



# IRENE NEWS

18 September 2017

No 37 - 2017



## ACHIEVEMENTS

The following members who were on the podium at the Brooklyn race:

Annatjie Greyvenstein	1 <sup>st</sup> GGM lady – 21 km (2:03:02)
Sandra Steenkamp	2 <sup>nd</sup> Lady walker – 21 km (2:08:14)
Rhoda van Staden	3 <sup>rd</sup> Lady walker – 21 km (2:20:53)
Nelda Smith	3 <sup>rd</sup> Lady walker – 10 km (76:25)
Danie Labuschagne	1 <sup>st</sup> Walker - SA Army Intelligence Formation Fox Trail 16 km

Congratulations!

## PERSONAL ACHIEVEMENTS

Rosemary Brink	PB – Marathon
Tlou Thema	PB – Marathon

Well done!

Piet Bothma completed the Cape Town Marathon, his first Marathon in 24 years. He lost 23 kg since the beginning of the year and will be doing Comrades on his 60<sup>th</sup> birthday next year.

Well done Piet!

## THIS WEEK'S DIARY

### Tuesday:

Time trials at 17:30 - Club house

### Saturday:

Bophelong 21/10/5 at 06:00 – Bopheleng Community Centre, Mamelodi

### Monday:

The Combat Run 21/10/5 at 06:00 – Gerotek, Pretoria West

## AWAY WEEKEND

Time is running out. Don't delay your booking. Contact Joy at [joy@petretreat.co.za](mailto:joy@petretreat.co.za)



### **NAMING OF THE CARAVAN COMPETITION**

Only a few suggestions have been received. We need your inputs and suggestions please.

### **ANNUAL GENERAL MEETING**

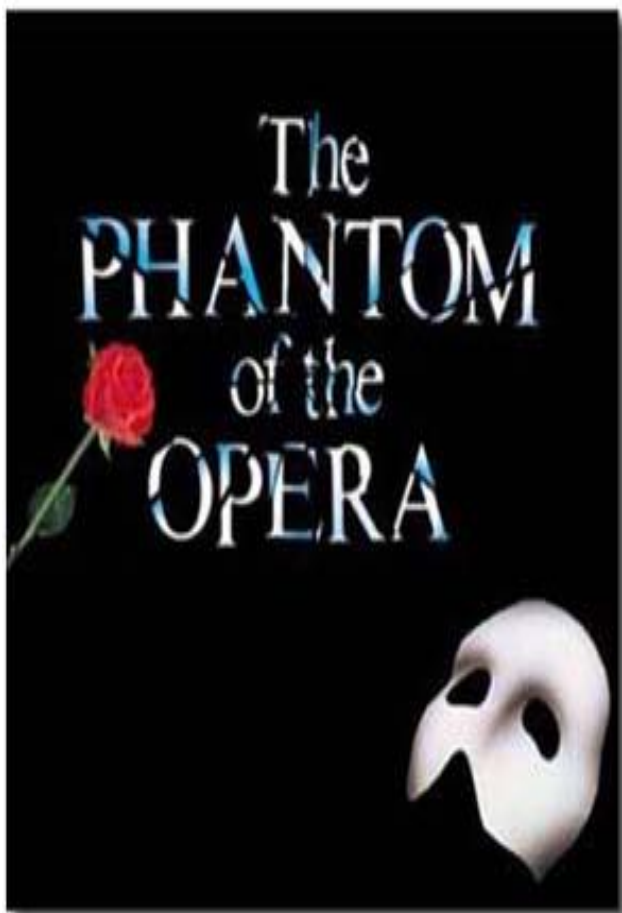
Our AGM will take place on 14 November this year. The management committee for 2018 will be elected during this meeting. Start thinking of members you would like to nominate to serve on the committee.

If you have someone in mind to nominate, please ensure that he/she is available to serve on the committee.

### **CLOVER IRENE SPRING RACE 30 SEPTEMBER**

**WE NEED MANY MORE HELPERS!** Thank you to those members who have already responded. Please send your names and preference of work to [info@irenerunner.co.za](mailto:info@irenerunner.co.za).

### **CHAIRMAN'S BALL**



## **CHAIRMAN'S BALL**

*7 October 2017 18:00 for 18:30*

*Shelanti Centurion*

*R100 per person*

*3 course meal, cash bar*

*Dancing*

*Dress: Formal*

*RSVP-Joy 083 284 4884*

**BOOK NOW!**



**SPAR**



### PERSONALIA

Former member Ronel Kriel passed away over the weekend. Our condolences to her husband John and their family.

Congratulations to everybody celebrating their birthdays during the week:

Willem	Maritz	18 Sep
Nomonde	Thamaga	18 Sep
Roxanne	Swart	20 Sep
Ian	Louw	21 Sep
Carol	Mathibe	22 Sep
Stephan	Craggs	23 Sep
John-Roy	Cloete	24 Sep
Roelof	Blignaut	25 Sep
Ronel	le Roux	25 Sep



### NOTICE BOARD

#### **Saturday 23 September**

#### **Bophelong Road Race 21.1/10/5 km**

Race Organisers: Bophelong Athletics Club

Venue: Bophelong Community Centre, 19477 Molepo Street, Mamelodi East

GPS: S 25.7168 E 28.3769

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 50
Start Time	06:00		06:15
Cut-off	03:00		

**Route not wheelchair friendly**

Pre-entries at: Run-away Sport

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

**Monday 25 September****The Combat Run 21.1/10/5 km**

Race Organisers: Titans Lifestyle Club & Armscor Athletics Club

Venue: Gerotek Test Facilities, R104 WF Nkoma Street, Pretoria West (13km outside Pretoria CBD)

GPS: S 25.45.515 E 28.00.522

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 50
Start Time	06:00		06:30
Cut-off	?:?:00		

**There is also a 6 & 12 km trial run (R70 & R90)**

Pre-entries at: Sweatshop South Downs

**AGN 21.1km Championships****Saturday 30 September****Clover Irene Spring Race 21.1/10/5 km**

Race Organisers: Irene Athletics Club

Venue: Irene Village Mall, c/o Nelmapius & Van Ryneveld Avenue, Irene

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 40
60+	R 50		
70+	Free		
Start Time	06:00		06:10
Start Time – Walkers / wheelchairs	05:45		
Cut-off	03:30		

**Route is wheelchair friendly**

**Pets allowed on the 5km**

Pre-entries at: Run-away Sport; Total Sports Irene Village Mall; Sweatshop Southdowns, Dunkeld, Broadacres & Bedfordview

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

**Irene members are not allowed to participate**

**Saturday 7 October****Chamberlain Capital Classic 21.1/10/5 km**

Race Organisers: Phobian Athletics Club & Alpha Centurion Runners/Walkers

Venue: Phobians Club, Queens Crescent, Lynnwood

GPS: S 25.45'64.4 E 28.15'22.8

	21.1 km	10 km	5 km
Entry-fee	R 90	R 60	R 40
Blind athletes, 70+, 80+ - race day only	Free		
Start Time	06:00		06:15
Cut-off	03:30		

**Wheelchair & baby strollers welcome**

Pre-entries at: Run-away Sport; Sweatshop Southdowns & Dunkeld

Chamberlains – Centurion, Montana Megastore, Silver Lakes Megastore, Waterkloof Glen & Riviera [www.enteronline.co.a](http://www.enteronline.co.a)

**League Race****Saturday 14 October**

Jacaranda City Challenge 42.2/21.1/10/5 km

Race Organisers: Agapé Athletics Club & Sportsvendo

Venue: SABS Grounds, 1 Dr Lategan Road, Groenkloof

GPS: S 25 46' 10" E 28 12' 42"

	42.2km	21.1km	10 km	5 km
Pre-entry fee (until 5 October)	R 150	R 80	R 70	R 30
Entry fees 60 – 79	R 80	R 50	R 40	
Late entry fees (13/14 October)	Closed	R100	R 80	
Late entry fees 60 - 79	Closed	R 50	R 40	
Jardine Joggers / 80+ athletes	Free			
Start Time	<b>05:45</b>		06:15	06:30
Time Limit	05h:30	03h00	2h00	

**Free t-shirts to the 1<sup>st</sup> 5000 pre-entries**

**Chip results – no tear-off – no results**

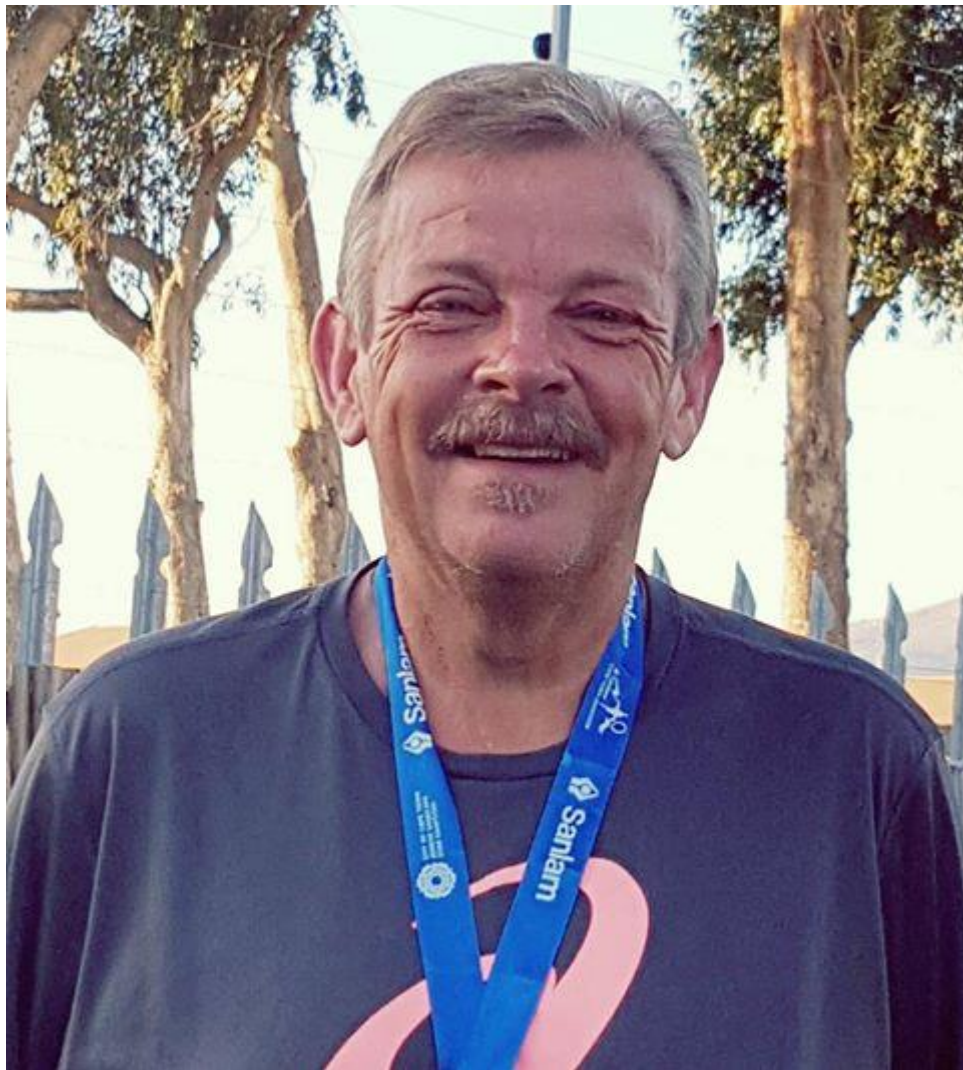
Pre-entries: Run-A-Way Sports; Sweatshop Dunkeld, Bedford & Southdowns, Randburg Runner; Sportmans Warehouse Atterbury value Mart, Centurion Value World & Kolonnade Retail Park; Enter on line: [www.entrytime.co.za](http://www.entrytime.co.za)

<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>
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

### **THOUGHT FOR THE WEEK**

Life is not about the people who act true to your face, it's about the people who remain true behind your back.

### **Photo Corner**



A very happy Piet Bothma after completing the Cape Town Marathon





Mkhondo Lundias relaxing after his Cape Town Marathon





Tlou Thema also did the Cape Town Marathon





Danie Labuschagne at the prizegiving on Saturday





Rob Hudson and Belinda de Bruin at the Brooklyn race



Always nice to see new members in their full Irene outfit





Bernie Ruthven and CJ Gresse relaxing after the Brooklyn race



Retha Knoetze and Letha Kotze