



BY AIR MAIL  
PAR AVION



# irene News

3 February 2014



No.5-2014

## Achievements

Congratulations to the following members who were on the podium at the McCarthy race on Saturday.

Sandra Steenkamp	1 <sup>st</sup> Lady walker – 21 km
Elsa Meyer	2 <sup>nd</sup> Lady walker – 21 km
Lucia Willemse	3 <sup>rd</sup> Lady walker – 21 km
Zelda Breytenbach	1 <sup>st</sup> Vet lady & 5 <sup>th</sup> lady – 21 km
Nadine Breytenbach	7 <sup>th</sup> Lady – 21 km
Mike du Bruto	1 <sup>st</sup> GM – 10 km
Ansie Breytenbach	3 <sup>rd</sup> Lady Walker – 10 km

Aletha van den Bergh 6<sup>th</sup> Lady – Volkrust /Marathon

## Personal achievements

Bevan Espag	1 <sup>st</sup> 21 km
Suné Jordaan	1 <sup>st</sup> 21 km
Daleen Labuschagne	PB – 21 km

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

## Personalia

Condolences to Petro Smit and her family. Her mother passed away on Sunday evening.

Condolences also to Susan Strauss whose grandmother passed away last week.

Congratulations to everybody celebrating their birthdays during the week.

Arnold	Matimba	03-Feb
Ray	Patterson	03-Feb

Samantha	Hall	04-Feb
Theuns	Willemse	05-Feb
Nyasha	Mapolisa	07-Feb
Shaun	Smee	07-Feb
Natalie	Welmans	07-Feb
Christina	Landman	08-Feb
Veli	Mokoena	08-Feb
Colin	Singarum	08-Feb
Pieter	van der Walt	08-Feb
Blanche	Van Vuuren	08-Feb
Blanche	Van Vuuren	08-Feb
Thabiso	Mashaba	09-Feb

**Club 21 km championships** According to preliminary results Philip Breytenbach and Zelda Breytenbach are our 21 km club champions, congratulations!



Zelda Breytenbach & Philip Breytenbach

## Chairman's bit

Dear Irene,

Following all the "Birthday bash" information that has already been sent out and included in this letter, I want to invite all our members to do your bookings as early as possible during the week. It is a family event that simply cannot be missed. The committee is hard at work to ensure a very successful event. Help us to get as many Irene members as possible to attend it.

I saw only one Irene member wearing black shorts at the McCarthy race on Saturday. Thank you to all those members wearing the correct club colours. Please let us know if you experience any difficulties to obtain the correct clothing so that we can address the issue. We are in the process of arranging a few spare running shorts and vests to be kept at our caravan in the future. It will be available to those members having problems with the correct apparel on the day.

I hope to see you at our social evening on Tuesday. It promises to be lots of fun.

Yours faithfully,  
Chris



## Spar Irene Lantern Night Race

Thanks you very much for the great response on last week's email request for helpers at our Lantern race on 12 February. We still require 90 more helpers please.

You will be utilized in one of the following areas:

- Entries
- Finish area
- Road marshals
- Lantern marshals
- Marshals to split the runners
- Water point helpers

If you can help in any way please let me know ASAP. Please remember: **No Irene member is allowed to run the race.**

Due to the fact that the Comrades Road Show will take place on Tuesday 18 February, the helpers run has been postponed to 25 February. You will then have the opportunity to earn your medal.

## Generators required

We require a number of generators to provide lighting in the dark areas of the route at our Lantern race. If you are in a position to lend us a generator, it will be highly appreciated. Please contact me at [info@irenerunner.co.za](mailto:info@irenerunner.co.za) in this regard.

## Social evening

Our monthly social evening will take place on Tuesday evening after the time trials. Bring the whole family along and enjoy the evening with your fellow club members. As usual there will be something to eat and lucky draw prizes to be won.

## Tree auction

Do you want to make your mark on the club forever?

Your legacy can live on forever at Irene Athletics Club. As part of our 20 year celebrations we intend to plant 20 trees around the club house. On Tuesday the 20 trees will be auctioned off to the highest bidders. Each tree will

have a reserve of R50. The highest bidder gets their name on a plaque at the bottom of the tree FOREVER. It does not have to be an individual; you can bid as a group and the group name will be on the plaque. For example, I am sure 'the Doringboom Bende' will want to put their name on a doringboom.

All of the funds raised will benefit our Greenleaf community project.

Once you have acquired your tree, there is no further work necessary. The committee will plant the trees in a ceremony held on 15 February shortly before the Birthday Bash and the care of the tree will be handled by the normal garden staff.

Please bring your cash tomorrow evening; the auction will start shortly after the Time Trial.

Not only will your legacy live on at Irene Athletics Club, but you will have ploughed back into nature, to the benefit of the less fortunate and the sustainability of our environment.



## Green leaf

Some of our newer members may not be aware of the club's Greenleaf community project. For many years now, it has been a priority of our club to give back to the community, especially within Pretoria – the city that offer her streets to us every Saturday.

The Greenleaf project last year turned its focus to the community of Danville and especially the toddlers and infants at Hasie se Holte nursery school. Many of you will have noticed the big white box in the clubhouse. This box is there for the sole purpose of collecting donations for the project.

If ever you have any items to donate to those less fortunate, do not hesitate to place it in the white box. Items may include toiletries, clothes, food, toys or even goody bag items which you are not going to use. You are also welcome to make cash donations into the club's account, quoting Greenleaf donation as your reference.

Greenleaf is however also a platform for our own members who may be going through a difficult time. If you need assistance, be it moral support or a personal crisis, never hesitate to call on your Irene family.

Magda Saayman facilitates the Greenleaf project, and can be contacted at any time on 082 412 9935 or [magdasaayman@gmail.com](mailto:magdasaayman@gmail.com)

## Irene Triple Challenge

Members have until 25 February to enter for the 2014 Triple Challenge. Please find the entry form attached.

To qualify for the shield and T-shirt members have to work at our three races and complete the three helpers run races.

## Comrades and Two Oceans Clothing

As always we want all participants to these two major events to receive something special from the Club. Please let us know about your ideas and suggestions in this regard.

## Comrades road show

As part of its marketing campaign the Comrades Marathon Association will through its Roadshow Programme present a total of 23 Comrades Workshops between 21 January and 18 March 2014. Irene Athletics Club will host the show on Tuesday 18 February at 19:00. It will take place in the ARC auditorium at the main buildings. If you are serious about Comrades you just have to attend this very informative meeting.





## League results

Except for the walkers we didn't start the year on a very high note in the 2014 league. In the participation league we are in 13<sup>th</sup> position after the George Claassen race. In the super league the men are in 4<sup>th</sup> position and the ladies in 8<sup>th</sup> position, the worst start for them in many years. Our walkers started with a bang and are on top of the log.

Thank you to all our members who took part in the league race. It can only go better from here on.

Members who want to know more about the league and how it work can go to our website at <http://www.irenerunner.co.za/agn-league.html> to learn more.

## Participation log

Geo Cl	Div 1	Points
Pos	Club	League
1	Vtm	20
2	Pmmc	19
3	Overkruin	18
4	Post Office	17
5	Npo	16
6	Ace	15
7	Csir	14
8	Resbank	13
9	Aurecon	12
10	Phobians	11
11	Zwakala	10
12	Hqh	9
13	Irene	8
14	PvR	7
15	Agape	6
16	Arcadia	5
17	Enduro	4
18	Arete	3
19	RWFL	2
20	Fsb	1

## Super league log - Men

Geo Cl	Male	Points
Pos	Club	Log
1	PMMC	50
2	TRANSNET	49
3	NEDBANK	48
4	IRENE	47
5	NEW BALANCE	46
6	POST OFFICE	45
7	AURECON	44
8	MORETELE	43
9	OVERKRUIN	42
10	ACE	41

## Super league log – Woman

Geo Cl	Female	Points
Pos	Club	Log
1	NEW BALANCE	50
2	TRANSNET	49
3	MAGNOLIA	48
4	PHOBIANS	47
5	NEDBANK	46
6	OVERKRUIN	44,5
6	ZWAKALA	44,5
8	HQH	42,5
8	IRENE	42,5
10	CSIR	41

**Congratulations to the following members who earned super league points:**

Pos	Name	Points
<b>Men 10 km</b>		
32	J MAKGATLHA	32
<b>Men 21 km</b>		
7	G BARNES	48
13	W NGWARIRAI	43

16	S AGIKA	41,5
20	B ROUX	38
29	D CLOETE	31
48	V PHETOE	18
59	D BROUGHTON	11
<b>Ladies 10 km</b>		
163	S SCHEEPERS	11
234	L DE BRUIN	1
<b>Ladies 21 km</b>		
102	N BREYTENBACH	19

### Walkers league

Geo Cl	Div 1	Points
Pos	Club	L'gue
1	IRENE	20
2	RWFL	19
3	PMWC	18
4	RWFL B	17
5	ACRW	16
6	IRENE B	15
7	RWFL C	14
8	PPMK	13
9	MAGNOLIA	11,5
9	RUNNING INN	11,5

### What's new at the club?

Have you noticed our new time trial distance markers? We want to thank Gerard van den Raad for his hard work during the holiday period and for a job well done

### Coach's corner

Coach Jacques Rossouw will be running a 3:15 to 3:30 Bronkhorstspuit 32 km on Saturday. Members wishing

to run the same time can meet him at the caravan before the start.

### Catering Manager's Corner

Only four more volunteers are required for the cake competition. Please contact Stephen a.s.a.p. if you want to be part of it.

Date Required	Race/Function	Cake Maker	Sponsor
January 18 <sup>th</sup>	GC League Race	Elna Mee	IAC
Feb 15 <sup>th</sup>	Birthday Bash	Elna Mee	IAC
Feb 23 <sup>rd</sup>	Deloitte League Race	Dorette	
March 29 <sup>th</sup>	Denel League Race	Bertha & Maryke	
April 12 <sup>th</sup>	SM League Race	Volunteer TBC	
May 24 <sup>th</sup>	Hatfield League Race	Volunteer TBC	
June 10 <sup>th</sup>	Social Evening @ Clubhouse	Volunteer TBC	
July 5 <sup>th</sup>	R4F League Race	Jackie B	
August 9 <sup>th</sup>	Castle Walk League Race	Volunteer TBC	
September 6 <sup>th</sup>	AFB Swartkop League Race	Belinda Skinner	
October 25 <sup>th</sup>	CSIR League Race	Vanessa & Andre	
November 11 <sup>th</sup>	AGM @ Clubhouse	Cows Corner	Cows Corner
December 6 <sup>th</sup>	Year End Function	Elna Mee	Seeff Centurion

Names of volunteers to Stephen on 0746600833 or [steve.mee@seeff.com](mailto:steve.mee@seeff.com)

### For sale

POLAR RC3 GPS WITH HEART RATE SENSOR FOR SALE. DUPLICATE GIFT (IDEAL FOR MALE RUNNER, BIGGER WATCH). Purchased December all still in box under warranty (invoice detail available).

Compatible with Polar running and cycling sensors. Rechargeable battery, 12h in continuous use with GPS.

Selling Price: R3200. Contact Daleen on 083 294 4086.

## Did you know?

David Broughton sees himself as a blessed and privileged runner who has had the opportunity of running the so-called original 5 World Marathon Majors: New York, London, Chicago, Berlin and Boston. Here is his story.

“It all started in 2009, when I ran my very first marathon and major, the New York City marathon. What a way to start marathon running! It is by far the greatest and grandest marathon you could ever run! The setting and atmosphere is simply awesome. When you start on Staten Island and run across the famous Verrazano-Narrows Bridge into Brooklyn, it feels as though you are on top of the world! And then of course, to finish in Central Park, well unless you've experienced it for yourself I simply cannot describe in words the thrill of the moment. The proverbial bug bit in a big way, and now I'm addicted!! But it is good addiction; I need my running to work off stress and get balance in my life. The fitness is quintessential, despite the hard work and dedication the running requires. I love it, and every opportunity to run is a privilege and gracious undertaking of our Lord.

Even though it does not have the same tradition and history as the Boston marathon, I can categorically state without any hesitation that New York is for me the best of the original 5 Marathon Majors.

That is not to say that I have not had absolute amazing experiences running the others! Another wonderful experience for me was running my PB in Berlin in 2012 - 3:08:37. Find enclosed a photo of me finishing that race, having just run through the famous Brandenburg Gate. If you want to run a marathon and focus purely on speed, then Berlin is undoubtedly the race to compete in, provided of course you have a good seeding starting with approximately 37,000 - 40,000 other runners. It is dubbed one of the fastest, if not the fastest, marathon course in the world. It is flat all the way, and if you are well trained you can really nail it. It is also a beautiful city marathon. I have been privileged to run it twice.

I fortunately missed all the drama and trauma of the 2013 Boston race, with the bomb blasts. I ran it in 2012; it is

such a prestigious event with all the history (the oldest annual marathon)!

London is also great, finishing on the Mall just after you've run past Buckingham Palace.

Each race is very special, with their own unique features. Each start with between 35,000 - 47,000 fellow runners is thrilling (Boston, however, normally has a smaller contingent of starters); I just love the vibe, atmosphere and excitement of the start in such big races. And it is great to get a glimpse sometimes of the elite runners.

In 2013, I received an official 5 Star Finisher certificate from the organisers of the World Marathon Majors. This was to confirm my completion of the original 5 World Marathon majors.



The certificate signed by the director of each event. It was truly overwhelming to receive such an award.



I'm looking forward God-willing to completing my 6th World Marathon Major: Tokyo, 23 February 2014, and to running my second New York marathon in November this year. Tokyo was added as a World Marathon Major in 2012. I must now complete the sixth one! I also want to use this race to try and qualify for Boston 2015.

I hope and pray that I can continue to run these races for many years still. The weakening rand, however, is making it increasingly difficult. We are becoming poorer and poorer by the day!

I need also to mention that it is of course great to represent Irene in each race.

Every experience must redound to the glory and honour of God's name.

"I can do all things through Him who strengthens me." – Philippians 4:13. And:

"and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith" - Hebrews 12:1-2.

David Broughton”

## Bronkhorstspuit “bus”

To celebrate the Irene 20 year birthday, a number of Irene members are planning to run the Bronkhorstspuit 32 km together in a sub 4 hour “bus”. It will be an easy run in line with Jacque’s training programme.

Annemarie Breytenbach volunteered to be the “bus driver” and the cheer leader. It is obviously going to be a lot of fun. If there is enough interest Diederick Steyn will organize the Irene trolley to push it from the last water point to the finish.

Please contact Travers Snyman at [travers.snyman@epiuse.com](mailto:travers.snyman@epiuse.com) if you want to be part of it.

## Notice board

### 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-Away Sport will receive a T-shirt

On-line entries: [www.enteronline.co.za](http://www.enteronline.co.za)

### Wednesday, 12 February - Spar Lantern Night Race 10/5 km

Race Organisers: Irene Athletics Club

Venue: Irene Campus, ARC, Irene

GPS: S 25 53' 31" E 28 11' 29"

	10km	5km
Entry Fee	R50	R30
Start Time	18h30	
Time Limit	01h30	

Pre-entries: Centurion Spar, Monument Superspar, Montana Superspar, Lyttelton Superspar,

Queenswood Superspar, Hennops Park Spar Bedford Runner, Sweat Shop – Dunkeld/Fourways/Southdowns, Run-away-Sport, Running Inn – Pretoria, Kensington

On-line

entries: [www.enteronline.co.za](http://www.enteronline.co.za) and [www.saactive.co.za](http://www.saactive.co.za)

### Saturday, 15 February - Bestmed TUKS - 21.1/10/5/1 km

Race Organisers: TUKS Athletics Club

Venue: UP Sport Campus (LC De Villiers Sports Grounds)

S 25° 44' 58" E 28° 14' 47"

	21.1km	10km	5km	1km
Entry Fee	?	?	?	?
Start Time	06h00	06h30	06h40	08h00
Start Time Wheelchairs	06h20			
Time Limit	03:00hrs			

Pre-entries: Run-A-Way Sport, Running Inn, Wanabee, Sweatshop Dunkeld, Fourways & Southdowns  
On-line

entries: [www.enteronline.co.za](http://www.enteronline.co.za) and [www.saactive.co.za](http://www.saactive.co.za)  
T-Shirts to all finishers

## 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

**Don't pray for your problems to go away but rather for courage and strength to overcome them**



The club was officially 20 years old on Saturday 1 February. Heleen de Bruin made use of the opportunity to celebrate her birthday as well.



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## Photo Corner (Action from the McCarthy race)

