



IRENE NEWS

13 November 2017

No 45 - 2017



ACHIEVEMENTS

The following members were on the podium at the Kolonnade Retail Park Race:

Iain McFadyen	1 st GGM – 21 km (1:42:20)
Jaap Willemse	1 st GM walker – 21 km (2:14:41)
Elsa Meyer	1 st Lady walker & 1 st GGM – 21 km (1:27:27)
Joey Cloete	1 st GM lady – 10 km (50:07)
Retha Knoetze	1 st GM lady walker & 2 nd lady – 10 km (1:04:18)
Lucia Willemse	3 rd Lady walker – 10 km (1:11:20)
Gerard van den Raad	1 st GGM walker – 10 km (1:08:23)

Congratulations!

Annatjie Greyvenstein	Gold medal – SA 10 km Championships
Danie Labuschagne	Gold medal 5000 meters – Free State Masters Championships (qualified for National colours)

Well done!

PERSONAL ACHIEVEMENTS

Mark Forbes	PB – Marathon
Nathan Bezuidenhout	PB – Marathon
Zoe Scholtz	First 21 km

Congratulations!

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:30 - Club house

Saturday:

Tom Jenkins 5/10/21 at 06:00 – Union Buildings

ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening at 19:00. All members are welcome.

TOM JENKINS CHALLENGE

Nothing is advertised to request the clubs to run in buses as in the past. We will therefore NOT run in a bus this year as has been the case for many years.

ANNUAL INFO BOOKLET

The 2018 information booklet that every member will receive when joining the club next year will be printed soon. A total of 100 copies will be printed.

We want to give our members the opportunity to advertise their businesses/services in there. As you know it will be in full colour. The cost of the ads will be minimal: Full page – R800, half page – R400 and business card – R200.

Please send your ads a.s.a.p. to secure your spot.

Don't miss out on this opportunity, space is limited.

SHOE DEMO



REGISTRATIONS FOR 2018

Registrations for 2018 will start in the last week of November. More info will follow soon.

RACE CANCELLED

It is with great disappointment that we have to inform you that the Babbas Lodge Road race on the 2nd of December 2017 have to be cancelled due to the withdrawal of the sponsor and our club RunAvation AC do not have the much needed funds to present the race!

Kind Regards

Pierre Jordaan

RunAvation AC

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Monique	Espag	13 Nov
Onja	Prinsloo	13 Nov
Mike	du Bruto	14 Nov
Nadia	Saayman	14 Nov
Zelna	Black	15 Nov
Uida	Enslin	15 Nov
Letha	Kotze	15 Nov
Julian	Liebenberg	15 Nov
Dudley	Peacock	15 Nov
Pieter	van Heerden	16 Nov
Myrna	van Wyk	16 Nov
Tanya	Walker	16 Nov
Jan	van Vuuren	17 Nov
Roy	Clegg	19 Nov



NOTICE BOARD

Saturday 18 November Tom Jenkins Run/Walk Challenge 21.1/10/5 km

Race Organisers: Arcadia Running Club

Venue: Pretoria Union Buildings, Church Street, Arcadia

GPS: S 27.7402 E 28.2102

	21.1 km	10 km	5 km
Pre- Entry fee	R 100	R 80	R 50
Start Time	06:00		06:20
Cut-off	03:00		

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Tshwane Running Shop

www.enteronline.co.za

Saturday 25 November Muller Potgieter Road Race 21.1/10/5 km

Race Organisers: Voortrekker Monument Klub

Venue: Military Sports Club, Hendrik Potgieter Road, Thaba Tshwane (Valhalla)

GPS: S 25.471160 E 28.081530

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 40
Jardine Joggers & 60+	R 40		
Start Time	06:00		06:15
Cut-off	03:00		

Pre-entries at: Run-away Sport; Postnet Pretoria West; Sportmans Warehouse Atterbury
Value Mart, Centurion, Menlyn Park & Kolonade

www.entrytime.com

Saturday 16 December The Wonderful Run 21.1/10/5 km

Race Organisers: Wonderpark Athletics Club

Venue: Bundu Inn

GPS: S 26.2035 E 27.6855

	21.1 km	10 km	5 km
Jardine Joggers & 60+	R 40		
Start Time	06:00		06:15
Cut-off	04:00		

1st 200 athletes to register receive a free t-shirt

Pre-entries at: Run-away Sport; Sweat Shop Centurion; Tshwane Running Shop

Late entries 15/12: Wonderpark Virgin Active entrance 14h00 – 18h00

www.entrytime.com

THOUGHT FOR THE WEEK

Friendship is like a book. It takes years to write but only a few seconds to burn

PHOTO CORNER (Cocktail evening)



The Desert team: Brendes Gresse, Clinton Nicholl, Alexander and Louis Visser



The van Rooyen family: Charnette, Charmaine, Jaco and Nelius



Chilene Verheem, Bets & Chantelle Botha and Candice van der Spuy



A beautiful evening at the club house



Everybody seems so relaxed after the time trials



Zoe Scholtz, her mom Roz and club captain Linley September



Preparations underway to get the cocktails ready



The three teams together. They must be complimented on a great effort



As always there was plenty to eat



They are not twins, they are not brothers, in fact, they are not even related. Barney van Heerden and Handri Kymdell



Annatjie Greyvenstein and Joey Cloete who were part of the AGN team taking part in the SA 10 km Championships in Nelspruit. Annatjie won gold.