

IRENE NEWS

25 November 2013

No 47 – 2013

EDITORIAL

Our new chairman Chris Koch and I had a meeting and it was decided that the time has come to change the format of our newsletter in total and present you as soon as possible with our new 20 year birthday celebration edition in a new and exciting “newspaper” format. Any suggestions regarding this will be welcomed. Please feel free to send it to me at info@irenerunner.co.za

New topics/headings that will be included is the following:

- *Chairman's bit..... please see below 1st part*
- *20 year birthday celebrations.... What's up next*
- *Our sponsors*
- *Newsmaker of the week*
- *Did you know this about.... weekly focus on one or some of our members with some interesting things/news/hobbies... please help and send information on our members*
- *What's new... look out for something new every week from now..*
- *Member support and care*
- *From the coach....ask the specialist*
- *Running Inn*

ACHIEVEMENTS

Sandra Steenkamp
Jaap Willemse
Elsa Meyer
Lucia Willemse
Annatjie Greyvenstein

1st Lady walker & 1st Master - Tom Jenkins 21 km
1st Master walker - Tom Jenkins 10 km
1st GM lady walker & 2nd lady - Tom Jenkins 10 km
1st Master lady walker - - Tom Jenkins 10 km
3rd Lady walker - Tom Jenkins 10 km

PERSONAL ACHIEVEMENTS

Johann Jonck PB – 32 km
Amina Mohamed first 21 km

Well done!

Please let me know about your personal achievements – don't be shy!

PERSONALIA

Anita Swarts had a fall with her mountain bike recently. She woke up in ICU with concussion and a fractured collar bone. She was hospitalized for 4 day. Fortunately she has recovered well.

Congratulations to everyone celebrating their birthdays during the week.

GREG	BARNES	25-Nov
LYNETTE	GOUGH	26-Nov
DEBBIE	LAW	26-Nov
MARK	NAICKER	26-Nov
DONNEVAN	ESPAG	27-Nov
GERARD	VAN DEN RAAD	27-Nov
WIM	CILLIERS	28-Nov
RENE	GREYLING	29-Nov
ELMARIE	KEEN	29-Nov
ELMARIE	STRECKER	29-Nov
ANNELIEN	GELDENHUYS	30-Nov
VERNON	GOVENDER	30-Nov
JOHAN	SWART	30-Nov
ANDRE	KNOOP	01-Dec



The baby boy of Willie & Mathilda Marais

Please help

Our club Marathon champion, Wiseman Ngwarirai is in need of running shoes. He wears a size US 12. If anyone can help with a pair in good condition it will be highly appreciated. Please contact me in this regard.

CHAIRMAN'S BIT.....

It is a great honor and privilege for our new 2014 Management Committee to have been selected to lead and manage our beloved club for the next year... Please be assured that we all, as a great unified team, will do our utmost best to ensure that we lead the club as best we can.

We have some great new and exciting ideas, and with your help will we celebrate our 20th year in 2014 in huge and explosive fashion... Whilst we will spend the next few weeks planning and ensuring that we have a great year scheduled, are we please asking you as our beloved club members to also start preparing for our 20th year birthday celebrations of our club with the following 3 simple little things as a start:

- Celebrate Irene by always greeting each other and all our members and fellow runners on the road,
- Celebrate Irene by always wearing our correct club color's, and lastly,
- Celebrate our club by starting to know all our fellow members.

Lastly, please contact me or any of our management team at any time for any problems, complaints, suggestions or just whatever needs to be said or asked... We will ensure that we always try to help... my email is chris@guma.co.za.... Any time Please..

Have a great week. Yours in Irene, Chris

THE WEEK BEHIND

What a week it was! It was great to see our 4 captains in action to organize the Tom Jenkins 'bus. They really put in a huge effort and got some great response. Thank you to everybody who helped on Friday evening with the painting of the cans, the banners etc.



What a 'bus' it was on Saturday! It was the best in years! I am not sure about the number of members in the 'bus' at the end but it was at least 5 times bigger than the second largest 'bus'. It was a lot of fun and the 'gees' was great. Just a pity that no trophy was awarded for the best 'gees' as was the case in the past. We would have won it easily.

Thank you to all of you who were part of it and to those who played a major role to keep everybody together on the road. It proofed once again that we are serious about our fun and that there is just no club like Irene!

Lastly we want to thank Stephen and Elna Mee for the food the provided.

Visit the photo corner to see what a great occasion it was.

THE WEEK AHEAD

Annual Information Booklet

The deadline for adverts in out booklet has been extended to Wednesday this week. Please send me your ad if you want it published. It is free of charge.

Year – end function

If you haven't booked your place yet, don't delay. Please contact Isabel Koch today at isabel@skyaudio.co.za to ensure that you will be part of a memorable occasion.

Sport messaging

Please note that Riette Landman will only be back on 14 January to do messaging again after the time trials.

NOTICE BOARD

Useful Links:

www.raceresults.co.za/flyers.php for the latest race pamphlets

www.agn.co.za/#League for the latest league logs and the league points you earned

www.agn.co.za/#RW Agn 2011 RW qualifying standards and selection criteria

www.wildtrail.co.za For all your trail running info

<http://www.tripsntours.co.za/> For bus tours to Comrades and Two Oceans

<http://www.sportsinjuryclinic.net/symptom-checker> By clicking where it hurts then ticking which symptoms most apply to you we can give you an indication of what injuries may apply.

Saturday 30 November

Muller Potgieter Road Race -15/10/5km

Race Organisers: Voortrekker Monument Draf & Stapklub

Venue: Voortrekker Monument

S 25.77690° E028.17747°

	15 km	10 km	5 km
Entry fee	R 60	R 50	R 30
Jardine Joggers & Grandmasters	R 30: fruit juice • No preservatives		
Great grandmasters	Free • No sugar added		
Start Time	06h00		06h15

Time Limit	2:30hrs
------------	---------

Pre-entries: Run-A-Way Sports, Running Inn Pretoria and Postnet Pretoria West

Enter on line: www.enteronline.co.za

Saturday 7 December

Great Run 10/5 km

Race Global Running Club

Venue: Weskoppies Hospital, Pretoria West

Only one entrance to the venue

	10km	5 km
Entry fee	R 40	R 30
Start Time	07h00	07h10
Time Limit	3hrs	

Pre-entries: The Sweat Shop Irene, Dunkeld & Fourways Crossing, Running Inn, Run-Away-Sport and AGN Office, Pilditch Stadium

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

Saturday 11 January

Atheletics Club Eersterust Road Race – 21.1/10/5km

Race Organisers: ACE Eersterust

Venue: Eersterust Soccer Stadium, Eersterust

S 25°42' 54.12" E 28° 18'25.79"

	21.1 km	10 km	5 km
Entry fee	R 60	R 50	R 30
Entry fee 60+	R 30	R 20	

Start Time	06h00
Time Limit	3:00hrs

Free T-shirts to the first 1500 pre-entries for the 10 & 21.1km

Pre-entries: Run-A-Way Sports, Running Inn, Sweatshop Southdowns

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

Masters Athletics Fixture list

NWN	22 Feb 2014	Royal Bafokeng Stadium, Rustenburg
WP	13 – 15 March 2014	Greenpoint
KZN	14 & 15 March 2014	Durban
GN	5 April 2014	Pilditch
CG	12 April 2014	Germiston
SA's	25 & 26 April 2014	Royal Bafokeng Stadium, Rustenburg.

International Championships

25 – 30 March 2014 WMA Indoors, Budapest, Hungary

THOUGHT FOR THE WEEK

One of the happiest moments ever is when you find the courage to let go of what you can't change.

Have a wonderful week!

Wynand
082 937 0733



SERVING ALL YOUR EQUIPMENT HIRE NEEDS

Hire Control
 Tel : 012 653 2551
 Fax : 012 653 2553

Unit 21, Miracle Retail Park
 Cnr. Lenchen & Old Johannesburg Rd
 P O Box 8575 Centurion 0046
 email : centurionm@coastalhire.co.za



SHORT TERM BROKERS
 Value. Service. Trust
 Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mwweb.co.za

**We're there
for the long run**

Short Term Brokers is an authorised financial services provider – FSP no. 10670



Photo Corner
Photo to see what a great time we had on Saturday

















