



# IRENE NEWS

7 August 2017

No 31 - 2017



## ACHIEVEMENTS

The following members were on the podium during the past week:

### Castle Walk 10 km

Louwrens Smit	1 <sup>st</sup> GM (58:48)
Iain McFadyen	1 <sup>st</sup> GGM (60:33)
Bert van Raad (social member)	3 <sup>rd</sup> GGM (76:13)
Ansie Breytenbach	3 <sup>rd</sup> Master lady (52:13)
Joey Cloete	3 <sup>rd</sup> GM lady (58:01)
Gerard van den Raad	1 <sup>st</sup> GGM walker (71:19)
Sandra Steenkamp	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> Master (60:33)
Elsa Meyer	1 <sup>st</sup> GGM lady walker & 2 <sup>nd</sup> lady (68:58)
Letha Kotze	3 <sup>rd</sup> GM lady walker (86:29)

### Wierie Road Race

Louwrens Smit	1 <sup>st</sup> GM – 10 km (51:41)
Ansie Breytenbach	2 <sup>nd</sup> Master lady – 10 km (47:26)
Joey Cloete	1 <sup>st</sup> GM lady – 10 km (67:20)
Annatjie Greyvenstein	1 <sup>st</sup> GGM lady – 10 km (57:40)
Retha Knoetze	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> GM – 10 km (67:02)
Tania Thompson	3 <sup>rd</sup> Master lady walker – 10 km (84:31)
Letha Kotze	2 <sup>nd</sup> GM lady walker – 10 km (77:37)
Jaap Willemse	1 <sup>st</sup> GM walker – 21 km (2:12:36)
Danie Labuschagne	2 <sup>nd</sup> GM walker – 21 km (2:23:30)
Gerard van den Raad	1 <sup>st</sup> GGM walker – 21 km (2:31:54)
Sandra Steenkamp	1 <sup>st</sup> Master lady walker & 2 <sup>nd</sup> lady – 21 km (2:07:11)
Elsa Meyer	1 <sup>st</sup> GGM lady walker & 3 <sup>rd</sup> lady – 21 km (2:23:19)
Lucia Willemse	1 <sup>st</sup> GM lady walker – 21 km (2:31:54)

Congratulations!

The following members earned medals in their respective age categories at the cross-country race 29 July:



Mike du Bruto	Gold
Joey Cloete	Gold
Dirk Cloete	Silver
Ansie Breytenbach	Silver
Pieter van Heerden	Bronze
Amanda Cloete	Bronze

Well done!

### **PERSONAL ACHIEVEMENTS**

Brian Engelbrecht PB – 21 km

### **THIS WEEK'S DIARY**

#### **Tuesday:**

Time trials at 17:15 - Club house

#### **Saturday:**

Romans Pizza Phobians 5/15 at 07:00 (Walkers -0 6:50) – Pretoria Boys High School (League)

### **LEAGUE RACE**

The Romans Pizza Phobians 15 km race this coming Saturday is the next league race. Please be there in numbers. Whether you are fast or slow, you can make a difference.

As always there will be something to eat after the race.

### **AWAY WEEKEND**

There are still a few places left for the away weekend to the Kaapse Hoop race in November. Contact Joy at [joy@petretreat.co.za](mailto:joy@petretreat.co.za) to ensure that you are part of a lovely weekend.

### **PERSONALIA**

Please keep Aletha van den Bergh in your prayers. It is not going well with her.

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
Magda	Nel	20 Aug



## NOTICE BOARD

### **Saturday 19 August**

### **Roman's Pizza Phobians 15/5 km**

Race Organisers: Phobians Athletics Club

Venue: Pretoria Boys High School, Roper Street, Brooklyn

	15 km	5 km
Entry fees	R 80	R 40
70+ / Blind runners / Wheelchair athletes – race day only	Free	
Start time	07h00 Run 06h50 Walk	07h15
Time Limit	2h30	02h00

**No pets**

**5km Baby strollers welcome**

Pre entries at: Run-Away-Sport; Sweat Shop Southdowns & Dunkeld; The Runners Store; Tshwane Running Shop

[www.entrytime.com](http://www.entrytime.com) & [www.sa-active.com](http://www.sa-active.com)

### **Saturday 26 August**

### **SMU Half Marathon 21.1/10/5 km**

Race Organisers: Tshwane AC in partnership with Sefako Makgatho Health Sciences University

Venue: SMU Sport Complex, Garankuwa, Soshanguve

GPS: S 25 37.8 E 28 1.22

	21.1 km	10 km	5 km
Entry-fee	R 80	R 60	R 30
60+	R 30	R 20	
70+ (ID requested on registration)	Free		
Start Time	07:00		07:10
Cut-off	?:?:00		

Pre-entries at: Run-away Sport; The Runners Store

**Wednesday 30 August      Pierre van Ryneveld Night Race 10/5 km**

Race Organisers:    Pierre van Ryneveld Athletics Club

Venue: PvR Community Church, 14 Baltimore Rd, Pierre van Ryneveld, Centurion

	10 km	5 km
Entry fees	R 70	R 40
Start time	18h30	18h35
Time Limit	02:00	

**Please wear reflective gear**

Pre entries at: Run-Away-Sport; The Runners Store

**AGN 10km Championships**

**Saturday 2 September      Spirit of Flight Race 10/5km**

Race Organisers:    Pretoria Military Marathon Club

Venue: Airforce Base Zwartkop, Old Johannesburg Rd – Northern entrance, Valhalla

GPS:    S 25 47'58.75    E 28 09'51.49

	10 km	5 km
Entry fees	R 70	R 50
Start time	06h30	
Time Limit	02:00	01:30

Pre entries at: Run-Away-Sport; Sweat Shop Southdowns; The Runners Store

## **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 1<sup>st</sup> 100 on line entries**

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

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

### **2017 AGN LEAGUE FIXTURE LIST**

<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
MARCEL VAN'T SLOT	15	19 Aug	X	X
ADDICTED TO LIFE	10/21	9 Sep	X	X
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

### **SA MASTERS**

#### **Local meetings**

? Sept/? October 2017	SWD	Oudtshoorn11
November 2017	Free State	Bloemfontein

### **THOUGHT FOR THE WEEK**

**The greatest happiness in the world is to make others happy.**

## Photo Corner



Holger Hedelt Irene colours on the front page of a German newspaper



Holger's run of 1300 km was big news in Germany





Marie van Dyk, Gerard van den Raad, Elsa Meyer and Sandra Steenkamp did their 10<sup>th</sup> Castle Walk race on Saturday



Enjoying the sun at the Wierie race. Retha Knoetze, Annatjie Greyvenstein, Letha Kotze, Mariet Louw and Joey Cloete





Charine van Niekerk and Lani Botha are back



Suzelle Engels is in charge of the strength training sessions on Monday evenings at the club house.  
All members are welcome





Joan van Wyngaard



Musa Nkosi





Blanche van Vuuren



The evergreen Annatjie Greyvenstein on the podium





Irene members waiting for their turn to get onto the podium



Since becoming a grand master, Louwrens Smit has become a regular face on the podiums





Letha Kotze and Retha Knoetze



Tania Thompson was quite surprised with her podium position





Ilze du Rand, Rinaldi Botes and Shaun Smee did the Bela Bela 5150 Triathlon





Lynette September also did the Bela Bela 5150 Triathlon