PERSONALIA**

Ansie Breytenbach had a bad fall on Saturday at the Spirit of Flight race. She received a number of stitches to patch up her hand and knee. We wish her a speedy recovery. Thank you to Amanda Cloete and Bertha van den Raad for their assistance.

Congratulations to everybody celebrating their birthdays during the week:

Lydia	Fibiger	04 Sep
John	Tadman	05 Sep
Charles	Reynolds	07 Sep
Charles	Reynolds	07 Sep
Telanie	Venter	07 Sep
Lazarous	Sekhu	08 Sep
Pierre	Marais	09 Sep
Alita	Swanepoel	10 Sep



## NOTICE BOARD

### **Saturday 9 September**

### **Value Logistics 21.1/10/5 km**

Race Organisers: Voortrekker Monument Draf & Stap Klub

Venue: Tshwane University of Technology, Staatsartillerie Rd, Pretoria West

GPS: S 25.732633 E 28.161844

#### **League Race**

	21.1 km	10 km	5 km
Entry-fee	R 80	R 60	R 30
60+, disabled athletes	R 30 (race day only)		
70+	Free (race day only)		
Start Time	06:00		06:30
Cut-off	03:30		

**Wheelchair athletes welcome in all races but may require help to cross road medians**

Pre-entries at: Run-away Sport; Post Net Pretoria West

### **21.1km AGN Race Walk Championship**

### **Saturday 16 September**

### **Brooklyn Road Race 21.1/10/5 km**

Race Organisers: Pretoria Marathon Club

Venue: Brooklyn Mall, c/o Veale & Bronkhorst Streets, Brooklyn

	21.1 km	10 km	5 km
Entry-fee	R 100	R 80	R 40
70+, wheelchairs, blind runners	Free (race day only)		
Start Time	06:00		06:10
Cut-off	03:00		02:00

**No animals allowed**

**Baby strollers welcome on the 5km race / Wheelchair athletes welcome in all races / Free t-shirts to 1<sup>st</sup> 100 on line entries**

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld & Fourways Crossing; Runners Store

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



**Saturday 23 September****Bophelong Road Race 21.1/10/5 km**

Race Organisers: Bophelong Athletics Club

Venue: Bophelong Community Centre, 19477 Molepo Street, Mamelodi East

GPS: S 25.7168 E 28.3769

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 50
Start Time	06:00		06:15
Cut-off	03:00		

**Route not wheelchair friendly**

Pre-entries at: Run-away Sport

[www.entrytime.com](http://www.entrytime.com)**Monday 25 September****The Combat Run 21.1/10/5 km**

Race Organisers: Titans Lifestyle Club &amp; Armscor Athletics Club

Venue: Gerotek Test Facilities, R104 WF Nkoma Street, Pretoria West (13km outside Pretoria CBD)

GPS: S 25.45.515 E 28..00.522

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 50
Start Time	06:00		06:30
Cut-off	?:00		

**There is also a 6 & 12 km trial run (R70 & R90)**

Pre-entries at: Sweatshop South Downs

### **AGN 21.1km Championships**

**Saturday 30 September**

**Clover Irene Spring Race 21.1/10/5 km**

Race Organisers: Irene Athletics Club

Venue: Irene Village Mall, c/o Nelmapius & Van Ryneveld Avenue, Irene

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 40
60+	R 50		
70+	Free		
Start Time	06:00		06:10
Start Time – Walkers / wheelchairs	05:45		
Cut-off	03:30		

**Route is wheelchair friendly**

**Pets allowed on the 5km**

Pre-entries at: Run-away Sport; Total Sports Irene Village Mall; Sweatshop Southdowns, Dunkeld, Broadacres & Bedfordview

[www.enteronline.co.za](http://www.enteronline.co.za) & [www.irenevillagemall.co.za](http://www.irenevillagemall.co.za)

**Irene members are not allowed to participate**

**Saturday 7 October**

**Chamberlain Capital Classic 21.1/10/5 km**

Race Organisers: Phobian Athletics Club & Alpha Centurion Runners/Walkers

Venue: Phobians Club, Queens Crescent, Lynnwood

GPS: S 25.45'64.4 E 28.15'22.8

	21.1 km	10 km	5 km
Entry-fee	R 90	R 60	R 40
Blind athletes, 70+, 80+ - race day only	Free		
Start Time	06:00		06:15
Cut-off	03:30		

**Wheelchair & baby strollers welcome**

Pre-entries at: Run-away Sport; Sweatshop Southdowns & Dunkeld

Chamberlains – Centurion, Montana Megastore, Silver Lakes Megastore, Waterkloof Glen & Riviera [www.enteronline.co.za](http://www.enteronline.co.za)

## League Race

**Saturday 14 October**

Jacaranda City Challenge 42.2/21.1/10/5 km

Race Organisers: Agapé Athletics Club & Sportsvendo

Venue: SABS Grounds, 1 Dr Lategan Road, Groenkloof

GPS: S 25 46' 10" E 28 12' 42"

	42.2km	21.1km	10 km	5 km
Pre-entry fee (until 5 October)	R 150	R 80	R 70	R 30
Entry fees 60 – 79	R 80	R 50	R 40	
Late entry fees (13/14 October)	Closed	R100	R 80	
Late entry fees 60 - 79	Closed	R 50	R 40	
Jardine Joggers / 80+ athletes	Free			
Start Time	<b>05:45</b>		06:15	06:30
Time Limit	05h:30	03h00	2h00	

**Free t-shirts to the 1<sup>st</sup> 5000 pre-entries**

**Chip results – no tear-off – no results**

Pre-entries: Run-A-Way Sports; Sweatshop Dunkeld, Bedford & Southdowns, Randburg Runner; Sportmans Warehouse Atterbury value Mart, Centurion Value World & Kolonnade Retail Park;

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

<b>2017 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
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

### THOUGHT FOR THE WEEK

Never let yesterday use up today.

## Photo Corner (Spirit of Flight)



The start of a very cold race



Clinton Nicholl and Kerry Trentham had a big challenge on





Running on the runways of the air force base makes it a very unique race



The race is very spectator friendly





Nelius van Rooyen



Schalk Liebenberg





Mauritz Oberholzer



Dirk Cloete





Tony Gomes



Leon Page





Danie Conelissen, Johan Saayman, Johan van Vuuren and John Hoffman



Marks Mathebula and Susan Maree





Chris Harmse



Yvonne van Wyk and Belinda de Bruin. It was good to see Yvonne back after an injury





Candice van der Spuy



Kerry Trentham looking positive that he will win his challenge with Clinton





Ben Marais and Clinton Nicholl. Clinton can see Kerry ahead of him



Pieter Engelbrecht





Brian Engelbrecht



Johann Dekker