



BY AIR MAIL  
PAR AVION



# Irene News

6 January 2014



No.1-2014

## Editorial

After many years our newsletter has a new look as you can see. Hopefully you will like it.

Please take note that the deadline for contributions to the newsletter is at 19:00 on Sunday evenings.

I trust that all of you had a wonderful break and an enjoyable festive season. On behalf of the management committee I want to wish all our members a year filled with good health, wealth and happiness. May all your dreams come true. Don't count the days in 2014, make the days count.

We are celebrating our 20<sup>th</sup> birthday this year and it is going to be celebrations throughout the year. Don't miss out on any of it.



I want to appeal to all our members once again to set an example to others this year. Keep the following in mind:

Do not throw your empty water sachets and cups away 200 meters after a water point. If you want to keep it a bit

longer then dump it at the next water point. Encourage other athletes to do the same.

Make a point of it to thank the marshals at the races.

We are known as a friendly club. Proof it by greeting your fellow club members when passing them on the road. Wear your name tag on the back of your running vest so that we can get to know each other.

Wear your proper club apparel. It makes a very bad impression if some members wear shorts of different colours. Running Inn has undertaken to ensure that there will be ample stock

Take part in the club activities and become part of the Irene family.

Find out what you can do for the club and not what the club can do for you.

## Achievements

Congratulations to all our members with their achievements during the holiday period. At some of the races there were no prize money but our members were there to keep the Irene flag high.

While on leave Jaap and Lucia Willemse took part in the Illovo 15 km race in Durban. Lucia was the 2<sup>nd</sup> lady walker to finish and Jaap the 3<sup>rd</sup> walker overall.

The following members were on the podium at the Wonderful run on 16 December:

Sandra Steenkamp	1 <sup>st</sup> Lady walker 21 km
Elsa Meyer	2 <sup>nd</sup> Lady walker 21 km
Lucia Willemse	2 <sup>nd</sup> Lady walker 10 km
Jaap Willemse	3 <sup>rd</sup> Walker 10 km

Peter Nicksch was the 3<sup>rd</sup> man to finish the 12 hour race in the Festival of Running. Well done also to the other members who took part in this extreme event.



Peter Nicksch at the prize giving ceremony

Congratulations to Johann Jonck, Marie van Dyk and Marulette Erasmus who did the 6 day Year to Year race. They did 405 km, 325 km and 303 km respectively.

The following members achieved podium positions at the Filadelfia 10 km race on Saturday:

- Mike du Bruto           1<sup>st</sup> GM
- Ansie Breytenbach   1<sup>st</sup> Master lady
- Keith Reynolds       1<sup>st</sup> Walker
- Elsa Meyer             1<sup>st</sup> Lady walker

**Personal achievements**

Marike van Rensburg started the year with a PB in the 10 km on New Year’s Day…… Well done!



Keith Reynolds and Elsa Meyer, winning walkers at the Filadelfia race.

**Personalia**

Congratulations to everybody celebrating their birthdays during the week.

ANNEMARIE	BREYTENBACH	06-Jan
SHANE	REDELINGHUYS	06-Jan
WILNA	VAN ZYL	06-Jan
GIEL	CILLIE	08-Jan
NADIA	JORDAAN	09-Jan
JOHANN	VAN BILJON	09-Jan
MATHABO	MATHEBULA	10-Jan
IAN	MOSSOP	10-Jan
CANDICE	VAN DER SPUY	10-Jan
FRANCIS	VENTER	10-Jan
MAGDA	VERMAAK	11-Jan
CARLA	HARTMANN	12-Jan
RETHA	KOOIJ	12-Jan

**Green leaf project**

Thank you to all of you who donated either food or toys at the year-end function and also at the lights run. The response was fantastic. We donated everything to the well-known “Liggiehuis” in Danville on 23 December. It really was an emotional occasion.



The ladies who received our donation

## Time trials

The normal club activities will commence on Tuesday 7 January. The time trials will start at 17:30.

We will have electronic timing at every time trial during 2014. It is therefore essential that everybody starts together. The timing will be done by Racetec, the people responsible for the timing the Two Oceans Marathon, Cape Argus and 94.7 to name but a few. Racetec timing chips must be worn during the time trials. No chip, no timing. The timing chips can be purchased from Racetec directly by one of the following methods:

- Go to their website at <http://racetec.co.za/chip/buy-achip/> and buy it directly. It will then be available on Tuesday evenings
- You can complete a form available from them on Tuesday evenings and buy it there with cash or credit card. Results will only be available the following week if you choose this option.

Members who have participated in any of the above mentioned events already have Racetec chips and do not require a new one. There are about 300 members in this category.

## Club tent/caravan facilities

All members are invited once again to make use of the gazebo/caravan/tog bag facilities at the races. These facilities are there for all members to enjoy. This is the

place where we get to know each other better. There is always supervision to ensure that your belongings are kept safe.



## Social evening

The first social evening of 2014 will take place on Tuesday 7 January. On the menu will be:

Italian Meatballs with Pasta  
Tossed Salad  
Beetroot Salad

All of this for only R30 pp

There will be a jumping castle for the kids to keep them busy. Please bring the whole family along.



The jumping castle will be supplied by Danie Joubert. You can contact him at 083 454 9526.

## From the Admin desk

A happy 2014 to you all and may all your sporting goals be achieved in this year.

Thank you to all our members that have registered so far – The T-shirts are flying and we will be out soon – take your chance to register ASAP!

Some communication from my side:

- Everyone that has registered (at ASA and has sent me proof of payment) on or prior to 2 January 2014, has already or will receive a confirmation email prior to 7 January.
- If you have registered on / before 2 January, your parcel will be ready for collection at the club house on 7 January between 17h00 and 19h00. If you cannot collect your own parcel, someone else can do so on your behalf, if they bring a permission letter from you.
- I have had quite a lot of people that have registered, but no proof of payment was attached. Our email was down for 2 weeks, so I will email you, if I need your proof of payment again. Unfortunately, I cannot issue a number, if there are no proof of payment received.
- Your status on the ASA website may still show as pending, even though you might have received an email to collect your registration parcel. This will be changed soon – do not worry about this.
- Please remember that you will receive only ONE licence number in 2014. This is not a mistake. Please wear it at the front of your shirt.
- Your 2013 licence number is only valid until 31 January 2014
- If you register after the Thursday of each week (from 3 January onwards), you may collect your registration parcel the following Tuesday at the club from 17h00 – 19h00.
- Social members do not need to register on line, but they must still complete the “Form for members that do not have internet access” – It is attached here
- I also attach the registration procedure again, for your ease of reference

All the best, Zelna

## Dischem entries

A few members missed the cut off for the Dischem entries. If you entered but are unable to participate, please let me know.

## Notice board

### Saturday, 11 January - Athletics Club Eersterust Road Race - 21.1/10/5 km

Race Organisers: ACE Eersterust

Venue: Eersterust Soccer Stadium, Eersterust

S 25°42' 54.12" E 28° 18' 25.79"

	21.1km	10km	5km
Entry Fee	R60	R50	R30
Entry Fee 60+	R30	R20	
Start Time	06h00		
Time Limit	3:00hrs		

Free T-shirts to the first 1500 pre-entries for the 10 & 21.1km

Pre-entries: Run-A-Way Sports, Running Inn, Sweatshop Southdowns

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

### Saturday, 18 January - PwC George Claassen Road Race - 21.1/10/5 km

Race Organisers: PMC.

**AGN League race**

Venue: PwC Offices, Pretoria (PwC, 32 Ida Street, Menlyn, Pretoria)

	21.1km Walk	21.1km Run	10km Run	10km Walk	5km
Entry Fee	R60		R40		R20
Start Time	05h30	06h00	06h10	06h20	06h30
Cut-off	09h00				

Free T-shirts to the first 1000 finishers, free sweat shirts to first 500 online pre-entries (300 21.1km & 200 10km)

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

On-line

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

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

**Masters Athletics Fixture list**

NWN	22 Feb 2014	Rustenburg
WP	13 – 15 March 2014	Green Point
KZN	14 & 15 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 happiest people are always evaluating and improving themselves. The unhappy people are usually evaluating and judging others**

Have a wonderful week!

Wynand  
082 937 0733

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## Photo Corner



Martin and Lisa Maritz in action at the Lights run



The 'water' point was very special



People queuing at the Danville Liggiehuis



The van den Raads made it a real family affair



Marulette & Noel in action at the Y2Y race

Action at the Old Year's race







Ansie Breytenbach did her first race as a walker under the guidance of Gerard van den Raad



Hennie van der Walt with his son Kevin at the Filadelfia race.

**Action at the Filadelfia race**



We going to celebrate our 20<sup>th</sup> anniversary big time this year. This sign at our gazebo is there to remind everybody of it.