



BY AIR MAIL  
PAR AVION



# Irene News

10 February 2014



No.6-2014

## Achievements

Two names were left out last week.

Jaap Willemse was the 2<sup>nd</sup> walker in the McCarthy 21 km and Lucia Willemse was the 3<sup>rd</sup> lady walker. Well done!

## Personal achievements

Celeste Thiart PB 21 km

Nadene Visser Permanent number for Midmar Mile

Please let me know about your personal achievements. Don't be shy.

## Personalia

Congratulations to everybody celebrating their birthdays during the week.

Hans	Ziemkendorf	10-Feb
Corne	du Toit	11-Feb
Brian	Bowie	12-Feb
Mike	Gibbons	12-Feb
Pieter	van Heerden	12-Feb
Danny	Calaca	13-Feb
Jacques	du Preez	14-Feb
Nico	Visser	15-Feb
Seena	Azmuth	16-Feb

## Chairman's bit

Dear Irene,

We are heading into a very busy and exciting week, with the Lantern race on Wednesday, and our 20 year Birthday Bash on Saturday. Bookings for the bash are going well, but please spread the word amongst our members, your close friends and all our old members as everyone is welcome. We will also sell tickets at the gate on Saturday. Make sure you do not miss this party.

Let's also receive our fellow runners with a warm welcome and big smiles on Wednesday evening at our race. Serve with pride and let everyone go home with a sense of amazement and gratitude. Let us endeavor to present the greatest Lantern race yet.

Good luck for this week, and thank you for being there for Irene.

Yours faithfully,

Chris



## 20 Year bash, what's next?

**Please take note that tickets for the bash can be obtained at the gates on Saturday as well.**

## Spar Irene Lantern Night Race

We need 20 more helpers to split the runners on Wednesday evening.

If you can help in any way please let me know ASAP. Please remember: **No Irene member is allowed to run the race.**

Due to the fact that the Comrades Road Show will take place on Tuesday 18 February, the helpers' run has been postponed to 25 February. You will then have the opportunity to earn your medal.

## Generators required

We require a number of generators to provide lighting in the dark areas of the route at our Lantern race. If you are in a position to lend us a generator, it will be highly appreciated. Please contact me at [info@irenerunner.co.za](mailto:info@irenerunner.co.za) in this regard.

## Tree auction

This was a huge success! It exceeded all expectations.

Tree	Amount	Bidder
Witstinkhout	1500	Miles Saxby
Wistinkhout	1000	Dirk Cloete
Witkaree	650	Pieter & Sylvia Sutherland
Witkaree	600	Louis Van der Merwe
Soetdoring	2000	Chris Koch
Soetdoring	2300	Clinton Nicholl
River bush willow	1000	Dirk Cloete
River bush willow	900	Johann Jonck
Wild Olive	1500	Stefan Mueller
Wild Olive	2200	Werner Zandberg
Karee	850	Andre Rudolf
Karee	850	Louis Van der Merwe
Lavender tree	1500	Joy Nicholl

Lavender tree	2000	Stefan Mueller
Blousyselbos	800	Vanessa White
Blousyselbos	750	Dorette Muller
Blousyselbos	750	Samantha Hall
Honey-bell bush	600	Henk Basson
Honey-bell bush	550	Travers Snyman
Honey-bell bush	550	Arno Smit

Congratulations to all the successful bidders and thank you for your support. Just a reminder that the net profit will go to our Green Lead project.

The planting ceremony will take place on Saturday morning at 11:00, please be there to plant your tree.



## Irene Triple Challenge

Members have until 25 February to enter for the 2014 Triple Challenge.

To qualify for the shield and T-shirt, members have to work at our three races and complete the three helpers' races.

## Comrades road show

As part of its marketing campaign, the Comrades Marathon Association will through its Roadshow Programme, present a total of 23 Comrades Workshops between 21 January and 18 March 2014. Irene Athletics Club will host the show on Tuesday 18 February at

19:00. It will take place in the ARC auditorium at the main buildings. If you are serious about Comrades you just have to attend this very informative meeting.

## What's new at the club?

Thanks to the brainchild of Stephen Mee, each club member qualifies for a special commemorative badge stating "2014 Irene member". Members in attendance at the 20 year birthday bash on Saturday 15 February, will receive their badges together with their commemorative beer glass or coffee mug.

## Coach's corner

Please see the pacing chart attached.

Remember about the talk that will be held on 25 February on "How to prevent injuries".

## Catering Manager's Corner

Only three more volunteers are required for the cake competition. Please contact Stephen a.s.a.p. if you want to be part of it.

Date Required	Race/Function	Cake Maker	Sponsor
January 18 <sup>th</sup>	GC League Race	Elna Mee	IAC
Feb 15 <sup>th</sup>	Birthday Bash	Elna Mee	IAC
Feb 23 <sup>rd</sup>	Deloitte League Race	Dorette	
March 29 <sup>th</sup>	Denel League Race	Bertha & Maryke	
April 12 <sup>th</sup>	SM League Race	Belinda de Bruin	
May 24 <sup>th</sup>	Hatfield League Race	Volunteer TBC	
June 10 <sup>th</sup>	Social Evening @ Clubhouse	Volunteer TBC	
July 5 <sup>th</sup>	R4F League Race	Jackie B	
August 9 <sup>th</sup>	Castle Walk League Race	Volunteer TBC	
September 6 <sup>th</sup>	AFB Swartkop League Race	Belinda Skinner	
October 25 <sup>th</sup>	CSIR League Race	Vanessa & Andre	

November 11 <sup>th</sup>	AGM @ Clubhouse	Cows Corner	Cows Corner
December 6 <sup>th</sup>	Year End Function	Elna Mee	Seeff Centurion

Names of volunteers to Stephen on 0746600833 or [steve.mee@seeff.com](mailto:steve.mee@seeff.com)

## For sale



Ultraspire Quantum Belt. Only R400. Contact Bennie Roux at 083 327 7179

## Notice board Wednesday, 12 February - Spar Lantern Night Race 10/5 km

Race Organisers: Irene Athletics Club

Venue: Irene Campus, ARC, Irene

GPS: S 25 53' 31" E 28 11' 29"

	10km	5km
Entry Fee	R50	R30
Start Time	18h30	
Time Limit	01h30	

Pre-entries: Centurion Spar, Monument Superspar, Montana Superspar, Lyttelton Superspar, Queenswood Superspar, Hennops Park Spar Bedford Runner, Sweat Shop – Dunkeld/Fourways/Southdowns, Run-away-Sport, Running Inn – Pretoria, Kensington

On-line  
entries: [www.enteronline.co.za](http://www.enteronline.co.za) and [www.saactive.co.za](http://www.saactive.co.za)

## **Saturday, 15 February - Bestmed TUKS - 21.1/10/5/1 km**

Race Organisers: TUKS Athletics Club

Venue: UP Sport Campus (LC De Villiers Sports Grounds)

S 25° 44' 58" E 28° 14' 47"

	21.1km	10km	5km	1km
Entry Fee	?	?	?	?
Start Time	06h00	06h30	06h40	08h00
Start Time Wheelchairs	06h20			
Time Limit	03:00hrs			

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

On-line  
entries: [www.enteronline.co.za](http://www.enteronline.co.za) and [www.saactive.co.za](http://www.saactive.co.za)  
T-Shirts to all finishers

### Useful Links:

[www.raceresults.co.za/flyers.php](http://www.raceresults.co.za/flyers.php) for the latest race pamphlets

[www.agn.co.za/#League](http://www.agn.co.za/#League) for the latest league logs and the league points you earned

[www.agn.co.za/#RW](http://www.agn.co.za/#RW) Agn 2011 RW qualifying standards and selection criteria

[www.wildtrail.co.za](http://www.wildtrail.co.za) For all your trail running info

<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.

## **Masters athletics fixture list**

NWN	22 Feb 2014	Rustenburg
WP	13 – 15 March 2014	Green Point
KZN	21 & 22 March 2014	Durban
GN	8 March 2014	Pilditch
CG	12 April 2014	Germiston
SA's	25 & 26 April 2014	Rustenburg

## **Thought for the week**

**Sometimes people don't notice the things we do for them until we stop doing it.**



## Our Sponsors



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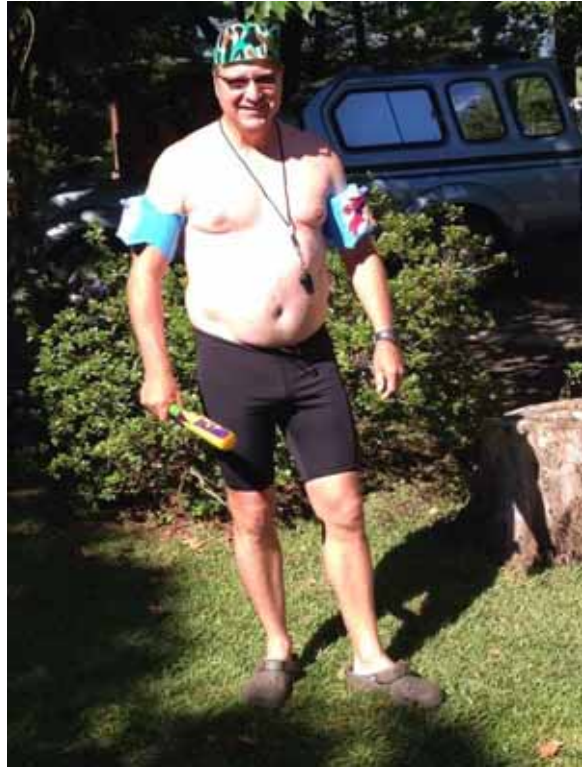
(012) 663 3300



## Photo Corner



Nadene Visser showing off with her Midmar number



Pieter Reynecke swam his first Midmar Mile