



IRENE NEWS

8 December 2014

No 49 - 2014



EDITORIAL

This will be the last Irene News for 2014. The next issue will be sent out on 5 January 2015. The last official time trials will be held on Tuesday. The next official time trials will take place on 6 January when everything will be back to normal. Please take note that the office will be closed from 12 December until 5 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

ACHIEVEMENTS

Congratulations to the following podium winners at the Great Run 10 km race:

Ansie Breytenbach	1 st Master lady
Mike du Bruto	1 st GM
Lyn de Bruin	1 st GM lady
Sandra Steenkamp	1 st Lady walker

PERSONAL ACHIEVEMENTS

None received

YEAR END FUNCTION

What a great function we enjoyed! Thank you very much to Frances Lezar for organising a great event.

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

Best Supporter	Graeme Rennie
Most Injured Athlete of the year	Elmarie Strecker
Bloeier van die Jaar (Blood Buddy)	Annemarie Breytenbach
Socialiser of the Year	Saloshnee Naidoo
Dummy of the year	Travers Snyman
Belinda's Bell (Best attitude & Loyalty)	Danie Joubert
Last Irene Comrades Athlete	Dina Schoeman
Comrades Vasbyt	Claudia Cockcroft
Spirit of Comrades	Johnny van der Walt

First Comrades Novice	
Ladies	Nadene Visser
Men	Alfred Choma
Best Comrades Athlete	
Ladies	Zelda Breytenbach
Men	Alfred Choma
10 Km Championships	
Ladies	Anelle Vorster
Men	Bennie Roux
21 km Championships	
Ladies	Zelda Breytenabch
Men	Simon Agika
42 km Championships	
Ladies	Zelda Breytenabch
Men	Wiseman Ngwarirai
Beyond Comrades Athletes	
Ladies	Marulette Erasmus
Men	Johann Jonck
Most League Points	
Ladies	Ansie Breytenbach/Lucia Willemse
Men	Mike du Bruto
Most Super League Points	
Ladies	Ansie Breytenbach
Men	Bennie Roux
Most Improved Athlete	
Ladies	Daleen Labuschagne
Men	Arno Smit
Golden Shoe - Ladies	Annette Meuller
Golden Shoe - Men	Wynand Breytenbach
Lady walker of the year	Elsa Meyer
Man walker of the year	Gerard van den Raad
Walker of the year	Sandra Steenkamp
Ultra walker of the year	Marie van Dyk
GM of the year	
Ladies	Elsa Meyer
Men	Gerard van den Raad
Master of the year	
Ladies	Sandra Steenkamp
Men	Jaap Willemse
Veteran of the year	
Ladies	Zelda Breytenbach
Men	Danie Cornelissen
Senior of the year	
Ladies	Nadine Breytenbach
Men	Johann Jonck

Athlete of the year	
Ladies	Sandra Steenkamp
Men	Gerard van den Raad
Achiever of the year	Stefan Mueller
Chairman's Trophy	Johan Janse van Vuuren

2015 REGISTRATIONS

Registrations are open! Make sure you register a.s.a.p. to ensure your T-shirt. The first 500 members to register will receive a good quality T-shirt. See the letter from Zelna below:

Dear Members

Please see the attachments for instructions regarding the 2015 registration process. Please note that the licencing form is only for members without internet access.

We will also post a new section next week on the Irene website with frequently asked questions.

I wish all my fellow runners and walkers a blessed Christmas, safe travels over the holiday period and a healthy running and walking 2015 ahead.

Kind Regards

Zelna

VACANCIES – RACE COMMITTEE

There are two vacancies on the race committee that have to be filled urgently. The one is for somebody to organise the race numbers and the second one will be responsible for the organisation of the water points. If you want to serve the club with your time and skills, this is the best opportunity to do so. Please contact me at info@irenerunner.co.za if you are interested or if you need more information.

NEW CLOTHING

We want to give all our members the opportunity to order their club attire before the end of the year. It will help us to place the correct orders.

Attached you will find a very straight forward order form. Please complete it and send it with the proof of payment to me at info@irenerunner.co.za Don't worry if the size you ordered doesn't fit, you will get the size that fits.

You will notice that the new running vests will only be R10 more expensive than the existing ones and also that the running shorts will be R10 cheaper!

The old vests will be phased out over a period of time.



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: WEDNESDAY 10 DECEMBER

WATER AND BUBBLY WILL BE PROVIDED ON ROUTE

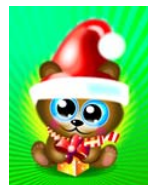
BRING OWN DRINKS FOR AFTERWARDS

KIDS WELCOME, DRESS FOR THE OCCASION (REFLECTIVE BANDS)

PLEASE BRING A SMALL TOY

FOR THE KIDS AT "HASIE SE HOLTE"

CONTACT: MIKE LUNDIE 0826520314



PERSONALIA

Johann van Biljon was involved in a serious motorbike accident recently. He was badly injured and there is doubt if he will ever be able to run again. We wish him a complete recovery and ask everybody to keep him in their prayers.

Congratulations to everybody celebrating their birthdays during the holiday period.

Gideon	Jordaan	08-Dec
Michal	Panasiuk	08-Dec
Johann	van de Venter	09-Dec
Christa	Visagie	09-Dec
Willie	van Zyl	10-Dec
Talita	Botha	11-Dec
Annelize	Holtshousen	11-Dec
Yolandi	Smit	11-Dec
Landie	Coertse	12-Dec
Fanna	Njomo	12-Dec
Lance	van der Merwe	14-Dec
Rynier	van der Watt	14-Dec
Elfra	Visser	14-Dec
Elaine	Cuffe	15-Dec
Ernest	Kenoshi	15-Dec
Arnie	Van Biljon	15-Dec
Gerald	Hartmann	16-Dec
Llewellyn	Jacobs	16-Dec
Kobus	Faber	17-Dec
Lizelle	le Roux	17-Dec
Johnny	van der Walt	17-Dec
Brett	Muir	18-Dec
Mario	Swarts	18-Dec
Ansie	Breytenbach	19-Dec
Lourens	van Aardt	20-Dec
Gerard	du Toit	21-Dec
Simon	Agika	22-Dec
Stephen	Holtshousen	22-Dec
Liezl	Schoeman	22-Dec
Alda	van der Schyff	22-Dec
Ria	Beetge	23-Dec
Pierre	Botes	23-Dec
Dirk	van Niekerk	23-Dec
Dirk	Cloete	24-Dec
Petrea	Snyman	24-Dec
Francois	Swart	24-Dec
Hennie	van der Walt	24-Dec



Elize	Visser	24-Dec
Henk	Basson	26-Dec
Phathizwe	Malinga	26-Dec
Lean	du Plessis	27-Dec
Nannette	Phyffer	27-Dec
David	Broughton	28-Dec
Lullu	Krugel	28-Dec
Ronel	Lombard	28-Dec
Philip	Koornhof	29-Dec
Elizabeth	Hagg	30-Dec
Edward	Smit	30-Dec
Cindy	Brock	31-Dec
Annatjie	Greyvenstein	31-Dec
Daleen	Labuschagne	31-Dec
Amina	Mohamed	31-Dec
Riana	van den Berg	31-Dec
Louis	Visser	31-Dec
Danny	Calaca	01-Jan
Noel	Pastor	01-Jan
John	Ellmore	02-Jan
Marius	Nel	02-Jan
Roelien	Potgieter	02-Jan
David	Bennett	03-Jan
Vishal	Ramkissoon	03-Jan
Esther	Venter Ferreira	04-Jan



NOTICE BOARD

Saturday 13 December
mile/10km

Skosana Legend Street Mile Development 1

Race Organisers: Skosana Running Group Development

Venue: Correctional Service Pretoria Kgosi Mampuru II

1 mile	10 km
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Pre entry fees	R 30	R 50
Late entry fees	R 40	R 60
Start time	07h45	06h00
Time Limit	??	

Pre-entries at: Run-A-Way Sport, Running Inn, Sweat Shop Southdowns & Fourways
Crossing, The Runner's Store, Pilditch Stadium

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

Tuesday 16 December

Live Running 5km / 12.5km / 25km

Race Organisers: Vitalfitness Athletics Club

Venue: Voortrekker Park, Jasmyn Road, Silverton

GPS: S 25.73286 E 28.30494

	25 km	12.5 km	5 km
Entry fees	R 60	R 50	R 30
Start time	06h00		06h30
Time Limit	04h00 runners / 05h00 walkers		

No wheelchairs allowed

Wednesday 31 December

Old Years Run/walk 5 / 10 km

Race Organisers: Arcadia Running Club with Run-a-way Sport

Venue: Rietondale Park, Soutpansberg Road, Rietondale

	10 km	5 km
Entry fees	R 50	R 30
Start time	17h00	17h00
Time Limit	3 hrs	

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

www.enteronline.co.za

Thursday 1 January

New Year Run/walk 5 / 11km

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	07h00
Time Limit	3 hrs	

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

www.enteronline.co.za

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)
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4 – 16 August 2015	WMA Championships, Lyon, France
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<http://www.lyon2015.com>

26 Oct – 6 November 2016	MA Championships, Perth, Australia
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<http://www.perth2016.com>

18 – 25 March 2017	World Indoor Championship 2017 in Daegu, Korea
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THOUGHT FOR THE WEEK

Be sure your goal is a right one, for if it isn't, it's a wrong one and nothing wrong ever turns out right.

Photo Corner (Christmas tree & Chairman's Ball)



Thank you to Stephni and her team for the food at the social on Tuesday



Guess who is on his way?



Waiting in anticipation for their presents



It will always be fascinating for children



Smiles all over



Travers Snyman – Dummy of the year



Zelda Breytenbach, Nadine Breytenbach & Heleen de Bruin



Recipients of the ITC shields



Claudia Cockcroft



Johnny van der Walt



Ansie Breytenbach



Gerard van den Raad (Athlete of the year) and Mike du Bruto



Daleen Labuschagne



Arno Smit



Sandra Steenkamp – Ladies athlete of the year



Danie Cornelissen



Annemarie Breytenbach



Johan van Vuuren – Winner of the Chairman's trophy