



BLITZ FLITS

www.acrw.co.za

www.nativa.co.za

Hi Skillies,



YEAR FUNCTION - PRIZE
GIVING

PLACE: Swarkops Highschool
DATE: 25 February 2012
TIME: 18:30 for 19:00
DRAG: Semi-Formal /
Smart-Casual

ENTRANCE: R90 per person

A three course meal and wine
per table.
You're welcome to bring own
drinks.

Tickets available at the Club
on Wednesdays or contact
Petro: 071 869 1676 /
petrodl@vodamail.co.za

Please check the attached provisional 2011 race results that will be used to determine the 2011 Annual awards and send any omissions from this list to Mike at summermj@telkomsa.net by Thursday, 9 February 2012, for inclusion in the final results list for 2011.

You can also check these results at http://www.acrw.co.za/Docs/2012/MEMBERS_RACE_RESULTS_2011.xls (160 KB Excel).

[2010 Awards](#) (awarded at the Annual Awards function in 2011).

Die week se klubaktiwiteite en wedlope

*Vir volledige besonderhede ivm wedlope besoek gerus
www.enteronline.co.za, www.raceresults.co.za, www.runnersguide.co.za
www.runnersworld.co.za, www.adventureracing.co.za, www.supercycling.co.za*

Maandae : 15km Hipporun om 17h30 vanaf die klubhuis

Woensdae : 2/4/6/8km tydtoets om 17h55 vir 18h00

Saterdag : Klubrun @ 5h30 so 17-20 met korter opsies.

Woensdag : 8 Feb. Irene 10/5km Lantern Night Race.

NB !!! access the race venue (8 Februarie)

Due to activities at the Southdowns College on Wednesday evening, motorists won't be able to use the entrance through Southdowns (John Vorster Extension) to get to the venue. Please use one of the other two entrances.

11 Feb. Bronkhorstspruit 32/10km. Sien julle by die Gazebo.

12 Feb. Pick 'n Pay 42/21km.

14 Feb. Babbas Eco Trail Run, " Valentine Run of the Roses" @ Ludwigs Roses, Wallmanstal.

Irene Comrades Coaching Clinics With Bruce Fordyce

You are invited to come and join the Irene Road Running Club for a series of coaching clinics hosted by Bruce Fordyce.

*These clinics will take place on **7 February, 3 April and 15 May.***

The following topics will be covered:

The first session will focus on training and qualifying for Comrades

The second session will focus on tapering and injuries and how to treat them

The third session will focus on what to do in the last few weeks before the race and how to tackle the day!

There will be question and answer session after each discussion

These sessions are beneficial to both novices and experienced runners.

Come and join us at Irene club house on the ARC at 7pm on these Tuesdays

The cost is R20 per person.

Contact Joy-ann Nichol on 083 284 4884 or e-mail training@irenerunner.co.za

Oppi-Podium

Dit is weereens die stappers in die klub wat presteer het tydens die McCharty's Toyota padwedloop.

Simon was die eerste meester en tweede algeheel in die 10km AGN

Stapkampioenskap, terwyl Marius die eerste meester was en Oom Flip die eerste GG meester in die 21.1km . Veels geluk julle 3.....wys die hardlopers 'n punt of twee..

Diverse

2011 Floating Trophies :A request to all who received Floating Trophies at last years prize giving to please return them to the Club before 15 February as we need to start updating them for this years club prize giving. Mike

Deloitte Pretoria Marathon : Anyone interested in assisting Phobians at the pre-entry table must please contact Mike on 0813553026. You will receive free entry into the race and a race t-shirt. You need to be available from 04:00 until 5 minutes before your race starts (Date 25 February).

McCarthy Toyota 21/10km & Club Champs – Half marathon: 4 February 2012:

Wow, what a great turnout!!! Usually we have one or maybe two members fighting it out for the respective categories, but this weekend saw a huge number of our members taking part.

The number of runners, (some finishing in “mini busses”), some 2011 licence numbers amongst the 2012 licence numbers, a couple of new Skillies that hadn't been able to get the new ACRW colours yet because of waiting for the new LIFEGAIN branding, some impossible to read folded licence numbers and some of those members not making it to the Gazebo after finishing combined to make it impossible to record all the licence numbers, names and times and award the trophies to the winners.

So, the winners will be announced soon, as soon as the official results have been verified. Keep an eye out for when the prize giving will be done. What I can tell you though is that I (Jorrie) was declared the undisputed winner in the ‘heavy weight’ category!!!

OK, so onto our next champs, the 42km champs will take place at the Deloitte Marathon on the 25th of February. This promises to be a tough one, so get the mileage and the hill training up in Feb. Jorrie



Die baasbraaiers... Voorsitter, Sakkie en vise-voorsitter, Nellis



'n Aantal Skillies geniet 'n bier en worsrol na afloop van die wedloop.

Trail Running (www.wildtrail.co.za)



WildTrail kicked off the trail running calendar with the first official Gauteng trail race for the year, the **CAPESTORM Roodeplaas Ramble**. From the moment entries opened for this event, it was clear that the Gauteng trail runners were hungry for trail action in 2012 and we've reached the entry limit well before the planned cut-off date, leaving a lot of disappointed trail runners without entries and making this one of the best attended events ever in Gauteng.

19 Feb.: The Bosch Hedlanga Ridge Trail Run. www.wildtrail.co.za

11th CSIR **invitational** run

The CSIR Running Club invites

the following Clubs

Phobians
Pretoria
Magnolia
New Balance

Overkruin

Alpha Centurion
Transwerk
Irene

To join us in running our time trial on the
Wednesday the 14th of March 2012 at 18h00
And witness the great race between the fastest

runners in our clubs

Join us afterwards for prize giving and food (drinks at cash bar) at only R35.00 per person
Johan :CSIR

Laat my asb so spoedig moontlik weet, of jy dit wil bywoon sodat ek die gasheer klub van die getalle kan in lig. Bert

Uit die posbus

Ek kry toe mos so 'n rukkie gelede 'n sms van "n Wolfram Abott, wat 'n" inwoner" van Pretoria Sentraal Gevangenis blyk te wees..Daar is volgens hom so 'n paar van die "inmates" wat die Comrades, glo dit as jy wil, op "treadmills" gaan aanpak.....en ook die "Race 4 Freedom" !!!!!!! . Nou het hulle nou bleikbaar ook "intergevangenis" kompetisies , waarvoor hulle t-hempies en medaljes benodig

Ons het so 25 medaljes en "Wally t-hempies" vir die doel geskenk

Saamryklub/Liftclub

➤ Comrades and Two Oceans 2012:

With Comrades and Two Oceans fast approaching it is time to finalize your travel plans and accommodation. Several members are looking for opportunities to share accommodation. Please let me know if you have a spare bed available. You can also send your details to ACRW@Googlegroups.com so that the group members can respond to you.

At this stage Francois Nel is looking for accommodation for Comrades, he can be contacted at mot256@gmail.com or 082 561 9352. Miros is also looking for opportunities for Two Oceans, he can be contacted at miros@mikafin.co.za or 082 463 4292.

➤ Surrender Hill Marathon: Clarens – 3 Maart

I have booked a couple of stands at Glen Reenen Rest Camp (Golden Gate), so let me know if you want to join us. It is not an official away weekend but if you would like to join us and travel and stay together then give me (francois.jordaan@gijima.com or 082 376 4865) or Eugene (EugeneV@sbv.co.za) a shout. If you want to make your own bookings, here's how:

<http://www.sanparks.org/tourism/bookings/> or call Central Reservations (Pretoria): +27 (0)12 428 9111 or mobile: +27 (0)82 233 9111

➤ Marakele Nasionale Park Marathon : Thabazimbi - 3 Maart

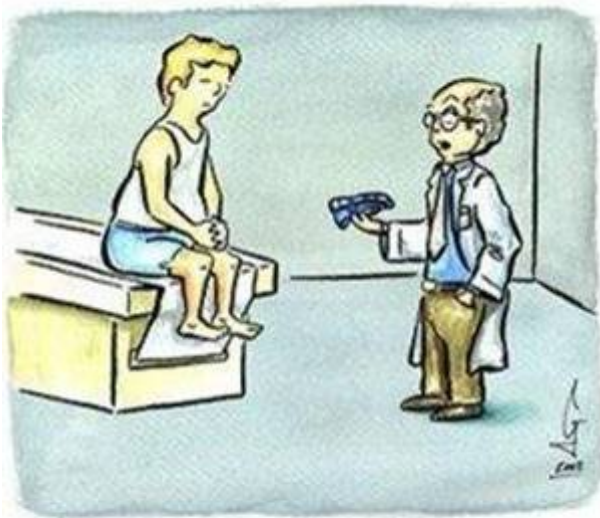
Ek beplan om aan die bg. marathon deel te neem, om Vrydagaand daar @ R100 te kamp en weer na die wedloop terug te keer.Bert bp-sunny@mweb.co.za

Klub Kaptein (Jorrie) aan die woord:

Oefengroep:

Wil jy dalk 'n gereelde oefengroep join of het julle 'n groep wat ander lede kan join?

Stuur die besonderhede na ACRW@Googlegroups.com



"The wear pattern on your running shoes suggests that you watch too much TV."

Lief en Leed

Skillie-groete

Voorsitter : Sakkie du Plooy
Klubkaptein : Jorrie Jordaan
Bliz Flits : Bert v.d.Raad