



IRENE NEWS

10 October 2016

No 41 - 2016



ACHIEVEMENTS

Congratulations to Elsa Meyer who broke the age category (70 – 79) world record in the 20 km at the SA Walkers Championships held in Cape Town on Saturday. It is an outstanding achievement. She bettered the previous record with a massive 5 minutes!

Elsa will be participating in the World Masters Championships in Australia later this month. We wish her luck and trust that she will improve on the record set on Saturday.

Our walkers really did us proud at these championships. The following members earned medals in their respective age categories:



20 km

Elsa Meyer	Gold – SA & World record
Sandra Steenkamp	Gold
Gerard van den Raad	Gold
Jaap Willemse	Silver
Lucia Willemse	Silver
Danie Labuschagne	Silver

10 km

Annatjie Greyvenstein	Gold – SA Record
Ray Patterson	Gold
Retha Knoetze (social member)	Silver

Well done and a special word to Annatjie with her SA record!

Congratulations to the following members who were on the podium at the Chamberlain race:

Mike du Bruto	1 st GM – 10 km (43:12)
Conita van Rensburg	1 st Vet lady walker – 10 km (73:11)
Philip Breytenbach	2 nd Vet – 21 km (1:22:00)

Ansie Breytenbach 2nd Master lady – Johannesburg Spar Ladies 10 km.(45:35) It secured her 2nd position in the 2016 Spar Grand Prix Series.

PERSONAL ACHIEVEMENTS

None received

FROM THE WALKER'S CAPTAIN

WALKING SECTION - NEW FLASH!!!!!!



***Irene Walkers dominate at the
South African and Inter
Provincial Walking
Championships!***



I received an e-mail from our Chairman, Louis Visser, on Friday afternoon wishing the Irene team well for the South African Walking Championships in Cape Town on Saturday and to say that the club were expecting us to bring home the medals.

As a very proud Irene Walking Captain I can tell you that we did exactly that.

The 9 Irene Walkers, which includes a non Irene member, came home with 5 GOLDS and 4 SILVER medals on Saturday, contributing to half of the AGN teams total of 19 golds. This also includes 1 new South African record (Annatjie Greyvenstein) and 1 new World record (Elsa Meyer).

The provinces 19 Gold medals ensured that AGN won the Provincial Champions with Central Gauteng second and Western Province third.

If anyone was wondering why we train every Tuesday, even in the bitterly cold weather, now you know. I always tell the team that "What you do in training you will do in racing".

Every member of team puts in 100% effort during our training sessions and that is exactly what they all did on Saturday in their races.

I am proud to be your Captain and walking coach. To see all of you on the podium collecting medals on Saturday makes it all worth my while being there on Tuesday evenings to coach you.

So for those of you who are feeling a bit miff about the rugby yesterday, cheer up, the Irene Walkers gave it horns and your club came out on top and did you proud!

RAY PATTERSON.
WALKING CAPTAIN.
076 565 2228



THIS WEEK'S DIARY

Tuesday:

Time Trials at 17:30

Saturday:

Jacaranda City Challenge 5/10/21/42 at 05:45 – SABS



LEAGUE RESULTS

We remain in 13th position on the log after the Andrew Greyling race. thank you to all our members who participated in the race.

Pos	Div 1	Points
	Club	League
1	Vtm	179
2	Ace	168
3	Pmmc	152
4	Hqh	125
5	Npo	122
6	Resbank	120,5
7	PvR	113
8	Overkruin	104
9	Love Running	99,5
9	Csir	99,5
11	Agape	97,5
12	Rwfl	94
13	Irene	91,5
14	Bmw	73
15	Aurecon	72
16	Ppmk	60,5
17	Enduro	41,5
18	Arete	38,5
19	Zwakala	34
20	Black Diamond	13



SUPER LEAGUE

Our ladies did it again! They finished in the first position on the day and are now leading with 25.5 points on the log. It is very important that they do the King Price helpers race to ensure that you remain on top

Well done ladies, you are the best!

	<i>Female</i>	<i>Points</i>
<i>Pos</i>	<i>Club</i>	<i>Log</i>
1	IRENE	389
2	VTM	363,5
3	TUKS	360,5
4	RUNAVATION	360
5	MAGNOLIA	356,5
6	NEDBANK	339,5
7	TEAM VITALITY	303,5
8	LOVE RUNNING	258,5
9	GREEN MILE	249
10	MONACO	236

Congratulations to our men who put in a fantastic effort to move up to 5th position on the log. You proved that you have the talent to do well in this competition. Keep it here!

	<i>Male</i>	<i>Points</i>
<i>Pos</i>	<i>Club</i>	<i>Log</i>
1	NEDBANK	393
2	PMMC	387
3	CORR SERV	358
4	ACE	347
5	IRENE	329
6	TUKS	321,5
7	VTM	321
8	FARANANI	316,5
9	PHOBIANS	265,5
10	FORD	244

Congratulations to the following members who were responsible for the super league points at the Andrew Greyling race:

NAME	AGE	Time	Points
Ladies 10 km			
D DONALDSON	35	00:50:59	15
E JANSEN VAN VUUREN	45	00:52:30	4
Ladies 21 km			
L MARITZ	37	01:31:56	24
N BREYTENBACH	37	01:36:52	21
A VISSER	35	01:47:29	14

H DE BRUIN	38	01:51:04	8
Men 10 km			
M OBERHOLZER	30	00:44:33	20
Men 21 km			
S MBEVE	21	01:24:00	40
S LIEBENBERG	30	01:28:52	25
N V ROOYEN	28	01:30:28	19
T GOMES	40	01:31:53	16
M DU BRUTO	67	01:35:34	8
B MARAIS	35	01:36:07	5



WALKERS LEAGUE

Well done to our walkers. They finished 1st on the day and remain on top of the log with only 2 points ahead of the club in 2nd position. It is also of extreme importance that they do the helpers race.

	<i>Div 1</i>	<i>Points</i>
<i>Pos</i>	<i>Club</i>	<i>L'gue</i>
1	IRENE	172,5
2	PMWC	170,5
3	RWFL	168,5
4	RWFL B	160,5
5	VTM	159,5
6	LOVE RUNNING	153
7	AGAPE	145
8	TUKS	142,5
9	SOLIDARITEIT	138
10	AURECON	133



AGM – ELECTION OF MANAGEMENT COMMITTEE

Please be reminded that you have until **18 October 2016** to submit your nominations for the 2017 management committee. The Club belongs to its members, please be part of this process.

 <p>SHORT TERM BROKERS Value. Service. Trust</p> <p>Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za</p>	<p>We're there for the long run</p> <p>Short Term Brokers is an authorised financial services provider – FSP no. 10670</p>
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PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Cariece	Coetzee	10 Oct
Jaap	Willemse	11 Oct
Amanda	Cloete	12 Oct
Leon	Page	12 Oct
Makomane	Mokwala	14 Oct
Martin	Webber	14 Oct
Masego	Mathibe	15 Oct
Carol	Sanders	15 Oct
Marike	van Rensburg	15 Oct
Tumelo	Motaung	16 Oct
Christelle	van der Watt	16 Oct



NOTICE BOARD

Saturday 15 October SABS Jacaranda City Challenge 42.2/ 21.1/10/5km

Race Organisers: Agapé Athletics Club

Venue: SABS, Groenkloof

	42.2	21.1 km	10 km	5 km
Pre Entry Fees	R100	R70	R60	R40
Entry fees 60 -79	R60	R40	R30	R40
Entry fees 80+	Free	Free	Free	Free
Start time	05:45	05:45	06:15	06:30
Time Limit		5 hrs 30 mins		

Pre-entries at: Run-A-Way Sport, Runners Store; Sweatshop Bedfordview; Sweatshop Dunkeld; Running Inn; Randburg Runner; Sportsmans Warehouse Atterbury Value Mart, Kolonnade Retail Park & Centurion Value World

www.entrytime.com



Saturday 22 October**CSIR 21.1/10/5km**

Race Organisers: CSIR Athletics Club

Venue: CSIR North Gate, off Meiring Naude Road, Brunneria, Pretoria

GPS: S 25 44'57.54 E 28 16'05.72

	21.1 km	10 km	5 km
Entry Fee	R 100	R 80	R 40
70+ and 80+	Free	Free	
Start Time	06:00		06:05
Cut-off	03h00		

No prams or wheelchairs**Parking at the Innovation Hub opposite the CSIR**

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

LEAGUE RACE**Saturday 29 October****King Price Irene Farm Race 21.1/10/5/1 km**

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus (opposite Denel)

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

	21.1 km	10 km	5 km	1 km
Entry Fee	R 80	R 60	R 40	R 10
60+ race day only	R 40	R 30	R 20	
70+ race day only	Free	Free		
Start Time	06:00 runners 05:45 walkers		06h00	08h00
Cut-off	03h30	02h00		

Free t-shirts to the 1st 500 pre-entries – not fun run entrants**Parking also available at Denel**

Pre-entries at: Run-A-Way Sport; The Runners Store Tramshed; Sweatshop Southdowns, Dunkeld, Bedfordview, Broadacres

Saturday 19 November Tom Jenkins Run/Walk Challenge 21.1/10/5 km

Race Organisers: Arcadia Running Club

Venue: Union Buildings, Church Street, Arcadia, Pretoria

	21.1 km	10 km	5 km
Entry Fee	R 80	R 60	R 40
Start Time	06:30		06:40
Cut-off	??		

Pre-entries at: Run-A-Way Sport; Running Inn; The Runners Store Tramshed

www.enteronline.co.za

2016 AGN LEAGUE FIXTURE LIST				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
King Price Irene Farm	10/21	29 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

Masters Athletics Fixture list

? Oktober SWD Oudtshoorn
12 November Vrystaat Bloemfontein

African Masters Track & Field Championship

Cameroon 27 – 29 May 2017

International Championships

26 Oct – 6 November 2016 MA Championships, Perth, Australia

<http://www.perth2016.com>

18 – 25 March 2017 World Indoor Championship 2017 in Daegu, Korea

THOUGHT FOR THE WEEK.**When nothing goes right, go left.**

Photo Corner (Chamberlain Race)



Three stars who handed out flyers



Mfundo Hadebe



Conita van Rensburg, first Vet lady walker on the 10 km



Lewis Jia



Dries Strydom and his family



Rena van Wyk still smiling after 21 km



A big smile from Suzelle Engelbrecht

Chairman's Ball (More photos our Facebook)



Cindy Frost and her husband



Johan and Blanche van Vuuren with their daughter Suzanne



Rensia Koster and her son Quintin



Susan Maree with husband Japie



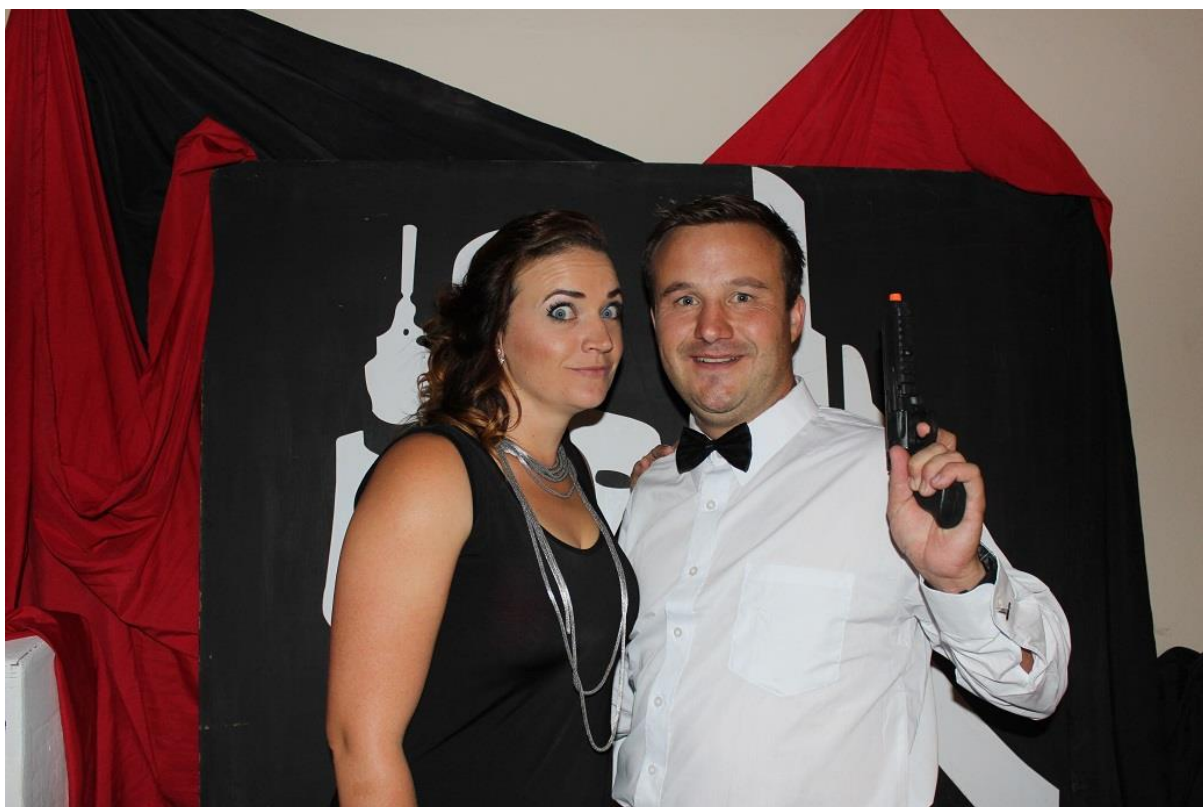
Pieter Olivier and Joy Nicholl



Shelly and Dave Robbertson



Linley and Lynette September



Petro and Arno Smit



André and Heidi Oosthuizen



Charles and Kiara Nizetich



Dee and Jock Donaldson