



IRENE NEWS

5 January 2015

No 1 - 2015



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 2015, 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 all our members with their achievements during the holiday period. At some of the races there were no prize money but our members were there to keep the Irene flag high.

Henk Moen was the winner of the Johannesburg 6 day circuit race. He managed to do 617 km over the 6 days. What an achievement! That's him in the picture receiving his trophy.

Marie van Dyk did 76 km in 24 hours as a walker. Well done!



The following members were on the podium at the Correctional Services 10 km race:

Ansie Breytenbach	1 st Master lady & 3 rd lady
Johan Nel	1 st GM
Elsa Meyer	1 st Lady walker
Lucia Willemse	2 nd Lady walker
Jaap Willemse	1 st Walker
Gerard van den Raad	3 rd Walker

Elsa Meyer was the 1st Lady walker in the 25 km race at the Silverton race.

The following members were on the podium at the Great Run 10 km (1st league race)

Mike du Bruto	1 st GM
Ansie Breytenbach	1 st Master lady
Lyn de Bruin	1 st GM lady
Keith Reynolds	1 st Walker
Sandra Steenkamp	1 st Lady walker
Elsa Meyer	2 nd Lady walker

Well done once again to all of you.

PERSONAL ACHIEVEMENTS

Jaco de Bruin	PB 10 km
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Well done!

TIME TRIALS

The normal club activities will commence on Tuesday 6 January. The time trials will start at 17:30. EVERYBODY STARTS TOGETHER.

SOCIAL EVENING

The first social evening of 2015 will take place on Tuesday 6 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. There will also be a few lucky draw prizes.

2015 REGISTRATIONS

Thank you to all our members who have registered so far – The T-shirts are flying and will be out soon – take your chance to register ASAP!

Members who have registered in December and whose registrations are in order can collect their registration packages on Tuesday. This year you will receive two licence numbers again as in the past. These two numbers must be worn when participating in races. Your 2014 licence is valid until 31 January.

TO ALL WALKERS

Attention all walkers.

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

My name is RAY PATTERSON and I am the Irene Walking Captain for 2015.

Starting from January 13th 2015 we will be providing all walkers (Runners welcome) with a quality training session every Tuesday evening.

These sessions will consist of:

An explanation of the session.

A warm up before the session.

The training session. (To be supervised and advice given where necessary)

A warm down after the session.



Ray Patterson

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

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

There will also be coaching on Race Walking 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 will have a designated area to do our training including the warm ups and warm downs.

As a starting point we will be meeting in front of the clubhouse on 13 January 2015 at 17h15 for 17h30.

My aim as the Irene Walking Captain is to make all walkers feel welcome irrespective of age, experience (Beginners are more than welcome) pace or fitness level.

We do what we do to get fit and to keep 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.

So please join us if you can on January 13th and let's get the ball rolling!

RAY PATTERSON.

076 565 2228

VACANCY – RACE COMMITTEE

We are looking for someone to serve on the race committee as organizer of the water points. This is a great opportunity for someone with organizing skills to be of extra value to the club. Please contact me at info@irenerunner.co.za if you require more info.

CLUB TENT/CARAVAN FACILITIES

All members are invited once again to make use of the gazebo/caravan/tog bag facilities at the races. These facilities are there for all members to enjoy. This is the place where we get to know each other better. There is always supervision to ensure that your belongings are kept safe.

After looking at our belongings for many years, oom Koos Loots has now decided to take a well deserved break due to ill health. He will be missed by all of us.

We want to thank him for the way he performed his task. He was always smiling and ensuring that everything was kept safe and that the coffee water was boiling. He meant more to us than we will ever realise.

We will thank him more appropriately in the near future.



PERSONALIA

Congratulations to everybody celebrating their birthdays during the week.

Annemarie	Breytenbach	06-Jan
Shane	Redelinghuys	06-Jan
Wilna	van Zyl	06-Jan
Rachelle	van der Walt	07-Jan
Giel	Cillie	08-Jan
Peter	Dixon	08-Jan
Johann	van Biljon	09-Jan
Mathabo	Mathebula	10-Jan
Ian	Mossop	10-Jan
Candice	Van der Spuy	10-Jan
Magda	Vermaak	11-Jan



NOTICE BOARD

Saturday 10 January

Road Safety Run (5 km / 10 km)

Venue: Fountains Valley

	5 km	10 km
Entry fees	R 30	R 50
Start time	06:30	06:30
Time Limit	??	

Pre-entries at: Run-Away Sport, Running Inn, Sweat Shop Southdowns, The Runner's Store,

On-line entries: www.enteronline.co.za

Saturday 17 January

Eersterust 5km / 10km / 21.1km

Race Organisers: Athletics Club Eersterust

Venue: Eersterust Soccer Stadium

Cnr St Joseph and Hans Coverdale West, Eersterust

	21 km	10 km	5 km
Entry fees	R 70	R 50	R 30
60+	R 30	R 20	
Start time	06h00		06h00
Time Limit	3 Hours		

Pre-entries at: Run-A-Way Sport, Running Inn, Sweat Shop Southdowns

Online entries: www.enteronline.co.za

Free T-shirts to the first 1500 pre-entries for 10 km and 21 km

Masters Athletics Fixture list

Local meetings

20/21 March 2015	WP Champs - Bellville/Greenpoint
20/21 March 2015	KZN Champs - Durban
4 April 2015	GN Champs - Pilditch

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

1/2 May 2015	KZN - Durban
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International Championships

Next appointment: Torun 2015 (March 23-28)

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>

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

THOUGHT FOR THE WEEK

To the world you may be one person, but to one person you may be the world.



Photo Corner



Irene members gathering before the start of the Lights run/walk



Some serious stretching at the Old Year's race



A very relaxing scene at the Old Year's race



James Eayrs and Frances Lezar showing off with their new club vests



Our oldest member oom Jan van Deventer finishing his race



Evergreen Mike du Bruto at the finish of the Old Year's race