



# **IRENE NEWS**

**17 July 2017**

**No 28 - 2017**



## **ACHIEVEMENTS**

The following members were on the podium at the Springbok Vasbyt race on Saturday:

Joey Cloete	1 <sup>st</sup> Gm lady – 10 km (69:06)
Elsa Meyer	1 <sup>st</sup> GGM lady – 10 km (75:05)
Iain Mc Fadyen	1 <sup>st</sup> GGM – 25 km (NTA)

Congratulations!

## **PERSONAL ACHIEVEMENTS**

None received

## **THIS WEEK'S DIARY**

### **Tuesday:**

Time trials at 17:15 - Club house

### **Saturday:**

Long Run/Walk to Freedom 5/10/21 at 07:00 – Eco Boulevard (League race)

## **CLUB AWAY WEEKEND**

Accommodation is running out fast for the away weekend. Make sure that you book your place to avoid accommodation.

## **WINTER WARMER PROJECT**

Don't forget your contribution towards this very important project. With this money Irene AC would like to continue our 'tradition' to buy blankets for needy senior citizens and to also supply animals with much needed food and blankets.

If every club member raises R50, we can reach our target of R30,000.



### ***SPAR LADIES INCENTIVE***

A number of our members have already indicated that they are committed to help us to win the prize of R50 000. If only 200 members can recruit only 5 people to participate on 5 August, nobody will beat us. It can be anybody, family, friends, colleagues, club members, non-club members, members of other clubs, children, anybody!

It has now become even easier to do it. No more entry form to be completed. Just fill in the attached form, collect the money and hand it in at the club house or caravan or contact Wynand to make an arrangement.

He will then take the lists to the AGN office to collect the race numbers and T-shirts.

There is only one T-shirt size available (large).

The closing date is now 27 July.

A small effort from you can make a big difference.

Go for it! PLEASE!!!

### ***ENTRY AVAILABLE***

Tanya Ungerer has a 21 km entry available for the Zwartkop Lapa race on 22 July. You can contact her at [TUngerer@AfricanBank.co.za](mailto:TUngerer@AfricanBank.co.za).

### ***CITY TO CITY CANCELLED***

It is with great regret that Central Gauteng Athletics has to announce that the Gauteng's City 2 City Marathon, due to take place 24 September 2017, has been cancelled.

Our efforts over the past few months to secure a sponsor have not been successful. A lack of sponsorship means that Central Gauteng Athletics has no choice but to cancel this prestigious race.

In an effort to bring back this prestigious race, we urge all corporates and corporate clubs to assist Central Gauteng Athletics in this regard. If you would like to assist us, please contact our General Manager- Mandla Radebe on [mandla@centralgautengathletics.co.za](mailto:mandla@centralgautengathletics.co.za).

### ***LEAGUE RACE***

The Long Run/Walk to Freedom race on Saturday at Eco Boulevard, Highveld is the next league race. It is on our doorstep for many of our members. Let's be there in big numbers. It is of crucial importance that our faster runners also turn up to make an impact on the super league.

As always there will be something to eat afterwards to all our members (free of charge).

### ***ACCOMMODATION AVAILABLE***

SKUKUZA HALF MARATHON accommodation Friday 4th & Sat 5th August 2017: Camp site at Berg en Dal R600. Steve Holtshousen - 083:2670776 / 011:704-0036.

### **LEAGUE RESULTS (RACE FOR FRIENDSHIP)**

It wasn't a good day for us at this particular race. We finished in 14<sup>th</sup> position on the day but still managed to maintain our 12<sup>th</sup> position on the log. We just have to attend the league races better to ensure that we stay there.

<b>Race for Friendship</b>	<b>Div 1</b>	<b>Points</b>
<b>Pos</b>	<b>Club</b>	<b>League</b>
1	Vtm	118
2	Ace	113
3	Pmmc	111
4	Agape	91
5	Hqh	86
6	PvR	83
7	Overkruin	76
8	Resbank	72
9	Npo	71
10	Aurecon	68
11	Rwfl	59
12	Irene	53
13	Love Running	49
14	Ppmk	47
15	Affies	44
16	Csir	41
17	Bmw	29
18	Arete	24
19	Run At Out	16
20	Enduro	3

### **SUPER LEAGUE**

Our ladies finished in 10<sup>th</sup> position on the day, the worst in a very long time. They were 7 points ahead of Vitality on the log but is now sharing the 1<sup>st</sup> position with Vitality. We need all our faster ladies at the Eco Boulevard race on 22 July.



<i>Pos</i>	<i>Club</i>	<i>Log</i>
<i>Race for Friendship</i>	<i>Female</i>	<i>Points</i>
1	TEAM VITALITY	284
1	IRENE	284
3	VTM	271
4	MAGNOLIA	251
5	GREEN MILE	242
6	AGAPE	233
7	NEDBANK	228
8	ACRW	216
9	HQH	209
10	KPMG	204

Our men on the other hand had a good day at the Race of Friendship. They finished in 3<sup>rd</sup> position on the day to stay in 4<sup>th</sup> place on the log, but only 2 points behind correctional Services. Well done guys, keep it there.

<i>Race for Friendship</i>	<i>Male</i>	<i>Points</i>
<i>Pos</i>	<i>Club</i>	<i>Log</i>
1	PMMC	298
2	ACE	282
3	CORR SERV	278
4	IRENE	276
5	NEDBANK	263
6	VTM	256
7	TUKS	245
8	FARANANI	223
9	ARCADIA	212
10	MAGNOLIA	209



Congratulations to the following members who were responsible for the super league points:

	POS	NAME	AGE	TIME	POINTS
<b>Female 10 km</b>					
	117	H DE BRUIN	39	00:50:26	10
	147	S MAREE	57	00:51:59	6
<b>21 km</b>					
	113	R BRINK	42	1:54:45	17
<b>Male 10 km</b>					
	6	P MABOPHE	22	00:35:55	47
	12	N VAN ROOYEN	29	00:38:28	41,5
	13	S LIEBENBERG	31	00:38:28	41,5
	66	L PAGE	58	00:46:47	3
<b>21 km</b>					
	18	M MOKWALA	39	1:29:50	39
	41	T GOMES	42	1:41:23	26
	45	A FOURIE	39	1:43:50	23

### **WALKING LEAGUE**

Well done to our walkers who finished first on the day and who are still on top of the log, with PMWC at this stage. Keep it there!

<i>Race for Friendship</i>	<b>+</b>	<i>Points</i>
<i>Pos</i>	<i>Club</i>	<i>L'gue</i>
1	IRENE	116
1	PMWC	116
3	RWFL	111
4	VTM	97
5	RWFL B	94
6	LOVE RUNNING	90
7	SOLIDARITEIT	75
8	CORR SERV	56
9	AGAPE	55
10	TRANSNET	48



### PERSONALIA

Our condolences to Henry Enslin whose father passed away last week. Please keep him and his family in your prayers.

Aletha van den Bergh has been very sick for the past 6 weeks. Please think about her in your prayers.

Congratulations to everybody celebrating their birthdays during the week:

Pieter	Jooste	17 Jul
Pieter	Jooste	17 Jul
Piet	Phalahadi	18 Jul
Danel	Geldenhuis	20 Jul
Bill	Collatz	21 Jul
Stephni	J v Rensburg	22 Jul
Trevor	Netshombo	22 Jul
Linda	Krause	23 Jul
Thea	van Helden	23 Jul
Cobus	Visser	23 Jul



### NOTICE BOARD

#### League Race

**Saturday 22 July**

**Long Walk/Run to Freedom 21.1/10/5 km**

Race Organisers: A4A Athletics Club

Venue: Eco Boulevard, Witch-Hazel Avenue, Highveld, Centurion

	21.1 km	10 km	5 km
Entry-fee	R 80	R 60	R 40
Start Time	07:00 run 07:15 walk		07:30
Cut-off	03:00		

#### No animals allowed

Pre-entries at: Run-away Sport; The Runners Store; Sweatshop Southdowns; Maxi's Restaurant Eco Boulevard; Tshwane Running Shop Sinoville

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

**Saturday 29 July****Zwartkop Road Race 21.1/10/5 km**

Race Organisers: Gereformeerde Kerk Wierdapark/Denel Athletics Club

Venue: Zwartkop Lapa, Centurion

GPS: S 25 50 14.25 E 28 07 28.46

**COME EARLY – ONLY ONE ENTRANCE GATE**

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 40
70+, blind & wheelchair athletes – race day only	50% of entry fee		
Start Time	07:00 run 07:15 walk		07:30
Cut-off	3:00		

Pre-entries at: Run-away Sport; The Runners Store; Sweatshop Southdowns & Dunkeld; Sportmans Warehouse Centurion; The Natural Runner Highveld

[www.enteronline.co.za](http://www.enteronline.co.za) **No animals allowed**

**Wednesday 9 August****Castle Walk Road Race 10/5km**

Race Organisers: Fusion Sports

Venue: Castle Walk Shopping Centre, c/o Nossob & Swakop Street, Erasmuskloof

	10 km	5 km
Entry fees	R 70	R 50
60+ / Children under 12		R 30
Toddlers under 5		Free
Start time	07h00	07h15
Time Limit	??	

**No pets or wheelchairs on the 10km race**

Pre entries at: Run-Away-Sport; Sweat Shop Southdowns & Dunkeld West & Fourways Crossing; The Runners Store; Curves Castle Walk Centre

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

**Saturday 19 August****Roman's Pizza Phobians 15/5 km**

Race Organisers: Phobians Athletics Club

Venue: Pretoria Boys High School, Roper Street, Brooklyn

	15 km	5 km
Entry fees	R 80	R 40
70+ / Blind runners / Wheelchair athletes – race day only	Free	
Start time	07h00 Run 06h50 Walk	07h15
Time Limit	2h30	02h00

**No pets****5km Baby strollers welcome**

Pre entries at: Run-Away-Sport; Sweat Shop Southdowns & Dunkeld; The Runners Store;  
Tshwane Running Shop

[www.entrytime.com](http://www.entrytime.com) & [www.sa-active.com](http://www.sa-active.com)

**2017 AGN LEAGUE FIXTURE LIST**

EVENT	DIST	DATE	LEAGUE	
			RR	RW
LONG WALK/RUN FOR FREEDOM	10/21	22 Jul	X	X
MARCEL VAN'T SLOT	15	19 Aug	X	X
ADDICTED TO LIFE	10/21	9 Sep	X	X
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

**SA MASTERS****Local meetings****12 Augustus 2017**

? Sept/? October 2017

November 2017

**Claude Sterley Memorial**

SWD

Free State

**Pilditch**

Oudtshoorn11

Bloemfontein

**THOUGHT FOR THE WEEK**

**Age is no barrier. It's a limitation you put on your mind.**



### Photo Corner (Springbok Vasbyt)



Stephan Olieman, Pieter Olivier & Annemarie Breytenbach having fun after the race



Ansie Breytenbach & Werner van der Merwe





Marlise Pienaar and Candice van der Spuy with Bets and Chantelle Botha



Schalk Liebenberg, Nelius van Rooyen, Damian Cloete and Dirk Cloete





Blanche van Vuuren with her daughter Suzanne



Amanda Cloete on her way to the finish





Walter Strydom looking good after 25 km



Has anyone seen Rosemary Brink not smiling?





Joseph Moagi close to the finish



Willem van der Merwe also did the Rhodes Run last weekend





Riaan Prinsloo, Charmaine & Jolandé Janse van Rensburg and Renette Prinsloo



Mark Mathebula and Gloria Pete





Mthokozisi Mambi



Adriaan van der Merwe



Nadene Visser



Louis Msomi





Tjaart van Wyk



Iain McFadyen



Adriaan van der Merwe and his family



