



BY AIR MAIL
PAR AVION



Freene News

20 January 2014



No.3-2014

Editorial

A warm welcome to all our new members who received this newsletter for the first time. We are glad to have you with us and trust that you will enjoy every moment as part of our big family. Please become part of it more and more by participating in as many activities as possible.

Make use of our tog bag facilities at the AGN races. It is much safer to leave your belongings under constant supervision at our gazebos than leaving it in your car.

Achievements

Congratulations to the following members who achieved podium positions at the George Claassen race:

Greg Barnes	3 rd Vet 21 km (See photo below)
Lyn de Bruin	1 st GM lady 10 km
Sandra Steenkamp	1 st Lady walker 21 km
Elsa Meyer	2 nd Lady walker 21 km



Personal achievements

Schalk Kruger - 1st 21 km
Isabel Roux – PB 21 km

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

Personalia

As part of the Green Leaf project we want to visit our members who are ill or going through difficult times. Please let us know about this.

Congratulations to everybody celebrating their birthdays during the week.

BETS	BOTHA	22-Jan
WISEMAN	NGWARIRAI	22-Jan
MADELANE	VAN ZYL	22-Jan
NADENE	VISSER	22-Jan
MEGAN	DE KLERK	23-Jan
HANLIE	DU PREEZ	24-Jan
ALTA	STRUWIG	24-Jan
JUN	TAKASHIMA	24-Jan
KERRY	TRENTHAM	24-Jan
BELINDA	SKINNER	25-Jan
DANIE	JOUBERT	26-Jan
ELMIEN	LOUW	26-Jan
ALLAN	WILLIAMSON	26-Jan

Chairman's bit

Dear Irene,

Our planning on our birthday bash [what else then a great celebratory beer fest...] of **15 February** is going good with the next few weeks going to be somewhat stressful in ensuring that we once again deliver on our normal great Irene standards and give our members a great party. Please book this date, and please watch out for further detail on this great event to come.

Just news from the road – it is great to experience all our members greeting each other and making time for a few words on the road... Our birthday year definitely brought a great atmosphere and excitement among our members, and our plea is that we all keep this up and just enjoy and be part of all the festivities to come ... Thank you for making Irene AC what it is.....

Yours in Irene, Chris



The week behind

Electronic timing

The electronic timing by Racetec went very well on Tuesday. There are still many more members who must remember to wear their Racetec chips or otherwise buy one. You can purchase one online from their website at www.racetec.co.za or you can buy it on a Tuesday direct from them. Chips bought online can be collected on Tuesdays.

The week ahead

Training talk

Everybody interested in a training programme is invited to attend the talk by Jacques Rossouw on Tuesday at 18:30 in the lapa at the club house. Jacques will talk about his Comrades training programme as well as programmes for shorter distances, novice programmes etc. The different mentors (buddies) for different groups will also be introduced. Don't miss out!

Spar Irene Lantern Night Race

Our lantern race is taking place on 12 February. This is one of the most popular 10 km races in the country. To host such a great event we require the help of at least 300 members. This is the ideal opportunity for our new members to become part of everything. We expect about 5000 participants.

We require help in the following areas:

- Entries
- Finish area
- Road marshals
- Traffic marshals
- Lantern marshals
- Marshals to split the runners

If you can help in any way please let me know ASAP. Please remember: **No Irene member is allowed to run the race.** We will have our helpers run where you will be able to earn your medal.

Birthday bash

Everybody must please take note that our 20th birthday bash will take place on Saturday 15 February. This is going to be the function of the year. Please diarized it. It is going to be an afternoon/evening event with lots of fun and entertainment for everybody. More details will be sent out during the week.

It is going to be a historical occasion!

We aim to have a birthday cake at every league race this year. The first one was enjoyed by everyone at the race on Saturday.



The first birthday cake was made by Elna Mee. What a special cake it was! Well done Elna.

We also want to thank Elna and Stephen for the food they provided on Saturday. As always it was of a high standard.

Celebrating 20 years... what's next?

Following our great first cake, please just our "challenge" in this regard. We are looking for serious "cake makers" amongst our members – are you one of them? We are aiming to get someone different to make each month's birthday cake to be enjoyed at our league races. The cakes will be judged and the winner will be announced in December. There will be a great prize for the winner! Please take up the challenge and let us know

if we can assign a cake to you. As our benchmark, please see again Elna's great first cake.



The birthday cake was cut by Chairman Chris Koch and General Manager Wynand Breytenbach

What's new?

Committee members on duty on Tuesdays. Please look out for our Committee members who will be on formal duty on Tuesdays at our time trails. Please make use of this and feel free to take up anything with the member on duty whom will gladly assist in the best possible way. Please also help and direct any new members to any of our Committee members whom will gladly try and make our new members feel at home and assist with giving information as needed.

They will be wearing a very distinct green shirt.



Zelna Black, our admin manager wearing her committee shirt.

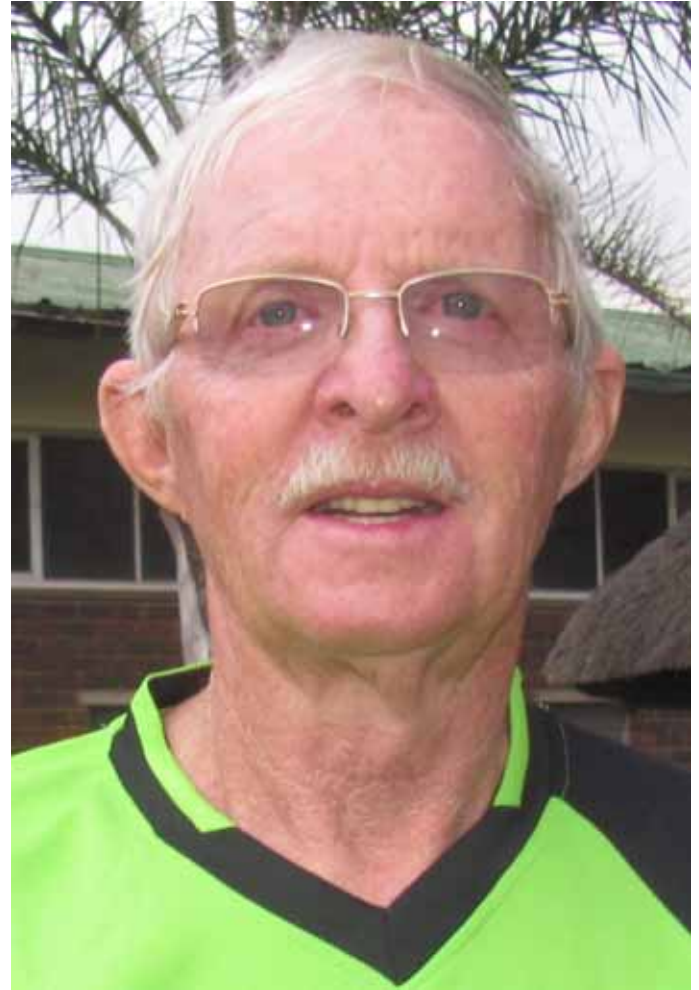
Did you know?

There are very few runners/walkers (if any) who can claim that their first official race was a 100 km event!

Gerard van den Raad became an Irene member in July 2003 as a walker without any experience. Three months later, at the age of 60 and without any training, he did his first official race, the Naval Hill **100 km** walk! This must be some kind of a record. He finished it in a time of 13 hours 54 minutes in second position!

It inspired him to walk the Comrades Marathon in 2004, one of only a few walkers who have done it. Since then he was unstoppable. He has finished another 5 Comrades Marathons as a walker and up to date has earned 221 gold medals. He holds one SA record and five AGN records. He has participated in seven South African Road Walking Championships and earned ten gold medals in the process in distances varying from 5000 meter up to 30 km. He also won a bronze medal at the World Masters Athletics Championships in Sydney in 2009.

Today, at the age of 70 he is still very active as a competitive walker and an inspiration to many.



Gerard van den Raad

Editorial

If you know about something special of any member or if you want to share something special about yourself in this column, please send it to info@irenerunner.co.za

Assistance required

We are looking for two containers to use as storage space at the club house. Anybody who can help please?

Always there

The photo below is what happens every weekend. The Irene caravan and gazebos are always there first. If not on a Saturday morning then on a Friday afternoon if requested by the race organisers. The next photo was



taken on Friday afternoon when there was nobody else in sight.



Notice board

Saturday, 25 January - Akasia 3-in-1 - 42.2/21.1/10/5 km

Race Organisers: Akasia Athletics Club
Venue: Wonderpark Shopping Centre, Heinrich Avenue, Karenpark
S 25° 40,264 E 28° 6,703

	42.2km	21.1km	10km	5km
Pre-entry Fee	R80	R60	R40	R25
Race Day Fee	R100	R70	R50	R30
Grand Masters	R40	R30	R20	R20
Entry Fee 70+ / 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 and www.saactive.com

Saturday, 01 February - McCarthy Toyota - 21.1/10/5 km

Race Organisers: Magnolia Road Runners
Venue: Rietondale Park
S 25° 43,980 E 28° 13,239

	21.1km	10km	5km
Pre-entry Fee	R70	R50	R30
Race Day Fee	N/A	R60	R30
Athletes 60+	R30	R30	R30
Start Time	06h00	06h15	06h20
Time Limit	3hrs	2hrs	1hr

Pre-entries: Run-A-Way Sports, Running Inn, Sweatshop Southdowns, McCarthy Toyota Gauteng branches
On-line

entries: www.enteronline.co.za and www.saactive.com

Saturday, 08 February - Bronkhorstspuit - 32/10/4 km

Race Organisers: Bronkhorstspuit Athletics Club
Venue: Erasmus High School, Bronkhorstspuit

	32km	10km	4km
Entry Fee	R100	R50	R10
Grand Masters	Free		
Start Time	06h00	06h15	06h30
Time Limit	04:30hrs		

Pre-entries: Run-A-Way Sport

First 200 pre-entries for 32km at Run-A-Way Sport will receive a T-shirt

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

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

Worrying does not take away tomorrow's troubles; it takes away today's peace.

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Photo Corner (Action from the George Claassen race)







