

Irene News

10 March 2014

No 10 - 2014

Achievements

Congratulations to the following members who were on the podium at the Wonderboom Junction race:

Mike du Bruto 1st GM – 10 km
Andrea Smith 1st Master lady – 10 km

The AGN Masters Championships took place at Pilditch on Saturday. As always the Irene members did us proud. Well done to the following members who earned medals in their respective age categories:

Lyn de Bruin Gold – 5000 m
Elsa Meyer Gold- 3000m & 5000 m walk
Sandra Steenkamp Gold – 3000 m walk
Keith Reynolds Gold – 5000 m walk
Ray Patterson Gold – 5000 m walk
Gerard van den Raad Gold – 3000 m & 5000 m walk
Annatjie Greyvenstein Silver – 5000 m walk
Lucia Willemse Silver – 5000 m walk
Jaap Willemse Bronze – 5000 m walk

Bennie Roux was 1st overall in the 10 km Obstacle race and his wife Isabel was the 3rd lady. Well done!

Personal achievements

Norbert Hannwag won the silver medal in his age group category at the 2014 ATU Long Distance Duathlon African Championships. The event was the South African and African Duathlon championships.

Congratulations!

Please let me know of your personal achievements, don't be shy.

Personalia

Condolences to Travers Snyman and his family. His father passed away last Sunday.

Congratulations to everybody celebrating their birthdays during the week.

Maurits	Hagg	10-Mar
Sandra	Lombard	10-Mar
Emile	Myburgh	10-Mar
Kobus	Oberholzer	10-Mar
Stiaan	Strydom	10-Mar
Chris	Marlin	12-Mar
Tharien	Smith	12-Mar
Kierie	Van der Schyff	12-Mar
Mathews	Maponopono	13-Mar
Samuel	Khoza	14-Mar
Jaco	de Bruin	16-Mar
Stephanie	Groenewald	16-Mar
Riaan	Lourens	16-Mar
Joy-Ann	Nicholl	16-Mar
Bennie	Roux	16-Mar
Louis	van der Merwe	16-Mar

Social evening

The social evening postponed last week will take place tomorrow evening. Bring the whole family along and enjoy a lovely evening with your fellow club members. As always there will be something to eat at a very reasonable price.

Don't forget about the lucky draw!

Information evening

The third and last information session for new members will take place on Tuesday after the time trials at 18:30. All new members are invited to attend.

For sale

All members now have the opportunity to buy some beer mugs, coffee mugs and wine glasses to celebrate the club's 20th birthday. The 20 year logo is engraved on all the articles. It can be bought at the club house from this Tuesday at only R20 each or R100 for 6. Stocks are limited so don't miss out.

From the admin desk

Irene has ordered all the names of new members and members that have put in special orders up to 4 February. These embroidered names will be at the clubhouse to collect on 11 March from 17h00 - 19h00.

Regards,
Zelna

Catering Manager's corner

Many thanks to the members who have thus far volunteered for the cake Competition! We still have one slot available, that being the Hatfield League Race on the 24th of May 2014. Dorette started the competition off in fine form and we now look forward to Bertha & Maryke's entry at the Denel Race later this month. There are still slots available for sponsors.

Chairman's bit

Dear Irene,

My sincere apology for the lack of the finalisation of the information document on our all-important "20 year serious fun run" as mentioned in last week's Irene news. With all the rain, the team could not meet for final discussions. This matter will be sorted out this week and all roll players will be contacted and information penned and sent out by mid-week latest.

I look forward to seeing as many of you as possible at our monthly social this Tuesday, it promises to be great and fun-filled evening to build friendships and the Irene spirit. Have a great week...

Have a great week. Yours faithfully, Chris

Green leaf project

In April we will be spoiling the children of *Hasie se Holte* pre-primary school in Danville again. There are 32 children, 16 boys and 16 girls, aged between 3 and 6. Their needs are the following:

Toiletries, clothes, toys, food, milk, cold drinks and old magazines.

With Easter coming up we want to give them Easter eggs as well!

Please put your donations in the white Green Leaf box in the club house. You can also donate money via internet banking into the Irene bank account.

Name: Irene Athletics Club
Bank: Standard Bank
Acc: 032183186
Branch: 012645
Ref: Green Leaf

Thank you for your support.

Magda Saayman

CSIR invitational run

The annual CSIR invitational run will take place on 19 March at the CSIR grounds. Please see the attachments for more details.

In the mailbox

Corrie Fourie will be at the club house tomorrow evening to take entries for the Denel race. Be sure to make use of this opportunity.

Did you know?

From time to time we feature the hidden talents or interesting tid-bits about one of our members that few other members are aware of.

This week, Pieter Reynecke comes into the spotlight. Not only is Pieter an avid runner, but also a keen fisherman. Many of our members drown a couple of worms from time to time, but Pieter took interest in a more evolved form of the sport. Having been an angler for pretty much

all of his life, he decided some 8 years ago to dabble in lure angling. Long story short, the allure of a clean baitbox pretty much caught Pieter hook, line and sinker. In this discipline, anglers attempt to catch as many different species as they can during a competition, using only artificial lure.

After only a couple of years exposure to the sport, Pieter made the cut for the 4-member Protea artificial lure angling team in 2010. He has represented South Africa in Saziland, Malawi and Namibia. In October 2012, Pieter was part of the 4-man lure-squad who ended 9th in the Carnivorous Artificial Bait Boat Angling World Championship held in the Dnepra Delta in Ukraine. In 2013, as part of the same squad, Pieter again helped reel in the 9th place for team SA in Ireland. In October this year, Pieter will once again fly the SA flag high when he participates in the 2014 World Championships in France. So, when next you get the opportunity to chat to Pieter at the club or on the road, you can rest assured that his stories are indeed not just another fisherman's tale.



Pieter showing off his decent sized Pike



Pieter geared against the cold during the World Champs



The other part of the SA team in their boat

FINAL TEAM CLASSIFICATION									
Rank	Team	Points	1st	2nd	3rd	4th	5th	6th	7th
1	Italy	27.0	5.0	10.0	7.5	3.5	1.0	0.0	0.0
2	Russia	26.0	5.0	10.0	7.5	3.5	1.0	0.0	0.0
3	Romania	44.0	27.0	17.0	0.0	0.0	0.0	0.0	0.0
4	Belarus	47.0	10.0	10.0	0.0	0.0	0.0	0.0	0.0
5	Lithuania	50.0	11.0	10.0	0.0	0.0	0.0	0.0	0.0
6	Ukraine	54.0	10.0	10.0	0.0	0.0	0.0	0.0	0.0
7	Ireland	56.0	10.0	10.0	0.0	0.0	0.0	0.0	0.0
8	Latvia	55.0	11.0	10.0	0.0	0.0	0.0	0.0	0.0
9	South-Africa	64.0	10.0	10.0	0.0	0.0	0.0	0.0	0.0
10	Poland	66.0	10.0	10.0	0.0	0.0	0.0	0.0	0.0
11	Hungary	66.0	11.0	10.0	0.0	0.0	0.0	0.0	0.0
12	England	75.0	10.0	10.0	0.0	0.0	0.0	0.0	0.0
13	France	80.0	10.0	10.0	0.0	0.0	0.0	0.0	0.0
14	Czech Republic	85.0	10.0	10.0	0.0	0.0	0.0	0.0	0.0

Long run

From this coming Sunday there will be a long run every weekend. Starting time is 10:30 from the Waterkloof Shopping Centre. See the attached map. Everybody is welcome, whether you do Comrades or not. It will be a real slow run.

Notice board

Saturday, 15 March - Run 4 Human Rights - 10 / 5 km

Race Organisers: A4A

Venue: Fountains Valley

GPS coordinates: S 25°54.06" E 28°43.03"

	10km	5km
Entry Fee	R40	R30
Start Time	06h30	
Time Limit	??	

Pre-entries: Run-A-Way Sports

Friday, 21 March - Sunnypark Right to Run/Walk - 21.1 / 10 / 5 km

Race Organisers: Arcadia Running Club

Venue: Sunnypark, c/o Steve Biko- & Robert Sobukwe Streets, Sunnyside

GPS: S 25°45'2" E 28°12'11"

	21.1km	10km	5km
Entry Fee	R60	R50	R30
Start Time	07h00	07h15	07h30
Time Limit	03:00hrs		

T-shirts to first 50 entries at the following shops at Sunnypark: Cross Trainer, Sport Scene and Virgin Active

Goodie bags to the first 250 finishers – 5km 50; 10km and 21.1km 100 each

Pre-entries at Sunnypark from 3 March: Cross Trainer; Sport Scene and Virgin Active

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

Saturday, 22 March - Great Run Series 1 - 10 /

5 km

Race Organisers: Global A C

Venue: Weskoppies Hospital, Pretoria West

	10km	5km
Entry Fee	R40	R30
Start Time	07h00	
Time Limit	02:30hrs	

Pre-entries: Run-A-Way Sports, Running Inn, Sweat Shop: Irene,

Dunkeld & Fourways, AGN Offices

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

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.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 March 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

People travel the world over to look with amazement at high mountains, giant waves, big rivers, endless oceans, but often look at themselves without any amazement at all.

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Photo Corner (Photos taken at the Kosmos 3 in 1) Thanks to Jacqui Burn





Peter Niksch finishing with Louis Massyn. Louis will be doing his 42nd consecutive Comrades this year