

Irene News

24 March 2014

No 12- 2014

Achievements

Congratulations to the following members who were on the podium at the Sunnypark race on Friday:

| | |
|---------------------|--|
| Lyn de Bruin | 1 st GM lady – 21 km |
| Sandra Steenkamp | 1 st Lady walker, 1 st mas – 21 km |
| Elsa Meyer | 2 nd Lady walker, 1 st GM – 21 km |
| Sune Jordaan | 3 rd Lady walker, 1 st Vet – 21 km |
| SP Botha | 1 st GM walker – 21 km |
| Mike du Bruto | 1 st GM – 10 km |
| Sheren Naidoo | 1 st Vet walker – 10 km |
| Jaap Willemse | 1 st Master walker – 10 km |
| Gerard van den Raad | 1 st GGM walker – 10 km |
| Lucia Willemse | 1 st Master lady walker – 10 km |
| Bertha van den Raad | 1 st GM lady walker 10 km |

The following members were on the podium at the Weskoppies race on Saturday:

| | |
|------------------|--|
| Sandra Steenkamp | 2 nd Lady, 1 st master – 10 km |
| Zaskia Vrey | 2 nd Lady walker – 10 km |

Well done!

Our members did us proud at the North West Masters Championships held in Rustenburg on Saturday. Congratulations to the following members who earned medals in the 5000 m walk in their respective age categories:

| | |
|---------------------|-------------|
| Elsa Meyer | Gold |
| Lucia Willemse | Gold (PB) |
| Gerard van den Raad | Gold |
| Ray Patterson | Gold |
| Jaap Willemse | Silver (PB) |

Personal achievements

| | |
|------------------|-----------------------|
| Vicky du Toit | 1 st Ultra |
| Nicole Haschka | 1 st Ultra |
| Celeste Thiart | PB – 21 km |
| Sandra Steenkamp | PB – 10 km |

Norbert Hannweg was selected for the Gauteng North Triathlon team to participate in the SA Championships.

Congratulations!

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

Personalia

Congratulations to everybody celebrating their birthdays during the week.

| | | |
|------------|-----------|--------|
| Lesiba | Kekana | 24-Mar |
| Chantelle | Zowitzkey | 24-Mar |
| Charl | Cilliers | 25-Mar |
| Norbert | Hannweg | 25-Mar |
| Natasha | Swanepoel | 26-Mar |
| Sharon | Pirie | 27-Mar |
| Christelle | Muller | 28-Mar |
| Werner | Smit | 28-Mar |
| Gerrie | Knoesen | 29-Mar |
| Laura | Els | 30-Mar |

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.

League race

The Denel race this coming Saturday is the next league race. As always we want as many members (fast and slow) to participate. There will be something to eat afterwards and the March birthday cake will be cut.

Corrie Fourie will be at the club house on Tuesday evening to take entries for the race.

Coach's corner

I have received a request for a sub 90 minute 21 km programme as a follow-up to the sub 40 minute 10 km programme. Please find it as an attachment.

Chairman's bit

Dear Irene,

I want to apologize to all my fellow club members for not wearing my club fest at Friday's race. I found myself in a real predicament after realizing that I had packed my wife's running vest, which I simply could not fit into. It was an awful feeling, but no doubt one I have learnt from and will not repeat.

I want to wish all our Comrades runners good luck during the next 5 to 6 weeks of training. This is a vital time which requires hard work and long hours on the road. Let's keep on motivating and supporting each other in our true IRENE spirit.

Have a great week. Yours faithfully, Chris

20 Year birthday What's next?

We appreciate all of the feedback received to date regarding our **Serious Fun Run**. It has become evident that our initial draft plan implies that each runner has to do an "average" run of 50 km a day which would be impractical. Our plan will be amended and fine-tuned to ensure a more realistic average (e.g. 20 to 30km per

runner per day). Please continue to provide us with inputs, suggestions and advice on this event.

Green leaf project

Club members are requested to donate their small change to the Green Leaf project. A box for this purpose will be placed at the bar counter.

League results

We are in 15th position after the Deloitte race, two positions down. Thank you to all of you who participated in the race.

| Deloitte Pos | Div 1 Club | Points League |
|-------------------------|-----------------------|--------------------------|
| 1 | Pmmc | 36 |
| 1 | Post Office | 36 |
| 3 | Vtm | 34 |
| 4 | Resbank | 28 |
| 5 | Ace | 27 |
| 6 | Npo | 26 |
| 7 | Arcadia | 25 |
| 7 | Aurecon | 25 |
| 7 | Csir | 25 |
| 10 | PvR | 23 |
| 11 | Enduro | 22 |
| 11 | Overkruin | 22 |
| 13 | Phobians | 20 |
| 14 | Zwakala | 18 |
| 15 | Hqh | 15 |
| 15 | Irene | 15 |
| 17 | Agape | 9 |
| 18 | RWFL | 7 |
| 19 | Arete | 4 |
| 20 | Fsb | 3 |

Super league

Well done to our ladies who moved up from 8th to 5th position. Our men lost one position and are also in 5th position.

Ladies

| Deloitte Pos | Female Club | Points Log |
|-------------------------|------------------------|-----------------------|
| 1 | NEW BALANCE | 99 |
| 2 | NEDBANK | 96 |
| 3 | MAGNOLIA | 94 |
| 3 | TRANSNET | 94 |
| 5 | IRENE | 90,5 |
| 6 | PHOBIANS | 90 |
| 7 | HQH | 86,5 |
| 8 | RUNNING INN | 84,5 |
| 9 | CSIR | 83 |
| 10 | VTM | 79 |

Men

| Deloitte Pos | Male Club | Points Log |
|-------------------------|----------------------|-----------------------|
| 1 | NEDBANK | 98 |
| 2 | TRANSNET | 96 |
| 3 | NEW BALANCE | 95 |
| 4 | POST OFFICE | 91 |
| 5 | IRENE | 87 |
| 6 | TUKS | 85 |
| 7 | WINGATE | 83,5 |
| 8 | MAGNOLIA | 83 |
| 9 | PMMC | 83 |
| 10 | AURECON | 78 |

Congratulations to the following members who earned super league points:

| | | | |
|------|-----|------|--------|
| NAME | AGE | TIME | POINTS |
|------|-----|------|--------|

Ladies 10 km

| | | | |
|---------------|----|----------|----|
| A BREYTENBACH | 50 | 00:46:42 | 20 |
| L DE BRUIN | 60 | 00:50:25 | 11 |
| E THEUNISSEN | 52 | 00:51:45 | 7 |

Ladies 42 km

| | | | |
|---------------|----|----------|----|
| Z BREYTENBACH | 46 | 03:22:08 | 23 |
| S STEENKAMP | 53 | 03:38:18 | 17 |

Men 10 km

| | | | |
|-------------|----|----------|----|
| M DU BRUTO | 65 | 00:41:31 | 30 |
| R NIEUWOUDT | 50 | 00:45:00 | 16 |

Men 21 km

| | | | |
|--------------|----|----------|----|
| P THERON | 31 | 01:42:20 | 18 |
| J HENRICO | 33 | 01:44:58 | 13 |
| J LIEBENBERG | 51 | 01:45:25 | 8 |
| J NEL | 59 | 01:46:36 | 2 |

Men 42 km

| | | | |
|-------------|----|----------|---|
| W NGWARIRAI | 30 | 03:16:21 | 9 |
|-------------|----|----------|---|

Walkers league

As always our walkers are leading the way. Well done!

| Deloitte Pos | Div 1 Club | Points L'gue |
|-------------------------|-----------------------|-------------------------|
| 1 | IRENE | 40 |
| 2 | RWFL | 38 |
| 3 | PMWC | 36 |
| 4 | RWFL B | 34 |
| 5 | RWFL C | 28 |
| 6 | ACRW | 27 |
| 7 | PHOBIANS | 25 |
| 8 | MAGNOLIA | 24,5 |
| 9 | RUNNING INN | 23,5 |
| 10 | IRENE B | 22 |

In the mailbox

Hi, I am looking for a lift to Cape Town for the 2 Oceans if you know of anyone. Thanks.

sandi.crafford@gmail.com

Notice board

Saturday, 29 March - Denel Road Race - 21.1 / 10 / 5 km

Race Organisers: Denel A C

Venue: Denel Irene Campus

GPS Coordinates: S 25°53'30.69" E 28°11'28.71"

| | | | |
|----------------------|----------|------|-------|
| | 21.1km | 10km | 5km |
| Entry Fee | R60 | R40 | R30 |
| Entry Fee (GM & GGM) | R30 | | |
| Start Time | 06h00 | | 06h10 |
| Time Limit | 03:00hrs | | |

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

On-line

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

This is an AGN league race

Saturday, 05 April - Mazda - 21.1 / 10 / 5 km

Race Organisers: Mazda

Venue: Ford Sports & Recreation, Silverton

GPS Coordinates: S 25°43'36.00" E 28°19'58.00"

| | | | |
|------------|----------|------|-------|
| | 21.1km | 10km | 5km |
| Entry Fee | ? | ? | ? |
| Start Time | 06h30 | | 06h45 |
| Time Limit | 03:00hrs | | |

Pre-entries: Run-A-Way Sport, Running Inn & Sportsmans Warehouse (Kolonnade & Atterbury Value Mart)

On-line

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

Saturday, 12 April - Solomon Mahlangu - 10 / 5 km

Race Organisers: AGN

Venue: Moretele Park, Mamelodi

| | | |
|-----------------|----------|-----|
| | 10km | 5km |
| Entry Fee | R50 | R20 |
| Entry Fee (60+) | R30 | R20 |
| Start Time | 06h30 | |
| Time Limit | 02:00hrs | |

Pre-entries: Run-A-Way Sport, Running Inn

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 |
| Denel Road Race | 10 & 21.1 km | 29/03/14 | x | x |
| Solomon Mahlangu | 10 km | 12/04/14 | x | x |
| 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

| | | |
|------|--------------------|------------|
| CG | 12 April 2014 | Germiston |
| SA's | 25 & 26 April 2014 | Rustenburg |

Thought for the week

Do not wait for your ship to come in, swim out to meet it.

Our Sponsors



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Clover

Way Better™

Photo Corner
(Action from Sunnypark)



