



# IRENE NEWS

7 December 2015

No 48 - 2015



## EDITORIAL

This will be the last Irene News for 2015. The next issue will be sent out on 4 January 2016. The last official time trials will be held on Tuesday. The next official time trials will take place on 5 January when everything will be back to normal. Please take note that the office will be closed from 11 December until 4 January.

I want to make use of this opportunity to wish you all a fantastic festive season. May you enjoy peace and happiness on Christmas day that will last a lifetime. If you are fortunate to go away, please drive carefully and come back safely

## YEAR END FUNCTION

What a great function we enjoyed! Thank you very much to Elna and Stephen Mee for organising a great event. A special word of thanks to Kerry Trentham for the hard work he put into it. See the photo corner for some pictures.

We want to congratulate all our prize winners. Below is a list of all the trophy winners:

<b>Best Supporter</b>	Cassie en Anne Calaca
<b>Most Injured Athlete of the year</b>	Dirk Cloete
<b>Bloeier van die Jaar (Blood Buddie)</b>	James Eayrs
<b>Socialiser of the Year (Drinkbroer)</b>	Werner van der Merwe
<b>Friendliest Member</b>	Henk Basson
<b>Dummy of the year</b>	Wynand Breytenbach
<b>Belinda's Bell ( Best attitude &amp; Loyalty)</b>	Mpho Motaung
<b>Last Irene Comrades Athlete</b>	Len Bakker 11:58:58
<b>Comrades Vasbyt</b>	Hendrik Saayman
<b>Spirit of Comrades</b>	Travers Snyman
<b>First Comrades Novice</b>	
Ladies	Rosemary Brink
Men	Pehr Lodhammar
<b>Best Comrades Athlete</b>	
Ladies	Zelda Breytenbach
Men	Bennie Roux
<b>10 Km Championships</b>	

Ladies	Jacque van der Waals
Men	Nilo Saraiva
<b>21 km Championships</b>	
Ladies	Ansie Breytenbach
Men	Bennie Roux
<b>42 km Championships</b>	
Ladies	Zelda Breytenbach
Men	Alfred Choma
<b>Beyond Comrades Athletes</b>	
Ladies	Marulette Erasmus
Men	Fanie Naude
<b>Most League Points</b>	
Ladies	Ansie Breytenbach
Men	Jaap Willemse
<b>Most Super League Points</b>	
Ladies	Ansie Breytenbach
Men	Philip Breytenbach
<b>Most Improved Athlete</b>	
Ladies	Telanie Venter
Men	Rynier van der Walt
<b>Rookie Walker of the Year</b>	Danie Labuschagne
<b>Golden Shoe - Ladies</b>	Letha Kotze
<b>Golden Shoe - Men</b>	Jaap Willemse
<b>Lady walker of the year</b>	Elsa Meyer
<b>Man walker of the year</b>	Gerard van den Raad
<b>Walker of the year</b>	Annatjie Greyvenstein
<b>Ultra walker of the year</b>	Gerard van den Raad
<b>GGM of the year</b>	
Ladies	Annatjie Greyvenstein
Men	Gerard van den Raad
<b>GM of the year</b>	
Ladies	Elsa Meyer
Men	Johan Nel
<b>Master of the year</b>	
Ladies	Ansie Breytenbach
Men	Jaap Willemse
<b>Veteran of the year</b>	
Ladies	Zelda Breytenbach
Men	Keith Reynolds
<b>Senior of the year</b>	
Ladies	Nadine Breytenbach
Men	Nilo Saraiva
<b>Athlete of the year</b>	
Ladies	Ansie Breytenbach
Men	Johan Nel

<b>Achiever of the year</b>	Zelna Breytenbach, Anelle Vorster, Annemarie Kruger & Belinda de Bruin
<b>Chairman's Trophy</b>	Mike Lundie

## **REGISTRATIONS 2016**

Attached are the registration instructions and details for 2016 once again.

Members can start registering from 1 December 2015 and the registration parcels will be ready for collection from 12 January 2016 (also see point 5 below). Your 2015 licence number is valid until the end of January 2016.

Please note that if you were registered for 2015 and your details have not changed, you do not need to visit the ASA website. You can just pay the registration fees and send me the proof of payment (that's it!).

To assist with the big task ahead, please help me to:

1. Send only ONE email with your proof of payment, t-shirt size and the information requested on the instruction sheet. I get a LOT of emails and I will appreciate if we can limit the traffic and have a smooth process;
2. Please ensure that all registration communication is emailed to the *correct* email address: [admin@irenerunner.co.za](mailto:admin@irenerunner.co.za) ;
3. Only the first 500 members will receive t-shirts – so get those registrations in;
4. If you have registered by 31 December 2015, your registration parcel will be ready for collection at the club house on 12 January 2016 from 17:20 – 19:00 or any other Tuesday at the same time;

I wish you a merry Christmas and a blessed 2016. May your running / walking targets be realistic, but challenging enough to keep those good juices flowing.

See you at the club house and on the road!

Regards, Zelna

**Please note that the first 500 registrations last year were done in December. Make sure that you don't miss out on your T-shirt!**

## **ANNUAL INFO BOOKLET**

The 2016 information booklet that every member will receive when joining the club next year, will be printed soon. A total of 1000 copies will be printed.

We want to give our members the opportunity to advertise their businesses/services in there. As you know it will be in full colour.

The cost for the ads will be minimal: Full page – R800, half page – R400 and business card – R200.

Please send me your ads in jpeg or pdf format a.s.a.p. to secure your spot.

Cut-off date is 8 December



# IRENE CHRISTMAS LIGHTS RUN

COME AND JOIN US FOR SOME FUN ON THE STREETS OF  
BROOKLYN AND RUN A SHORT 6KM TO SEE THE "FAMOUS"  
XMAS LIGHTS ON LAWLEY STREET

START AND FINISH AT

**"JAN CILLIERS PARK"**

**BRODERICK STREET, GROENKLOOF**

**START TIME: 18H30**

**DATE: THURSDAY 10 DECEMBER**

WATER AND BUBBLY WILL BE PROVIDED ON ROUTE

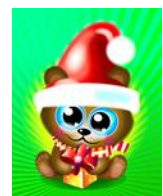
BRING OWN DRINKS FOR AFTERWARDS

KIDS WELCOME, DRESS FOR THE OCCASION (REFLECTIVE BANDS)

PLEASE BRING A SMALL TOY

CONTACT: MIKE LUNDIE 0826520314

Email [mlundie@optron.com](mailto:mlundie@optron.com)



## ***CARAVAN THIS WEEKEND***

There are two races taking place this coming Saturday. The caravan and gazebo will be at the Skosana race at the Correctional services.

The caravan/gazebo will be at the races during the holiday period.

## ***BUSSING AT TOM JENKINS (Zelna Black)***

Running keeps you young. This is not a scientific finding, but rather more to do with a state of mind (and of course it helps for the bones too.)

When you have a wrinkle or two more than you would like to have, and you realise that you will be the odd one out in a group to go clubbing – your brain starts to make peace with the fact that your body is getting older.

So, talking about clubbing, there is a substitute for this phenomenon, found in certain less serious road races in South Africa – especially those races that encourages runners to run in busses. You can therefore go ‘bussing’ instead of clubbing - no matter how many wrinkles you have.

My running buddy, Liza from Agape, and myself decided to start this new bussing ‘thingy’ on the Tom Jenkins race. Instead of going from one club to another, we would therefore need to run in as many busses we can during 10km, catch the vibe, leave a few wise cracks and share with others our the ‘bussing’ experience.

Liza and I started at the very back of the race, so we could ‘catch’ the busses from the back. We first ran with the Zwakala bus with a rhythmic tambourine and lots of laughter. Although only the bus driver was from Zwakala, the rest of the bus was made up of loyal supporters that are used to run in this group. Zwakala have helped Liza and me many times in the past through difficult patches and we have enjoyed the similarity and spirit. After about 20 minutes and completing the first hill, we moved on.

The Phobians were next. They had a running DJ who played Christmas music and the group were very relaxed and into the Christmas spirit.

The next formal bus was that of the ‘Love Run’ group. Their bus was mostly made out of young people and they even had a ‘bus’ printed on cardboard, consisting of 4 wheels carried by 4 runners at the corners of the bus, another two runners were carrying the printed indicators and another runner ran with the signage of the ‘bus service’. The Love bus was very competitive and had quickly overtaken the Irene bus.

The next bus was the large, green Irene bus and I was proud to be an Irene member. Our members running in this bus wanted to include as many members as possible and ensured that they stopped to let other ‘greenies’ catch up. The green machine members wore Christmas decorations, sang and the drinks trolley was, of course, a great asset. The Irene members welcomed anyone that joined the group.

The next bus we managed to catch was the Aurecon club bus. Most of the group had a laminated photo of a man on their backs and a few members even carried his picture on wooden sticks. We enquired and learned that their one board member passed away just before the race. The group decided to dedicate the run to him. They included his name in some of

their songs and it was great to see the runners honouring him – he was obviously loved and left a legacy.

We started to increase our speed after the Aurecon bus, to try and catch the Agape bus, but at the top of Tom Jenkins and many enquiries later, we have realised that the club did not have a bus in the race. We both enjoyed the bussing experience so much; we started to walk very slowly, admired the last of the Jacaranda blooms and waited for the Irene bus. At the Union buildings, we joined the green machine again, to finish in a big way. What an experience! Conclusion: bussing is fun – and we should (sometimes) have fun when we run.

## ***PERSONALIA***

Congratulations to everybody celebrating their birthdays during the holiday period:

Frikkie	Loubser	07 Dec
Audrey	Smit	07 Dec
Nokwanda	Dlamini	08 Dec
Anton	Geyser	08 Dec
Gideon	Jordaan	08 Dec
Johan	Kotze	08 Dec
Johann	van de Venter	09 Dec
Christa	Visagie	09 Dec
Francois	Le Roux	10 Dec
Willie	van Zyl	10 Dec
Talita	Botha	11 Dec
Anna	Holtshousen	11 Dec
Yolandi	Smit	11 Dec
Yolanda	Coertse	12 Dec
Fanna	Njomo	12 Dec
Lance	van der Merwe	14 Dec
Rynier	van der Watt	14 Dec
Daleen	van Staden	14 Dec
Elfra	Visser	14 Dec
Elaine	Cuffe	15 Dec
Ernest	Kenoshi	15 Dec
Rosemary	Brink	16 Dec
Gerald	Hartmann	16 Dec
Kobus	Faber	17 Dec
Petrus	van der Walt	17 Dec
Brett	Muir	18 Dec
Anina	Potgieter	18 Dec
Mario	Swarts	18 Dec
Ansie	Breytenbach	19 Dec
Charles	Jaquire	20 Dec
Caesar	Tonkin	20 Dec
Lourens	van Aardt	20 Dec
Gerard	du Toit	21 Dec



Stephen	Holtshousen	22 Dec
Liezl	Schoeman	22 Dec
Alda	van der Schyff	22 Dec
Dirk DCP	van Niekerk	23 Dec
Maria	Viviers	23 Dec
Dirk	Cloete	24 Dec
Petrea	Snyman	24 Dec
Francois	Swart	24 Dec
Hennie	van der Walt	24 Dec
Henk	Basson	26 Dec
Lean	du Plessis	27 Dec
David	Broughton	28 Dec
Louisa	Krugel	28 Dec
Philippus	Koornhof	29 Dec
Annatjie	Greyvenstein	31 Dec
Johanna	Labuschagne	31 Dec
George	Lubbe	31 Dec
Amina	Mohamed	31 Dec
Riana	van den Berg	31 Dec
Louis	Visser	31 Dec
Chantal	Daling	01 Jan
Noel	Pastor	01 Jan
John	Ellmore	02 Jan
Ntsako	Msomi	02 Jan
Marius	Nel	02 Jan



 <p><b>SHORT TERM BROKERS</b> Value. Service. Trust</p> <p>Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mwweb.co.za</p>	<p><b>We put you first</b></p> <p>Short Term Brokers is an authorised financial services provider – FSP no. 10670</p>
--	---

## ***NOTICE BOARD***

### **Saturday 12 December**

### **The Wonderful Run 21.1 / 10 / 5 km Race**

Race Organisers: Wonderpark Athletic Club

Venue: The Forum, between Wonderpark Mall & Akasia Town Hall, c/o Heinrich & Disotus Avenues, Karenpark

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
Start time	06h00		06h15
Time Limit	03h00		

**No wheelchair athletes**

Pre-entries at: Running Inn; Runners Store; Sweat Shop, Southdowns; Dunkeld West & Fourways Crossing

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

### **Saturday 12 December Race**

### **Skosana Road Race 5/ 10 km and 1 mile Road**

Race Organisers: Nedbank Running Club

Venue: Pta Correctional Services, Kgosi Mampuru Street, Pretoria

	10 km	5 km	1 mile
Entry fees	R 50	R 30	R 20
Start time	06h30		08h30
Time Limit	??h00		

Pre-entries at: Run-Away-Sports; Running Inn; The Runners Store; Sweatshop South Downs & Dunkeld West; AGN Office

[www.nedbankskosana.myactiveonline.co.za](http://www.nedbankskosana.myactiveonline.co.za)



**Wednesday 16 December****Silverton Live Running 25 / 12.5 / 5 km**

Race Organisers: Vitalfitness Athletics Club

Venue: Voortrekker Park, c/o Jasmyn &amp; van Wyk Streets, Silverton

	25 km	12.5 km	5 km
Entry fees	R 60	R 50	R 40
Start time	06h00		06h30
Time Limit	04h30		

**No wheelchairs allowed**Pre-entries at: Run-Away-Sports; Running Inn; Sweatshop South Downs; BB Nissan  
Silverton**Thursday 31 December****21<sup>st</sup> Old Years Run/Walk 5 / 10 km**

Race Organisers: Arcadia Running Club

Venue: Rietondale Park, North Street, Rietondale

	10 km	10 km
Entry fees	R 50	R 30
Start time	17h00	
Time Limit	02h00	

Pre-entries at: Run-Away-Sports; Running Inn; Runners Store

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

**Friday 1 January****New Year Run/Walk 5 / 11 km**

Race Organisers: Run Walk for Life

Venue: Pretoria National Botanical Gardens, Cussonia Avenue, Silverton

	11 km	5 km
Entry fees	R 50	R 30
Start time	07h00	
Time Limit	02h00	

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

[www.enteronline.co.za](http://www.enteronline.co.za)**Saturday 2 January****Bophelong Road Race 10 / 5km / 50m**

Race Organisers: Bophelong Athletics Club

Venue: Charity &amp; Faith Mission Church (behind Shell Garage), c/o Molepo &amp; Hinterland St, Mamelodi East

	10 km	5 km	50 m
Entry fees	R 50	R 30	Free
Start time	06h15	06h20	00h00
Time Limit	02h30		

**No wheelchairs allowed**

Pre-entries at: Run-Away-Sports; Running Inn; Runners Store; Bophelong Community Centre

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

## **League Race & 10km AGN Championships**

**Saturday 16 January**

**BestMed 10 / 21.1 / 5km Race**

Race Organisers: Eersterust Athletic Club

Venue: Eersterust Sports Stadium, c/o St Joseph & Hans Coverdale West, Eersterust

GPS: S 25 42'54.12" E 28 18' 25.79"

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
GGM – free entry on race day only			
Start time	06h00		06h10
Time Limit	03h00		

**No animals allowed**

Pre-entries at: Running Inn; Running Inn; Runners Shop; Sweat Shop, Southdowns

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

**Saturday 30 January**

**Akasia Road Race 42.2 / 21.1 / 10 / 5 km**

Race Organisers: Wonderpark Shopping Centre

Venue: Wonderpark Shopping Centre, Heinrich Avenue, Karenpark

GPS: S 25 40.264 E 28 6.703

	42.2 km	21.1 km	10 km	5 km
Pre entry fees	R 90	R 70	R 60	R 30
Entry fees 60+	R 40	R 30		
Race day entry fees	R 110	R 90	R 80	
Race day entry fees 60+	R 50	R 40		
Blind runners	Free			
Start time	05h30	05h45	06h00	06h10
Time Limit	05h00			

Pre-entries at: Running Inn; Runners Store; Sweat Shop, Southdowns; Dunkeld West & Bedford View; Boost Juice & Maxi's Wonderpark Centre

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

<b>2016 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
ACE	10/21	16 Jan	X	X
Tuks Bestmed	10/21	20 Feb	X	X
VirSeker	10/21	19 Mar	X	X
Ford	10/21	9 Apr	X	X
The Love Run	10/21	14 May	X	X
Race 4 Faith	10/15	4 Jun	X	X
Zwartkop	10/21	30 Jul	X	X
Wierie	10/21	13 Aug	X	X
Andrew Greyling	10/21	17 Sep	X	X
King Price Irene Farm	10/21	20 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

### **Masters Athletics Fixture list**

#### **Local meetings**

02 April 2016                      Gauteng North Championships, Pilditch

13 August 2016                      Claude Sterley - Pilditch

#### **SA Masters Championships**

13/14 May 2016                      SA's    Pilditch, Pretoria

#### **International Championships**

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**

**Leading means running fast enough to keep ahead of your people.**

**Photo Corner (A real hobo affair!)**



Louis and Nadene Visser



Ansie and Wynand Breytenbach





Cari and Travers Snyman



Belinda de Bruin and Clinton Nicholl arriving with all their belongings!





Chris Cloete and Saloshnee Naidoo



Werner Zandberg and Dell Lewis



Rob and Deirdre Hudson



Johan and Wilrien Steyn with their son





Elna and Stephen Mee



Belinda de Bruin and Clinton Nicholl stole the show with their shopping trolley



Happy Irene members



The venue was packed





Excitement for the children



The trophy table



Cassie and Anne Calaca – Best supporters



Mpho Motaung – Belinda's Bell trophy for best attitude and loyalty



Gerard van den Raad, an example to all of us – Best walker and best ultra walker



Belinda de Bruin and Zelda Breytenbach – Two of the four achievers of the year. First Comrades veteran ladies team





Dirk Cloete – Most injured athlete of the year



Jacquie van der Waals – 10 km Champion



Ansie Breytenbach – Female athlete of the year with the 5 trophies she received



A proud Nilo Saraiva with his two trophies



And then it was time for dancing, Cari and Travers Snyman leading the way



Saloshnee Naidoo, Rinaldi Botes, Belinda de Bruin, Rosemary Brink and Candice van der Spuy having a ball