



# 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	1 <sup>st</sup> Vet lady & 2 <sup>nd</sup> lady (44:16)
Ansie Breytenbach	1 <sup>st</sup> Master lady (50:53)
Leon Page	1 <sup>st</sup> Master (50:57)
Iain McFadyen (social member)	1 <sup>st</sup> GGM (58:44)
Sandra Steenkamp	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> Master (61:19)
Marie van Dyk	1 <sup>st</sup> GGM lady walker (85:56)
Keith Reynolds	1 <sup>st</sup> Master walker & 3 <sup>rd</sup> man (60:41)
Gerard van den Raad	1 <sup>st</sup> GGM walker (72:41)

### Wierie Road Race

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

**Payment into club account – Standard bank, 32183186**

**Proof of payment to [joy@petretreat.co.za](mailto:joy@petretreat.co.za)**

**See you there!!**

[www.nomndeni.co.za](http://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.



Thank you so much for your generosity.

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

**MODERN**  
**athlete**



## NOTICE BOARD

### **Thursday 9 August**

### **Phobians Fifteen 5/15**

Race Organisers: Phobians AC

Venue: Pretoria Boys High School

	15 km	5 km
Entry fees	R 90	R 40
Start time	07h00 Walkers: 06h50	07h15
Time Limit	2:30	

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

[www.enteronline.co.za](http://www.enteronline.co.za)

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

### **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.



**SPAR**



## 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 Jacque 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