



# IRENE NEWS

7 January 2019

No 1 - 2019



## 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 2019, make the days count. Don't just make a "to do" list, make a "to be list" as well and be someone special.

As always, I want to appeal to all our members 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.

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.

Wear your proper club apparel. It makes a very bad impression if some members wear shorts of different colours. The clothing shop belongs to the Club and management will do its best to ensure that there is ample stock of all the items.

We are very proud of our “Cara-Fun” and gazebos at the races and we want our members to make use of these facilities. Leave your tog bag there and enjoy a cup of coffee/tea before and/or after the race. This is the place where we get to know each other and where we bond as “Irene family”.

### **ACHIEVEMENTS**

Congratulations to the following members who were on the podium since the last newsletter:

#### **Old Year's 10 km**

Sunet Eybers	1 <sup>st</sup> Vet lady (44:49)
Joey Cloete	1 <sup>st</sup> GM lady (53:20)
Leon Page	2 <sup>nd</sup> Master (50:30)
Elsa Meyer	1 <sup>st</sup> GGM lady walker & 3 <sup>rd</sup> lady (1:08:24)

#### **A4A Road Safety 10/21**

Joey Cloete	1 <sup>st</sup> GM lady – 10 km (56:57)
Leon Page	1 <sup>st</sup> Master – 10 km (49:56)
Isabel van der Schyff	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> Master – 10 km (1:09:35)
Rosemary Brink	1 <sup>st</sup> Vet lady – 21 km (1:50:59)
John Cannon	1 <sup>st</sup> GGM – 21 km (2:00:34)
Sandra Steenkamp	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> Master – 21 km (2:17:40)
Elsa Meyer	1 <sup>st</sup> GGM lady walker & 2 <sup>nd</sup> lady – 21 km (2:31:20)

Congratulations!!

### **THIS WEEK'S DIARY**

#### **Monday:**

Strength training @17:30 – Club house

#### **Tuesday:**

Time trials @ 17:30 – Club house (Everybody starts together at 17:30)

Please note there will be no bar facilities

**Saturday:**

Eersterust 5/10/21 @ 06:00 – Eersterust sports Stadium

**Sunday:**

Training run @ 06:00 – Club house – All welcome, your distance, your pace.

**REGISTRATIONS FOR 2019**

Welcome to all our members who have registered for 2019 and especially to all the new members. We trust that you will enjoy every moment as a member of the Irene family.

Those members who haven't registered yet must do so to secure the moisture management T-shirt.

Just go to our website [www.irenerunner.co.za](http://www.irenerunner.co.za) to download the form and to get all the required information with regards to the registration.

The forms will also be available at the admin counter on Tuesday evenings.

The 2019 licences have not been received yet, we will keep you posted. In the meantime, the 2018 licences are still valid.

**BAR FACILITIES**

Please take note that there will be no bar facilities this Tuesday. Please bring your own drinks.

**SOCIAL EVENING**

Our first social evening will take place on Tuesday, 15 January after the time trials. More details will be sent out during the week.

**PERSONALIA**

Congratulations to everybody celebrating their birthdays during the week:

Anina	Coetzee	07 Jan
Giel	Cillie	08 Jan
Nadia	Oberholzer	09 Jan
Nelius	Van Rooyen	09 Jan
Mathabo	Mathebula	10 Jan
Candice	Van der Spuy	10 Jan
Lizl	Strauss	11 Jan
Gerrit	Faling	12 Jan
Carla	Hartmann	12 Jan
Janson	Pointing	12 Jan
Gert	Fourie	13 Jan
Kobus	van Niekerk	13 Jan
John	Ward	13 Jan



### **1000 KM CHALLENGE (Keith Reynolds)**

We have a 1000 km Challenge in Uganda that is set up to encourage people to train throughout the year. It is not restricted to Ugandans and club members are welcome to join.

It is based on a combination of honesty and submission of logbooks to reflect the progress of each athlete.

Participants simply log their training in a customised logbook to track progress towards a selected goal for the year (1000km, 1000 miles or 2000km).

There is also the option for cyclists of 3000km, 2500 miles and 5000km which is to be completed between 1 Dec 2018 and 30 Nov 2019.

This challenge is not limited to Ugandans and club members are welcome to sign up.

Medals are awarded to all finishers at the end of the year.

Registration can be done on <https://activateuganda.com/event-details.php?id=21&category=2> or people can contact me on [keith11523@gmail.com](mailto:keith11523@gmail.com) for more information

### **NOTICE BOARD**

#### **Saturday 12 January**

#### **26<sup>th</sup> Eersterust Road Race 21.1/10/5 km**

Race Organisers: Eersterust Athletics Club

Venue: Eersterust Sport Stadium c/o St Jospeh & Hans Coverdale West, Eersterust

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

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R 40
Start Time	06:00		06.15
Cut-off	03:00		

**No pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-away Sport; Sweatshop Southdowns

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

## **Masters Athletics Fixture list**

### **South African Championships**

3/4 May 2019                      Oudtshoorn

### **Africa Champs**

December 2018                      Africa Championships                      Tunisia

### **International Championships**

24-30 March 2019                      WMA Indoor                      Torun, Poland

28/9-6/10 2019                      30<sup>th</sup> Summer Universiade                      Naples, Italy

20/7/2020 – 1/8/2020                      World Masters athletics Champs                      Toronto, Canada

### **THOUGHT FOR THE WEEK**

Happiness is found when you stop comparing yourself to other.



**MODERN**  
***athlete***

**JOINT****Eze**<sup>TM</sup>

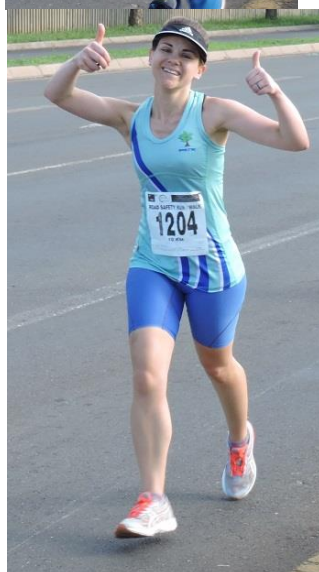
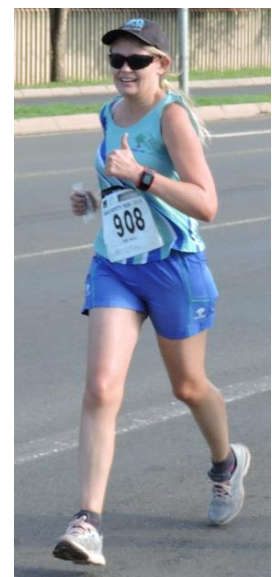
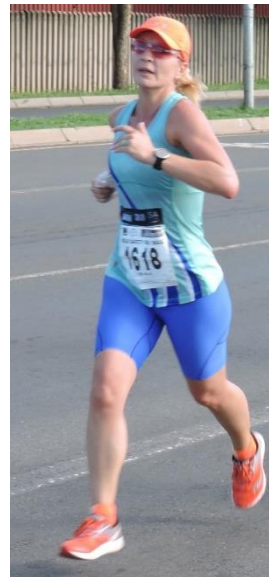
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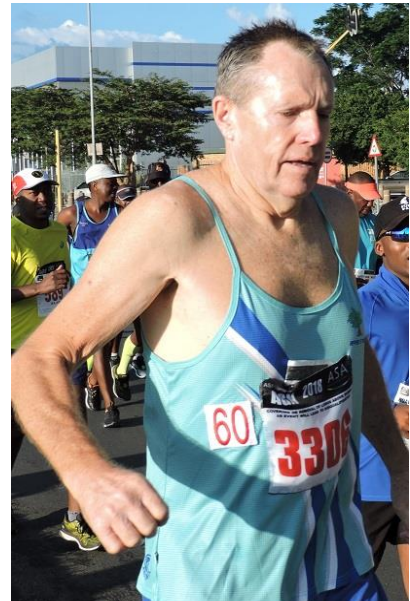
Tel: 011 805 6316



***PHOTO CORNER (Action at the A4A Race)***











Rudolf du Toit with his daughter and Thea van Helden



Social member Roz Henson did the 5 km





Ashley Williams in action at the First Choice 15 km in Jeffreys Bay