



# IRENE NEWS

15 August 2016

No 33 - 2016



## ACHIEVEMENTS

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

### Castle Walk 10 km

Sandra Steenkamp	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> Master (1:01:17)
Elsa Meyer	1 <sup>st</sup> GGM Lady walker (1:08:39)
Gerard van den Raad	1 <sup>st</sup> GGM Walker (1:10:52)
Hermien Velleman	3 <sup>rd</sup> Master lady (1:15:18)

### Wierie Road Race

Ansie Breytenbach	1 <sup>st</sup> Master lady – 10 km (45:58)
Rainer Ludwig	2 <sup>nd</sup> GM – 10 km (48:15)
Danie Labuschagne	1 <sup>st</sup> GM walker – 10 km (63:19)
Retha Knoetze (social member)	1 <sup>st</sup> GM lady walker – 10 km (68:19)
Jaap Willemse	1 <sup>st</sup> Master walker – 21 km (2:13:40)
Gerard van den Raad	1 <sup>st</sup> GGM walker – 21 km (2:27:29)
Sandra Steenkamp	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> master – 21 km (2:07:09)
Elsa Meyer	1 <sup>st</sup> GGM lady walker & 3 <sup>rd</sup> lady – 21 km (2:27:27)
Lucia Willemse	1 <sup>st</sup> GM lady walker – 21 km (2:30:29)
Estelle Jansen van Vuuren	2 <sup>nd</sup> Vet lady – Totalsports Woman's 10 km (49:41)
Estelle Jansen van Vuuren	4 <sup>th</sup> Vet lady – Crazy Store Magalies Challenge 36 km

## PERSONAL ACHIEVEMENTS

None received

## THIS WEEK'S DIARY

### Tuesday:

Time Trials at 17:30 – Club House

No time trials

### Saturday:

Marcelle van't Slot 5/15 km at 07:00 – Pretoria Boys High School



## **PERSONALIA**

Sincere condolences to two of our members who lost their spouses during the week:

Heinz, husband of Elize Dieckmann was buried on Friday after losing a long battle with cancer. Deirdré, wife of Rob Hudson died suddenly on Saturday morning.

These two families are in our thoughts and we pray that they will be comforted in the days to come.

Congratulations to everybody celebrating their birthdays during the week:

Jock	Donaldson	15 Aug
Nilo	Saraiva	16 Aug
Frans	Nyundu	18 Aug
Johann	Stadler	18 Aug
Johannes	Makgetlha	20 Aug
Magda	Nel	20 Aug
Ben	Marais	21 Aug
Liezl	Poolman	21 Aug



## **CLOVER IRENE SPRING RACE – 24 SEPTEMBER**

We are looking for businesses, organisations etc. to man some of the water points at this race. It is a great opportunity to advertise and for team building. There will be no cost involved. Everything will be provided except your own branding. There should be 15 – 20 people to hand out the drinks.

Let us know if you are interested.

## **RACE CANCELLED**

I hereby give notice for the cancellation of the Kolonnade Retail Park 10/21km road race on the 12th November 2016.

Regards

Alan Edmunds

Fit Pretoria MC



## **QUESTIONNAIRE**

Midstream 0129409229

I'm Anton Heyneke and I'm busy conducting research in the running industry. I would REALLY appreciate your help by completing and forwarding this email to your club members. All I need from you is 1min to open the link below, answer the VERY simple questionnaire and submit. Do it on your computer, tablet or phone, it is that simple!

<https://docs.google.com/forms/d/e/1FAIpQLSc2ADuPDK5JFriSOLTCOzSNmtuNzLnimavjfT6u-BQ-qBVYdA/viewform>



## THE MUNGA TRAIL RUN

After a very successful Cape Town evening, we're holding one in PRETORIA. The Munga Trail has captured the imagination of the running community across SA. Join us next Thursday 18th August at Irene Athletics Club to find out what it is all about and how the concept was developed.



## NOTICE BOARD

**Saturday 20 August**

**Marcel van't Slot 15/5 km**

Race Organisers: Phobians Athletics Club

Venue: Pretoria Boys High School, Roper Street, Brooklyn

	15 km	5 km
Entry fees	R 70	R 40
70+ /Wheelchair and blind athletes	Free – race day only	
Start time	06h50 walk 07h00 run	07h10
Time Limit	02h30	

Pre entries at: Run-Away-Sport; Running Inn; Sweat Shop Southdowns, Dunkeld, Bedfordview & Broad Acres; **Baby strollers welcome** [www.entrytime.com](http://www.entrytime.com)

**Saturday 27 August****Spirit of Flight 10/5 km**

Race Organisers: Pretoria Military Marathon Club

Venue: Zwartkop Air Force Base

	10 km	5 km
Entry fees	R 50	R 30
Start time	06h30 run	06h30
Time Limit	2 hours	1 hour 30 mins

Club 10 km Championships

AGN 10 km Walking Championships

**Wednesday 31 August****Best Drive PvR Night Race 10/5km**

Race Organisers: Pierre van Ryneveld Athletics Club

Venue: PvR Community Church, 14 Baltimore Road, Pierre van Ryneveld

	10 km	5 km
Pre-entry fees	R 60	R 40
Start time	18h30 run	18h30 run
Time Limit	02h00	

Pre-entries at: Run-A-Way Sport, Running Inn

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**SPAR**

**Wednesday 14 September****Lester Mills Memorial Night Race 10/5km**

Race Organisers: Tuks Athletics

Venue: University of Pretoria Sports Campus, High Performance Centre

GPS: S 25.74538 E 28.24718

	10 km	5 km
Pre-entry fees	R 70	R 40
Entry fees 60+ (Race day only)	½ price	½ price
Entry fees 70+ & blind runners (Race day only)	Free	Free
Start time	18h30	18h30
Time Limit	01h30	

Pre-entries at: Run-A-Way Sport, Running Inn, Sweatshop Southdowns;  
Runners Store

**Saturday 17 September****Andrew Greyling Road Race 21.1/10/5km**

Race Organisers: Pretoria Marathon Club

Venue: Brooklyn Mall, c/o Veale &amp; Bronkhorst Street, Brooklyn

GPS: X-28.235 Y-25.772

	21.1 km	10 km	5 km
Pre-entry fees	R 90	R 70	R 40
70+ & blind runners & wheelchair athletes (Race day only)	Free		
Start time	06h00		06h10
Time Limit	?		

Pre-entries at: Run-A-Way Sport, Running Inn, Runnershop: Sweatshop Southdowns,  
Dunkeld, Fourways Crossing; Sportsmans Warehouse Centurion Value World, Atterbury  
Value Mart, Kolonnade Retail Park

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

**Saturday 24 September****Clover Irene Spring Race 21.1/10/5km**

Race Organisers: Irene Athletics Club

Venue: Irene Village Mall, c/o Nellmapius Drive &amp; Van Ryneveld Avenue, Irene

	21.1 km	10 km	5 km
Pre-entry fees	R 80	R 70	R 40
60+	R 50	R 50	
Entry fees 70+	Free	Free	
Start time	00h00 run 05h45 walk/wheelchairs	00h00 run 05h45 walk/wheelchairs	06h10
Time Limit	03h30		

**Pets only allowed on the 5km**

Pre-entries at: Run-A-Way Sport, Runners Stores; Irene Village Total Sport; Sweatshop Bedfordview; Sweatshop Broadacres; Sweatshop Dunkeld; Sweatshop Southdowns

**No Irene member is allowed to participate****2016 AGN LEAGUE FIXTURE LIST**

<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			<b>RR</b>	<b>RW</b>
Andrew Greyling	10/21	17 Sep	X	X
King Price Irene Farm	10/21	29 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

**Masters Athletics Fixture list**

13 Augustus	Claude Sterley byeenkoms	Pilditch
? Oktober	SWD	Oudtshoorn
12 November	Vrystaat	Bloemfontein

***THOUGHT FOR THE WEEK.*****Good, better, best. Never let it rest until your good is better and your better is best.**



## Photo Corner



Dirk Cloete on his way to finish as 3<sup>rd</sup> vet in the Whale Trail 53 km. Well done!

## Castle Walk Race



Danie Cornelissen





Gerard du Toit



Cindy Frost





Neels Grobler



Louis Visser and Pieter Reynecke



## Wierie Race



Thank you to Stephen for a very enjoyable breakfast after the race



Stephen and Bertha van den Raad enjoying a joke





James Eayrs and Philip Breytenbach relaxing after the race



Myrna van Wyk and Blanche van Vuuren having fun





Dee Donaldson and Leon Page



Gerald and Carla Hartmann





Musa Nkosi



Marks Mathebula and Joy Nicholl