



# IRENE NEWS

19 October 2015

No 41- 2015



## ACHIEVEMENTS

The following members were on the podium on Saturday at the Jacaranda race:

Jacquie van der Waals	1 <sup>st</sup> Vet lady – 21 km (1:28:52)
Ansie Breytenbach	1 <sup>st</sup> Master lady – 21 km (1:39:27)
Johan Nel	1 <sup>st</sup> GM – 42 km (3:16:28)
Jaap Willemse	1 <sup>st</sup> Master walker – 10 km (1:03:25)
Letha Kotze	1 <sup>st</sup> GM lady walker – 10 km (1:19:05)
Gerard van den Raad	1 <sup>st</sup> GGM walker – 21 km (2:31:14)
Elsa Meyer	1 <sup>st</sup> GM lady walker – 21 km (2:22:18)
Sandra Steenkamp	1 <sup>st</sup> Lady walker – 42 km (4:45:15)

Ansie Breytenbach finished 2<sup>nd</sup> Master in the Spar Ladies Grand Prix series.

Keith Reynolds also earned a gold medal at the SA Walking Championships

Congratulations!

## PERSONAL ACHIEVEMENTS

Yvonne van Wyk	First Marathon
Thea van Helden	First Marathon
Marks Mathebula	PB – Marathon

Well done!

## CHAIRMAN'S BALL

The Chairman's Ball is a wonderful occasion to bring together club members to socialise at a formal occasion. No speeches or any formalities, just wine, good food, music, dancing and good company.

The semi-final between the Springboks and the All Blacks starts at 16:00 and will be finished long before the start of the Ball.

The Ball is subsidised by the club to give something back to its members in a different way. You just can't get better value for money. Just look at the menu and decide for yourself.



## We go the distance

Short Term Brokers is an authorised financial services provider – FSP no. 10670

**IRENE ATHLETICS CLUB CHAIRMAN'S BALL @ SHALANTI**

**Saturday 24 October 2015**

**MENU**

Welcome drink on arrival

**STARTER**

Deep fried crumbed prawns on a bed of baby rocket served with a sweat chilli sauce

**MAIN**

Roast leg of lamb with rosemary & accompanied with a rich brown gravy

Roast leg of pork with apple sauce & accompanied by a rich brown gravy

Potato bake

Roast potatoes

Glazed julienne of carrots

Dutch green beans with bacon

**SALAD BAR**

Waldorf salad

Roast butternut with cous cous & caramelised onion

Pavlova served with fresh fruit & cream

Sparkling wine & juice served on the table

Tea & coffee

DJ in attendance

Book today at [info@irenerunner.co.za](mailto:info@irenerunner.co.za)

***KING PRICE FARM RACE***

Everything is in place for our annual November race. With King Price Insurance on board as our new sponsor we can look forward to an exciting future for this race.

With many of our members participating in the Kaapse Hoop race on the same day this year, we are facing a few extra challenges.

We need the rest of our members to put up their hands to assist as helpers on the day. This is the ideal opportunity also to all our new members to become involved in the club activities.

Please let us know if you can help out. We really need you to prove to our new sponsors that they made the right decision to become partners with Irene Athletics Club.

Without you we just cannot present a race of this magnitude.



### *TWO OCEANS*

Two of our members feature on the Two Oceans Marathon's social media. Joy Nicholl and Henk Basson are the two in the limelight.

**There are  
no finish lines.  
Runs end;  
running doesn't.**

**25 & 26 MARCH 2016**

the world's most beautiful marathon

The logo for the Two Oceans Marathon, featuring a stylized runner silhouette in black and green, with the text 'OLDMUTUAL TWO OCEANS MARATHON' below it.

The graphic is a promotional image for the Two Oceans Marathon. It features a background photograph of runners, with a focus on two individuals, Joy Nicholl and Henk Basson, who are highlighted in the accompanying text. The image is overlaid with a semi-transparent blue filter. The text is in white and green, matching the event's branding. The dates '25 & 26 MARCH 2016' and the tagline 'the world's most beautiful marathon' are prominently displayed. The Old Mutual logo is also present in the bottom left corner.

## PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Mpho	Motaung	19 Oct
Stanley	Macmillan	20 Oct
Johan	de Klerk	21 Oct
Andre	Oosthuisen	21 Oct
Willie	du Plooy	23 Oct
Joyce	Jakavula	23 Oct
Elmon	Mhlanga	23 Oct
Antoinette	Reynolds	23 Oct
Normandi	Le Grange	24 Oct
Heinrich	Piek	24 Oct
Michele	Botha	25 Oct
Maryke	Oberholzer	25 Oct
Huibri	Schalkwyk	25 Oct
Kirsten	Strugnell	25 Oct



## NOTICE BOARD

### **Saturday 24 October**

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

Race Organisers: CSIR Running Club

Venue: CSIR, North Gate, off Meiring Naude Road, Brummeria

Parking at Innovation Hub – opposite CSIR (10 min walk to start)

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

	21.1 km	10 km	5 km
Entry fees	R 80	R 70	R 30
Entry fees 60+	Half price		
Entry fees 70+	Free		
Start time	06h00		06h05
Time Limit	03h00		

**No wheel chairs or prams allowed**

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

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

**NB – This is a pre-enter race only**

**Saturday 31 October****Amakhosikazi 10 / 5 km Race**

Race Organisers: AGN

Venue: Pilditch Athletics Stadium, Pretoria West

GPS: S 25.751667 E 28.164722

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Start time	06h00		
Time Limit	??h00		

Pre-entries at: Run-Away-Sports; Running Inn; Runners Store; Sweat Shop, Southdowns;  
Pilditch Stadium;

Shell Garage Atteridgeville

[www.entrytime.com](http://www.entrytime.com)**Saturday 7 November****King Price Irene Farm Race 21.1/10/5 km**

Race Organisers: Irene Athletics Club

Venue: ARC Campus, Nellmapius Drive, Irene

GPS: S 25.751667 E 28.164722

	21.1 km	10 km	5 km	Kids run
Entry fees	R 80	R 60	R 40	R 10
70+ - race day only	Free			
Start time	Running 06h00 Walking 05h45		06h00	08h00
Time Limit	??h00			

**Free t-shirts to the 1<sup>st</sup> 500 pre-entries (5km excluded)****21.1km not wheelchair friendly**

Pre-entries at: Run-Away-Sports; Runners Store; Sweat Shop, Southdowns, Dunkeld,  
Fourways & Bedfordview

[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>
Muller Potgieter		28/11/15	X	X



### **Masters Athletics Fixture list**

#### **Local meetings**

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**

**Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway.**





### Photo Corner (Jacaranda race)



A big thank you to Alfred Choma and Freddie Makoka (below) for handing out flyers







Riaan Lombard, Martin Struwig and Alta Struwig with two potential new members



Trying to be funny. Shalati Maponopono, Edith Maphatane and Mpho Motaung





Jacqui Burn and Elaine Cuffe



Gerard van den Raad, Letha Kotze and Elsa Meyer waiting at the prize giving ceremony