



IRENE NEWS

30 July 2015

No 26 - 2015



ACHIEVEMENTS

The following members did us proud at the Race for Friendship on Saturday:

Jacquie van der Waals	1 st Vet lady & 2 nd lady 10 km (39:54)
Annatjie Greyvenstein	1 st GGM lady – 10 km (56:05)
Mike du Bruto	1 st GM – 10 km (42:29)
Gerard van den Raad	1 st GGM walker – 10 km (1:04:35)
Ansie Breytenbach	1 st Master lady – 21 km (1:38:09)
Sandra Steenkamp	2 nd Lady walker – 21 km (2:07:15)
Elsa Meyer	1 st GM lady walker & 3 rd lady – 21 km (2:15:06)
Jaap Willemse	1 st Master walker & 2 nd man – 21 km (2:12:56)
Gerard van den Raad	1 st GM walker – Pirates 10 km (1:05:14)

Congratulations!

Well done to Fanie Naude and Travers Snyman who both completed the Washie 100 miler.

PERSONAL ACHIEVEMENTS

Theuns Strecker	PB – 21km
Estelle Janse van Vuuren	PB – 21 km

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

CAPTAIN'S CORNER

Dear Fellow Club Members,

We are in full swing with winter and I know the colder days are making training a challenge. It is however the best time to get back into full training. Once the season starts you should be well on your way to full fitness and ready to face your target races. The race calendar is becoming congested of late so choose now what you want to race and keep the focus.

This is also the best time where you can start playing around with all the new products you want to use and test. It will give you ample time to test it and you can see the results it yields. Things like nutrition, HR monitors, shoes, and all those gadgets you bought at an EXPO ☺

As I mentioned on numerous occasions that the club training program is designed for every one of different running abilities so please do not feel intimidated by it. Attend these sessions

as it does help you get through those days where you don't feel like training. The training group is usually a jovial one where you can make new friends and meet your fellow club mates. The training program is designed for the 14th of November for the SUPERSPAR BELA BELA Marathon. This is also our club weekend away. For those who are interested about running the CITY TO CITY marathon (27th of September) we can chat about it and see how the program can be adjusted to suit you.

If anyone needs assistance I will be at the club every Tuesday night from 5h15 pm onwards and we can have a chat on what your focus is for the ensuing year.

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.

NOTE: SUMMER BODIES ARE MADE IN WINTER

Proud IRENE Greetings,

Linley

SOCIAL EVENING

Our monthly social evening will take place on Tuesday evening. Bring your whole family to enjoy a lovely evening with your club mates. The menu for the evening will be Beef Stroganoff with Tossed Salad at only R30 per person.

LUCKY DRAW PRIZES!

JUMPING CASTLE FOR THE KIDS!

COMRADES STORY

My Comrades story for 2015 is more like a Comrades journey, I joined Irene running club back in 2002 after moving here from Mpumalanga. After joining the club and attending some training sessions I met up with a bunch of ladies that soon became my friends, over the years their mad cap ideas of adventures became increasingly more daring from traveling overseas to do marathons, to trail runs up mountains, across rope bridges and up chain ladders they were always girlie weekends away for these activities and we had great fun and a bond of friendship was formed.... In 2012 I spent a year in Dubai and get a call Cuffe get a bike and learn to swim we doing Ironman 2014, suffering with a bad case of FOMO (fear of missing out) I complied and started the training schedule....Now for a non cyclist this was hard core....

I came back to SA January 2013 and was plunged straight into Midmar mile swim of which we have done 5 miles in 3 years just doing one Midmar isn't enough for these girls we only swim across dam get out and return to start and swim again events 1 and 2 same day..... Then there were the cycle races of varying distances including my first 94.7 cycle plus a few others with a 110km one thrown in....we did our first sprint then ultra triathlons whilst still running Comrades in between.

Alas Ironman 2014 came and we set off, the 3.8 km swim we all made in time but the cut off for the cycle leg was just too tough for us and none of us made it in time. Back to the drawing board, we as runners thought our running experience and endurance would help with the



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cycle we were wrong so we changed the game plan and swapped runs for cycles and spin classes and tried again!

In the meantime two of us had our 50 birthdays and competing in full ironman at this age is stupid to say the least but onwards and upwards and full blown training is on, training some days twice a day swim, run and cycle we again line up for Ironman 2015 in PE, Now down to two of us... Belinda and last man standing me.... To those who know me I was in denial and kept saying I wasn't going down.... Dday had arrived and we completed the three events, Cheered on by family and other Irene club members we are "Ironman" it was so special to finish together ! The bubble we were in for days felt like walking on air..... The hard work training and dedication paid off..... But alas that wasn't it.... We had 6 weeks to prepare for Comrades.... Normally I would of said "stuff that "but our team Captain was running number 20!

So there we are at 2015 Comrades start line, with a complete novice brother in law that lives overseas in tow, and off the big Yellow bus went, at around 35kms into race we had to make the call and drop our novice who was battling terribly and going too slow, the mission was to get said 20th runner to the finish so off we went with 20th runner me, sister Karen and a few other Irene runners from time to time. Apart from a few hiccups enroute, hot weather not feeling great from time to time, 3 of us came in together! We had two super seconds on the way Sam and Pierrette, who gave us all the goodies we had insisted we needed Well done girls we love you to bits..... Plus the Irene tent lovingly looking after us as usual... Karen finished number 21, me the novice at 14 and now Belinda at 20!

We did it my super special friend Belinda Skinner number 20 in the bag and an "Ironman", who has at times dragged me kicking and screaming through long haul races when I've wanted to give up she has been there pushing me on... She has sworn at me at Sani but I'll let that go..... We have had adventures to talk about in our old age.... mad? Yes we are but I wouldn't have it any other way..... I'd like to thank a lot of Irene club members (too numerous to mention but I'm sure they know who they are) who have given us encouragement that watched these mad women do the stupidest events.....

A special Love to you my China's Sam Hall, Pierrette Whitmore, Pat Andrew, Maureen Mossop, Jacqui Burn, Saloshnee Naidoo, Karen Eslick and Lynette September.... We've had some great fun along the way! And in the words of the great late Walter Glyn.... "It's not an adventure until something goes wrong"

I feel the coming years hold out a lot more activities, Ironman done tick, Comrades 20 done tick....This woman has no end of ideas!

Elaine Cuffe

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PERSONALIA

Congratulations to everybody celebrating their birthdays

Nadine	Breytenbach	06-Jul
Alfred	Choma	06-Jul
Mpho	Netshiombo	06-Jul
Marlene	van Zyl	06-Jul
Rae	Clerihew	07-Jul
Gert	Greyling	07-Jul
Andrew	Heuvel	07-Jul
Stephan	Olieman	07-Jul
Johan	Olivier	07-Jul
Jaco	Botha	08-Jul
Helen	Griesel	08-Jul
Chris	Schwegmann	08-Jul
Janine	Siebrits	08-Jul
Eliza	Steyl	09-Jul
Martin	Struwig	09-Jul
Roche	Vermaak	09-Jul
Magda	Brits	10-Jul
Yvette	van der Westhuizen	10-Jul
Hein	Pheiffer	11-Jul
Dawie	Steenkamp	11-Jul
Tobie	Schalkwyk	12-Jul



NOTICE BOARD

Saturday 11 July

AfriForum Springbok Vasbyt 25/10/5 km

Race Organisers: Voortrekker Monument Atletiekkklub

Venue: Voortrekker Monument Piekniekterrein

GPS: S 25.77690 E 28 17747

	25 km	10 km	5 km
Entry fees	R 100	R 60	R 30
Entry fees – GM's (at tables only)	R 30		
Start time	07h30		07h40
Time Limit	04hrs		

The 10 & 25 km race is not suitable for baby strollers and wheelchairs

No animals or vuvuzelas allowed

Pre-entries at: Run-away-Sports; Running Inn; Outdoor Freedom Mall @ Reds; Postnet Pretoria West; Sportmans Warehouses – Atterbury Valuemart, Centurion Valuemart, Kolonade Retail Park

www.entrytime.co.za

League Race

Saturday 18 July

Garsfontein Ice Breaker 21.1/10/5 km

Race Organisers: Wingate Road Runners & Dutch Reformed Church Garsfontein

Venue: Garsfontein Primary School, Zita Street, Garsfontein

GPS: S 25 47'24.44" E 28 17'43.22"

	21.1 km	10 km	5 km
Entry fees	R 70	R 60	R 30
Entry fees – 70+	Free, except for temporary license if applicable		Free
Start time	Running 07h00 Walking 07h10		07h20
Time Limit	03:30 hrs		

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

www.nggars.org.za

Saturday 25 July

Zwartkop Road Race 21.1/10/5 km

Race Organisers: Alpha Centurion Runners & Walkers

Venue: Zwartkop Lapa, Centurion

GPS: S 25 50'14.25" E 28 07'28.46"

	21.1 km	10 km	5 km
Pre entry fees	R 70	R 50	R 30
Race day entry fees	R 80	R 60	R 30
GGM; GGGM; Blind & wheelchair athletes – 25 July	Free		
Start time	07h00		07h10
Time Limit	03hrs		

No pets and baby strollers allowed on the 10/21.1 km

Come early – only one entrance gate

Pre-entries at: Run-away-Sports; Running Inn, Sweatshop Southdowns & Dunkeld;
Sportmans Warehouse Centurion

www.enteronline.co.za

Saturday 1 August

Tshwane AC Road Race 21.1/10/5 km

Race Organisers: Tshwane Athletic Club

Venue: Medunsa Stadium (now known as Sefako Makgatho Health & Science University)

GPS: S 25 37'01.3 E 28 50.9

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees – GM & GGM & 80+	R 30		
Start time	07h00		
Time Limit	03hrs		

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

www.entrytime.co.za and www.enteronline.co.za

2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
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 -
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
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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

Happiness comes through doors you didn't even know you left open.



Photo Corner (Race for Friendship)

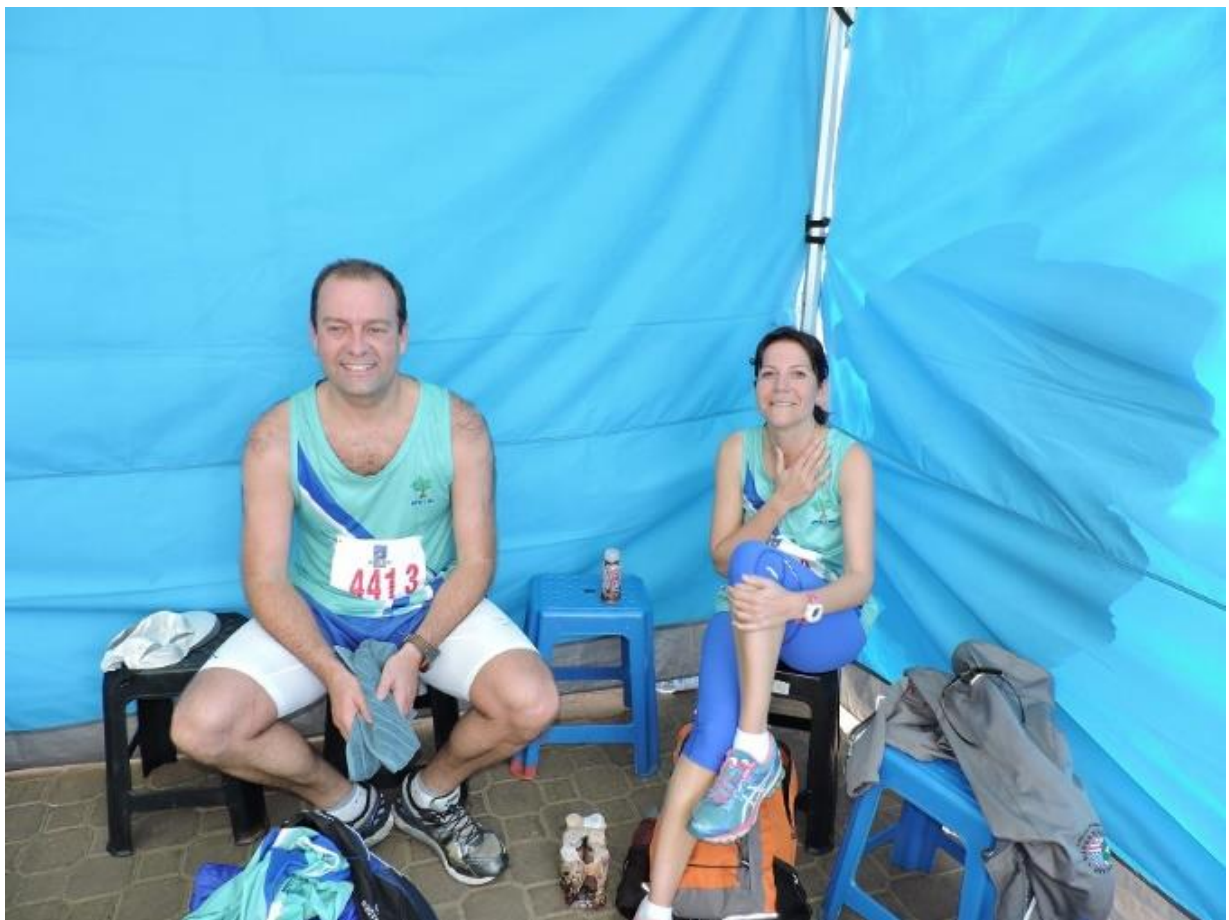


Louise Stigling, daughter of Sticks and Mariaan, who were members years ago



Theuns Strecker did an excellent PB on the 21 km











Washie Action

