



IRENE NEWS

16 March 2015

No 11 - 2015



ACHIEVEMENTS

The following members were on the podium at the Bobbies race on Saturday:

Ansie Breytenbach	1 st Master lady – 21 km (1:36:20)
Elsa Meyer	1 st Lady walker – 21 km (2:14:35)
Louwrens Smit	1 st GM – 10 km (51:56)
Annatjie Greyvenstein	1 st GGM lady – 10 km (52:35)
Sandra Steenkamp	1 st Lady walker – 10 km (58:49)

Congratulations!

At the Kosmos 3-in-1 Johan Nel was the 2nd GM in the 42 km, 1st GM in the 21 km and the 2nd GM in the 10 km. that made him the 1st GM in the combined 3-in -1. He also got his permanent number for the race.

An excellent achievement!



At a Provincial gala evening last week, the walkers league trophy of 2014 was handed to Irene. Well done once again to all our walkers, you really made us proud.



Gerard and Bertha van den Raad at the prize giving ceremony. Gerard, Elsa Meyer and Sandra Steenkamp were nominees for the best walker of the year.

PERSONAL ACHIEVEMENTS

Haley van der Werff 1st 15 km

Well done!

CHAIRMAN'S CHIRP

Attached you will find the 1st edition of the Chairman's Chirp by our new chairman, Louis Visser. It makes excellent reading!

GREEN LEAF PROJECT

Thank you to those of you who have donated Easter eggs up to now. We still need much more. Please bring it to the clubhouse on a Tuesday evening and place in the donation container at the bar.

CLUB GAZEBO

Please take note that there will be no gazebo at the Sunnyside race on Saturday. It is a high risk area and unless two "strong people" are available to look after the tog bags, it will be better to keep the bags in the cars.

The caravan and gazebo will be at the Om die Dam race. We need someone to look after the gazebo for about an hour while Bertha will be doing the 10 km.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week.

Jaco	de Bruin	16-Mar	1969-03-16
Bennie	Roux	16-Mar	1978-03-16
Vernon	Henderson	18-Mar	1978-03-18
Marli	Jooste	18-Mar	1983-03-18
Anneli	Retief	18-Mar	1983-03-18
Steve	Sackett	18-Mar	1957-03-18
Christoff	Snyman	18-Mar	1973-03-18
Werner	Du Toit	19-Mar	1981-03-19
Annette	Muller	19-Mar	1960-03-19
Emile	Myburgh	19-Mar	1974-03-19
Lizelle	Bester	20-Mar	1967-03-20
Chantal	Heuvel	20-Mar	1975-03-20
Egmond	van Niekerk	20-Mar	1963-03-20
Johan	Du Toit	21-Mar	1978-03-21
Johan	Janse van Vuuren	21-Mar	1944-03-21
Andries	Nel	21-Mar	1984-03-21
Heinrich	Beukman	22-Mar	1964-03-22



NOTICE BOARD



Saturday 21 March

Sunnypark Right to Run/Walk 5/10/21.1km

Race Organisers: Arcadia Running Club

Venue: Sunnypark, c/o Steve Beko & Robert Sobukwe St, Sunnyside

GPS: S 25 45'2 E 28 12'11"

	21.1 km	10 km	5 km
Entry fees	R 60	R 50	R 30
Start time	07h00		
Time Limit	03h00		

T-shirts to the 1st 250 entrants

Goodie bags to the 1st 500 finishers

Pre-entries at: Sunnypark: Cross Trainer; Sports Scene

www.enteronline.co.za

Wednesday 25 March

Great Run – Diamond Run 10/5 km

Race Organisers: Global Athletics Club

Venue: Weskoppies Hospital, Pretoria West

	10 km	5 km
Entry fees	R 50	R 40
Entry fees 70+	Free	
Start time	18h30	
Time Limit	?? hrs	

Pre-entries at: Run-A-Way Sport; Sweat Shop Southdowns; The Runners Store; AGN Offices

www.enteronline.co.za

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Saturday 28 March

Denel Road Race 5/10/21.1 km

Race Organisers: Denel Athletics Club

Venue: Denel Irene Campus

GPS: S 25 53.413' E 28 11.429'

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees 60+	R 30	R 30	R 30
Start time	06h00		06h10
Time Limit	04h00	02h00	

10/21.1km suitable for wheel chairs

5km not wheel chair friendly

Pre-entries at: Run-A-Way Sport; Sweatshop Southdowns; Running Inn; The Runner's Store

www.enteronline.co.za & www.saactive.com

Monday 6 April

Pick 'n Pay - The Grove Mall Family Day 21.1/10/5 km

Race Organisers: Run Walk for Life

Venue: The Grove Mall, c/o Lynnwood & Simon Vermooten, Equestria

	21.1 km	10 km	5 km
Entry fees	R 60	R 50	R 30
Start time	07h00		
Time Limit	03h00		

All distances are suitable for wheel chair athletes

Pre-entries at: Total Sports at the Grove Mall

www.enteronline.co.za

Saturday 18 April

Morula Run/Walk 5/10/21.1 km

Race Organisers: Morula Running Club

Venue: Giant Stadium, Soshanguve

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees 70+	Free		
Start time	06h00		06h15
Time Limit	??		

Free t-shirts to the 1st 500 pre-entries

No wheelchairs allowed

Pre-entries at: Run-A-Way Sport; Sweatshop Southdowns; Running Inn; Soshanguve P'nP

www.entrytime.com

2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
Mamelodi	10 km	25/04/15	X	X
Great Run Series II	10 km	30/05/15	X	X
Race Against Drugs	10 km	13/06/15	X	X
Mooikloof Realtors Winter Road Race	10 km	18/07/15	X	X
A4A Women's Rights Run/Walk	10 km	08/08/15	X	X
Value Log Ou Voetpad		12/09/15	X	X
Capital Classic		10/10/15	X	X
Muller Potgieter		28/11/15	X	X

Masters Athletics Fixture list

Local meetings

20/21 March 2015	WP Champs - Bellville/Greenpoint
20/21 March 2015	KZN Champs - Durban
4 April 2015	GN Champs – Pilditch
11 April 2015	CG Champs – Germiston
18 July 2015	Claude Sterley meeting – Pilditch - only if sponsored
16 October 2015	Rassiebyeenkoms – Bronkhorstpruit
31 October 2015	SWD Champs – Oudtshoorn
14 November 2015	Vrystaat champs - Bloemfontein

You are regularly informed about league meetings, please support these meetings. Results are taken into consideration when choosing the GN team for SA's

SA Masters Championships

15/16 May 2015	Nelson Mandela Metropolitan University – Port Elizabeth
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International Championships

Next appointment:	Torun 2015 (March 23-28)
4 – 16 August 2015	WMA Championships, Lyon, France http://www.lyon2015.com
26 Oct – 6 November 2016	MA Championships, Perth, Australia http://www.perth2016.com
18 – 25 March 2017	World Indoor Championship 2017 in Daegu, Korea

THOUGHT FOR THE WEEK

**BE YOURSELF
BECAUSE AN
ORIGINAL IS
WORTH MORE
THAN A COPY**



Photo Corner (Bobbies race)















