



# IRENE NEWS

8 January 2018

No 1 - 2018



## 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 2018, make the days count.

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 new “Cara-Fun” and new gazebos 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 at the A4A Road Safety Race on Saturday:

Joey Cloete	1 <sup>st</sup> GM lady – 21 km (2:15:43)
Elsa Meyer	1 <sup>st</sup> Lady walker – 21 km (2:29:18)
Tania Thompson	2 <sup>nd</sup> Lady walker – 21 km (2:53:25)
Jaap Willemse	3 <sup>rd</sup> Walker 21 km (2:18:41)
Lyn de Bruin	1 <sup>st</sup> GM lady – 10 km (1:07:41)
Annatjie Greyvenstein	1 <sup>st</sup> GGM lady – 10 km (1:00:45)
Danie Labuschagne	3 <sup>rd</sup> Walker – 10 km (1:07:03)
Lucia Willemse	2 <sup>nd</sup> Lady walker 10 km (1:14:10)

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

#### **Tuesday:**

Time trials at 17:30 - Club house

#### **Saturday:**

Eersterust 5/10/21 at 06:00 – Eersterust Sports Stadium

### **REGISTRATIONS FOR 2018**

Registrations for 2018 are going very fast. Remember only the first 500 members to register will receive a T-shirt. Just a reminder about the registration process:

All members who register for 2018 will be required to submit a signed ASA registration form at the club in order to receive a 2018 license number. The ASA website is unfortunately still not programmed to handle any registrations at this stage.

Despite this, members can register in one of the following ways:

- Send your proof of payment together with the attached ASA form (completed and signed) to [admin@irenerunner.co.za](mailto:admin@irenerunner.co.za). Our admin manager will then complete the form on the website on your behalf once it is programmed for 2018. (The forms can also be submitted at the club house)
- Send your proof of payment only to [admin@irenerunner.co.za](mailto:admin@irenerunner.co.za). You can then complete the form on the website yourself once it has been programmed for 2018, print it, sign it and submit it to the club.

- Hard copies of the form will also be available at the admin counter every Tuesday.

### **First 500 members receive free t-shirts**

Only the first 500 members to register will receive a T-shirt. Your proof of payment will ensure that you will be part of the 500. Avoid disappointment, pay your fees a.s.a.p. and send your t-shirt size along with your proof of payment.

We are pleased to announce that the membership fees for 2018 will remain the same as for the previous two years. The pro-rata fees at the end of the year have been reduced slightly. (please note that membership fees are pro-rated if you join from June 2018 onwards):

### **Irene Bank Account**

Determine how much your membership fees for 2018 on the above table will be. Add the amount for the family together.

After you have determined the membership fees, pay the full amount into the Irene bank account:

- Bank account Name: Irene AC
- Bank: Standard Bank
- Branch: 012645
- Account number: 032183186
- Reference: Your name

The fee includes the 2018 license, name tag and one windscreen disc. Additional discs will be available at R10.00 each.

Membership fees for 2018 (please note that the fees are prorated if you join from June 2018 onwards):

<b>Category Member</b>	<b>If you join between Jan – May 2018</b>	<b>If you join between Jun – Jul 2018</b>	<b>If you join between Aug – Sep 2018</b>	<b>If you join between Oct – Nov 2018</b>
Full member	630	530	430	330
Spouse / life partner	530	430	330	230
Social member (not a full member – no licence, cannot vote, but can use facilities. Normally for members that run less than 10km or supports a runner / walker)	300	300	200	200
Junior (under 20 years old for the year)	100	100	100	100

The 2018 licences will only be available from the AGN office during the week. The registration packages will therefore only be handed out from Tuesday, 16 January.

The 2017 licences are still valid until the end of January.



## “ADOPT A RUNNER”

We all love running and walking, some of us are very fortunate to be able to participate, every weekend, at races. There are some of our current members that can't even afford the membership fees.

We decided to start a new project for the coming year. It is called “Adopt a Runner”.

You, as member, can decide to adopt a runner, either by yourself or a group of friends or as a family. Our aim for this project is for members to adopt a runner, sponsor their membership fees and their race entries during the year. It is up to the “guardian” to decide what races they are prepared to sponsor. We were thinking of suggesting to the “guardian” to sponsor the league races. Adopting a runner and only sponsoring, membership fees and league races, it will work out to roughly R1 800.00 for the year.

We will provide a list with the names of our less fortunate members to those of you who are interested in adopting a runner. Then you can decide who you want to adopt.

Please e-mail me on [bets@ecbaccounting.co.za](mailto:bets@ecbaccounting.co.za) or [kwagga5@hotmail.com](mailto:kwagga5@hotmail.com) if you are interested and require more information.

Let us make 2018 a special year for our less fortunate members.

Thank you,

Bets Botha



## **FROM THE WALKERS CAPTAIN**

Mag almal se tekkies die jaar 'n beseringsvrye atleet vervoer oor pragtige roetes met 'n huppel in die stap en krag in die bene vir die bultjies.

Mag elke atleet se GPS mooi roetes registreer met genotvolle en beseringsvrye oefen en wedloop afstande.

Mag elke atleet se horlosie aandui dat die persoonlike doelwit bereik is, en mag elke atleet die jaar vir ons, as die IAC familie en vriendekring, gespaar bly, terwyl ons dankbaar is vir gesondheid en krag sodat ons hierdie pragtige sport kan beoefen.

## **TIME TRIALS**

***Come run together and let your Time Trials take you to the next level***

Irene Time Trials – what a great place to meet! Here we run together and get to know each other while we assess ourselves and our progress towards the goals we set out to achieve.

In 2018, we will once again focus strongly on our weekly club Time Trials. A new trophy will be handed out at the year end function for the member who participated in the most time trials during the year. The rules are very simple:

- You have to start in the group at 17:30 (17:15 during the winter months)
- You have to do 4/6/8 km
- You have to fill in the time trial book with your name, distance and time.
- ***You are invited to join us on 9 January 2018, 17:30 for our first time trial of the year***

## **SOCIAL EVENING**

Please take note that our first social evening will take place on Tuesday, 16 January after the time trials. More details will be sent out during the week.

## **PERSONALIA**

Condolences to Jan van Wyk whose father passed away on New years day.

Congratulations to everybody celebrating their birthdays during the week:

Giel	Cillie	08 Jan
Nadia	Oberholzer	09 Jan
Nelius	Van Rooyen	09 Jan
Mathabo	Mathebula	10 Jan
Candice	Van der Spuy	10 Jan
Gerrit	Faling	12 Jan
Carla	Hartmann	12 Jan
Gert	Fourie	13 Jan
Kobus	van Niekerk	13 Jan
John	Ward	13 Jan



## NOTICE BOARD

### **Saturday 13 January**

### **25<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 80	R 60	R 60
Entry fee 70+	Free		
Start Time	06:00		06.15
Cut-off	03:00		

**No pets**

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

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

### **Saturday 20 January**

### **PWC George Claassen Memorial Road Race**

Race Organisers: Pretoria Marathon Club

Venue: Pick 'n Pay Hyper, c/o Atterbury Road & Selikats Causeway, Faerie Glen

GPS: S 25.7841 E 28.3051

	21.1 km	10 km	5 km
Entry fee	R 100	R 70	R 40
Entry fee 70+ 80+ & blind runners	Free – race day only		
Start Time	05:30 Walk 06:00 Run		06:15
Cut-off	03:00		

**1<sup>st</sup> 500 online entries receive a dri fit long sleeve shirt**

**No Pets**

**Baby strollers welcome on the 5km**

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld West, Fourways Crossing; Sportmans Warehouse East Rand Mall, Fourways Crossing, Woodmead, Randburg, Centurion, Kolonnade Centre, Atterbury Value Mart

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## League Race

**Saturday 27 January**

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

Race Organisers: Akasia Athletics Club

Venue: Wonderpark Shopping Centre, c/o Old Brits Road & Heinrich Avenue, Karenpark

GPS: S 25 40,264 E 28 6,703

	42.2km	21.1km	10 km	5 km
Pre-entry fee	R 120	R 100	R 80	R 50
Entry fees 60+	R 60	R 50	R 40	
Late entry fees (26 & 27 Jan)	R 150	R 130	R 100	
Entry fees 60+	R 80	R 70	R 50	
Jardine Joggers / 70+ athletes	Free			
Start Time	05:30		06:00	06:10
Time Limit	04h:30	02h30	02h00	

**Wheelchair athletes and walkers welcome on 21.1 / 10 & 5km**

Pre-entries: Run-A-Way Sports, Sweatshop Dunkeld, Bedfordview & Southdowns;  
Virgin Active, Cross Trainer & Panarotti's Wonderpark

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

### THOUGHT FOR THE WEEK

Sometimes the best runs come on days you didn't feel like running.



**MODERN**  
*athlete*





**PHOTO CORNER (Road Safety Race)**



The place to be at the AGN races



Philip and Grazyna Koornhof





Anna Pieterse



Rosemary Brink





Joan van Wyngaard



Pieter van der Westhuizen





Johan van Vuuren



Ansie Breytenbach





Pieter Coetzee



Marks Mathebula



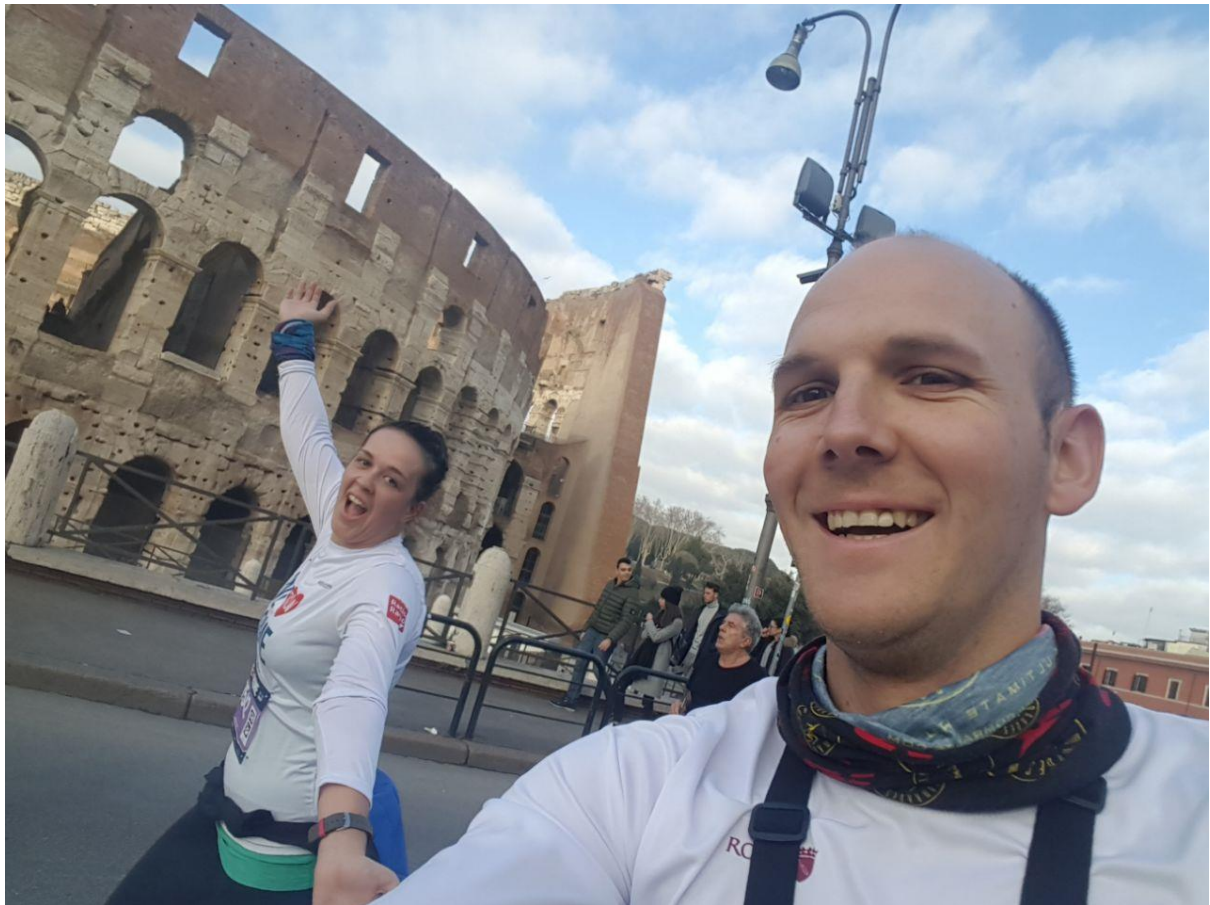


Tracey Mac Fadyen



Joseph Moagi





Nelius and Charnette van Rooyen were very fortunate to run a race in Rome while on holiday.