



IRENE NEWS

5 March 2018

No 9 - 2018



ACHIEVEMENTS

The following members were on the podium at the Sunrise Monster on Saturday:

Ansie Breytenbach	1 st Master lady – 32 km (3:04:15)
John Cannon	1 st GGM – 32 km (4:13:17)
Joey Cloete	1 st GM – 10 km (62:15)
Annatjie Greyvenstein	1 st GGM lady – 10 km (60:44)
Elsa Meyer	2 nd Lady walker – 10 km (71:06)

Congratulations!

PERSONAL ACHIEVEMENTS

None received

Tuesday:

Time trials at 17:30 – Club house (Social evening)

Saturday:

Buco Bobbies 5/10/21 at 06:00 – Wonderboom Junction

CAPTAIN'S CORNER

Busy month ahead and we are entering the business end of the training sessions. Long runs and high mileage is the order of the day. This is all part of the preparation for COMRADES 2018. The core and strength sessions will continue and lots of stretching will be done. The sports massages will also be a regular feature on our plans as this will be needed to loosen the muscles, take care of the niggles and prevent you from any injuries that might be lurking somewhere that you not aware of. We want to have the massage person at the club twice a month so let me know if you keen. I can set up the sessions with her or you can. She is available to come to your house if you feel more comfortable doing that. Details below of Kristin who does the sports massages.

Klapperkop runs will be on Sunday mornings from the DROS at Waterkloof Ridge starting at 6am. Safe parking facilities with security. We will have 3 groups of different paces with members who know the route. There will be 5 ,6 and 7 min per km groups and you should be falling into one of these groups. The runs are anything between 18km and 30km at times.

Distances will be communicated on the morning of the run. The IRENE AC WHATSAPP group is for information sharing. If you want to be part of it, send me your name and surname and I will add you to the group.

The **PEPTOSPORT** and **PEPTOPRO** products are on sale and is available for purchase from Suzelle Engels. Her details are 082 415 5019 and her email is suzelleengels@gmail.com

All the FAQ's is here for the PEPTO products http://www.atlife.co.za/content/faq_pepto.html . Any questions you might have regarding we will attempt to answer them. Please contact us so we can assist you. We have tried and tested the products and a few other members are using it and the feedback has been phenomenal.

Sports Massage – Kristin Jurgens – 082 892 9540 – ultimatekris101@gmail.com

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.

"A good laugh and a long run are the two best cures for anything"

Proud IRENE Greetings

Linley

SOCIAL

A festive poster for Mardi Gras Fat Tuesday. The background is a warm, golden-yellow color. It is decorated with a large, ornate gold mask in the center, surrounded by a profusion of colorful Mardi Gras confetti in shades of purple, green, and gold. A large, stylized gold fleur-de-lis is positioned at the bottom right. The text "Mardi Gras" is written in a large, bubbly, yellow font with a purple outline at the top. Below it, "FAT TUESDAY" is written in a bold, black, sans-serif font with a yellow outline, slanted upwards. In the bottom left corner, there is a small logo for "IRENE SOCIAL" featuring a stylized tree and two figures. The main text of the poster is in a bold, purple, sans-serif font, announcing a social event on March 6th after a time trial, featuring chicken jambalaya with sausage for R40, and encouraging participants to get ready to party in New Orleans style.

Mardi Gras
FAT TUESDAY

Irene Social
6 March after Time Trial
Chicken Jambalaya with sausage
on sale for R40
Purple, Green and Gold with beads and
feathers says Mardi Gras.
Get ready to Party New Orleans style!

RHODES ENTRY

Henk Basson has a Rhodes entry available, the cost is R1300. He can be contacted at henk.basson@smartlock.net

SPONSORSHIPS

As always, we want to give a good quality shirt/jacket/bag to all our members going to the Two Oceans and Comrades. We will also have our club gazebos at the finish of both these races with a food pack available to all finishers. There will also be more than one support station on the Comrades route. To ensure that our members get the best we require assistance from you. If you are in a position to help us to obtain sponsorships to make this possible, it will be highly appreciated. Please contact us at info@irenerunner.co.za for more information. A few smaller sponsorships will be just as good as a big one. We want our members to become involved and urge you to help us in this regard.

WATER POINT – ULTRA 8 APRIL

The JointEze Irene Ultra taking place on 8 April is going to be a very special race once again where many runners from all over the country will try to qualify for Comrades or to get a better seeding. We are looking for business/organisations to man the water points on the day. There will be no cost involved. It is an ideal opportunity for team building, to enjoy the day out and have fun. You will be allowed to brand the water point to ensure that you get maximum exposure. Everything will be supplied on the day. All that is required from you is your willingness to do it and about 15 people to man the station on the day. Please contact us at info@irenerunner.co.za for more information.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

JP	Botha	05 Mar
Ilze	Du Randt	05 Mar
Pieter	Olivier	05 Mar
Willem	Swart	05 Mar
Kim	Schoeman	06 Mar
Markus	van der Westhuizen	07 Mar
Martin	Walshaw	07 Mar
Silvia	Da Oliveira	08 Mar
Iain	McFadyen	08 Mar
Noel	Banda	09 Mar
Monique	Prinsloo	09 Mar
Leroy	Geldenhuis	10 Mar
Kobus	Oberholzer	10 Mar



JOINTEze™

MODERN
athlete

Saturday 10 March**Buco Bobbies 3-in-1 21.1/10/5 km**

Race Organisers: Pretoria Police Marathon Club

Venue: Wonderboom Junction, c/o Lavender & Lavender East St, Wonderboom

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 35
Entry fee 60+	R 60	R 40	R 35
Entry fee 70+, blind + wheelchair athletes	Free		
Start Time	06:00	06:00	06:15
Cut-off	03:00		

No Pets

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Shape Up Gym; Buco Wonderboom

www.enteronline.co.za**Saturday 17 March****Budget Insurance Road Race 21.1/10/5 km**

Race Organisers: Overkruin Athletics Club

Venue: Kolonnade Shopping Centre, Sefako Makgatho Drive, Sinoville

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 40
Race day entry (Grandmasters)	Free (proof of age required)		
Start Time	06:00		06:15
Cut-off	03:00	02:00	

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Info Desk Kolonnade Centre; Tshwane Running Shop

www.entrytime.co.za

Saturday 24 March**Denel 21.1/10/5 km LEAGUE RACE**

Race Organisers: Denel Athletics Club

Venue: Denel Irene Campus

	21.1 km	10 km	5 km
Entry fee	R 80	R 60	R 30
Entry fee 60+	R 30	R 30	R 30
Entry fee blind athletes	Free		
Start Time	06:00	06:00	06:15
Cut-off	03:00		

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Natural Runner Bylsbridge

www.enteronline.co.za**Sunday 8 April****Modern Athlete Irene Ultra 48/21.1/5 km**

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Nelmapius Dr, Irene (Opposite Denel)

GPS: S 25 89'71" E 28 18'87"

	48 km	21.1 km	5 km
Entry fee	R 320	R 100	R 50
Entry fee 60 - 69	R200	R 50	R 30
Entry fee 70+	Free		
Start Time	05:30		06:00
Cut-off	06:00	03:30	

Free t-shirt to all 48km entrants**Ultra-marathon entries limited to 4 000****5km is wheelchair friendly****No pets****No iPods or listening devices are allowed**48 km & 21 km Pre-entry only at www.championchip.co.za

2018 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Denel Road Race	21.1/10 km	24/03	X	X
Morula Half Marathon	21.1/10 km	21/04	X	X
Race of Hope	21.1/10 km	19/05	X	X
Riana van Niekerk Run/Walk for Bibles	21.1/10 km	30/06	X	X
Ice Breaker	21.1/10 km	07/07	X	X
SMU Half Marathon	21.1/10 km	28/08	X	X
Clover Irene Spring Race	21.1/10 km	29/09	X	X
CSIR Road Race	21.1/10 km	21/10	X	X
Tom Jenkins	21.1/10 km	17/11	X	X

Masters Athletics Fixture list

- Local meetings**

23/24 March 2018 GNMA (throws & Track & Field) Pilditch, Pretoria

7 April 2018 CGMA Herman Immelman,

13/14 April 2018 WP Parow

26 – 28 April SA Masters Championships Bloemfontein

4 Augustus 2018 FSMA Throws and jumps Pelliespark, UFS

11 Augustus 2018 Mpumalanga Secunda

27 October 2018 SWD Oudtshoorn

10 November 2018 Free State Bloemfontein



THOUGHT FOR THE WEEK

THE PAIN YOU FEEL TODAY
WILL BE THE
STRENGTH
YOU FEEL TOMORROW

50 REASONS to exercise

01. Lifts your mood
02. Improves learning abilities
03. Builds self-esteem
04. Keeps your brain fit
05. Keeps your body fit & able
06. Boosts mental health
07. Boosts your immune system
08. Reduces stress
09. Makes you feel happier
10. Has anti-ageing effects
11. Improves skin tone and colour
12. Improves sleeping patterns
13. Helps prevent strokes
14. Improves joint function
15. Improves muscle strength
16. Alleviates anxiety
17. Sharpens memory
18. Helps to control addictions
19. Boosts productivity
20. Boosts creative thinking
21. Improves body image
22. Gives you confidence
23. Helps you keep focused in life
24. Improves eating habits
25. Increases longevity
26. Strengthens your bones
27. Strengthens your heart
28. Improves posture
29. Prevents colds
30. Improves appetite
31. Improves cholesterol levels
32. Lowers risk of (certain) cancers
33. Lowers high blood pressure
34. Lowers risk of diabetes
35. Fights dementia
36. Eases back pain
37. Decreases osteoporosis risk
38. Reduces feelings of depression
39. Prevents muscle loss
40. Increases energy and endurance
41. Increases sports performance
42. Increases pain resistance
43. Improves balance and coordination
44. Improves oxygen supply to cells
45. Improves concentration
46. Helps with self-control
47. Lessens fatigue
48. Increases sex drive & satisfaction
49. Makes life more exciting
50. Improves Quality of Life



PHOTO CORNER (Sunrise Monster)



Mpho Motaung at the start of the 32 km, glamorous as always



The Visser family at the start of the 10 km: Nadene, Louis, Caitie and Xander



Claude Truter



Adriaan Swart



Renette Prinsloo



Giel Laubscher



Lyn de Bruin



Chantal Heuvel



Samantha Dry



Ansu Laubscher



One of our founder members, Miles Saxby



Another founder member, John Elmore wearing his new outfit



Kobus and Annemarie Oberholzer



Pierre Marais



Amy and Mike Fox-Martin



Andy Crawshay-Hall



Lisinda Jacobs



The du Toit sisters Nadine and Inge



Lenin Sithole was the Irene member to finish the 32 km



Johan Nel



Alhasan Jallow



Marks Mathebula



Heleen de Bruin and Barney van Heerden



Yvonne van Wyk and Handri Kymdell



Mark Adams is back in the country for a few weeks



Paul Nel and Bernita Bornmann took part in the Century City race in Cape Town