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Irene News

24 February 2014



No.8-2014

Achievements

Three of our members participated in the SA 10 km championships held in Bloemfontein on Saturday. All three of them achieved podium positions:

- | | |
|-------------------|--------|
| Mike du Bruto | Gold |
| Lyn de Bruin | Silver |
| Ansie Breytenbach | Bronze |



Congratulations!

Congratulations also to our members who were on the podium at the Deloitte race on Sunday:

- | | |
|---------------------|--|
| Zelda Breytenbach | 2 nd Vet, 9 th Lady – 42 km |
| Sandra Steenkamp | 2 nd Master lady – 42 km |
| Mike du Bruto | 1 st GM – 10 km |
| Gerard van den Raad | 1 st GGM walker – 10 km |
| Elsa Meyer | 1 st GM, 2 nd L walker 10 km |

Nadine Breytenbach was the 3rd lady in the Three Cranes Trail Run (3 days, 109 km) with her husband Philip in 9th position overall. Well done!



Nadine Breytenbach

Well done also to Bennie Roux who finished 1st in both the SWAT Obstacle race and the Beast 10 km trail run. Isabel Roux finished as 2nd lady in the SWAT Obstacle race.

Personal achievements

- | | |
|----------------|-----------------------|
| Myrna van Wyk | PB – 10 km |
| Rudolph Krause | 1 st 21 km |

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



Marathon club championships

Congratulations to Wiseman Ngwarirai and Zelda Breytenbach who are our 2014 Marathon champions.



Congratulations to everybody celebrating their birthdays during the week.

Theo	Bohnen	25-Feb
Andre	Maartens	25-Feb
Annemarie	Oberholzer	25-Feb
Chris	Koch	26-Feb
Celeste	Thiart	27-Feb
Hanlie	Lundie	28-Feb
Rob	Hudson	01-Mar
Jeanette	Loots	02-Mar
Aret	Meyer	02-Mar

The week behind

Thank you to Dorette Muller and Michelle Lubbe for the birthday cake we enjoyed at the race on Sunday. They really spoiled us.



Personalia

Congratulations to Liza Maritz and her husband Martin with the birth of their new baby girl.



Dorette Muller and Michelle Lubbe

Thank you also to Stephen and Elna Mee for the lovely food they served to all the members at the race.

Coach's corner

The club will be hosting the second talk entitled injury prevention on Tuesday the 25th of February at 19h00. Dr Dennis van Aswegen, a chiropractor, Hans de Witt, a stretch therapist and local physiotherapist Marlene will address the members on ways and means to prevent/treat injuries. With increased mileage there is always the danger of getting injured – come and support this activity.

I will be at the Sunrise Monster 32 km race on Saturday and the Om-die-Dam 50 km the 15th of March if you want to chat, or run with me.

For the members training for the Comrades the rest of the programmes will be made available the week after the 15th of March. By then all the racing will be something of the past and only a lot of distance training remain.

Lastly I would like to congratulate everyone that finished the Club 42 km championships yesterday, with a special word of congratulations to everyone who ran a personal best (PB).

Jacques

Helpers run

All members are invited to do the Lantern helpers run on Tuesday evening. It will replace the normal time trials. The distance is 10 km but there will also be a 5 km to do.

Starting time is 17:30 and the start will be at the main buildings of the ARC and NOT at the club house. All finishers will receive a medal.

There is no entrance fee and you don't have to wear club attire.

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 4 March from 17h00 - 19h00.

Regards,
Zelna

Cows Corner news

All members are invited once again to join the Cows Corner Superbru pool for the Super rugby tournament. You have to do an online prediction of the winning team and margin for each game. Participants stand the chance to win great prizes at the end of the Super rugby tournament.

The winner will receive a 50 liter beer keg valued at R1000 (the equipment unfortunately must be returned afterwards)

The second prize is a R500 gift voucher, and the third prize is a R200 gift voucher.

Each week's leading point scorer (yellow cap) also qualify receive a free drink at cows corner the following Tuesday.

Entry fee for the pool is R50, open to Irene members only. To be eligible for prizes, payment must be made before the end of March

For more information or guidance on creating a free account, e-mail Arno at smitarno@gmail.com. If you are familiar with Superbru, search for Cowscorner. The pool's pass code is **boxycagy**

Regards
Cows Corner

Chairman's bit

Dear Irene,

With February drawing to an end and most of us having completed our first marathon for the year, please let me again remind all our members of the availability of our coach, Dr. Jacques Rossouw. As we head into the "high mileage" months for our Comrades runners, Jacques is just a phone call or an e-mail away for those much needed answers, advice or simply motivation. I again thank Jacques for his help so far.

I also want to thank all our members for being friendly, smiling and greeting one another on the road. It is awesome to experience the Irene spirit at the races.

Have a great week.

Yours faithfully, Chris

20 Year birthday... what's next?

Be on the look-out for soon to follow information regarding camping and an after party at "Om die dam".

Catering Manager's Corner

Many thanks to all the volunteers thus far for the Cake Competition! We only have the May and June League Race slots available!

Names of volunteers to Stephen on 0746600833 or steve.mee@seeff.com

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 run races.

In the mailbox

I would like to drop a line to say what a wonderful club Irene AC is. I have been a member here for just on 5 years and this year I can see how the committee has pulled together and how involved they are with our members.

To highlight a few instances where I have experienced this:

1. Properly coordinated hill training and speed training on Mondays and Thursdays;
2. Expert advice from our very own Professor;
3. Racetec timing on Tuesdays – HOW COOL IS THAT!
4. Club runs on Wednesdays;
5. Substitute club runs on Saturdays when things go wrong (Bronkhorstspuit, Deloitte);
6. Klapperkop runs on Sundays;
7. 5 Star food on Social Tuesdays and at league runs (Stephen and Elna Mee)

The list simply goes on and on and on. For the club membership that I pay every year, I can see how this is a non-profit organisation. Committee and club members, just keep doing what you are doing now – it IS working!

The best thing about the club is not the aforementioned list, it is about the support I get from other members - good friends - each and every member of the club. Where else has one EVER experienced this "PHENOMENON"?

Irene Athletics Club – A drinking club with a running problem! Whoever thought that one out - give that man a Belles!

Anonymous

Notice board

Saturday, 01 March - Medihelp Sunrise Monster - 32 / 10 / 5 km

Race Organisers: Harlequins Harriers

Venue: Harlequin Club, Totius Street, Groenkloof Pretoria

S 25° 46.122' E 28° 13.031'

	32km	10km	5km
Pre-Entry Fee (until 26 Feb)	R70	R50	R50
Grand Master, Great Grand Master	R40	R30	R20
Late Entries (excl GM, GGM)	R80	R60	R40
Start Time	06h03	06h30	06h40
Time Limit	04:30hrs	02:00hrs	

Pre-entries: Run-A-Way Sport, Running Inn, Sweatshop
On-line entries: www.enteronline.co.za

T-Shirts to all finishers

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	??
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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

The best rule of friendship is to keep your heart a little softer than your head.

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Photo Corner

Action from the Deloitte race





