



IRENE NEWS

12 September 2016

No 37 - 2016



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Value Logistics Race:

Johan Nel	1 st GM – 21 km (1:38:27)
Ansie Breytenbach	1 st Master Lady & 3 rd lady – 21 km (1:41:10)
Susan Maree	1 st Master Lady – 10 km (63:32)
Bertha van den Raad	1 st GGM Lady 10 km (83:39)
Sandra Steenkamp	1 st Lady walker & 1 st Master – 21 km (2:09:39)
Jaap Willemse	1 st Walker & 1 st Master – 21 km (2:13:25)
Gerard van den Raad	1 st GGM walker – 21 km (no time available)
Wynand Breytenbach	1 st GM walker – 10 km (1:19:41)

Elsa Meyer	1 st GGM Lady & 2 nd Lady – Jacaranda Spring Walk 15
Nelda Smith	2 nd Master lady – Jacaranda Spring Walk 15 km
Liza Maritz	2 nd 35-30 lady – SA Cross Country Championships

The following members have been selected to represent AGN at the SA Walking Championships due to take place in Cape Town on 8 October:



Sandra Steenkamp



Elsa Meyer



Annatjie Greyvenstein



Lucia Willemse



Ray Patterson



Jaap Willemse



Gerard van den Raad



Danie Labuschagne

Well done to you!

Congratulations also to Mariet Louw, Annatjie Greyvenstein and Letha Kotze. They completed 80 km at the Hout is Goud race and received gold for their effort.



PERSONAL ACHIEVEMENTS

None received

CLUB 10 KM CHAMPIONSHIPS

The complete results of our 10 km championships are as follows:

Men		Woman	
20 - 39	Mauritz Oberholzer		Candice van der Spuy
	Sithembe Sihunuza		Stephanie Steenkamp
	Makomane Mokwala		Shelly Robertson
40 - 49	Tony Gomes		Joy Nicholl
	Johan van Vuuren		Heidi van Wyk
	Johan Saayman		Nadene Visser
50 - 59	Leon Page		Ansie Breytenbach
	Willem van der Merwe		Joey Cloete
	Nicolas Southey		Sandra Steenkamp
60 - 69	Mike du Bruto		Lucia Willemse
	Rainer Ludwig		Mariet Louw
	Louwrens Smit		Letha Kotze
70 - 79			Annatjie Greyvenstein
			Elsa Meyer



Well done to our Champions!

The two overall champions were Mauritz Oberholzer and Ansie Breytenbach

THIS WEEK'S DIARY

Tuesday:

Time Trials at 17:30 – Club House

Wednesday:

Lester Mills Memorial Night Race 10/5 at 18:30 – Tuks High Performance Centre

Saturday:

Andrew Greyling 5/10/21.1 at 06:00 – Brooklyn Mall

TIME TRIALS

Please take note that the time trials start at 17:30 and everybody must start together.

ACCESS TO ARC

There have been a few incidents recently that required attention. At a meeting last week between the ARC, Sibongile Security Services and Irene Athletics club, the following decisions were taken and will be implemented with immediate effect:

- Nobody will be allowed access to the ARC premises without a 2016 windscreen disk.
- Nobody will be allowed access to train during weekdays before 15:00
- Nobody will be allowed access after 19:00

Members who want to run on the premises over the weekends will be allowed to do so on the following conditions:

- They must have the windscreen sticker
- A members list will be available at both gates to verify that they are a 2016 member
- They will have to complete a register at the gate

No member is allowed to drive through the ARC premises to avoid outside traffic at any time.

No cycling is allowed

Please adhere to these rules to ensure the safety of everybody and also the good relationship between the ARC and Irene Athletics Club

LEAGUE RACE

The Andrew Greyling 10/21 this Saturday is the next league race. We need you there in big numbers. Fast or slow, you are important to the success of the league. As always there will be something to eat after the race.

HELPERS AT RACE – 24 SEPTEMBER

The response from our members has been excellent after the request for helpers was sent out. However, we need many more route marshals and helpers at the entries. Please send an email to info@irenerunner.co.za if you can help on the day. We need to finalise the helpers by Friday, 16 September.

CARAVAN ASSISTANCE

From time to time we require someone to look after the tog bags at the AGN races. Please let us know if you can assist. You will have to be at the venue two hours before the race. There will be some compensation for your time and effort. Adults only.

LEAGUE RESULTS – WIERIE RACE

We moved up from 13th to joint 11th. Thank you to everybody who participated at the Wierie race.

WIERRIE	Div 1	Points
Pos	Club	League
1	Vtm	159
2	Ace	150
3	Pmmc	135
4	Resbank	109,5
5	PvR	107
5	Npo	107
7	Hqh	106
8	Overkruin	91
9	Csir	90,5
10	Love Running	87,5
11	Irene	81,5
11	Agape	81,5
13	Rwfl	80
14	Bmw	70
15	Aurecon	65
16	Ppmk	56,5
17	Enduro	33,5
17	Arete	33,5
19	Zwakala	32
20	Black Diamond	12



MUGG & BEAN

Midstream 0129409229



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SUPER LEAGUE

Our ladies did it again! They won on the day and stretched the difference between 1st and 2nd on the log from 6.5 points to 10.5 points. Well done ladies, keep up the good work. You are making us proud!

<i>Wierie</i>	<i>Female</i>	<i>Points</i>
<i>Pos</i>	<i>Club</i>	<i>Log</i>
1	IRENE	339
2	RUNAVATION	328,5
3	MAGNOLIA	319
4	VTM	317,5
5	TUKS	315,5
6	NEDBANK	292,5
7	TEAM VITALITY	255,5
8	LOVE RUNNING	231
9	GREEN MILE	205,5
10	MONACO	196,5

**FABER
VERVOER**

Our men remain in 7th position on the log but are only 3 points away from 6th position. With a better effort at the Andrew Greyling race they can definitely improve their position.

<i>Wierie</i>	<i>Male</i>	<i>Points</i>
<i>Pos</i>	<i>Club</i>	<i>Log</i>
1	NEDBANK	343
2	PMMC	338
3	CORR SERV	315
4	ACE	307
5	FARANANI	291,5
6	TUKS	285
7	IRENE	282
8	VTM	275
9	TRANSNET	240
10	PHOBIANS	224,5

 **avanade**[®]
Results Realized



Congratulations to the following members who earned super league points at the Wierie race:

NAME	AGE	TIME	POINTS
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Woman 10 km

A BREYTENBACH	52	00:45:58	20
H VAN WYK	47	00:49:16	14
A JONES	35	00:54:58	3

Woman 21 km

N BREYTENBACH	39	01:41:35	16
Z SPENCE	34	01:47:01	13
R BRINK	41	01:47:22	12
H DE BRUIN	38	01:48:22	10
Y RADEMAN	42	01:53:11	4
A LOTHERINGEN	47	01:55:32	1

Men 10 km

N SARAIVA	35	00:41:27	23
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Men 21 km

P BREYTENBACH	40	01:29:37	33
T GOMES	40	01:31:37	25
N BANDA	51	01:34:34	16
W HAARHOFF	44	01:35:47	9

WALKERS LEAGUE

The competition remains tough with only 2 points separating the first 3 clubs on the log. Well done to our walkers who are on top! The challenge is to stay there for the rest of the year.

<i>Wierie</i>	<i>Div 1</i>	<i>Points</i>
<i>Pos</i>	<i>Club</i>	<i>L'gue</i>
1	IRENE	152,5
2	PMWC	151,5
3	RWFL	150,5
4	RWFL B	144,5
4	VTM	144,5
6	LOVE RUNNING	139,5
7	AGAPE	133,5
8	MAGNOLIA	130
9	ACRW	128,5

CHAIRMAN'S BALL

All our members are invited to attend the Chairman's Ball to be held at Shelanti on 8 October. It is going to be something very special. Only 100 seats available. Book now to avoid disappointment.



IRENE ATHLETICS CLUB

CHAIRMAN'S BALL
with LIVE COMEDY SHOW

R150 pp

CASH BAR

OCT 8

7:00 PM

SHELANTI
CHAPEL & VENUE

263 JEAN AVE.
CENTURION

BLACK TIE

007⁵

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Annetjie	Booyens	12 Sep
Lyn	de Bruin	12 Sep
Henry	Enslin	12 Sep
Louis	Msomi	12 Sep
Pieter	Saayman	12 Sep
Sandra	Steenkamp	12 Sep
Dries	Strydom	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
Marie	Van Zyl	15 Sep
Mine	Van Zyl	15 Sep
Mary	Dietrich	16 Sep
Leah	Ledwaba	16 Sep
Riaan	Prinsloo	16 Sep
Vikash	Ramlugaan	16 Sep
Jayne	Robertson	17 Sep
Derick	van der Merwe	17 Sep
Willem	Maritz	18 Sep



NOTICE BOARD

Wednesday 14 September

Lester Mills Memorial Night Race 10/5km

Race Organisers: Tuks Athletics

Venue: University of Pretoria Sports Campus, High Performance Centre

	10 km	5 km
Pre-entry fees	R 70	R 40
Entry fees 60+ (Race day only)	½ price	½ price
Entry fees 70+ & blind runners (Race day only)	Free	Free
Start time	18h30	18h30
Time Limit	01h30	

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

Runners Store

Saturday 17 September**Andrew Greyling Road Race 21.1/10/5km**

Race Organisers: Pretoria Marathon Club

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

GPS: X-28.235 Y-25.772

	21.1 km	10 km	5 km
Pre-entry fees	R 90	R 70	R 40
70+ & blind runners & wheelchair athletes (Race day only)	Free		
Start time	06h00		06h10
Time Limit	?		

League Race

Pre-entries at: Run-A-Way Sport, Running Inn, Runnershop: Sweatshop Southdowns, Dunkeld, Fourways Crossing; Sportsmans Warehouse Centurion Value World, Atterbury Value Mart, Kolonnade Retail Park

www.enteronline.co.za**Saturday 24 September****Clover Irene Spring Race 21.1/10/5km**

Race Organisers: Irene Athletics Club

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

	21.1 km	10 km	5 km
Pre-entry fees	R 80	R 70	R 40
60+	R 50	R 50	
Entry fees 70+	Free	Free	
Start time	06h00 run 05h45 walk/wheelchairs	06h00 run 05h45 walk/wheelchairs	06h10
Time Limit	03h30		

Pets only allowed on the 5km

Pre-entries at: Run-A-Way Sport, Runners Stores; Irene Village Total Sport; Sweatshop Bedfordview; Sweatshop Broadacres; Sweatshop Dunkeld; Sweatshop Southdowns

No Irene member is allowed to participate

2016 AGN LEAGUE FIXTURE LIST				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
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

? Oktober SWD Oudtshoorn
12 November Vrystaat Bloemfontein

THOUGHT FOR THE WEEK.

Don't let negative and toxic people rent space in your head. Raise the rent and kick them out!

Photo Corner (Value Logistics Race)



Brian and Suzelle Engelbrecht with Susan Maree handing out race flyers after their race



Jurie Venter and Nelius van Rooyen both had a good race



Johan van Vuuren looking satisfied with his performance



Anjanette Jones



Mary Dietrich



Victor Phetoe is a star when it comes to handing out flyers



Hlengiwe Sayd looking happy with her medal



Johan Nel receiving is prize money



Winners of the Masters categories in both the 21 km and 10 km, Ansie Breytenbach and Susan Maree



Nadene Visser, Pieter Reynecke and Louis Visser at the finish