

IRENE NEWS

13 August 2018

No 32 - 2018



ACHIEVEMENTS

Congratulations to the following members who were on the podium during last week:

Castle Walk 10 km

Jacquie van der Waals
Ansie Breytenbach
Leon Page
lain McFadyen (social member)
Sandra Steenkamp
Marie van Dyk
Keith Reynolds
Gerard van den Raad

Wierie Road Race

1st Vet lady & 2nd lady (44:16) 1st Master lady (50:53) 1st Master (50:57) 1st GGM (58:44) 1st Lady walker & 1st Master (61:19) 1st GGM lady walker (85:56) 1st Master walker & 3rd man (60:41) 1st GGM walker (72:41)

Leon Page	1 st Master – 10 Km (46:23)
Johan Saayman	2 nd Master – 10 km (47:38)
Joey Cloete	2 nd GM lady – 10 km (53:05)
Gerard van den Raad	1 st GGM walker – 10 km (66:45)
Retha Knoetze (social member)	1 st Lady walker & 1 st GM – 10 km (66:28)
Lynette Gough	1 st Master lady walker – 10 km (69:21)
Letha Kotze	1 st GGM lady walker – 10 km (76:54)
Tony Gomes	2 nd Vet – 21 km (1:27:58)
Ansie Breytenbach	1 st Master lady – 21 km (1:41:51)
Keith Reynolds	1 st Master walker & 3 rd man – 21 Km (2:08:52)
Jaap Willemse	1 st GM walker - 21 km (2:17:02)
Sandra Steenkamp	1 st Lady walker & 1 st master – 21 km (2:08:51)
Elsa Meyer	1 st GGM lady walker & 2 nd lady – 21 km (2:25:17)
Lucia Willemse	1 st GM lady walker – 21 km (2:42:40)

PERSONAL ACHIEVEMENTS

None received





THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:15 - Club house

Saturday:

Phobians Fifteen 5/15 @ 07:00 (walkers @ 06:50) – Pretoria Boys High School

AWAY WEEKEND – KAAPSEHOOP MARATHON

We managed to book 40 rooms with 2 beds each for the weekend, please see the info below.

Bookings are now open. Due to the high demand for accommodation during that period, rooms not booked and fully paid for by the end of August will be cancelled.



IRENE AWAY WEEKEND 2018 KAAPSEHOOP 2-4 NOVEMBER

This year we will be staying at

Nomndeni Lodge, Nelspruit

The cost is R900 per person sharing for the weekend

2 people per room

Transport. food and race entry at own cost



Only 40 rooms available

Please book your place by email – joy@petretreat.co.za

Payment into club account – Standard bank, 32183186

Proof of payment to joy@petretreat.co.za

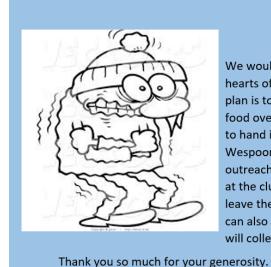
See you there!!

www.nomndeni.co.za

WINTER WARMER PROJECT

Thank you to those members who have already contributed towards the project.

The need is very high, please make your contribution this week if you haven't done so yet.



WINTER WARMER

We would like to call on all our members to help us warm the

hearts of the needy this winter. Our plan is to collect non-perishable food over the next three weeks and to hand it out to The NG Church Wespoort to their feeding and outreach project. There will be a box at the clubhouse, where you can leave the non-perishable foods. You can also bring it to the races where I will collect it.



Bets Botha

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Dieter	Meyer	14 Aug
Jock	Donaldson	15 Aug
Andre	Grobler	15 Aug
Frans	Nyundu	18 Aug
Johann	Stadler	18 Aug





<u> Thursday 9 August</u>	Phobians		
	Race Organisers:	Phobians AC	
	Venue: Pretoria Bo	ys High School	
		15 km	5 km
Entry fees		R 90	R 40
		07h00	07h15
Start time		Walkers: 06h50	
		2:30	

Pre-entries at: Run-Away-Sport; Sweat Shop Southdowns & Dunkeld

www.enteronline.co.za

2018 AGN LEAGUE FIXTURE LIST						
EVENT	DISTANCE	DATE	LEAGUE			
			RR	RW		
SMU Half Marathon	21.1/10 km	25/08	Х	Х		
Clover Irene Spring Race	21.1/10 km	29/09	Х	Х		
CSIR Road Race	21.1/10 km	20/10	Х	Х		
Tom Jenkins	21.1/10 km	17/11	Х	Х		

Masters Athletics Fixture list

• Local meetings

27 October 2018 SWD

Oudtshoorn

10 November 2018 Free State

Bloemfontein

THOUGHT FOR THE WEEK

To be upset over what you don't have is to waste what you do have.





PHOTO CORNER



It was Hesta van den Heever's lucky day at the social last Tuesday



Philip and Grazyna Koornhof in a relaxed mood



Everybody seems to be enjoying themselves



Quizmasters Joy and Michael – a job well done



Fanie & Estien van Wyngaard with Johan van Vuuren



The club house was packed



Ansie Breytenbach, Leon Page and Jacquie van der Waals, podium winners at Castle Walk



Keith Reynolds, Sandra Steenkamp & Marie van Dyk, walker podium winners



Joey Cloete on the podium at the Wierie Race



Johan Saayman, Tony Gomes and Leon Page, podium winners at the Wierie Race



A smiling Lucia Willemse



Rosemary Brink with Dee and Jock Donaldson in action at a trail run