



IRENE NEWS

11 December 2017

No 49 - 2017



EDITORIAL

This will be the last Irene News for 2017. The next issue will be sent out on 8 January 2018. The last official time trials will be held on Tuesday. The next official time trials will take place on 9 January when everything will be back to normal. Please take note that the office will be closed from 15 December until 8 January. The January social evening will take place on Tuesday, 16 January.

The management team want to make use of this opportunity to wish you all our members a fantastic festive season. May you enjoy peace and happiness on Christmas day that will last a lifetime. If you are fortunate to go away, please drive carefully and come back safely.

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Nedbank Skosana 10 km race on Saturday:

Ansie Breytenbach	1 st Master lady (51:06)
Joey Cloete	1 st GM lady (56:00)
Annatjie Greyvenstein	1 st GGM lady (NTA)
Leon Page	1 st Master (48:32)
Iain McFadyen	1 st GGM (55:54)
Elsa Meyer	1 st Lady walker (67:37)
Retha Knoetze	2 nd Lady walker (72:38)
Lucia Willemse	3 rd Lady walker (72:55)
Jaap Willemse	1 st Walker (61:43)
Danie Labuschagne	2 nd Walker (65:36)
Irene Athletics Club – Winning club	

Elsa Meyer – 1st GGM lady – Nelson Mandela 10 km (61:46)

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:30 - Club house

Wednesday:

Christmas Lights run at 18:30 – Cilliers Park, Groenkloof

REGISTRATIONS FOR 2018

Registrations for 2018 are going very fast. Remember only the first 500 members to register will receive a T-shirt. Just a reminder about the registration process:

All members who register for 2018 will be required to submit a signed ASA registration form at the club in order to receive a 2018 license number. The ASA website is unfortunately not programmed to handle any registrations at this stage.

Despite this, members can register in one of the following ways:

- Send your proof of payment together with the attached ASA form (completed and signed) to admin@irenerunner.co.za. Our admin manager will then complete the form on the website on your behalf once it is programmed for 2018. (The forms can also be submitted at the club house)
- Send your proof of payment only to admin@irenerunner.co.za. You can then complete the form on the website yourself once it has been programmed for 2018, print it, sign it and submit it to the club.
- Hard copies of the form will also be available at the admin counter from Tuesday, 5 November 2018.

First 500 members receive free t-shirts

Remember only the first 500 members to register will receive a T-shirt. Your proof of payment will ensure that you will be part of the 500. Avoid disappointment, pay your fees a.s.a.p. and send your t-shirt size along with your proof of payment.

We are pleased to announce that the membership fees for 2018 will remain the same as for the previous two years. The pro-rata fees at the end of the year have been reduced slightly. (please note that membership fees are pro-rated if you join from June 2018 onwards):

Irene Bank Account

Determine how much your membership fees for 2018 on the above table will be. Add the amount for the family together.

After you have determined the membership fees, pay the full amount into the Irene bank account:

- Bank account Name: Irene AC
- Bank: Standard Bank
- Branch: 012645
- Account number: 032183186
- Reference: Your name

The fee includes the 2018 license, name tag and one windscreen disc. Additional discs will be available at R10.00 each.

Membership fees for 2018 (please note that the fees are prorated if you join from June 2018 onwards):

Category Member	If you join between Jan – May 2018	If you join between Jun – Jul 2018	If you join between Aug – Sep 2018	If you join between Oct – Nov 2018
Full member	630	530	430	330
Spouse / life partner	530	430	330	230
Social member (not a full member – no licence, cannot vote, but can use facilities. Normally for members that run less than 10km or supports a runner / walker)	300	300	200	200
Junior (under 20 years old for the year)	100	100	100	100

CHRISTMAS LIGHTS RUN

Due to the rain the lights run didn't take place last week Weather permitting it will now take place this coming Wednesday. Please attend if possible and enjoy a lovely evening.

Those of you who won't be able to attend but who wants to contribute towards the charity, can hand in your donations on Tuesday at the club house.



IRENE CHRISTMAS LIGHTS RUN

Bring the whole family and join us for a short 6km run to see the "famous" xmas lights on Lawley Street

When: 11 December 2017

Where: Jan Celliers Park, Groenkloof

Time: 18:30

Entrance Fee: Small toy / non-perishable food for Charity

Water and bubbly will be provided on route
Bring own drinks for afterwards

Remember to wear some reflefecting gear!!!



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“ADOPT A RUNNER”

We all love running and walking, some of us are very fortunate to be able to participate, every weekend, at races. There are some of our current members that can't even afford the membership fees.

We decided to start a new project for the coming year. It is called “Adopt a Runner”.

You, as member, can decide to adopt a runner, either by yourself or a group of friends or as a family. Our aim for this project is for members to adopt a runner, sponsor their membership fees and their race entries during the year. It is up to the “guardian” to decide what races they are prepared to sponsor. We were thinking of suggesting to the “guardian” to sponsor the league races. Adopting a runner and only sponsoring, membership fees and league races, it will work out to roughly R1 800.00 for the year.

We will provide a list with the names of our less fortunate members to those of you who are interested in adopting a runner. Then you can decide who you want to adopt.

Please e-mail me on bets@ecbaccounting.co.za or kwagga5@hotmail.com if you are interested and require more information.

Let us make 2018 a special year for our less fortunate members.

Thank you,

Bets Botha



LEAGUE RESULTS

Thank you to all our members who participated in the league races during the year. We managed to finish in 11th position.

<i>Kolonade</i>	<i>Div 1</i>	<i>Points</i>
<i>Pos</i>	<i>Club</i>	<i>League</i>
1	Vtm	178
2	Pmmc	167
3	Ace	166
4	Hqh	134
5	PvR	132
5	Agape	132
7	Resbank	117
8	Overkruin	107
9	Npo	95
10	Rwfl	91
11	Irene	83
12	Aurecon	80
13	Csir	76
14	Love Running	75
15	Affies	69

SUPER LEAGUE

Unfortunately our ladies lost it with the last league race at the Kolonnade Retail Park when our faster ladies didn't turn up for the race.

<i>Kolonade</i>	<i>Female</i>	<i>Points</i>
<i>Pos</i>	<i>Club</i>	<i>Log</i>
1	TEAM VITALITY	409
2	IRENE	406
3	VTM	392
4	MAGNOLIA	385
5	NEDBANK	347
6	AGAPE	322
7	HQH	321
8	TUKS	311
9	PHOBIANS	294
10	GREEN MILE	273

Our men did better this year better than last year and finished in 5th position, well done.

<i>Kolonade</i>	<i>Male</i>	<i>Points</i>
<i>Pos</i>	<i>Club</i>	<i>Log</i>
1	PMMC	448
2	ACE	418
3	NEDBANK	410
4	CORR SERV	403
5	IRENE	402
6	VTM	381
7	TUKS	365
8	FARANANI	363
9	ARCADIA	346
10	MAGNOLIA	278

Congratulations to the following members who earned super league points at the Kolonnade Retail Park race:

NAME	AGE	TIME	POINTS
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Woman 10 km

	B VAN VUUREN	49	1:55:53	12
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Men 10 km

	N VAN ROOYEN	29	0:40:08	21
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Men 21 km

	L SITHOLE	32	1:25:34	38
	N BANDA	52	1:36:21	18
	R HUDSON	53	1:36:31	15,5

WALKERS LEAGUE

Unfortunately our walkers also lost out at the last race and had to settle for 2nd position.

<i>Kolonade</i>	+	<i>Points</i>	<i>L'gue</i>
<i>Pos</i>	<i>Club</i>	<i>L'gue</i>	<i>Points</i>
1	PMWC	175	20
2	IRENE	174	19
3	RWFL	165	18
4	VTM	144	16
5	LOVE RUNNING	136	14,5
6	RWFL B	133	17
7	SOLIDARITEIT	108	9
8	AGAPE	88	14,5

PERSONALIA

Condolences to Neels Grobler whose mothers passed away on Saturday.

Congratulations to everybody celebrating their birthdays during the holiday period:

Yolandi	Smit	11 Dec
Yolanda	Coertse	12 Dec
Fanna	Njomo	12 Dec
Rynier	van der Watt	14 Dec
Elaine	Cuffe	15 Dec
Lauren	Jacobs	15 Dec
Ernest	Kenoshi	15 Dec
Ratilwe	Mdaka	15 Dec
Liezel	Van Achterbergh	15 Dec
Rosemary	Brink	16 Dec
Gerald	Hartmann	16 Dec
Kobus	Faber	17 Dec
Lizelle	le Roux	17 Dec
Brett	Muir	18 Dec
Ansie	Breytenbach	19 Dec
Charnette	Van Rooyen	19 Dec
Steve	Holtshousen	22 Dec
Shelley	Robertson	22 Dec
Tiisetso	Malise	23 Dec
Jacobus	Richter	23 Dec
Dirk	Cloete	24 Dec
Henk	Basson	26 Dec
Anton	De Klerk	26 Dec
walter uys	Jacobs	26 Dec
Lean	du Plessis	27 Dec
Minki	Fourie	27 Dec
Tjaart	van Wyk	27 Dec
David	Broughton	28 Dec
Philip	Koornhof	29 Dec
Annatjie	Greyvenstein	31 Dec
Daleen	Labuschagne	31 Dec
Louis	Visser	31 Dec
Daniel	Calaca	01 Jan
Majane	Matlala	01 Jan
John	Ellmore	02 Jan
Ntsako	Msomi	02 Jan
Annemarie	Breytenbach	06 Jan
Anina	Coetzee	07 Jan



NOTICE BOARD

Saturday 16 December **The Wonderful Run 21.1/10/5 km**

Race Organisers: Wonderpark Athletics Club

Venue: Bundu Inn

	21.1 km	10 km	5 km
Jardine Joggers & 60+	R 40		
Start Time	06:00		06:15
Cut-off	04:00		

1st 200 athletes to register receive a free t-shirt

Pre-entries at: Run-away Sport; Sweat Shop Centurion; Tshwane Running Shop

Late entries 15/12: Wonderpark Virgin Active entrance 14h00 – 18h00 www.entrytime.com

Sunday 31 December

23rd Old Year's Race 10/5 km

Race Organisers: Arcadia Running Club

Venue: Rietondale Park, North Street, Rietondale

GPS: S 25.7316 E 28.2261

	10 km	5 km
Pre-entry fee	R 80	R 50
Start Time	17:00	
Cut-off	02:00	

Pre-entries at: Run-away Sport; Sweatshop Southdowns

www.entrytime.com

Monday 1 January**New Year's Race 11/5 km**

Race Organisers: Run Walk for Life

Venue: Pretoria National Botanical Gardens

	11 km	5 km
Pre-entry fee	R 70	R 50
Start Time	07:00	
Cut-off	02:00	

Pre-entries at: Run-away Sport; Sweatshop Southdowns

www.entrytime.com**Saturday 13 January****25th Eersterust Road Race 21.1/10/5 km**

Race Organisers: Eersterust Athletics Club

Venue: Eersterust Sport Stadium c/o St Josphe & Hans Coverdale West, Eersterust

GPS: S 25 42'54.12 E 28 18'25.79

	21.1 km	10 km	5 km
Entry fee	R 80	R 60	R 60
Entry fee 70+	Free		
Start Time	06:00		06.15
Cut-off	03:00		

No pets

Pre-entries at: Run-away Sport; Sweatshop Southdowns

www.enteronline.co.za

Saturday 13 January**25th Eersterust Road Race 21.1/10/5 km**

Race Organisers: Eersterust Athletics Club

Venue: Eersterust Sport Stadium c/o St Jospeh & Hans Coverdale West, Eersterust

GPS: S 25 42'54.12 E 28 18'25.79

	21.1 km	10 km	5 km
Entry fee	R 80	R 60	R 60
Entry fee 70+	Free		
Start Time	06:00		06.15
Cut-off	03:00		

No pets

Pre-entries at: Run-away Sport; Sweatshop Southdowns

www.enteronline.co.za**Saturday 20 January****PWC George Claassen Memorial Road Race**

Race Organisers: Pretoria Marathon Club

Venue: Pick 'n Pay Hyper, c/o Atterbury Road & Selikats Causeway, Faerie Glen

GPS: S 25.7841 E 28.3051

	21.1 km	10 km	5 km
Entry fee	R 100	R 70	R 40
Entry fee 70+ 80+ & blind runners	Free – race day only		
Start Time	05:30 Walk 06:00 Run		06:15
Cut-off	03:00		

1st 500 online entries receive a dri fit long sleeve shirt**No Pets****Baby strollers welcome on the 5km**

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld West, Fourways Crossing; Sportmans Warehouse East Rand Mall, Fourways Crossing, Woodmead, Randburg, Centurion, Kolonnade Centre, Atterbury Value Mart

www.enteronline.co.za

League Race

Saturday 27 January

Wonderpark Road Race 42.2/21.1/10/5 km

Race Organisers: Akasia Athletics Club

Venue: Wonderpark Shopping Centre, c/o Old Brits Road & Heinrich Avenue, Karenpark

GPS: S 25 40,264 E 28 6,703

	42.2km	21.1km	10 km	5 km
Pre-entry fee	R 120	R 100	R 80	R 50
Entry fees 60+	R 60	R 50	R 40	
Late entry fees (26 & 27 Jan)	R 150	R 130	R 100	
Entry fees 60+	R 80	R 70	R 50	
Jardine Joggers / 70+ athletes	Free			
Start Time	05:30		06:00	06:10
Time Limit	04h:30	02h30	02h00	

Wheelchair athletes and walkers welcome on 21.1 / 10 & 5km

Pre-entries: Run-A-Way Sports, Sweatshop Dunkeld, Bedfordview & Southdowns;
Virgin Active, Cross Trainer & Panarotti's Wonderpark

www.enteronline.co.za

THOUGHT FOR THE WEEK

Life is not about the people who act true to your face, it's about the people who remain true behind your back.

PHOTO CORNER



We were the proud winners of the club competition at the Nedbank Skosana race on Saturday. We received not one, but two trophies. Thank you to the members who helped us to achieve it



Our “Cara-Fun” and new gazebos were used for the first time on Saturday and made a huge impression



Pieter Coetzee who had a hip replacement recently is back on the road and did the 10 km with the use of a crutch



The ladies enjoying the sun after the race



Elsa Meyer on the podium



Danie Labuschagne was the second walker



Annatjie Greyvenstein receiving her prize



Joey Cloete is a familiar face on the podiums these days



It was good to see Ansie Breytenbach on the podium again



Our Great grand master winners, Annatjie Greyvenstein and Iain McFadyen



A jubilant Chantelle Botha and Marks Mathebula with the trophies we won