

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

Wierie Road Race

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

Congratulations!

The following members earned medals in their respective age categories at the crosscountry 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 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







ans Athletics Club , Roper Street, Brook 15 km R 80	lyn 5 km R 40
15 km R 80	5 km
R 80	_
	R 40
Free	
Free	
07h00 Run 06h50 Walk	07h15
2h30	02h00
	06h50 Walk 2h30

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

www.entrytime.com & 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

aturday 2 September	Spirit of	Flight Race 10/5km	
Race Orga	anisers: Pretor	ia Military Marathon Clu	b
Venue: Airforce Base Zwar	tkop, Old Johan	nesburg Rd – Northern e	entrance, Valhalla
GP	PS: S 25 47′58.	75 E 28 09′51.49	
		10 km	5 km
Entry fees		R 70	R 50
Entry fees Start time		R 70	

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 1st 100 on line entries

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

www.enteronline.co.za

2017 AGN LEAGUE FIXTURE LIST **EVENT** DIST DATE LEAGUE RR RW MARCEL VAN'T SLOT Х 15 19 Aug Х ADDICTED TO LIFE 10/21 Х Х 9 Sep JACARANDA CHALLENGE 10/21/42 14 Oct Х Х **KOLONNADE RETAIL PARK** 10/21 11 Nov Х Х

SA MASTERS

Local	meetings		
	? Sept/? October 20	17 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 10th 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 om 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



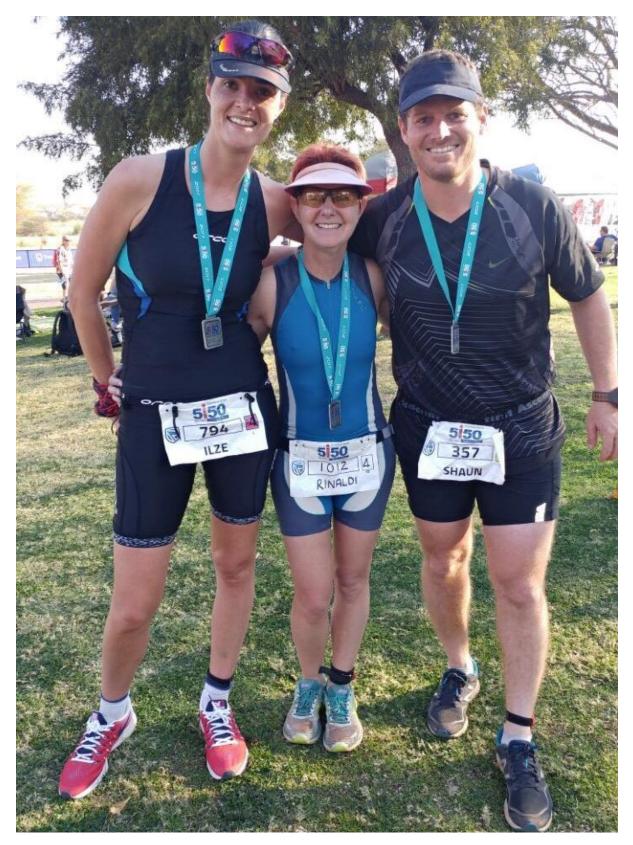
Since becoming a grand master, Louwrens Smit has become a regular face on the podoiums



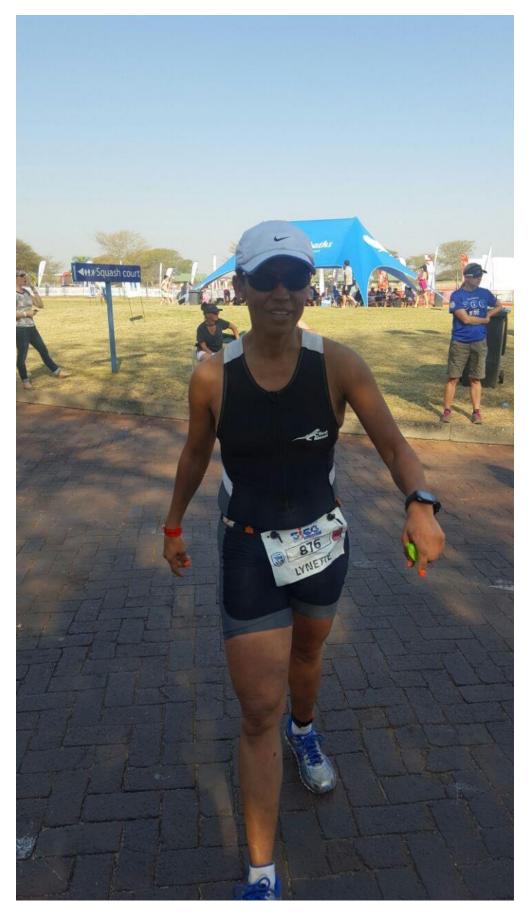
Letha Kotze and Retha Knoetze



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