



IRENE NEWS

9 January 2017

No 1 - 2017



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 2017, 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.

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.

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.

ACHIEVEMENTS

Podium positions during the holiday period:

Silverton Nissan 16 December:

Michelle le Roux	1 st Lady – 12.5 km (56:04)
Joey Cloete	1 st GM lady – 12.5 km (1:10:39)
Elsa Meyer	1 st Lady walker – 12.5 Km (1:22:48)

The Wonderful Run 17 December

Jaap Willemse	1 st Walker – 21 km
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Road Safety Race 24 December:

Rosemary Brink	1 st Vet lady – 21 km (1:47:20)
Elsa Meyer	1 st Lady walker – 21 km (2:23:47)
Leon Page	1 st Master – 10 km (46:39)
Joey Cloete	1 st GM lady – 10 km (54:39)
Jaap Willemse	3 rd Walker – 10 km (60:24)
Lucia Willemse	2 nd Lady walker – 10 km (1:07:05)

Old Year's Race 31 December:

Joey Cloete	2 nd GM lady – 10 km (NTA)
Annatjie Greyvenstein	1 st GGM lady – 10 km (1:15:00)
Elsa Meyer	1 st Lady walker & 1 st GGM – 10 km (54:20)
Danie Labuschagne	1 st GM walker – 10 km (54:25)

Road Safety Race 7 January: (No times available)

Ansie Breytenbach	3 rd Lady & 1 st Master – 10 km
Louwrens Smith	1 st GM – 10 km
Joey Cloete	1 st GM lady – 10 km
Letha Kotze	3 rd Lady walker – 10 km
Sandra Steenkamp	1 st Lady walker – 21 km
Elsa Meyer	2 nd Lady walker – 21 km

Congratulations!

PERSONAL ACHIEVEMENTS

Minnette Nel	PB – 10 km
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Well done!



THIS WEEK'S DIARY

Tuesday:

Time Trials at 17:30.

Social evening after the time trials

Saturday:

ACE 10/21 at 06:00 – Eersterust Stadium (League race)



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 2017, we will once again focus strongly on our weekly club Time Trials. Visit our website here: <http://www.irenerunner.co.za/time-trials.html>, or click on the attached PDF, and get the details around our Time Trials benefits, initiatives and incentives for the new year.

We invite you to join us on 10 January 2017, 17:20 for our first time trial and social of the year

Please read carefully through the Time Trial information attachment. If you have any questions please contact Wynand Breytenbach at info@irenerunner.co.za.

Training together makes us stronger!

REGISTRATIONS 2017

Registrations for 2017 are going extremely well. Make sure that you qualify for your T-shirt. Only the first 500 members will receive a T-shirt. Don't miss out on it. Go to <http://www.irenerunner.co.za/membership.html> to register.

The membership fee for social members has been reduced to R300 and that of the juniors to R100. Full membership remains on R630, the same as 2016.

Please note that if you were registered for 2016 and your details have not changed, you do not need to visit the ASA website. You can just pay the registration fees and send the proof of payment (that's it!).

To assist with the big task ahead, please help in the following way:

1. Send only ONE email with your proof of payment, t-shirt size and the information requested on the instruction sheet.
2. Please ensure that all registration communication is emailed to the *correct* email address: admin@irenerunner.co.za

Please take note that the clubs will only receive the 2017 licences from ASA on 19 January. Due to this scenario, members who have registered will only be able to collect their registration packages on 24 January. The 2016 licences will be valid until the end of January.

Apologies for any inconvenience.

NEW MEMBERS

Welcome to the following new members whose membership has been finalized since the last newsletter:

Bernita	Bornmann
Piet	Bothma
Karl	Collatz
Mmakgabo	Diangoane
Monica	Du Toit
Lourentia	Fourie
Diana	Gray
Alexander	Gray
Marli	Hanekom
Stephni	J v Rensburg
Elisma	Jooste
Ferdinand	Kotze
Riaan	Lourens
Tendani	Mantshimuli
Sepadi	Matlala
Majane	Matlala
Mpowa Phillip	Matlala
Iain	McFadyen
Parvathi	Pakkiri
Ilana	Richter
Jacobus	Richter
Jeremy	Short
Helen	Short
Jacqueline	Stevenson
Luanne	Thomson



Sylvia	van den Berg
Michelle	Van Greuning
Ivan	Venter
Jani	Venter
Gavin	van Wyk
Mattheus	Strydom
Rhoda	Willemse



You are now part of a great family!

It is noteworthy that a few of these new members were members before.

The clothing shop will be open on Tuesday evening. Make use of the opportunity to buy your correct clothing.

BAR TABS

Can members with outstanding bar tabs from 2016 pay them in full at the bar on Tuesday night please? The routine for the tab system will remain the same for 2017!

SOCIAL EVENING

Don't miss out on the social evening on Tuesday evening after the time trials. It is going to be very special. Bring the whole family along.

LEAGUE RACE

The ACE race on Saturday at the Eersterust Stadium will be the first league race of the year. Let's start with a bang! Be there in numbers. We need all of you, fast and slow, runners and walkers.

There will be something to eat (free) to all members after the race.

TWO OCEANS ACCOMMODATION

Please advise if there is anyone in your club that is going to Cape Town for the Two Ocean Marathon? If so please find out if one is interested to share the hotel room with me. The Package is for 3 night is R6515.00 which includes return flights - transfers from the Airport back to the Airport. Transport to the start. The Hotel is the walking distance from EXPO.

I am running for Vitality and I will be running 21km

Thanks

Johanna

johanna.nkabinde@standardbank.co.za



MUGG & BEAN

Midstream 0120409229



YELLOW PAGES

We want to start with our own Irene Yellow Pages again. This will give our members the opportunity to advertise their businesses/services to all the club members for free. It will be sent out once a month to everybody on the mailing list.

Members who are interested are requested to send their advertisements to info@irenerunner.co.za to ensure that it appears in the first issue at the end of January.



PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Nadia	Oberholzer	09 Jan
Johann	van Biljon	09 Jan
Nelius	Van Rooyen	09 Jan
Mathabo	Mathebula	10 Jan
Ian	Mossop	10 Jan
Candice	Van der Spuy	10 Jan
Irene	Venter	10 Jan
Conrad	Walters	10 Jan
Gerrit	Faling	12 Jan
Carla	Hartmann	12 Jan
Gert	Fourie	13 Jan
Kevin	Heunis	13 Jan
Kobus	van Niekerk	13 Jan
John	Ward	13 Jan
John	Hoffman	15 Jan
Bernie	Ruthven	15 Jan
Johann	Stander	15 Jan



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NOTICE BOARD

LEAGUE RACE

Saturday 14 January

Athletics Club Eersterust Race 21.1/10/5km

Race Organisers: Athletics Club Eersterust

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
Pre entry-fee	R 80	R 60	R 30
Race day entry-fee – 80+	Free – proof of age may be requested		
Start Time	06:00		06:10
Cut-off	03h00	02h30	

Pre-entries at: Run-away Sport; Running Inn; The Runners Store Tramshed; Sweatshop Southdowns; Tshwane Running Shop

www.entrytime.com

Saturday 21 January

**PWC George Claassen Memorial Road
Race 21.1 / 10 / 5km**

Race Organisers: Pretoria Marathon Club

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

GPS: S 25.7841 E 28.3051

	21.1 km	10 km	5 km
Pre-entry fees	R 100	R 70	R 40
Race day entries	R 100	R 70	
GGM & GGGM – free entry on race day only			
Start time – Running	06h00		06h15
Start time - Walking	05h30		
Time Limit	03h00		

No wheelchairs

Pre-entries at: Running Inn; Run Away Sport; Runners Store; Sweat Shop: Southdowns, Dunkeld West; Bedfordview; Sportsmans Warehouse

www.enteronline.co.za

Saturday 28 January**Akasia Road Race 42.2 / 21.1 / 10 / 5 km**

Race Organisers: Akasia AC

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 110	R 80	R 70	R 30
Entry fees 60+	R 50	R 40	R40	
Race day entry fees	R 120	R 100	R 80	
Race day entry fees 60+	R 60	R 50	R40	
Blind runners & 70+	Free			
Start time	05h30	05h30	06h00	06h10
Time Limit	05h00			

Pre-entries at: Running Inn; Runners Store; Sweat Shop, Southdowns; Dunkeld & Bedford View; Maxi's Wonderpark Centre; Virgin Active & Cross Trainer

www.enteronline.co.za & www.saactive.com

2017 AGN LEAGUE FIXTURE LIST

EVENT	DIST	DATE	LEAGUE	
			RR	RW
ACE	10/21	14 Jan	X	X
BRONKHORSTSPRUIT	10/32	11 Feb	X	X
PRETORIA BOBBIES	10/21	11 Mar	X	X
CITY OF TSHWANE	10/21	29 Apr	X	X
JACKIE MEKLER	10/25	6 May	X	X
RUN/WALK FOR BIBLES	10/21	24 Jun	X	X
LONG WALK/RUN FOR FREEDOM	10/21	22 Jul	X	X
MARCEL VAN'T SLOT	15	19 Aug	X	X
ADDICTED TO LIFE	10/21	9 Sep	X	X
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

SA MASTERS

Local meetings

31/3 & 1/4/2017	KZN Champs	Kingspark
1 April 2017	Gauteng North Championships	Tuks/Pilditch?
8 April 2017	Central Gauteng Championship	Germiston
12 Augustus 2017	Claude Sterley Memorial	Pilditch
? Sept/? October 2017	SWD	Oudtshoorn
11 November 2017	Free State	Bloemfontein
4, 5 & 6 May 2017	SA Masters Chamionships	Groenpunt Stadium

African Masters Track & Field Championship

Cameroon 27 – 29 May 2017

International Masters Championships

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

THOUGHT FOR THE WEEK

Hard work beats talent when talent doesn't work hard.

Photo Corner



The race on Saturday at Eco Park was a wet occasion indeed



The van den Raads are taking over! Bert van den Raad is now one of our social members



Danie Cornelissen getting some shelter under the umbrella of Myrna van Wyk



Telanie Venter seems to be enjoying the rain



No matter what, Annemarie Breytenbach will always be smiling



No shelter for Danie Cornelissen on the road



Johan Saayman in action



Werner Smit and Jurie Venter enjoying a drink after the race



Gerard van den Raad took the opportunity to walk barefoot like he did as a child



Jolandé Jansen van Rensburg, Anchen Cornelissen, Ina van As and Renette Prinsloo



Minnette Nel ran a PB



Uida Enslin



Heinrich Piek is back at Irene where he belongs after a brief visit to another club



Johan van Vuuren, Kallie Coetzee and Pieter Saayman



Marike van Rensburg and Charmaine Jansen van Rensburg



Can it get wetter than this? Joan van Wyngaard and Rosemary Brink



Good to see Marie Viviers back on the road



Johan van Vuuren still smiling after a wet 21 km



Mpho Motaung ran the 21 km with an umbrella



Michelle le Roux was the first lady at the Silverton Nissan 12.5 km



Dianne du Plessis did the Leeds 10 Km Christmas Race in England recently