



# IRENE NEWS

19 September 2016

No 38 - 2016



## ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Andrew Greyling Race

Annatjie Greyvenstein	1 <sup>st</sup> GGM lady – 10 km (56:47)
Mike du Bruto	1 <sup>st</sup> GM – 21 km (1:35:34)
Liza Maritz	2 <sup>nd</sup> Lady 21 km (1:31:56)
Sandra Steenkamp	1 <sup>st</sup> Lady walker 21 km (2:06:37)
Elsa Meyer	3 <sup>rd</sup> Lady walker – 21 km (2:23:49)
Jaap Willemse	3 <sup>rd</sup> Walker – 21 km (2:13:50)
Ansie Breytenbach	3 <sup>rd</sup> Master lady – Cape Town Marathon (3:31:50)

## PERSONAL ACHIEVEMENTS

Handri Kymdell	PB – 21 km
Shelly Robbertson	PB – 21 km
Heine Erasmus	First Marathon
Magda Nel	First Marathon
Wynand Breytenbach	First Marathon as a walker



## THIS WEEK'S DIARY

### Tuesday:

Time Trials at 17:30 – Club House

Saturday:

Clover Irene Spring Race. **No Irene Member will be allowed to participate**

Sunday: Helpers run at 07:00 – Irene Village Mall

## ACCESS TO ARC

There have been a few incidents recently that required attention. At a meeting last week between the ARC, Sibongile Security Services and Irene Athletics club, the following decisions were taken and will be implemented with immediate effect:

- Nobody will be allowed access to the ARC premises without a 2016 windscreen disk.
- Nobody will be allowed access to train during weekdays before 15:00
- Nobody will be allowed access after 19:00

Members who want to run on the premises over the weekends will be allowed to do so on the following conditions:

- They must have the windscreen sticker
- A members list will be available at both gates to verify that they are a 2016 member
- They will have to complete a register at the gate

No member is allowed to drive through the ARC premises to avoid outside traffic at any time.

No cycling is allowed

Please adhere to these rules to ensure the safety of everybody and also the good relationship between the ARC and Irene Athletics Club

### ***CLOVER IRENE SPRING RACE – 24 SEPTEMBER***

Thank you to all our members who volunteered to help at our race on Saturday. We can look forward to a great event. Those helpers who haven't received their instructions yet, will receive it shortly.

Please remember that no Irene members are allowed to participate on Saturday.

The helpers race will take place on Sunday at 07:00 at the Irene Village Mall. Breakfast will be served to all the helpers after the race to thank them for their service on race day.



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## CHAIRMAN'S BALL

*All our members are invited to attend the Chairman's Ball to be held at Shelanti on 8 October. It is going to be something very special. Only 100 seats available. Book now to avoid disappointment.*



**IRENE ATHLETICS CLUB**

**CHAIRMAN'S BALL**  
**with LIVE COMEDY SHOW**

**R150** pp

**CASH BAR**

**OCT 8**

**7:00 PM**

**SHELANTI**

**CHAPEL & VENUE**

**263 JEAN AVE.  
CENTURION**

**BLACK TIE**

**007<sup>5</sup>**



**SPAR**



## PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Johan	Geldenhuys	19 Sep
Roxanne	Swart	20 Sep
Carol	Mathibe	22 Sep
Xiangjian	Jia	23 Sep
Merchandt	Le Maitre	25 Sep
Marinda	van der Walt	25 Sep



## RUNTHEBERG TRAIL RUN

Ek het 'n vriendin wat twee inskrywings vir die RuntheBerg Trail Run (<http://www.runtheberg.co.za/>) 1 & 2 Oktober 2016 het. Sy kan nie meer gaan nie en wil die inskrywings verkoop indien moontlik. Sy praat van R 1000.00 per inskrywing wat blykbaar kos prys is. As iemand by die club belangstel kan hulle vir Lize bel op 082 320 6780.

Die website is reeds uitverkoop.

Pieter Erasmus

## NOTICE BOARD

### **Saturday 24 September**

### **Clover Irene Spring Race 21.1/10/5km**

Race Organisers: Irene Athletics Club

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

	21.1 km	10 km	5 km
Pre-entry fees	R 80	R 70	R 40
60+	R 50	R 50	
Entry fees 70+	Free	Free	
Start time	06h00 run 05h45 walk/wheelchairs	06h00 run 05h45 walk/wheelchairs	06h10
Time Limit	03h30		

**Pets only allowed on the 5km**

Pre-entries at: Run-A-Way Sport, Runners Stores; Irene Village Total Sport; Sweatshop Bedfordview; Sweatshop Broadacres; Sweatshop Dunkeld; Sweatshop Southdowns

**No Irene member is allowed to participate**



## 2016 AGN LEAGUE FIXTURE LIST

<i><b>EVENT</b></i>	<i><b>DIST</b></i>	<i><b>DATE</b></i>	<i><b>LEAGUE</b></i>	
			<b>RR</b>	<b>RW</b>
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

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

**We are like tea bags whose true strength comes out when we are put in hot water.**

### **Photo Corner**

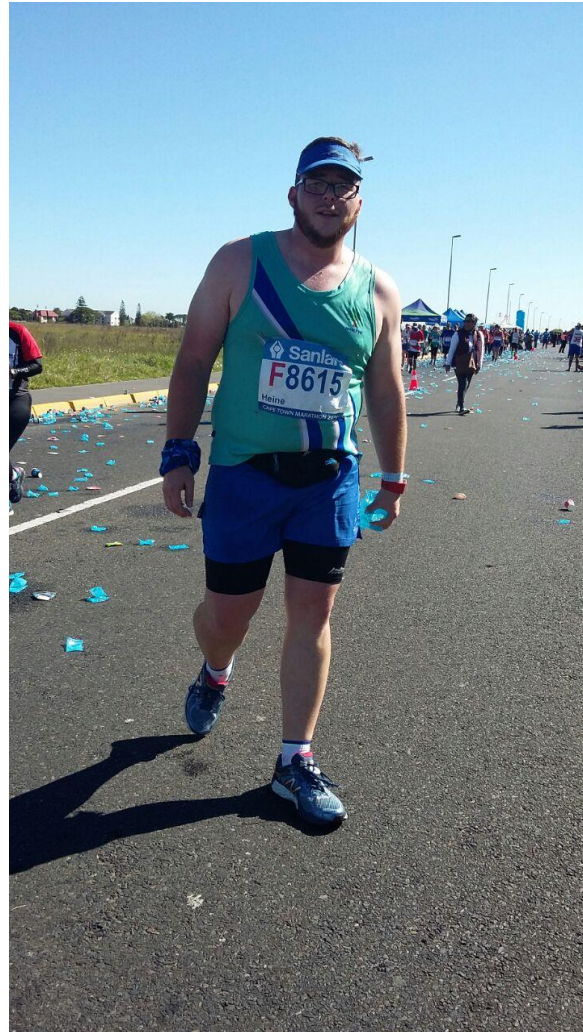
Two years ago Ntando Mahlangu ran the last stretch into Laingsburg with the Irene team at the end of our epic Serious Fun Run. We were able to raise R100 000 for Jumping Kids, the organisation who helped Ntando to get prosteses after both his legs were amputated. He was 12 years old at that stage and still battled to run properly. He also participated in the Clover Irene Spring Race in 2014. Today he is a national hero after winning a silver medal at the Paraplegic Olympic Games. We are proud that we could make a small contribution towards his success. Here he is at the our race wearing the yellow jacket.





Ntando with the Irene members going into Laingsburg





Heine Erasmus in action at the Cape Town Marathon



Members of the Race Committee busy with serious planning at the last meeting