



IRENE NEWS

11 September 2017

No 36 - 2017



THIS WEEK'S DIARY

Tuesday:

Time trials at 17:30 - Club house

Saturday:

Brooklyn 21/10/5 at 06:00 – Brooklyn Mall

AWAY WEEKEND

There are only 2 chalets available for the away weekend in Novembers. First come first serve. Contact Joy at joy@petretreat.co.za

CARAVAN COMPETITION

Our new "caravan" will be ready for use before the end of October. Although it will have the similar functions as our present caravan, it is a custom build trailer and therefore cannot be called a caravan.

The new trailer needs a name. We want to call on our members to help us to name it. In recognition for the member that comes up with the best name, a name plaque will be put up in the trailer. In addition, the member will receive free membership for next year.

Be creative and send your suggestions to info@irenerunner.co.za.

ANNUAL GENERAL MEETING

Our AGM will take place on 14 November this year. The management committee for 2018 will be elected during this meeting. Start thinking of members you would like to nominate to serve on the committee.

If you have someone in mind to nominate, please ensure that he/she is available to serve on the committee.

Nomination forms will be sent out soon.

CLOVER IRENE SPRING RACE 30 SEPTEMBER

Thank you to those members who have already responded on the request for helpers at the race. We need many more. Please send your names and preference of work to info@irenerunner.co.za.

LEAGUE RESULTS (ROMANS PIZZA)

Thank you to everybody who participated in the race. We are now in 12th position on the log. With a good effort at the next league race we can move up to the top ten.

Romans Pizza	Div 1	Points	League
Pos	Club	League	Points
1	Vtm	158	20
2	Pmmc	149	19
2	Ace	149	18
4	Agape	119	16
5	Hqh	117	17
6	PvR	113	13
7	Resbank	103	15
8	Overkruin	92	9
9	Npo	89	7
10	Rwfl	79	14
11	Aurecon	76	4
12	Irene	74	8
13	Love Running	70	11
14	Csir	68	12
15	Affies	62	10

SUPER LEAGUE

Although our ladies didn't do very good their closest rivals did even worse. The result was that our ladies are now 11 points ahead. Well done ladies!

Romans Pizza	Female	Points
Pos	Club	Log
1	IRENE	373
2	TEAM VITALITY	362
3	VTM	354
4	MAGNOLIA	336
5	NEDBANK	304
6	HQH	286
7	AGAPE	277
8	TUKS	263
9	ACRW	256
9	PHOBIANS	256

Our men stand a good chance to move up to 2nd place on the log. However, it will take a big effort to dot it but it can be done.

<i>Romans Pizza</i>	<i>Male</i>	<i>Points</i>
<i>Pos</i>	<i>Club</i>	<i>Log</i>
1	PMMC	398
2	ACE	375
3	IRENE	361
3	NEDBANK	361
5	CORR SERV	358
6	VTM	344
7	TUKS	326
8	FARANANI	316
9	ARCADIA	300
10	RWFL	262

Congratulations to the following members who earned super league Points:

NAME	AGE	TIME	POINTS
Ladies			
H DE BRUIN	39	1:13:27	8
A BREYTENBACH	53	1:14:35	4
Men			
N VAN ROOYEN	29	0:57:46	22
S LIEBENBERG	31	0:59:52	5,5

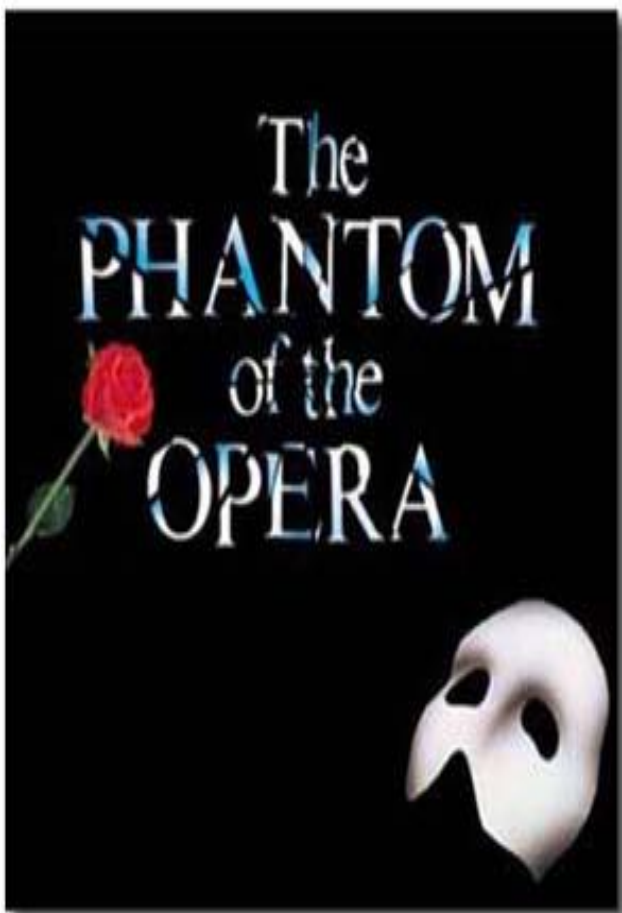
<i>Romans Pizza</i>	+	<i>Points</i>
<i>Pos</i>	<i>Club</i>	<i>L'gue</i>
1	IRENE	155
1	PMWC	155
3	RWFL	147
4	VTM	128
5	LOVE RUNNING	122
6	RWFL B	116
7	SOLIDARITEIT	99
8	AGAPE	73
9	TRANSNET	64
10	CORR SERV	63

WALKERS LEAGUE

This is a fierce battle. Our walkers are in joint 1st position. If all our walkers can be mobilized for the next league race they can break away.

<i>Romans Pizza</i>	+	<i>Points</i>
<i>Pos</i>	<i>Club</i>	<i>L'gue</i>
1	IRENE	155
1	PMWC	155
3	RWFL	147
4	VTM	128
5	LOVE RUNNING	122
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CHAIRMAN'S BALL



CHAIRMAN'S BALL

7 October 2017 18:00 for 18:30

Shelanti Centurion

R100 per person

3 course meal, cash bar

Dancing

Dress: Formal

RSVP-Joy 083 284 4884

PERSONALIA

Louis Visser, our chairman, was in hospital for an operation last week. We wish him a speedy recovery.

Congratulations to everybody celebrating their birthdays during the week:

Monica	Du Toit	11 Sep
Henry	Enslin	12 Sep
Louis	Msomi	12 Sep
Pieter	Saayman	12 Sep
Danie	Cornelissen	13 Sep
Jason	Hubner	13 Sep
Carmen-Joy	Abrahams	14 Sep
Marisia	Koch	14 Sep
Wessel	Oosthuizen	14 Sep
Pieter	Venter	14 Sep
Nkosinathi	Ndlovu	15 Sep
Marie	Van Zyl	15 Sep
Mary	Dietrich	16 Sep
Riaan	Prinsloo	16 Sep
Jayne	Robertson	17 Sep
Derick	van der Merwe	17 Sep



NOTICE BOARD

21.1km AGN Race Walk Championship

Saturday 16 September

Brooklyn Road Race 21.1/10/5 km

Race Organisers: Pretoria Marathon Club

Venue: Brooklyn Mall, c/o Veale & Bronkhorst Streets, Brooklyn

	21.1 km	10 km	5 km
Entry-fee	R 100	R 80	R 40
70+, wheelchairs, blind runners	Free (race day only)		
Start Time	06:00		06:10
Cut-off	03:00		02:00

No animals allowed

Baby strollers welcome on the 5km race / Wheelchair athletes welcome in all races / Free t-shirts to 1st 100 on line entries

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld & Fourways Crossing; Runners Store

www.enteronline.co.za

Saturday 23 September

Bophelong Road Race 21.1/10/5 km

Race Organisers: Bophelong Athletics Club

Venue: Bophelong Community Centre, 19477 Molepo Street, Mamelodi East

GPS: S 25.7168 E 28.3769

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 50
Start Time	06:00		06:15
Cut-off	03:00		

Route not wheelchair friendly

Pre-entries at: Run-away Sport

www.entrytime.com

Monday 25 September**The Combat Run 21.1/10/5 km**

Race Organisers: Titans Lifestyle Club & Armscor Athletics Club

Venue: Gerotek Test Facilities, R104 WF Nkoma Street, Pretoria West (13km outside Pretoria CBD)

GPS: S 25.45.515 E 28.00.522

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 50
Start Time	06:00		06:30
Cut-off	?:?:00		

There is also a 6 & 12 km trial run (R70 & R90)

Pre-entries at: Sweatshop South Downs

AGN 21.1km Championships**Saturday 30 September****Clover Irene Spring Race 21.1/10/5 km**

Race Organisers: Irene Athletics Club

Venue: Irene Village Mall, c/o Nelmapius & Van Ryneveld Avenue, Irene

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 40
60+	R 50		
70+	Free		
Start Time	06:00		06:10
Start Time – Walkers / wheelchairs	05:45		
Cut-off	03:30		

Route is wheelchair friendly

Pets allowed on the 5km

Pre-entries at: Run-away Sport; Total Sports Irene Village Mall; Sweatshop Southdowns, Dunkeld, Broadacres & Bedfordview

www.enteronline.co.za & www.irenevillagemall.co.za

Irene members are not allowed to participate

Saturday 7 October**Chamberlain Capital Classic 21.1/10/5 km**

Race Organisers: Phobian Athletics Club & Alpha Centurion Runners/Walkers

Venue: Phobians Club, Queens Crescent, Lynnwood

GPS: S 25.45'64.4 E 28.15'22.8

	21.1 km	10 km	5 km
Entry-fee	R 90	R 60	R 40
Blind athletes, 70+, 80+ - race day only	Free		
Start Time	06:00		06:15
Cut-off	03:30		

Wheelchair & baby strollers welcome

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

Chamberlains – Centurion, Montana Megastore, Silver Lakes Megastore, Waterkloof Glen & Riviera www.enteronline.co.a

League Race**Saturday 14 October**

Jacaranda City Challenge 42.2/21.1/10/5 km

Race Organisers: Agapé Athletics Club & Sportsvendo

Venue: SABS Grounds, 1 Dr Lategan Road, Groenkloof

GPS: S 25 46' 10" E 28 12' 42"

	42.2km	21.1km	10 km	5 km
Pre-entry fee (until 5 October)	R 150	R 80	R 70	R 30
Entry fees 60 – 79	R 80	R 50	R 40	
Late entry fees (13/14 October)	Closed	R100	R 80	
Late entry fees 60 - 79	Closed	R 50	R 40	
Jardine Joggers / 80+ athletes	Free			
Start Time	05:45		06:15	06:30
Time Limit	05h:30	03h00	2h00	

Free t-shirts to the 1st 5000 pre-entries

Chip results – no tear-off – no results

Pre-entries: Run-A-Way Sports; Sweatshop Dunkeld, Bedford & Southdowns, Randburg Runner; Sportmans Warehouse Atterbury value Mart, Centurion Value World & Kolonnade Retail Park;

Enter on line: www.entrytime.co.za

2017 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

THOUGHT FOR THE WEEK

If you want a place in the sun, you've got to put up with a few blisters.

Photo Corner



Dianne du Plessis and Tanya Thompson were in action at the Hout is Goud race on Saturday



Linley September, Shaun Smeets and Barney van Heerden did the Mount-Aux-Sources Challenge. Well done!