



IRENE NEWS

11 July 2016

No 28 - 2016



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Garsfontein Ice Breaker on Saturday:

Sandra Steenkamp	1 st Lady walker & 1 st Master – 21 km (2:14:14)
Elsa Meyer	3 rd Lady walker – 21 km (2:34:48)
Lucia Willemse	2 nd Lady walker – 10 km (1:08:50)
Conita van Rensburg	1 st Vet lady walker- 10 km (1:13:11)

PERSONAL ACHIEVEMENTS

Giuseppe Valitutti PB – 21 km

Well done!

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:15 - Club house

Saturday:

Springbok Vasbyt at 07:30 – Voortrekker Monument



CAPTAIN'S CORNER

Dear Fellow Club Members,

The time has come to get out of your rest period and be back on the training ground. Starting Monday the 11th of July we will meet at the clubhouse starting at 17h15. Our target race will be the **10KM CLUB CHAMPS** at the **SPIRIT OF FLIGHT** the 3rd of September. This is a nice race to target for a PB and also to work towards the Kaapsehoop marathon in Nelspruit which is the 5th of November.

We are busy arranging some trail runs. Our first one at Groenkloof on the 2nd of July was well attended and thoroughly enjoyed by everyone. Columbia sportswear, Racefood and Tailwind nutrition was on hand with the freebies. Please be advised the next one will be on the 13th of August at Groenkloof starting at 8am. We meet at the mountain bike parking area and entrance fee into Groenkloof is R38. Hope to see you there for a run in the bush right here in the heart of the city. The distances are approximately 6km, 12km and an 18km route and it is very safe.

Happy running and see you on the road and trail.

Should you have any questions about training please drop me a mail at training@irenerunner.co.za or call me on 082 345 5343 and I will assist where possible.

Proud IRENE Greetings

Linley



PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Hein	Pheiffer	11 Jul	11 07 1967
Dawie	Steenkamp	11 Jul	11 07 1964
Larize	Faber	12 Jul	12 07 1996
Tobie	Schalkwyk	12 Jul	12 07 1983
Rize	Blom	13 Jul	13 07 1998
Val	Duncan	13 Jul	13 07 1986
Rita	Liebenberg	13 Jul	13 07 1962
Nadia	Liebenberg	14 Jul	04 07 1991
Petro	Smit	14 Jul	14 07 1985
Lindie	Steenkamp	14 Jul	14 07 1966
Werner	Van Der Merwe	14 Jul	14 07 1978
Anneke	du Toit	15 Jul	15 07 1968
Liezel	Anderson	16 Jul	16 07 1972
Madeleine	La Grange	16 Jul	16 07 1979



CLOTHING SHOP

Now is the time to buy your long ski pants and long sleeve shirt to ensure that you are well clothed for the cold weather on Saturday mornings. Visit The Shop in the club house to find out about the specials on offer.

NOTICE BOARD

Saturday 16 July

Afriforum Springbok Vasbyt 25/10/5 km

Race Organisers: VTM Atletiekklub

Venue: Voortrekkermonument piekniekterrein

GPS: S 25.77690 E 28.17747

	25 km	10 km	5 km
Entry fees	R 120	R 80	R 40
60 +	R 50		
70+ – race day entries only	Free		
Start time	07h30		07h40
Time Limit	04h00		

Pre entries at: Run-Away-Sport; Running Inn; PostNet Pretoria West; Sportsmans Warehouse – Centurion, Kolonnade, Atterbury Value Mall; Runner's Store; Outdoor Freedom (Mall @ Reds)

www.entrytime.co.za

LEAGUE RACE

Saturday 30 July

Zwartkop Road Race 21.1/10/5 km

Race Organisers: Denel Athletics Club

Venue: Zwartkop Lapa, Wierda Road, Centurion

GPS: S 25 50'14.25 E 28 07'28.46

	21.1 km	10 km	5 km
Entry fees	R 90	R 70	R 40
60+, blind runners, wheelchair athletes – race day entries only	Free – only pay for temporary license if applicable		
Start time	07h00		07h10
Time Limit	??h00		

No pets or baby strollers on the 10 & 21.1km races Come early – only one entrance!

Pre entries at: Run-Away-Sport; Running Inn; Sweat Shop Southdowns & Dunkeld; Sportsmans Warehouse Centurion

www.enteronline.co.za

2016 AGN LEAGUE FIXTURE LIST				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
Zwartkop	10/21	30 Jul	X	X
Wierie	10/21	13 Aug	X	X
Andrew Greyling	10/21	17 Sep	X	X
King Price Irene Farm	10/21	29 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

Masters Athletics Fixture list

13 Augustus	Claude Sterley byeenkoms	Pilditch
? Oktober	SWD	Oudtshoorn
12 November	Vrystaat	Bloemfontein

FOR SALE

Ek het 'n NUWE Garmin Forerunner GPS horlosie wat 1 maand oud is, met slip van R3700 & volle waarborg wat ek wil verkoop vir R2900

Johan Viljoen viljoenjl@telkomsa.net



THOUGHT FOR THE WEEK.

Life is not a problem to be solved, but a reality to be experienced.



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Photo



Corner



Pieter Olivier, Candice van der Spuy and Rhenier de Beer – The chilli eaters at last week's social



Bernie Ruthven, Joy Nicholl, Pieter Olivier, Wynand Breytenbach and Henk Basson relaxing at the Tiffindell Ski Resort the day before the Rhodes Ultra Trail Run



Pieter, Joy and Wynand at the start



Bernie receiving some attention from his wife at the 8 km mark



Bernie again at the 30 km mark



Joy and Henk at the 30 km mark



Wynand at the same place



Willem Haarhoff on the way down



Henk and Joy finishing their race



Irene Spectators at the finish