



# ***IRENE NEWS***

*9 February 2015*

*No 6 - 2015*



## ***ACHIEVEMENTS***

Our members had a good day at the McCarthy race. The following members were on the podium:

Jacquie van der Waals	1 <sup>st</sup> Vet lady & 3 <sup>rd</sup> lady – 10 km
Annatjie Greyvenstein	1 <sup>st</sup> GGM Lady – 10 km
Victor Pheto	1 <sup>st</sup> Master – 10 km
Keith Reynolds	1 <sup>st</sup> Walker – 10 km
Ansie Breytenbach	1 <sup>st</sup> Master lady & 7 <sup>th</sup> lady – 21 km
Mike du Bruto	1 <sup>st</sup> GM – 21 km
Sandra Steenkamp	2 <sup>nd</sup> Lady walker – 21 km
Elsa Meyer	3 <sup>rd</sup> Lady walker – 21km

Congratulations!

## ***PERSONAL ACHIEVEMENTS***

Johan van der Werff	PB – 10 km
Haley van der Werff	First 10 km
Ilze Koch	First 10 km
Joey Cloete	PB – 21 km

Well done!

The first 10 km of Ilze Koch, is very remarkable. She was diagnosed with Guillian-Barré syndrome in October last year and was paralysed completely. After spending weeks in ICU she recovered to such an extent that she can live a normal life again. She started running and reached a very special milestone on Saturday. We thank God for a miracle.



## ***21 KM CLUB CHAMPIONSHIPS***

Congratulations to Bennie Roux and Ansie Breytenbach who are our 2015 21 km champions.



## ***IRENE TRIPLE CHALLENGE***

Irene members can enter for Triple Challenge for only R200 instead of the normal entry fee of R400. To qualify you will have to work as a helper at the Spar Lantern, Clover Spring Race and the Liquifruit race. You will also have to complete the helpers races of these three races. The closing date for entries is 10 February.

## ***HELPERS – LANTERN RACE***

Thank you to all of you who responded on the request to assist at the Lantern race on 11 February. Those of you who haven't received your final instructions yet will receive it very shortly.

## ***GENERATORS***

Due to the load shedding we are experiencing at present we are unable to get any generators from our normal suppliers. We need at least another 10 generators to provide ample lighting on the dark patches of the route on Wednesday evening. Please contact me urgently if you can assist in this regard.

 <p><b>SHORT TERM BROKERS</b> Value. Service. Trust Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za</p>	<p><b>We go the distance</b></p> <p>Short Term Brokers is an authorised financial services provider – FSP no. 10670</p>
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### **COMRADES WORKSHOP BY NORRIE WILLIAMSON**

The workshop that was postponed last week will now take place on Monday 16 February at the club house. Be there in numbers to learn more about what to do and what not to do.



**A Simple Approach to Improve Performance - Part 2**

**Irene Club: Monday 16 February 2015**

with: Old Mutual Virtual Coach  
Norrie Williamson

Time: 17:30 for 18:00 to 20:00  
Venue: Agricultural Research Centre, Nellmapius Rd Irene    **FREE TO ALL**

A practical will look at running style, shoes, injury prevention: Training to qualify and onwards. Complimentary and strength for runners, Efficient Recovery. Building to your peak, Get your Head around it!

Supported by High Energy, Replenish, and Newton Shoes

**Contacts:** Linley 0823455343  
Wynand 082 937 0733.



### **GREEN LEAF PROJECT**

Liewe Irene klublede

Dit is amper Paasfees en die Greenleaf projek wil graag vroegtydig paaseiers begin bymekaar maak vir Irene Homes, Hasie se Holte en die Danville Ouetehuis.

Jou bydrae sal baie waardeer word. Paaseiers kan op 'n Dinsdagaand na die klubhuis gebring word en in die donasie houer by die kroeg geplaas word.

Die kinders van Hasie se Holte was so opgewonde oor al die kersfees presentjies wat tydens die Lawleystraat liggie stap/draf ingesamel is. Weer eens 'n groot dankie aan al die lede wat 'n bydrae gelewer het.

Greenleaf groete

Dear Irene Club members

As it is almost Easter the Greenleaf project would like to start with the collection of Easter eggs for Irene Homes, Hasie se Holte and the Danville Retirement Home.



Your contribution would be highly appreciated. Easter eggs can be brought to the clubhouse on a Tuesday evening and be placed in the donation container at the bar.

The children from Hasie se Holte were very excited when they received the gifts collected at the Lawley Street walk/run. Again a big thank you to all the members who contributed towards this worthy cause.

Greenleaf greetings

Lindie Steenkamp

### ***ATTENTION ALL WALKERS***

(Race walking, power walking or just social walking to stay fit. Runners wanting to improve their walking during races)

This is a reminder that we meet every Tuesday for a quality training session. We meet at the club at 17h15 for 17h30 and then move up to the main buildings for the training.

We have now completed our first month and the response to the training has been very positive. On average there has been between 20 and 25 people present per session. The numbers are made up of race walkers, power walkers, social walkers and runners.

The aim of these quality training sessions is to provide an opportunity for anyone who wants to improve their times, fitness or technique. And in this regard we have been successful. Each person, irrespective of their age, fitness level or type of walking has benefitted from the sessions.

If you want to join the group then just follow us up to the main buildings after the club announcements at 17h30. You don't have to officially join the group nor do you have to attend every session. It's up to you.

All walkers and runners are welcome irrespective of age, experience pace or fitness level. (Beginners are more than welcome)

The training sessions consist of:

Announcing of success stories. (PB's achieved, first race completed, etc)

An explanation of the session.

A warm up before the session. (Dynamic stretches)

The training session. (To be supervised and advice given where necessary)

A warm down after the session. (Static stretches)

The training sessions are on average approximately 45 minutes long depending on the activity. This includes the announcements, warm up and warm down.

Activities include strength training, endurance, stamina and speed work.

There is also coaching on Race Walking and or Power walking technique for those who want it.

We have a designated area (400m flat section with markers) to do our training including the warm ups and warm downs.

RAY PATTERSON.  
076 565 2228

### ***COMRADES ACCOMMODATION***

We have 3 more rooms available. Anyone interested should look at our website to see what we offer, and note that people say the photos don't do our place justice.

Our Comrades special offer is:

R 600 per room per night (Note these rooms each have only one Queen bed, so only suitable for couples or perhaps two ladies prepared to share.

This includes:

- ✓ Early breakfast as per runner's specifications (eg high carb, high fat, or your preference)
- ✓ Our usual scrumptious leisurely breakfast for non-running partners
- ✓ Luxurious Jacuzzi and shower in each room
- ✓ The best sea views on the south coast.
- ✓ Use of our pool and weber.

The following extras can be negotiated:

- Dinner the night before (carbo or fat load, or your preference)
- Transport to start so partner can sleep late.

Sorry we can't charge less, but we really need to cover our costs.

We will hold these rooms for Irene till end February, but any rooms not taken by then will be offered to the public at our normal rates. Anyone interested should email us at this address and we will send our bank details for a 50% deposit to secure.

Hoping to see some old faces.

Regards

Dale Timm

*The Dugong Guest House*

Tel: 039 976 0207

Cell: 082 784 6961

Email: [Info@TheDugong.co.za](mailto:Info@TheDugong.co.za)

Web: [www.TheDugong.co.za](http://www.TheDugong.co.za)

## **LEAGUE RACE**

The Bronkhorstspuit race on Saturday is a league race. Please be there in big numbers. Our ladies are on top of the super league log and they cannot afford to slip up. The same applies to our walkers.

## **JACKIE GIBSON MARATHON**

This year the race is a day after Om die Dam. For those who are interested to do the helpers race on the 15/03/2015, two options are available.

1. Join JHAC on the helpers run 15/03/2015: pay full fee no need to assist on 22<sup>nd</sup>
2. Join JHAC on the helpers run 15/03/2015: no cost subject to you need to work/assist during the event on the 22<sup>nd</sup>.

For any queries or to put your name on the list please contact Johnny

0814281944 / 082 744 5698

## **PERSONALIA**

Congratulations to everybody celebrating their birthdays during the week.

Thabiso	Mashaba	09-Feb
Johan	van den Heever	09-Feb
Henk	van Niekerk	10-Feb
Hans	Ziemkendorf	10-Feb
Corne	du Toit	11-Feb
Mike	Gibbons	12-Feb
Hannah	Pheiffer	12-Feb
Danny	Calaca	13-Feb
Jacques	du Preez	14-Feb
Nico	Visser	15-Feb



**SIZWE MEDICAL FUND**  
Caring for the health of the nation



**SPAR**



## ***NOTICE BOARD***

Wednesday 11 February

Lantern Nite Race 10/5 km

Race Organisers: Irene Athletics Club

Venue: Irene Campus ARC, Centurion

Entrance 1: GPS: S 25 53.49 E 28 13.29

Entrance 2: GPS: S 25 53.31 E 28 11.29

	10 km	5 km
Entry fees	R 60	R 40
Start time	18h30	18h30
Time Limit	2 hrs	

**The route is not suitable for wheelchair athletes**

**No Irene member is allowed to run the race**

Pre-entries at: Run-A-Way Sport; The Runners Store; Sweat Shop –  
Dunkeld/Fourways/Southdowns/Bedfordview; Centurion Spar; Hennops Park Spar;  
Monument Superspar; Montana Superspar; Lyttelton Superspar; Queenswood Superspar

[www.sa-active.com](http://www.sa-active.com) [www.enteronline.co.za](http://www.enteronline.co.za)

Saturday 14 February

Bronkhorstspuit 32/10/4 km

Race Organisers: BHS Atletiekkklub

Venue: Hoërskool Erasmus, Cathy Street, Bronkhorstspuit

**AGN League race**

	32 km	10 km	4 km
Entry fees	R 100	R 50	R 10
Entry fees - grandmasters	Free	Free	
Start time	06h00	06h15	06h30
Time Limit	04h30		

**Free t-shirts to the 1<sup>st</sup> 200 pre-entries at Run-Away-Sport**

**No wheel chairs**

Pre-entries at: Run-A-Way Sport

[www.enteronline.com](http://www.enteronline.com)

Saturday 21 February

Bestmed Tuks Race 21.1/10/5/1km

Race Organisers: Tuks Athletics Club

Venue: UP Sports Campus, Burnett Street, Brooklyn

GPS: S25 44'58" E28 14'47"

**21.1 km is a pre-entry race only**

	21.1 km	10 km	5 km	1 km
Pre entry fees	R 60	R 40	R 30	R 20
Race day entry fees	-	R 50	R 30	R 20
Grandmasters (60 – 69) race day only	-	Half price		
Great grandmasters 70+ blind runners – race day only	-	Free		
Start time	06h00	06h30 06h20 – wheel chairs	06h40	08h00
Time Limit	03h00			

**Free t-shirts to all finishers**

**Wheel chairs – only the 10km is wheel chair friendly**

Pre-entries at: Run-A-Way Sport; Running Inn; Wannabee Main Campus and Groenkloof Campus; The Sweatshop, Dunkeld, Fourways & Centurion

[www.entrytime.com](http://www.entrytime.com) or [www.just-events.co.za](http://www.just-events.co.za)

Saturday 28 February

SA 10km Championships & Fun Run

Race Organisers: Athletics Club Eesterust in conjunction with AGN & ASA



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

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

	10 km	5 km
Entry fees	R 50	R 40
Entry fees 60+	R 20	
Start time	05h45 Champs 06h00 Open	06h10
Time Limit	02 hrs	

Pre-entries at: Run-A-Way Sport; Running Inn; Sweat Shop Southdowns

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

Sunday 1 March

Deloitte Pretoria Marathon – 42.2/21.1/10 km

Race Organisers: Phobians Athletic Club

Venue: Pretoria High School Old Boys Club, Hofmeyr Park, c/o Kingshighway & Queens Crescent

GPS: S 25.45.64.4 E 28.15.22.8

**42.2 & 21.1 km races are pre-entry only**

	42.2 km	21.1 km	10 km
Entry fees	R ?	R ?	R ?
Start time	06h00		06h20
Time Limit	05h30		

**Free t-shirts to the 1<sup>st</sup> 5 500 pre-entries**

Pre-entries at: Run-A-Way Sport; Running Inn; Sweatshop Southdowns, Dunkeld & Bedfordview

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

## League race

Saturday 7 March

Medihelp Sunrise Monster – 32/10/5 km

Race Organisers: Harlequin Harriers

Venue: Harlequin Club, Totius Road, Groenkloof

GPS: S 25.46.122' E 28.13.031'

	32 km	10 km	5 km
Entry fees	R 80	R 60	R 40
Entry fees 60+	R 40	R 30	R 20
Race day entry fees (excepting 60+ athletes)	R 90	R 70	R 40
Start time	06h03 (sunrise)	06h30	06h40
Time Limit	04h30	02h00	

**Free t-shirts to pre-entries on the 32 and 10km races while stocks last**

Pre-entries at: Run-A-Way Sport; Running Inn; Sweatshop Southdowns, Dunkeld,  
Bedfordview & Fourways

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

<b>2015 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
Bronkhorstspuit		14/02/15	X	X
Medihelp Sunrise Monster		07/03/15	X	X
Mamelodi	10 km	25/04/15	X	X
Great Run Series II	10 km	30/05/15	X	X
Race Against Drugs	10 km	13/06/15	X	X
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**

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**

15/16 May 2015 EP – Port Elizabeth

#### **International Championships**

Next appointment: Torun 2015 (March 23-28)

4 – 16 August 2015 WMA Championships, Lyon, France

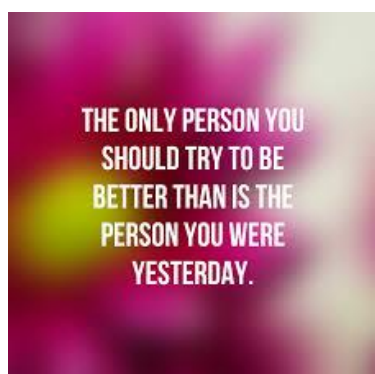
<http://www.lyon2015.com>

26 Oct – 6 November 2016 MA Championships, Perth, Australia

<http://www.perth2016.com>

18 – 25 March 2017 World Indoor Championship 2017 in Daegu, Korea

#### ***THOUGHT FOR THE WEEK***



## Photo Corner



**Oom Koos receiving his TV as a farewell gift. The response from the members was fantastic and he also received R6800 in cash.**



**Oom Koos and his wife Jeanette**



## Social Evening











## McCarthy Toyota Race



**Holger Hedelt**



**Anneke duToit and Keith Reynolds**





## Gerald Croukamp



**Aletha van den Bergh**





**Mike Lundie**



**Gerard van den Raad**





**Lindie Steenkamp and Danél Geldenhuys**

