



# **IRENE NEWS**

**16 October 2017**

**No 41 - 2017**



## **ACHIEVEMENTS**

The following members were on the podium at the Jacaranda City Challenge on Saturday:

|                       |                                                  |
|-----------------------|--------------------------------------------------|
| Jaap Willemse         | 1 <sup>st</sup> GM walker – 21 km (2:14:54)      |
| Letha Kotze           | 1 <sup>st</sup> GM lady walker – 21 km (3:01:18) |
| Annatjie Greyvenstein | 1 <sup>st</sup> GGM lady – 10 km (55:59)         |
| Rhoda van Staden      | 1 <sup>st</sup> Lady walker – 10 km (NTA)        |
| Retha Knoetze         | 1 <sup>st</sup> GM lady walker – 10 km (NTA)     |
| Elsa Meyer            | 1 <sup>st</sup> GGM lady walker – 10 km (67:54)  |
| Danie Labuschagne     | 1 <sup>st</sup> GM walker – 10 km (66:42)        |

Congratulations!

## **PERSONAL ACHIEVEMENTS**

|               |                |
|---------------|----------------|
| Sandi Cloete  | First Marathon |
| Ilze du Randt | PB - Marathon  |

## **THIS WEEK'S DIARY**

### **Tuesday:**

Time trials at 17:30 - Club house

### **Saturday:**

CSIR 5/10/21 at 06:00 – CSIR, North Gate

## **KING PRICE FARM RACE**

We need another 120 helpers to assist at the King Price Farm Race on 28 October. Please reply to this email to make yourself available to help on the day and indicate your work preference.

We cannot present the race without you.

## **NEW CARAVAN**

This is the last week to submit your suggestions for the name of our new caravan. It is now time for the final brain storming.

## PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

|          |                    |
|----------|--------------------|
| Derrick  | Pieterse           |
| Keneiloe | Sibisi             |
| Mpho     | Motaung            |
| Pieter   | van der Westhuizen |



## NOTICE BOARD

### **Saturday 21 October**

### **CSIR Race 21.1/10/5 km**

Race Organisers: CSIR Athletics Club

Venue: CSIR, North gate, off Meiring Naude Rd, Brummeria

GPS: S 25 44.874 E 28 16.523

|               | 21.1 km | 10 km | 5 km  |
|---------------|---------|-------|-------|
| Entry-fee     | R100    | R 80  | R 40  |
| Entry fee 70+ | Free    |       |       |
| Start Time    | 06:00   |       | 06:05 |
| Cut-off       | 03:00   |       |       |

**No wheelchairs or prams – course unsuitable.** Pre-entries at: Run-away Sport; Sweatshop Centurion. Also at CSIR Wednesday – Friday 18-20 October 17h00 – 19h00 Sports hall, South gate.  
[www.entrytime.com](http://www.entrytime.com)

**Saturday 28 October****King Price Irene Farm Race 21.1/10/5 km**

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Nellmapius Drive, Irene

|                               | 21.1 km                     | 10 km | 5 km  |
|-------------------------------|-----------------------------|-------|-------|
| Entry-fee                     | R 90                        | R 70  | R 40  |
| Entry fee 60+ (Race day only) | R 50                        |       |       |
| Entry fee 70+ (Race day only) | Free                        |       |       |
| Start Time                    | 06:00 – run<br>05h45 - walk |       | 06:00 |
| Cut-off                       | 03:30                       | 02:00 |       |

**There is a kiddies run @ R10 @ 08h00 No pets allowed. 21.1km is not wheelchair friendly** Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld, Boardacres & Bedfordview **IRENE MEMBERS ARE NOT ALLOWED TO PARTICIPATE**

**Saturday 4 November****BDS Unlimited Road Race 21.1/10/5 km**

Race Organisers: Black Diamonds Athletics Club

Venue: Wonderpark Shopping Centre, c/o Brits Rd &amp; Heinrich Ave, Karenpark

GPS: S 25 40,264 E 28 6,703

|                               | 21.1 km | 10 km | 5 km  |
|-------------------------------|---------|-------|-------|
| Pre- Entry fee                | R 80    | R 60  | R 50  |
| Late Entry fee                | R 90    | R 70  |       |
| Entry fee 60+                 | R 50    | R 40  |       |
| Entry fee 70+ & blind runners | Free    |       |       |
| Start Time                    | 06:00   |       | 06:15 |
| Cut-off                       | 04:30   |       |       |

**No pets allowed Race is wheelchair friendly**

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Virgin Active Wonderpark; Dirtyloli Wonderpark

[www.entrytime.com](http://www.entrytime.com)

### **League Race**

#### **Saturday 11 November    Kolonnade Retail Park Road Race 21.1/10/6 km**

Race Organisers: Run/Walk for Life Athletics Club

Venue: Kolonnade Retail Park, Sefako Magatho (Zambesi) Drive, Montana Park

GPS: S 25 40'39" E 28 15'13"

|            | 21.1 km | 10 km | 6 km |
|------------|---------|-------|------|
| Entry fee  | R 80    | R 60  | R 40 |
| Start Time | 06:00   |       |      |
| Cut-off    | 03:00   |       |      |

**No pets allowed**

**Race is wheelchair friendly**

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Running Shop Vinko St Sinoville;  
Sportmans Warehouse Kolonnade Retail Park

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

| <b>2017 AGN LEAGUE FIXTURE LIST</b> |             |             |               |           |
|-------------------------------------|-------------|-------------|---------------|-----------|
| <b>EVENT</b>                        | <b>DIST</b> | <b>DATE</b> | <b>LEAGUE</b> |           |
|                                     |             |             | <b>RR</b>     | <b>RW</b> |
| KOLONNADE RETAIL PARK               | 10/21       | 11 Nov      | X             | X         |

#### **THOUGHT FOR THE WEEK**

**With every rising of the sun, think of your life as just begun.**

## Photo Corner (Jacaranda City Challenge)



Ashley Williams



Miles Saxby





Kobus Oberholzer



Allan Hyson





Michelle Lubbe and Stephanie Janse van Rensburg



Jeannie Snyman and Rachelle van der Walt





Who else but Annemarie Breytenbach?



Daleen Labuschagne and Cari Snyman





Shalati Maponopono



Mpho Motaung





Johann van de Venter



Alita Swanepoel





Hlengiwe Sayd



Marisa Oosthuizen and Markus van der Westhuizen





Werner van der Merwe, Renette Prinsloo and Stephan Olieman



Bridget Mohlala





Alroy Dirks



Corlia Oberholzer





Tlou Thema



Carla Hartmann and Annemarie Breytenbach





Ilze du Randt did her PB at the Melbourne Marathon



Gerard and Bertha van den Raad did the Meiringspoort race and bumped into Dawie and Lindie Steenkamp