



IRENE NEWS

5 December 2022

No 47 – 2022



ACHIVEMENTS

Congratulations to the following members who were on the podium during the week:

TUT 10 km Night Race:

Elsa Meyer	1 st GGM walker & 2 nd Lady
Marie van Dyk	3 rd Lady walker

BDS Race:

Ansie Breytenbach	2 nd Master lady 21 km
Tania Thompson	1 st Master lady walker & 3 rd lady – 21 km
Lynette Gough	1 st GM lady walker – 21 km
Elsa Meyer	1 st GGM lady walker & 2 nd lady – 21 km
Letha Kotze	1 st GGM lady walker & 3 rd lady
Wyndand Breytenbach	1 st GGM walker

2023 MEMBERSHIP FEES

AGN licences are optional.

Licence Fee	R200 (AGN Cost Price)
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Junior licence	R100
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Plus:

Full Membership	R450
Additional Family Members	R350
Pensioners (65+)	R300
Juniors	R200

Members who worked at our races: R100 discount per race

Club T-shirts will be available at R50 each for the first 400 members. There after R100 each.

Register at <https://forms.gle/DEWgNBMfyjw6a4ZJ8>

SOCIAL EVENING

Come and enjoy the last social evening of the year! It is going to be very special.

R2500 to be won in the lucky draw with the compliments of Mugg & Bean Midstream



**PUB
QUIZ**

CLUB SOCIAL
TUESDAY 6 DECEMBER
COME HAVE FUN IN
A MINI PUB QUIZ
AND ENJOY A LEKKER
BOEREWORS ROLL
it's going to be
AWESOME
FUN!



IRENE

BE THERE!

CHARITY RUN

The charity run on Sunday morning was a huge success. Thank you to everyone who attended and for your contributions towards “Ons Tuis” elderly home. If you feel like contributing something, please pay it into the club account with reference “Ons Tuis”

Irene Athletics Club, Standard Bank, 032183186

LIGHTS RUN

Our annual lights run will take place on Thursday, 8 December. Be part of this great event!



Where: Jan Cilliers Park,
c/o Wenning and
Broderick Street,
Groenkloof, Pretoria

When: 8 December 2022,
18:00

Wear: Something
Christmassy

Bring: Donations towards
the SPCA wishlist, or
proof of payment
contribution

Who: Irene members,
friends and family.



TSHWANE

Christmas Wishlist:



- CAT FOOD
- KITTEN FOOD
- CAT LITTER
- DOG FOOD
- PUPPY FOOD
- TOILET PAPER(OFFICE)
- MOP
- LIQUID SOAP
- PLASTIC SPRAY BOTTLES
- BUCKETS
- BROOMS FOR SCRUBBING
- PERMANENT MARKERS
- TOYS & SCRATCH SPOTS
FOR CATS
- TOOLS FOR BASIC REPAIR
- BLEACH

COMMUNICATION

In an effort to ensure that all the Irene members are kept up to date with events and specific club items, there are various mechanisms that are used. If you are not currently part of either of them and would like to be, please could you send a WhatsApp to either Wynand, Rose or Maggie to assist you.

- Weekly newsletter - Please remember to share your successes with Wynand, so that we can celebrate these with you
- Irene Notification WhatsApp and Telegram Group - This has limited access and only club updates will be shared

- Irene Training WhatsApp Group - This is an open group, but we encourage members to limit feedback on this and only share running related items
- Irene Walkers WhatsApp Group
- Irene Comrades WhatsApp Group
- Irene Facebook page - With details of events,

QUESTIONNAIRE

As club management, we've identified a few areas where we feel we can give more attention and make some improvements. For the club to be an even bigger success we need our members' input. Will you please take a few moments to tell us what you feel and how you think we should improve?

Please answer these few questions.

<https://forms.gle/5PeuKrpDc98qAJqd6>

YEAR END FUNCTION

Congratulations to all our trophy and certificate winners. It was a great function!

Members who were not present at the function can collect their certificates at the club house on Tuesdays 17:00 – 19:00.

Trophy & Gold certificate		Silver certificate	Bronze certificate
Best Supporter	Dave Roux		
Most Injured Athlete of the year	Danie Labuschagne		
Bloeier van die Jaar (Blood Buddie)	Blanche van Vuuren		
Socialiser of the Year (Drinkbroer)	Pieter Jordaan		
Friendliest Member	Megan Brown		
Belinda's Bell (Best attitude & Loyalty)	Johan van Vuuren		
Best Time Trials Attendance	Keith Reynolds		
10 Km Championships			
Ladies	Ansie Breytenbach	Yolanda Oberholzer	Jenny Cairns
Men	Lennin Sithole	Cuthbert Mamabolo	Rob Hudson
Ladies Walkers	Maryke Gradwell	Estien van Wyngaard	Elsa Meyer
Men Walkers	Keith Reynolds	Jaap Willemse	Danie Labuschagne
21 km Championships			
Ladies	Rosemary Brink	Heleen de Bruin	Jessica Simmonds
Men	Sibusiso Sebela	Jacques Pelser	Emgee van der Merwe
Ladies Walkers	Sandra Steenkamp		
Men Walkers	Keith Reynolds		
Beyond Comrades Athletes			
Ladies	Lourensa Eckard		

Men	Holger Hedelt		
Most Improved Athlete			
Ladies	Jessica Simmonds		
Men	Mark Forbes		
Rookie of the Year	Miemie Nel		
Golden Shoe - Ladies	Maryke Gradwell		
Golden Shoe - Men	Dirk Neethling		
Female walker of the year	Sandra Steenkamp	Elsa Meyer	Ansie Breytenbach
Male walker of the year	Keith Reynolds	Jaap Willemse	Danie Labuschagne
Ultra Walker of the year	Tania Thompson/Lynette Gough		
GGM of the year			
Ladies	Elsa Meyer	Annatjie Greyvenstein	Marie van Dyk
Men	Dirk Neethling	Andre Smuts	John Ellmore
GM of the year			
Ladies	Sandra Steenkamp	Estien van Wyngaard	Lucia Willemse
Men	Jaap Willemse	Danie Labuschagne	Victor Phetoe
Master of the year			
Ladies	Ansie Breytenbach	Belinda Hudson	Cari Snyman
Men	Keith Reynolds	Noel Banda	Roger Brown
Veteran of the year			
Ladies	Rosemary Brink	Sonja du Toit	Heleen de Bruin
Men	Cuthbert Mamabolo	Sibusiso Sebela	Johan Snyman
Senior of the year			
Ladies	Amanda Cloete	Jessica Simmonds/Maryke Gradwell	
Men	David Holliday	Jacques Pelser	Shane Gibson
Athlete of the year			
Ladies	Rosemary Brink	Belinda Hudson	Sandra Steenkamp/Sonja du Toit
Men	Keith Reynolds	Noel Banda	David Holliday
Achiever of the year	Elsa Meyer - World record		
Chairman's Trophy	Gerard & Bertha van den Raad		

COACH'S CORNER

This is not an easy workout and will challenge you

Fishtail intervals

10min easy warm up

15min Tempo run

2min easy recovery run

10min Lower Threshold run

2min easy recovery


5min Threshold run

2min easy recovery

10min Easy cooldown



DECEMBER TRAINING PROGRAMME

Irene December Training Runs						
SUN	MON	TUES	WED	THURS	FRI	SAT
		Time Trail Tuesday @ 17:15		1 Midstream Training Run @ 5:15 am – Midstream M&B	2	3 Irene Year End Xmas Function 
4 Christmas Charity Run / Walk (5km & 10km) @ 6am – Irene Link 	5	6 Midstream Training Run @ 5:15 am – Midstream M&B & Time Trail Tuesday and Social @ 17:15	7	8 Midstream Training Run @ 5:15 am – Midstream M&B & Irene Xmas Lights Run/Walk & Picnic @ 18:00 	9	10
11 Irene Sunday Social @ 6am (Venue TBC)	12	13 Midstream Training Run @ 5:15 am – Midstream M&B & Time Trail Tuesday @ 17:15	14	15 Midstream Training Run @ 5:15 am – Midstream M&B	16 Irene Holiday Run @ 6 am (Venue TBC)	17
18 Irene Sunday Social @ 6am (Venue TBC)	19	20 Midstream Training Run @ 5:30 am – Midstream M&B	21	22 Midstream Training Run @ 5:30 am – Midstream M&B	23	24 Midstream Christmas Park Run (20 km @ 6:30 & 5km @ 8) 
25 	26	27 Midstream Training Run @ 5:30 am – Midstream M&B	28	29 Midstream Training Run @ 5:30 am – Midstream M&B	30	31 Midstream New Years Park Run (20 km @ 6:30 & 5km @ 8)
Time to get those running shoes on and get ready for the holidays, these are the details of the planned runs / walks for the 1 st few weeks in December. Additional runs may be added, and some venues are still to be confirmed. Updates will be published in the newsletter and on the respective groups! Everyone is welcome, so please come and join us						



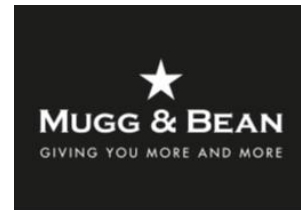
THOUGHT FOR THE WEEK

The pain you feel today will be the strength you feel tomorrow.

PERSONALIA

Congratulations to the following members who celebrate their birthdays during the week:

John	May	05 Dec
Miles	Saxby	06 Dec
David	Holliday	07 Dec
Christa	Visagie	09 Dec



Midstream Tel 012 940 9229

THIS WEEK'S DIARY

Tuesday:

Training run @ 05:15 – Midstream Mugg & Bean
Walker's training session @ 16:45. Walkers of all shapes and sizes welcome.
Stretching exercises @ 17:15
Time trials @ 17:30 – Club house.

R2500 cash voucher with the compliments of Mugg & Bean Midstream

Thursday:

Lights run @ 18:00 – Jan Cilliers Park, Groenkloof

Our Race Sponsors



Knowledge Integration Dynamics



Thermopower Furnaces S.A. (Pty) Ltd



SHORT TERM BROKERS

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If you want your logo on this page, let us know at info@irenerunner.co.za

PHOTO CORNER



Letha Kotze on the podium at the BDS race



Wynand Breytenbach, also at the BDS race



Tania Thompson



Lynette Gough



Santa caught with his pants on his knees at the Charity run on Sunday



More than 60 people took part in the Charity run



Santa and his navigator on the lead bike



Taking a break to catch up with the slower runners



Well done to Keith Reynolds, Runner and walker of the year plus a number of other trophies.



Congratulations to Rosemary Brink, female runner of the year plus a few more trophies



Jenny Cairns and Yolanda Oberholzer with their certificates



Rosemary Brink and Jessica Simmonds



Johan Engelbrecht and Jolanda Oberholzer having fun at the year-end function



Megan Brown who won the trophy for the friendliest member with husband Geoff and Stuart wearing the same ski pants on Sunday morning