



IRENE NEWS

1 August 2016

No 31 - 2016



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Zwartkop Lapa race on Saturday:

Ansie Breytenbach	1 st Master lady – 10 km (46:47)
Annatjie Greyvenstein	1 st GGM lady walker – 10 km (66:55)
Johan Nel	1 st GM – 21 km (1:38:34)
Sandra Steenkamp	1 st Lady walker & 1 st Master – 21 km (2:08:26)
Elsa Meyer	1 st GM lady walker – 21 km (2:21:45)
Jaap Willemse	1 st Master walker – 21 km (2:15:21)

Alfred Matema	3 rd Vet – 21 km SA Championships (1:15:32)
Mike du Bruto	3 rd GM – 21 km SA Championships (1:31:00)

PERSONAL ACHIEVEMENTS

Alfred Matema	PB – 21 km
Ronel Jooste	PB – 10 km
Marks Mathebula	PB – 21 km

Well done!

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:15 - Club house

Saturday:

Tshwane Road Race 5,10,21 at 07:00 – SMU Sport Complex, Soshanguve

CAPTAIN'S CORNER

Dear Fellow Club Members,

August month is upon us and the warmer weather is slowly approaching. No time like now to dust off that running shoes and get back on the road. Club training has started and there has been trail runs organised to keep the momentum going. The next trail run is at Groenkloof starting at 7h30 on the 13th of August. We meet at the mountain bike parking area and entrance fee into Groenkloof is R38. Hope to see you there for a run in the bush right here in



the heart of the city. The distances are approximately 6km, 12km and an 18km route and it is very safe. Please see the flyer attached.

Please remember the **10KM CLUB CHAMPS** at the **SPIRIT OF FLIGHT** the 27th of August. The club weekend away information has been sent out in a few mails for Kaapsehoop. Unfortunately all the accommodation has been booked within a week.

Happy running and see you on the road and trail.

Should you have any questions about training please drop me a mail at training@irenerunner.co.za or call me on 082 345 5343 and I will assist where possible.

Proud IRENE Greetings

Linley

AWAY WEEKEND

All the accommodation has now been reserved.

Catering and support station details will follow shortly.

Payment for the accommodation must be made to the club account, no later than Friday 20th August 2016. (The proof of payment must be sent to Stephen)! If you have put your name down and the booking has not been paid for by this date the accommodation will be passed over to the next person on the waiting list.

If anyone has any questions or concerns please contact Stephen on 0746600833 or steve.mee@seeff.com

The following members have confirmed bookings:

Mike Lundie x 3
Cindy Frost x 2
Frances Lezar x 2
Michelle Lubbe x 2
Michelle Lubbe (Calaca) x 2
Nadine Breytenbach x 2
Andre Rudolph x 2
Nadene Visser x 2
Pieter Reynecke x 2
Yolanda Meintjies x 2
Michelle Lubbe x 2 (Calaca)
Michelle Lubbe x 2 (Janse van Rensburg)
Wynand Breytenbach x 2
Adriaan van der Merwe x 5
Henk Basson x 5
Hermien Bezuidenhout x 4
Linda Krause x 6
Johan Stander x 4
Jenny Prinsloo x 2
Elna Mee x 4
Shelly Robertson 9 + 6 berth



SOCIAL EVENING

Our monthly social evening will take place after the time trials on Tuesday evening. Bring the whole family along. It will be the annual pancake evening with the men baking the pancakes. We can look forward to a great evening.

DAWN TO DUSK

Tania Thompson is looking for a walking partner to do the Dawn to Dusk with her. Please contact her at tania.thompson@brolink.co.za should you be interested in this challenge.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Jacqui	Burn	01 Aug
Heidi	Oosthuisen	01 Aug
Douw	Van Zyl	02 Aug
Michelle	Lubbe	03 Aug
Karen	Mc Ewen	03 Aug
Danni	Marlin	04 Aug
Elsa	Meyer	04 Aug
Gapes	Stoltz	06 Aug
Guy	Stocker	07 Aug



NOTICE BOARD

Saturday 6 August

Tshwane Road Race 21.1/10/5 km

Race Organisers: Tshwane AC in Partnership with Sefako Makgatho Health Sciences University

Venue: SMU Sport Complex, Soshanguve

GPS: S 25.37.8 E 28.1.22

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
60+	R 30	R 20	R 30
70+	Free – only pay for temporary license if applicable		
Start time	07h00		07h10
Time Limit	??h00		

Pre entries at: Run-Away-Sport; Running Inn; The Runners Store

Tuesday 9 August

Castle Walk Woman's Road Race 10/5km

Race Organisers: Fit 2000

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

	10 km	5 km
Entry fees	R 100	R 100
Start time	07h00	07h15
Time Limit	??	

No pets or baby strollers on the 10km race

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

www.entrytime.com

League Race

Saturday 13 August

Big on Life Wierie Road Race 21.1/10/5km

Race Organisers: Alpha Centurion Runners Walkers Club

Venue: Makro, Centurion

GPS: S 25 52'1.62 E 28 11'46.00

	21.1 km	10 km	5 km	2 km
Entry fees	R 100	R 80	R 40	R 30
Start time	06h30		07h10	07h10
Time Limit	03h00			

No pets or baby strollers on the 10 & 21.1km races

No dogs allowed

Pre entries at: Run-Away-Sport; Running Inn; Sweat Shop; Sportsmans Warehouse; Midas
Wierdapark; Laerskool Wierdapark

www.active.co.za

2016 AGN LEAGUE FIXTURE LIST				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
Wierie	10/21	13 Aug	X	X
Andrew Greyling	10/21	17 Sep	X	X
King Price Irene Farm	10/21	29 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

Masters Athletics Fixture list

13 Augustus	Claude Sterley byeenkoms	Pilditch
? Oktober	SWD	Oudtshoorn
12 November	Vrystaat	Bloemfontein

THOUGHT FOR THE WEEK.

F.E.A.R has two meanings – **Forget Everything And Run** OR **Face Everytjing And Rise**



Midstream 0129409229



We go the distance

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

Photo Corner



Alfred Matoma in action at the SA 21 km Championships in Port Elizabeth



Mike du Bruto showing what he can do



Wynand Breytenbach was the team manager of the AGN team. Here he is with the two overall winners, Irvette van Zyl and Stephen Mokoka. Both of them are on their way to participate in the Olympics