



IRENE NEWS

10 July 2017

No 27 - 2017



ACHIEVEMENTS

The following members were on the podium at the Ice Breaker race on Saturday:
(No times available)

Sandra Steenkamp	1 st Lady walker & 1 st Vet – 21 km
Elsa Meyer	3 rd Lady walker – 21
Jaap Willemse	1 st Vet walker – 21 km
Annatjie Greyvenstein	1 st GGM lady – 10 km
Rhoda Willemse	1 st Lady walker – 10 km

Congratulations!

Well done to Rinaldi Botes who finished as 3rd lady on the Washie 100 Miler, a great achievement!

PERSONAL ACHIEVEMENTS

None received

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:15 - Club house

Saturday:

Springbok Vasbyt 5/10/25 at 07:30 – Voortrekker Monument



CLUB AWAY WEEKEND

Accommodation is running out fast for the away weekend. Make sure that you book your place to avoid accommodation.

WINTER WARMER PROJECT

Don't forget your contribution towards this very important project. With this money Irene AC would like to continue our 'tradition' to buy blankets for needy senior citizens and to also supply animals with much needed food and blankets.

If every club member raises R50, we can reach our target of R30,000.

SPAR LADIES INCENTIVE

The secret of success to win the incentive of R50 000 is that as many of our members recruit as many people as possible to participate in either the 5 km or 10 km on 5 August. Ensure that you enter your family, friends and colleagues.

Entry forms will be available at the club house for the next two Tuesdays and at the caravan on Saturday. It is also available at all SPAR shops.

All completed form must be handed in at either the club house or caravan. It will then be taken to the AGN office where we will receive the race numbers and T-shirts.

About 150 entry forms were handed out on Saturday at the caravan to keen members who want to put in a big effort.

Let's make this work!

PERSONALIA

Our condolences to Myrna van Wyk who lost her brother tragically. Please keep her and her family in your prayers.

The memorial service of David Mentz will take place at 11:00 on Tuesday, 11 July at the Rooihuiskraal NG Church, 140 Hofsanger Road, Rooihuiskraal.

Congratulations to everybody celebrating their birthdays during the week:

Yvette	van der Westhuizen	10 Jul
Hein	Pheiffer	11 Jul
Tobie	Schalkwyk	12 Jul
Rita	Liebenberg	13 Jul
Machiel	Engelbrecht	14 Jul
Petro	Smit	14 Jul
Werner	Van Der Merwe	14 Jul
Liezel	Anderson	16 Jul
Alfred	Matema	16 Jul



NOTICE BOARD

Saturday 15 July

AfriForum Springbok Vasbyt 25/10/5 km

Race Organisers: Voortrekker Monument Atletiekklub

Venue: Voortrekker Monument, Pretoria

GPS: S 25 77 690 E 28 17 747

	25 km	10 km	5 km
Entry-fee	R 120	R 80	R 40
60+ - only with age tag – race day only	R 50		
Start Time	07:30		07:40
Cut-off	03:30		

The 10 & 25km is not suitable for bay strollers and wheelchairs

No animals allowed

Pre-entries at: Run-away Sport; The Runners Store; PostNet Pretoria West (Quagga Centre); Sportmans Warehouse Centurion, Kolonnade, Atterbury Value Mart

www.entrytime.co.za

League Race

Saturday 22 July

Long Walk/Run to Freedom 21.1/10/5 km

Race Organisers: A4A Athletics Club

Venue: Eco Boulevard, Witch-Hazel Avenue, Highveld, Centurion

	21.1 km	10 km	5 km
Entry-fee	R 80	R 60	R 40
Start Time	07:00 run 07:15 walk		07:30
Cut-off	03:00		

No animals allowed

Pre-entries at: Run-away Sport; The Runners Store; Sweatshop Southdowns; Maxi's Restaurant Eco Boulevard; Tshwane Running Shop Sinoville

www.entrytime.com

Saturday 29 July**Zwartkop Road Race 21.1/10/5 km**

Race Organisers: Gereformeerde Kerk Wierdapark/Denel Athletics Club

Venue: Zwartkop Lapa, Centurion

GPS: S 25 50 14.25 E 28 07 28.46

COME EARLY – ONLY ONE ENTRANCE GATE

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 40
70+, blind & wheelchair athletes – race day only	50% of entry fee		
Start Time	07:00 run 07:15 walk		07:30
Cut-off	3:00		

Pre-entries at: Run-away Sport; The Runners Store; Sweatshop Southdowns & Dunkeld;
Sportmans Warehouse Centurion; The Natural Runner Highveld

www.enteronline.co.za **No animals allowed**

2017 AGN LEAGUE FIXTURE LIST

EVENT	DIST	DATE	LEAGUE	
			RR	RW
LONG WALK/RUN FOR FREEDOM	10/21	22 Jul	X	X
MARCEL VAN'T SLOT	15	19 Aug	X	X
ADDICTED TO LIFE	10/21	9 Sep	X	X
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

SA MASTERS**Local meetings****12 Augustus 2017**

? Sept/? October 2017

November 2017

Claude Sterley Memorial

SWD

Free State

Pilditch

Oudtshoorn11

Bloemfontein

THOUGHT FOR THE WEEK

Never throw in the towel, use it to wipe off the sweat, the keep going.

Photo Corner



Action at the Ice Breaker (Thanks to Rena van Wyk for the photos)



Early morning at the caravan



Piet Bothma and Theuns Willemse have been running together for 30 years



Willem Botha did his first race after a serious accident more than 2 years ago



Pieter Olivier, Tanya Ungerer, Werner van der Merwe and Stephan Olieman



















