

IRENE NEWS

9 December 2013

No 49 – 2013

EDITORIAL

This will be the last Irene News for 2013. The next issue will be sent out on 6 January 2014. The next official time trials will also take place on 7 January when everything will be back to normal. Please take note that the office will also be closed from 13 December until 6 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

Sandra Steenkamp
Ansie Breytenbach
Elsa Meyer
Gerald Kroukamp
Elsa Meyer
Jaap Willemse
Lucia Willemse

1st Master lady – Great Run 10 km
3rd Vet lady – Great Run 10 km
1st Lady walker – Great Run 10 km
3rd GM - Kwa-Guqa 21 km
1st Lady walker & 1st GM – Muller Potgieter 15 km
1st Walker & 1st Master – Muller Potgieter 10 km
1st Lady walker & 1st Master – Muller Potgieter 10 km

Congratulations!

PERSONAL ACHIEVEMENTS

None received

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

PERSONALIA

Please think of Marius Booy and his family in your prayers. Marius was involved in a gas explosion at his house last Sunday. He was discharged from ICU but is still in hospital. In the meantime his daughter (13) was also submitted to ICU with brain hemorrhage.

Congratulations to everyone celebrating their birthdays during the holiday period.

JOHANN	VAN DE VENTER	09-Dec
CHRISTA	VISAGIE	09-Dec
DANIELLE	BOTHA	10-Dec



ANNELIZE	HOLTSHOUSEN	11-Dec
YOLANDA	COERTSE	12-Dec
FANNA	NJOMO	12-Dec
LANCE	VAN DER MERWE	14-Dec
ELAINE	CUFFE	15-Dec
BEBBIE	GROBLER	15-Dec
ERNEST	KENOSHI	15-Dec
GERALD	HARTMANN	16-Dec
KOBUS	FABER	17-Dec
LIZELLE	LE ROUX	17-Dec
JOHNNY	VAN DER WALT	17-Dec
MARIO	SWARTS	18-Dec
ANSIE	BREYTENBACH	19-Dec
KOTIE	OLIVER	19-Dec
HENNIE	JANSEN VAN RENSBURG	20-Dec
CHARLES	JAQUIRE	20-Dec
GERARD	DU TOIT	21-Dec
KAPOKO	SERAME	21-Dec
PETER	CANDIOTES	22-Dec
STEPHEN	HOLTSHOUSEN	22-Dec
LIEZL	SCHOEMAN	22-Dec
ALDA	VAN DER SCHYFF	22-Dec
PIERRE	BOTES	23-Dec
DIRK	VAN NIEKERK	23-Dec
DIRK	CLOETE	24-Dec
JACO	DE WET	24-Dec
PETREA	SNYMAN	24-Dec
FRANCOIS	SWART	24-Dec
HENNIE	VAN DER WALT	24-Dec
ELIZE	VISSER	25-Dec
HENK	BASSON	26-Dec
PHATHIZWE	MALINGA	26-Dec
LEAN	DU PLESSIS	27-Dec
MARK	DUCKHAM	27-Dec
TLOTLEGO	NAAPE	27-Dec
JACLYN	VENTER	27-Dec
DAVID	BROUGHTON	28-Dec
LEON	JAQUIRE	28-Dec
LULLO	KRUGEL	28-Dec
PHILIP	KOORNHOF	29-Dec
MELANIE	MOEN	30-Dec



Way Better™

CINDY	BROCK	31-Dec
ANNATJIE	GREYVENSTEIN	31-Dec
DALEEN	LABUSCHAGNE	31-Dec
GEORGE	LUBBE	31-Dec
AMINA	MOHAMED	31-Dec
RIANA	VAN DEN BERG	31-Dec
LOUIS	VISSER	31-Dec
ALETTE	BRINK	01-Jan
NOEL	PASTOR	01-Jan
CHRISTELLE	VAN DER MERWE	01-Jan
JOHN	ELLMORE	02-Jan
DAVID	BENNETT	03-Jan

CHAIRMAN'S BIT

Dear Irene,

What an awesome year end function..... Amazing club members yet again making such a difference and being part of something great and wonderful... My sincere thanx again to Stephen, Elna, Isabel and Frances, and also to ALL our quests without whom we could not today have all these great new memories ... All I can say following this is..... watch out, the path for all our 2014 planned 20 year birthday celebrations is now laid and there are much much more great things to come in 2014 which is just around the corner....

We are all now starting to wind down and for many of us this would finally be our last 2013 work week... From my side just a sincere thank you to all our great members for all your care, loyalty , devotion and for just being part of Irene in 2013... It is You that is making our club so great and wonderful. Have a good rest, and I wish you all a great festive season full of love, joy and happiness with your family, friends and loved ones. Be safe, and please come back to us fresh, rested and full of great new and exciting ideas of how we can make 2014 the best year ever.

And please, let's remember to “celebrate” Irene..... Yip, you know how.....

Yours in Irene, Chris

THE WEEK BEHIND

It was one of the best we ever had! Thank you to everyone who attended and who was part of the fun.

Congratulations to all our prize winners. We are proud of you. Below is a list of all our prize winners. Those of you who were not present can collect your shield at the club house on Tuesday or in the New Year.

Best Supporter	Marulette Erasmus
Most Injured Athlete of the year	Wynand Breytenbach
Bloeier van die Jaar (Blood Buddie)	Allister Gibbons
Socialiser of the Year (Drinkbroer)	Diederick Steyn
Dummy of the year	Linda Krause
Belinda's Bell (Best attitude & Loyalty)	Mike Lundie
Last Irene Comrades Athlete	Marisia Koch (11:59:31)
Comrades Vasbyt	Arno Smit
Spirit of Comrades	Dorette Muller
First Comrades Novice	
Ladies	Belinda de Bruin
Men	Phillip Breytenbach
Best Comrades Athlete	
Ladies	Nadine Breytenbach
Men	Dirk Cloete
10 Km Championships	
Ladies	Nadine Breytenbach
Men	Greg Barnes
21 km Championships	
Ladies	Nadine Breytenbach
Men	Mike du Bruto
42 km Championships	
Ladies	Nadine Breytenbach
Men	Wiseman Ngwarirai
Beyond Comrades Athletes	
Ladies	Marulette Erasmus
Men	Johann Jonck
Most League Points	
Ladies	Sandra Steenkamp
Men	Jaap Willemse
Most Improved Athlete	
Ladies	Heleen de Bruin
Men	Johann Jonck
Golden Shoe - Ladies	Deirdre Vrey
Golden Shoe - Men	Johan van Vuuren
Lady walker of the year	Lucia Willemse
Man walker of the year	Jaap Willemse
Walker of the year	Elsa Meyer
Ultra walker of the year	Marie van Dyk

GM of the year	
Ladies	Elsa Meyer
Men	Mike du Bruto
Master of the year	
Ladies	Sandra Steenkamp
Men	Jaap Willemse
Veteran of the year	
Ladies	Ansie Breytenbach
Men	Francois Swart
Senior of the year	
Ladies	Nadine Breytenbach
Men	Kobus van Schalkwyk
Athlete of the year	
Ladies	Sandra Steenkamp
Men	Mike du Bruto
Achiever of the year	
Chairman's Trophy	
	Derek Oldnall
	Miles Saxby
	John Ellmore

THE WEEK AHEAD

Time Trials

It will be the last time trials for 2013 on Tuesday. The next one will be on 7 January.

Electronic Timing of Time Trials

We will have electronic timing at every time trial during 2014. It is therefore essential that everybody starts together. The timing will be done by Racetec, the people responsible for the timing the Two Oceans Marathon, Cape Argus and 94.7 to name but a few.

Racetec timing chips must be worn during the time trials. No chip, no timing. The timing chips can be purchased from Racetec directly by one of the following methods:

- Go to their website at <http://racetec.co.za/chip/buy-achip/> and buy it directly. It will then be available on Tuesday evenings
- You can complete a form available from them on Tuesday evenings and buy it there with cash or credit card. Results will only be available the following week if you choose this option.

Members who have participated in any of the above mentioned events already have Racetec chips already and do not require a new one. There are about 300 members in this category.

Members who have entered for the Two Oceans of 2014 for the first time will be able to collect their chips on a Tuesday as well.

Christmas Lights Run

We started it last year and it was a huge success. Don't miss out on it this year.



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: THURSDAY 12 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

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.

Monday 16 December

The Wonderful Run 5/10/21

Race Organisers: Wonderpark Athletics Club

Venue: @ The Forum Cnr Heinrich & Disotus Avenues, Karenpark

	21 km	10 km TM	5 km
Entry fee	R 60	R 45	R 30
Race day entry fee	R 60	R 50	R 40
Start Time	06:30		
Time Limit	3:00hrs		

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

Saturday 21 December

Live running health awareness run & walk 25/12.5/5km

Race Organisers: Vital Fitness

Venue: Voortrekker Park, c/o Jasmyn Ave & Brandwag St, Silverton

S 25.73286 - E 28.30494

	25 km	12.5 km	5 km
Entry fee	R 50	R 40	R 30
Race day entry fee	R 60	R 50	R 40
Start Time	06h00		
Time Limit	3:00hrs		

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

Tuesday 31 December

Run-a-way from 2013 - 10/5km

Race Organisers: Arcadia Running Club

Venue: Rietondale Park, c/o Soutpansberg & North Roads, Rietondale

	10km	5 km
Entry fee	R 40	R 30
Start Time	17h00	17h00
Time Limit	2hrs	

Pre-entries: Run-Away-Sport Running Inn

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

Wednesday 1 January

New Year Run/Walk – 11/5km

Race Organisers: Run Walk for Life

Venue: Pretoria National Botanical Gardens, Cussonia Avenue

	11km	5 km
Entry fee	R 40	R 30
Start Time	07h00	07h00
Time Limit	2hrs	

Pre-entries: Running Inn, Run-Away-Sport

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 <i>TM</i>	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

Saturday 25 January

Akasia 3 in 1 - 42.2/21.1/10/5km

Race Organisers: Akasia Athletics Club

Venue: Wonderpark Shopping Centre, Heinrich Avenue, Karenpark

S 25° 40,264 E 28° 6,703

	42.2 km	21.1 km	10 km	5 km
Pre-entry fee	R 80	R 60	R 40	R 25
Race day fee	R 100	R 70	R 50	R 30
Entry fee 60+ / Blind & Wheelchairs	FREE			
Start Time	05h30	05h45	06h00	06h10
Time Limit	5:00hrs			

Pre-entries: Run-A-Way Sports, Running Inn, Sweatshop Southdowns, Dunkeld & Fourways
 Maxi's Wonderpark On-line entries: www.enteronline.co.za www.saactive.com

2014 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
PWC George Claassen	10 & 21.1 km	18/01/14	X	X

Masters Athletics Fixture list

NWN	22 Feb 2014	Royal Bafokeng Stadium, Rustenburg
WP	13 – 15 March 2014	Green Point
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

Time is the most valuable thing on earth. More valuable than money ever will be. When you spend money you can always get more of it. When you spend time you can never get it back.

Have a wonderful week!

Wynand
082 937 0733

 SHORT TERM BROKERS Value. Service. Trust <small>Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za</small>	Gold medal service <small>Short Term Brokers is an authorised financial services provider – FSP no. 10670</small>
--	---



running inn



Tel: 012 362 7322

**Coastal**
HIRE

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

Photo Corner
Fun at the year-end function













Lady athlete of the year Sandra Steenkamp



Man athlete of the year Mike du Bruto



Achiever of the year Elsa Meyer



The management committee of 2014



The potential Washie runners of 2014



The organisers of the function: Stephen Mee, Elna Mee, Isabel Kock & Frances Lezar