

Irene News

14 April 2014

No 15 - 2014

Achievements

The following members were on the podium at Loskop:

Zelda Breytenbach	2 nd Vet lady – 50 km
Sandra Steenkamp	1 st Lady walker – 50 km
Sune Jordaan	3 rd Vet lady walker – 21 km

The following members were on the podium at Solomon Mahlangu:

Ansie Breytenbach	1 st Vet lady – 10 km
Annatjie Greyvenstein	1 st GM lady walker 10 km
Sheren Naidoo	2 nd Vet walker – 10 km

The following walkers won medals in their respective age categories in the 5000 meter walk at the CGA Masters Athletics Championships:

Elsa Meyer	Gold
Lucia Willemse	Gold
Ray Patterson	Gold
Gerard van den Raad	Gold
Jaap Willemse	Silver

Dirk Cloete was the 1st Vet at the 3-stage Northern Trail Challenge

Congratulations to all of you!

Personal achievements

Theuns Strecker	PB – 50 km
Chris Marlin	PB – 50 km
Barney van Heerden	PB – 50 km
Heleen de Bruin	PB – 50 km
Hennie van der Walt	PB – 50 km
Coenie van den Bergh	PB – 50 km
Gustav Botha	First 50 km

Well done!

Personalalia

Amanda Lotheringen was hit by a car during a training run. We are thankful that she is still alive and wish her a speedy and complete recovery.

Congratulations to everybody celebrating their birthdays during the week.

Hennie	Keen	14-Apr
Johan	Saayman	14-Apr
Diederick	Steyn	14-Apr
Lynnette	Roos	15-Apr
Ester	Odendaal	16-Apr
Victor	Phetoe	16-Apr
Marinus	van der Merwe	16-Apr
Bill	Collatz	17-Apr
Mervin	Pottinger	17-Apr
Bradley	Ackermann	19-Apr
Sandra	Trentham	19-Apr
Sandra	Faber	20-Apr

Mugs 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.

Coach's corner

The club will be hosting the fourth talk entitled 'Acute infections in marathon athletes' on Tuesday the 15th of April at 18h45. Dr Anri van Tonder, a sports physician will address the members on ways and means to prevent/treat acute infections. With increased mileage there is always the danger of getting viral infections – come and support this activity.

The week-end of the Two Oceans is very important for Comrades runners to do their second real long run. This run should be done at your Comrades pace plus 30-45 seconds. While doing the long runs, experiment with energy supplements in order to find the combination that works for you.

Happy running.

Jacques

Chairman's bit

Dear Irene,

Today I want to pay tribute to a great group of Irene members who truly represents the spirit of being "proudly Irene". This group affectionately refers to themselves as the "**Irene oefen groeppie**" on Whatsapp which is their preferred channel of communication.

Our junior captain, Diederick Steyn, is kind of at the helm of this group, consisting mostly of "young members". He is closely assisted by Espe, Stefan and Linley as proud "elders" to this group who gives "direction". The core of the group, apart from great friendship amongst all of them, lies in hard and devoted group training and a true and genuine support and motivating structure towards each other.

It is amazing to see how this group can mobilise themselves, and in true Irene fashion stand out and make an impact on promoting our great Irene name. This past weekend the group was camping at Loskop where they once again showed us how it should be done. I salute you all, and am proud to be your club mate.

Let's all follow their example and be part of Irene and proudly share in all the activities, friendship and group training and all of the events on offer.

To end off, I would just like to encourage all our Comrades runners to hang in there, there's just two hard weeks of training left for most of us.

Have a great week.

Yours faithfully, Chris



The "Oefengroeppie"

In the mailbox

Entry available for the Colgate 32 km with small T shirt.
Contact Mary-Ann Hattingh at 083 556 2174

Comrades accommodation

Accommodation to share. Room for two. Luxurious flat right on the beach in Balito. Available from Friday 30 May till Monday 2 June (4 nights). Only R200 pp per day. Contact Colin at ColinT@drivecon.net

Notice board

Please take note that the Exxaro race scheduled for 26 April has been cancelled.

Saturday, 19 April - PnP Soshanguve Morula Half Marathon and Fun Run - 21.1 / 10 / 5 km

Race Organisers: Morula Running Club

Venue: Soshanguve Pick n Pay Centre

	21.1km	10km	5km
Entry Fee	R60	R40	R20
Entry Fee (GGM 70+)	Free		
Start Time	07h00		07h15
Time Limit	03:00hrs		

Pre-entries: Soshanguve PnP, Run-A-Way Sport, The Sweat Shop & Running Inn

On-line entries: www.entrytime.com

Monday, 21 April - Pick 'n Pay - The Grove Mall Run - 21.1 / 10 / 5 km

Race Organisers: Run Walk for Life

Venue: The Grove Mall, c/o Lynnwood & Simon

Vermooten Roads, Equestria

	21.1km	10km	5km
Entry Fee	R60	R50	R30
Start Time	07h00		07h10
Time Limit	03:00hrs		

Pre-entries at Total Sports at the Grove Mall

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

Thursday, 01 May - Wally Hayward Marathon - 42.2 / 21.1 / 10 / 4.9 / 1 km

Race Organisers: Alpha Centurion Runners/Walkers

Venue: Hoërskool Zwartkop, Mopani Road, Centurion

GPS: S 25o50' 58.60" E 28o09'54.32"

	42.2km	21.1km	10km	4.9km	1km
Entry Fee	R100	R70	R60	R20	R10
Start Time	06h30		06h46	07h00	07h30
Time Limit	??				

Free t-shirts to 1st 3000 participants in the 42.2 & 21.1km run/walk

A pair of New Balance running shoes to ALL 80 year + finishes, completing 21.1 or 10km race

Pre-entries at Sportmans Warehouses: Centurion, Atterbury Value Mart,

Kolonnade, Fourways, Woodmead Value Centre, Boksburg, Roodepoort, Cresta

On-line entries: www.entrytime.com

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.

2014 AGN LEAGUE FIXTURE LIST

EVENT	DIST	DATE	LEAGUE	
			RR	RW
The Love Run	10 & 21.1 km	24/05/14	x	x
Race 4 Friendship	10.8 & 19 km	05/07/14	x	x
Castle Walk 10	10 km	09/08/14	x	x
Spirit of Flight	10 km	06/09/14	x	x
CSIR 10/21	10 & 21.1 km	25/10/14	x	x
Great Run IV	10 km	06/12/14	x	x

Masters athletics fixture list

SA's 25 & 26 April 2014 Rustenburg

Thought for the week

To be upset about what you don't have, is to waste that what you do have.

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Photo Corner (taken at the Solomon Mahlangu Race)



Dirk Cloete at the trail run

