

Irene News

3 March 2014

No 9 - 2014

Achievements

Congratulations to the following members who were on the podium at the Sunrise Monster on Saturday:

Zelda Breytenbach	1 st Vet lady – 32 km
Sandra Steenkamp	1 st Master lady – 32 km
Elsa Meyer	2 nd Lady walker – 10 km
Lucia Willemse	3 rd Lady walker – 10 km
Jaap Willemse	3 rd Walker – 10 km

Well done also to Michael Freeman who was the 1st GM in the Marakele 21 km and also to Dirk Cloete who was 1st Vet and 2nd overall in the 62 km Forest Run.

Personal achievements

Adri van den Heever	PB – Marathon
Malose Ledwaba	PB – Marathon
Daleen Labuschagne	PB – Marathon
Heleen de Bruin	PB – Marathon
Celeste Thiart	PB – 32 km
Tony Gomes	First Marathon

Congratulations to you all.

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

Personalia

Congratulations to everybody celebrating their birthdays during the week.

Brian	Arendse	04-Mar
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Divan	Labuschagne	04-Mar
Musa	Nkosi	04-Mar
Liza	Steyl	04-Mar
Tracey	Mac Fadyen	05-Mar
Pieter	Olivier	05-Mar
Chantel	van der Walt	05-Mar
Marie	Banninga	06-Mar
Chris	Erasmus	06-Mar
Ockert	Lubbe	06-Mar
Clement	Mthembu	06-Mar
Cobus	Sadie	06-Mar
Kim	Schoeman	06-Mar
Martin	Walshaw	07-Mar
Johan	Viljoen	08-Mar
Louwrens	van der Merwe	09-Mar

Social evening

We can all look forward to our next monthly social evening tomorrow evening. Bring the whole family along. As always there will be something nice to eat at a reasonable price and don't forget about the lucky draw prizes.

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 Tuesday at only R20 each or R100 for 6. Stocks are limited so don't miss out.

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

Chairman's bit

Dear Irene,

I want to use this opportunity to convey my sincere thanks and appreciation to those IRENE members who make such a difference in our club. There are many of you who put in hard work without asking for anything in return because you care and love IRENE and want to see a better club for us all. We know who you are. We salute you!

Lastly, there are still members who are not using our "caravan facilities" at the races. I want to invite all members once again to make use of it. Come and enjoy a cup of coffee or tea before/after the race and leave your tog bags in safe hands. The facilities are there for all members to enjoy. It is also the place to experience the great IRENE spirit.

Have a great week. Yours faithfully, Chris

20 Year birthday... what's next?

Please look out for the official launch of our "20 year Serious Fun Run" this week. We are serious about putting Irene on the map nationwide with a weeklong relay by 20 athletes to a race where they will compete in celebration of our 20 years. It is going to be an extreme and awesome event. Please start preparing your "survivor style" applications to convince IRENE why YOU should be part of this historical team. Watch this space for more details.

What's new?

Our clubhouse is getting a new paint job. Watch out for our new facelift on the outside.

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

In the mailbox

No 1

Ek het verbly vanaf 30 May tot 2 Junie 2014 by Perna Perna Umdloti. Dit is 'n ses slaper. Die Koste is R3000,00 vir die naweek.

My nommer is: 083 410 7612, 012-655 0180(h) of 012 674 7179(w).

My e-mail adres is: marisa@nnr.co.za

No 2

Accommodation for 2 Oceans available. Already booked and paid for. It is for 2 Persons in Bloubergstrand. Booked for 2 nights (Friday and Saturday) Please let me know if you are interested to take the booking over from me.
Dorette 082 827 8822

Be careful

Dear Irene Resident,

Residents are strongly advised not to cycle or walk their dogs in any of the open veld surrounding Irene or Smuts Koppie.

Last evening, between 17H00 and 18H00, two Irene residents were cycling on the koppie, East of the railway line (opposite Stopford Road). They noticed three black males ahead on the trail and decided to turn around. The three black males chased after them and attacked them from behind. Both cyclists were assaulted and their mountain bikes stolen.

Last week, many of you will also have heard that a lady walking her dogs in the veld, South of Gem

Village did not return home before dark. After a long search on the ground and by helicopter, she was found some hours later, extremely traumatized from her ordeal.

There have been a number of attacks in both these areas in the past and residents are urged to rather cycle and walk where they feel safe.

Kind regards,

Your ILA

Notice board

No flyer available for the Wonderboom Junction race this weekend.

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	??	

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

If anyone speaks badly of you, live so none will believe it.

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Photo Corner

Action from the Sunrise Monster and The Vaal. (Thanks to Jacqui Burn for The Vaal photos)



SP Botha with his daughter Talita and son Jaco



Waiting for the sun to rise



Believe it or not but this is Bennie Roux, a real monster







Dirk Cloete in action



David Broughton in Tokyo

