



IRENE NEWS

16 November 2015

No 45 - 2015



ACHIEVEMENTS

The following members were on the podium at the Kolonnade Race on Saturday:

Victor Phetoe	1 st Master – 10 km (40:55)
Louwrens Smit	1 st GM – 10 km (53:16)
Jacque van der Waals	1 st Vet lady – 10 km (40:17)
Ray Patterson	1 st GM walker – (63:14)
Gerard van den Raad	1 st GGM walker – (67:11)
Danie Labuschagne	1 st GM walker – 21 km (2:26:43)
Sandra Steenkamp	1 st Lady walker & 1 st Master – 21 km (2:11:59)
Elsa Meyer	1 st GM walker & 2 nd Lady – 21 km (2:20:14)
Fanie Naude completed the Hospice Challenge 100 Miler in a course record	

PERSONAL ACHIEVEMENTS

Ben Marais	PB - Marathon
Marks Mathebula	PB – Marathon
Jurie Venter	PB – Marathon
Danel Geldenhiys	First Marathon
Telanie Venter	First Marathon

CAPTAIN'S CORNER

Dear Fellow Club Members,

I need two commitments from you before we close off the season. **Firstly**, the TOM JENKINS club run on the 21st of November where we always have the biggest BUS at this race. The theme will be CHRISTMAS again so wear anything Christmas like hats, beards, outfits etc. Let's make it a festive occasion. Please commit to this, as your presence is needed to make this a ROARING success. I will also need people to assist in helping to spray the "sustenance cans" at the clubhouse on the Thursday the 19th at around 6pm. With such a big BUS we will need some refreshments ☺

Secondly, we have the Muller Potgieter LEAGUE RACE the following week the 28th of November. Let's us be there in our numbers to give the last push to gain as many league points as we possibly can annex at this race.

Hope to get your assistance and to show your IRENE spirit with my two requests.

Proud IRENE Greetings
Linley

MANAGEMENT COMMITTEE 2016

The following members will serve on the 2016 management committee one again:



Louis Visser
Chairman



Zelna Black
Admin Manager



Elna Mee
Social Manager



Gerard van den Raad
Logistics Manager



Linley September
Sport Manager



Petro Smit
Communication Manager



Henk Basson
Additional Member



Ray Patterson
Additional Member



Frances Lezar
Additional Member



Lindie Steenkamp
Additional Member



Wynand Breytenbach
General Manager

Claudia Cockcroft was no longer available as financial manager. The committee will now co-opt someone very soon. She will still carry on with her duties in the meantime.

YEAR END FUNCTION

Please take note that our year-end function will take place on Saturday 5 December. The annual prize giving will also take place during the function. More details will follow soon.

ANNUAL INFO BOOKLET

The 2016 information booklet that every member will receive when joining the club next year, will be printed soon. A total of 1000 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 for the ads will be minimal: Full page – R800, half page – R400 and business card – R200.

Please send me your ads in jpeg or pdf format a.s.a.p. to secure your spot.

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

REGISTRATIONS FOR 2016

Indications are that the registrations for 2016 will start in the beginning of December. More info will follow soon.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Tim	Munnik	16 Nov
Pieter	van Heerden	16 Nov
Pieter	van Heerden	16 Nov
Myrna	van Wyk	16 Nov
Alzena	Gomes	17 Nov
Annelie	Landman	17 Nov
Jan	van Vuuren	17 Nov
Patrick	Mokoma	18 Nov
Anban	Pillay	18 Nov
Jeannie	Snyman	18 Nov
Tanya	Walker	18 Nov
Roy	Clegg	19 Nov
Marubini	Khwashaba	19 Nov
Rens	Bester	20 Nov
Francois	de Klerk	20 Nov
Joey	Cloete	21 Nov
Anchen	Cornelissen	21 Nov
Leah	Heystek-Irving	21 Nov
Charmaine	Janse van Rensburg	21 Nov
Jolande	Janse van Rensburg	21 Nov
Tanya	Snyman	21 Nov
Martin	Breytenbach	22 Nov
Elize	Cronje	22 Nov
Shane	Gouldie	22 Nov
Lorinda	Phillips	22 Nov



NOTICE BOARD

Saturday 21 November Tom Jenkins Run/Walk Challenge 21.1/10/5 km

Race Organisers: Arcadia Running Club

Venue: Union Buildings, Church Street, Arcadia

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Start time	06h30		06h40
Time Limit	??h00		

Pre-entries at: Run-away-Sports; Running Inn; Runners Store

www.enteronline.co.za

League Race

Saturday 28 November Muller Potgieter Road Race 21.1 / 10 / 5km

Race Organisers: Voortrekker Monument Draf & Stap klub

Venue: Military Sport Club, Hendrik Potgieter Road, Thaba Tshwane

GPS: S 25.471160 E 28.081530

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
Jardine joggers & 60+	R 30	R 30	
70+; 80+ and athletes celebrating their birthday (show ID)	Free		
Start time	06h00		06h15
Time Limit	03h00		

Pre-entries at: Run-Away-Sports; Outdoor Freedom Mall@Reds; Running Inn; Postnet Pretoria West; Sportmans Warehouse – Atterbury Value Mart, Centurion Value Mart & Kolonade Retail Park

www.entrytime.co.za

Saturday 12 December**The Wonderful Run 21.1 / 10 / 5 km Race**

Race Organisers: Wonderpark Athletic Club

Venue: The Forum, between Wonderpark Mall & Akasia Town Hall, c/o Heinrich & Disotus Avenues, Karenpark

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
Start time	06h00		06h15
Time Limit	03h00		

No wheelchair athletes

Pre-entries at: Running Inn; Runners Store; Sweat Shop, Southdowns; Dunkeld West & Fourways Crossing

www.enteronline.co.za

2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
Muller Potgieter		28/11/15	X	X

Masters Athletics Fixture list

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

26 Oct – 6 November 2016 MA Championships, Perth, Australia

<http://www.perth2016.com>

THOUGHT FOR THE WEEK

It's kind of fun to do THE IMPOSSIBLE.



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Photo Corner (Club away weekend at Klein Kariba)



How to relax after a Marathon



The Mexican crowd at the party on Saturday evening



A few humble Japanese members



André Rudolph and Vanessa White



When Marks Mathebula took over the mike, he wouldn't let go of it



A very relaxed Henk Basson and his wife Heilet



Joy Nicholl and Pieter Olivier



The Koornhof family



James Eayrs concentrating hard to get the ball into the cup



Concentration on the other side



Petro Smit and Ansie Breytenbach



Rubbing salt into the wounds



André Rudolph, the official DJ of the evening



The “Japanese” preparing sushi. A job well done at the end



"Bokvreter" Eayrs looking a bit different



The Mexican Table. One of 5 different countries



Well done Marks. An African eating potjiekos with chopsticks! Candice vd Spuy looking on



Stephen and Elna Mee, making sure everybody is well fed before going back home



Pieter Olivier in a different outfit. Showing off his muscles perhaps?



The only casualty of the weekend, Danie Joubert assured everybody that it wasn't alcohol related