



# ***IRENE NEWS***

*17 August 2015*

*No 32 - 2015*



## ***ACHIEVEMENTS***

The following members were on the podium at the Marcel van't Slot 15 km:

Jacquie van der Waals	1 <sup>st</sup> Vet lady – 61:06
Ansie Breytenbach	1 <sup>st</sup> Master lady – 65:20
Rainer Ludwig	1 <sup>st</sup> GM – 72:43
Elsa Meyer	1 <sup>st</sup> GM walker lady & 3 <sup>rd</sup> lady – 95:19
Lucia Willemse	2 <sup>nd</sup> GM walker lady – 100:40
Jaap Willemse	2 <sup>nd</sup> Master walker – 93:02
Gerard van den Raad	1 <sup>st</sup> GGM walker – 102:43

Well done!

Congratulations to the following members who have been selected to represent AGN in the SA Marathon Championships to be held in Mossel Bay on 26 September:



Zelda Breytenbach



Ansie Breytenbach



Annemarie Kruger



Mike du Bruto

We wish them luck with their preparations for the event.

Anelle Vorster and Sandra Steenkamp were also selected but are not available.

## ***PERSONAL ACHIEVEMENTS***

Mark Adams	1 <sup>st</sup> 100 Miler
Anne Calaca	1 <sup>st</sup> 15 km

## ***GREEN LEAF PROJECT***

Spring is around the corner and it is time that we become fit and strong, but also support a worthy cause in the process!!

I am therefore excited to announce our **2015 Spin-a-thon** that will take place on 6 September 2015 from 10h00 to 14h00 at the Virgin Active, Mall@Reds.

Buy a bike for R200, put together a team and come and spin for an hour session to enable us to help Bramley Children's home to acquire a gas stove.

To book please contact Lindie Steenkamp, 082 333 1261 or lindies66@gmail.com

Cannot wait to see you all there!

Lindie

### ***SIZWE DR MOTLANA MARATHON***

The 2016 Comrades Marathon media launch took place on Thursday last week. Louis Visser and Wynand Breytenbach were invited to attend due to the fact the Sizwe Marathon is the first qualifier. Comrades race director Rowyn James had an interview on the Morning Live TV show on Friday morning where he reiterated this and where he also talked about Irene's support for Comrades.

You can watch the interview at <https://www.youtube.com/watch?v=ST2JJewOF5k>



### ***HELPERS REQUIRED***

As you all by now the Sizwe Dr Motlana Marathon will be the first full Marathon to be presented by Irene Athletics Club, a historical event indeed.

I want to appeal to our members to be part of this occasion. We need you as helpers on the day to ensure that the race is a huge success. Without you we cannot present it.

We require helpers in the following areas:

Route marshals, entries, water points, finish area and traffic marshals. We also require a few photographers and a few cyclists to ride with the leading ladies and category winners.

Every helper will receive a T-shirt and a cap as well as something to eat and drink.

As you know the race takes place on Sunday 30 August and starts at 12:00. Entries will be taken from 08:00.

Please reply to this email and let me know where you want to help.

Bring your family along to participate in the fun run!

### ***PERSONALIA***

Condolences to Pieter Reynecke and his family. His mother passed away on Saturday.

Congratulations to everybody celebrating their birthdays during the week:

Frans	Nyundu	18-Aug
Johann	Stadler	18-Aug
Nicole	van der Merwe	18-Aug
Maria	Bruyns	19-Aug
Roland	Hallquist	19-Aug
Johannes	Makgetlha	20-Aug
Benjamin	Marais	21-Aug
Salomon	Botha	22-Aug
Vicki	Du Toit	22-Aug
Mike	Lundie	22-Aug
Allan	Soundy	22-Aug
Rudolph	Krause	23-Aug
Maureen	Van Der Westhuizen	23-Aug



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## ***NOTICE BOARD***

### **Saturday 22 August**

### **Wierie Road Race 21.1/10/5/2 km**

Race Organisers: Alpha Centurion runners/walkers

Venue: Centurion Mall

	21.1 km	10 km	5 km	2 km
Pre entry fees	R 80	R 70	R 40	R 30
Start time	06h30		07h00	07h10
Time Limit	03h00		02h40	

**No baby strollers on the 10 & 21.1km races**

**No pets allowed**

**Wheelchair athletes welcome in all events**

**Goody bags to the 1<sup>st</sup> 2000 pre-entries only**

Pre-entries at: Run-away-Sports; Running Inn; Sweat Shop Southdowns

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

### **Saturday 29 August** **10 / 5km**

### **The Most Beautiful Road Race/ Spar Women's**

Race Organisers: Athletics Gauteng North

Venue: Supersport Park, Centurion

GPS: S 25.51'29.2" E 28.11'44.2"

	10 km	5 km
Entry fees	R 70	R 70
Start time	14h00	
Time Limit	??	

**Entries limited to 25 000**

**No entries taken on race day**

Pre-entries at: Various Spar, Superspar & Kwikspar shops; Run-Away-Sports; The Sweatshop Stores; Curves Branches

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

Sunday 30 August

Sizwe Dr Motlana Marathon 42.2/21.1/10/5 km

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Irene

GPS: Gate 1: S 25 53'49" E 28 13'29"

Gate 2: S 25 53'31" E 28 11'29"

	42.2km <b>Pre- entries only</b>	21.1km	10 km	5 km
Entry fees	R 120	R 80	R 60	R 40
Entry fees 60+	R 80	R 50	R 40	
80+	Free			
Start Time	12:00			
Time Limit	6 Hours			

**Free t-shirts and caps to all**

**The 5km is not wheelchair friendly**

Pre-entries: Run-A-Way Sports, Running Inn Pretoria, Sweatshop Dunkeld, Bedfordview, Fourways; Runner's Store Tramshed; Sportmans Warehouse Centurion

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

**Wednesday 16 September**

**Lester Mills Memorial Night Race 10 / 5 km**

Race Organisers: Tuks Athletics

Venue: University of Pretoria Sports Campus – HPC

GPS: S -25.74538 E 28.24718

	10 km	5 km
Entry fees	R 60	R 30
Grand masters	½ price – only on race day	
Entry fees 70+/ blind runners	Free – only on race day	
Start time	18h30	
Time Limit	??	

**Race is not suitable for wheelchair athletes**

Pre-entries at: Run-away-Sports; Running Inn; Sweatshop Southdowns; Runners Shop Tramshed

**Thursday 24 September**

**Great Run Series 3 15 / 6 km**

Race Organisers: Global Athletics Club

Venue: Weskoppies Hospital, Pretoria West

	15 km	6 km
Entry fees	R 80	R 40
70+ and 80+ entry fees	Free	
Start time	07h00	
Time Limit	??	

**Goodie bags for the 1<sup>st</sup> 1000 finishers**

Pre-entries at: Run-away-Sports; Running Inn; Sweatshop Southdowns; Runners Shop  
Tramshed; AGN office

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



<b>2015 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
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**

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

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

<http://www.perth2016.com>

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

**Impossible only means that you haven't found the solution yet.**

## **Photo Corner**



Mark Adams completed his first 100km Ultra, the Stour Valley Path 100km ultra trail

The following photos were taken at the Marcel van't Slot race



Freddy Makoka brought his son along



Schalk Liebenberg





Theuns Nieuwoudt



Rose Kavalianneas (social member) and Lynette Gough



Heinrich Piek in a much better body position than previously



Joseph Moagi





Seanette and Louis Botha



Gerna Horak



Andy Crawshay-Hall



Marietjie Wanland





Rob Hudson



Marisia Koch, Yvonne van Wyk, Johan Engelbrecht, Henk Basson & Joy Nicholl





Louis Visser and Anelle Vorster



Waldo & Juan Breytenbach, sons of Philip & Nadine did a great job with the flyers