



IRENE NEWS

17 October 2016

No 42 - 2016



ACHIEVEMENT

Congratulations to the following members who were on the podium at the Jacaranda Race:

Liza Maritz	3 rd Lady – 10 km (41:17)
Bertha van den Raad	1 st GGM lady – 10 km (1:19:14)
Elsa Meyer	1 st GGM lady walker (time unknown)
Ansie Breytenbach	1 st Master lady – 21 km (1:40:31)
Jaap Willemse	1 st Master walker – 21 km (2:15:00)
Gerard van den Raad	1 st GGM walker – 21 km (2:30:19)
Lucia Willemse	1 st GM lady walker – 21 km (2:30:17)

PERSONAL ACHIEVEMENTS

Nadia Liebenberg
Christo van der Merwe

PB 21 km
First Marathon



Well done!

THIS WEEK'S DIARY

Tuesday:

Time Trials at 17:30

Saturday:

CSIR 5/10/21/ at 06:00 – CSIR, Meiring Naude Road



RACE NUMBER AVAILABLE

Please note I have a number for the Kaapsehoop Marathon (42km) which I will no longer use because of injury.

Please mail me on johan@legalinc.co.za if you are interested.

PHOTO ALBUMS – WEBSITE

Please take note that there are just over 1400 photos of this year's events available on our website www.irenerunner.co.za. Should you want any of these photos in a bigger format, please let us know at info@irenerunner.co.za.

KING PRICE IRENE FARM RACE

Thank you for the wonderful response on the request for helpers at our race on 29 October. We still require more marshals and helpers at the entries.

Please help us in this regard.

AGM – ELECTION OF MANAGEMENT COMMITTEE

Tuesday **18 October 2016** is the last day to submit your nominations for the 2017 management committee. The Club belongs to its members, please be part of this process.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Derrick	Pieterse	17 Oct
Henry	Enslin	18 Oct
Mpho	Motaung	19 Oct
Zettie	Malan	20 Oct
Pieter	van der Westhuizen	20 Oct
Johan	de Klerk	21 Oct
Andre	Oosthuisen	21 Oct
Anne	Calaca	23 Oct
Willie	du Plooy	23 Oct
Joyce	Jakavula	23 Oct
Elmon	Mhlanga	23 Oct
Antoinette	Reynolds	23 Oct



 SHORT TERM BROKERS Value. Service. Trust <small>Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mwweb.co.za</small>	We're there for the long run <small>Short Term Brokers is an authorised financial services provider – FSP no. 10670</small>
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NOTICE BOARD



Saturday 22 October**CSIR 21.1/10/5km**

Race Organisers: CSIR Athletics Club

Venue: CSIR North Gate, off Meiring Naude Road, Brunneria, Pretoria

GPS: S 25 44'57.54 E 28 16'05.72

	21.1 km	10 km	5 km
Entry Fee	R 100	R 80	R 40
70+ and 80+	Free	Free	
Start Time	06:00		06:05
Cut-off	03h00		

No prams or wheelchairs**Parking at the Innovation Hub opposite the CSIR**

Pre-entries at: Run-A-Way Sport; Running Inn; Sweatshop Southdowns

LEAGUE RACE**Saturday 29 October****King Price Irene Farm Race 21.1/10/5/1 km**

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus (opposite Denel)

GPS: S 25 53'53 E 28 11'29

No Irene Members are allowed to participate

	21.1 km	10 km	5 km	1 km
Entry Fee	R 80	R 60	R 40	R 10
60+ race day only	R 40	R 30	R 20	
70+ race day only	Free	Free		
Start Time	06:00 runners 05:45 walkers		06h00	08h00
Cut-off	03h30	02h00		

Free t-shirts to the 1st 500 pre-entries – not fun run entrants**Parking also available at Denel**

Pre-entries at: Run-A-Way Sport; The Runners Store Tramshed; Sweatshop Southdowns, Dunkeld, Bedfordview, Broadacres

Saturday 19 November Tom Jenkins Run/Walk Challenge 21.1/10/5 km

Race Organisers: Arcadia Running Club

Venue: Union Buildings, Church Street, Arcadia, Pretoria

	21.1 km	10 km	5 km
Entry Fee	R 80	R 60	R 40
Start Time	06:30		06:40
Cut-off	??		

Pre-entries at: Run-A-Way Sport; Running Inn; The Runners Store Tramshed

www.enteronline.co.za

2016 AGN LEAGUE FIXTURE LIST				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
King Price Irene Farm	10/21	29 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

Masters Athletics Fixture list

? Oktober SWD Oudtshoorn
12 November Vrystaat Bloemfontein

African Masters Track & Field Championship

Cameroon 27 – 29 May 2017

International Championships

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.**Some mistakes are too much fun to only make once.**

Photo Corner (Jacaranda Challenge)



Charnette van Rooyen and Nadia Liebenberg



Freddie Makoka came to support his son



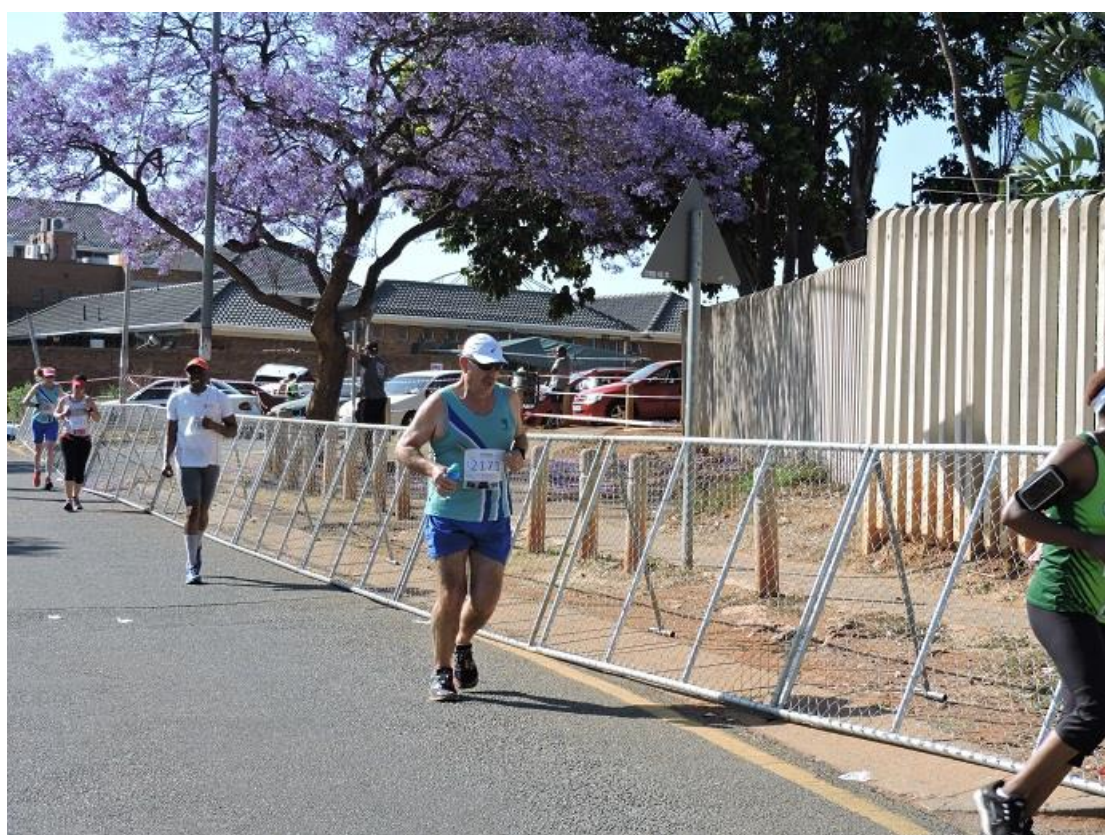
Daleen Labuschagne ran with her daughter and granddaughter



Andy Crawshay-Hall couldn't run but supported his daughter Jayne



Johann Stander looking good after 21 km



Johan van Zyl still looking strong



Marie van Zyl and Rod Stocker approaching the finish



Jenny Prinsloo looking as though she can do another 21 km



Maite Mohlala starting her 2nd round of the Marathon



Gerald Kroukamp starting his 2nd round



Willmott Mogodi looking pleased with himself



Gerard van den Raad relaxing with a cold one



Victor Phetoe wasn't very happy with his Marathon



Liza Maritz on the podium



Bertha van den Raad was also on the podium



Jock Donaldson in his head to toe Asics gear that he won at the Chairman's Ball