



# IRENE NEWS

1 December 2014

No 48 - 2014



## ACHIEVEMENTS

Congratulations to the following podium winners at the Muller Potgieter race:

Ansie Breytenbach	1 <sup>st</sup> Master lady & 3 <sup>rd</sup> lady – 10 km
Gerard van den Raad	1 <sup>st</sup> GGM walker – 10 km
Lucia Willemse	1 <sup>st</sup> GM lady walker – 10 km
Jeanette Loots	1 <sup>st</sup> GGM lady walker – 10 km
Sheren Naidoo	1 <sup>st</sup> Vet walker – 10 km
Elsa Meyer	1 <sup>st</sup> GM lady walker – 21 km
Nadine Breytenbach	2 <sup>nd</sup> Lady – 21 km
Blanche van Vuuren	1 <sup>st</sup> Vet lady – 21 km

## PERSONAL ACHIEVEMENTS

None received

## YEAR END FUNCTION

Attached you will find the flyer once again. Please book your place now! You just have to be there! There are only a few more places available.

## PERSONALIA

Congratulations to everybody celebrating their birthdays during the week.

Andre	Knoop	01-Dec
RICKY-JON	VISCHER	01-Dec
Isabel	Erlank	02-Dec
Angelique	Meyer Du Bruyn	02-Dec
Sharon	Booyesen	03-Dec
Arno	Smit	03-Dec
Thea	van der Merwe	03-Dec
Cornelius	Grobbelaar	05-Dec
John	May	05-Dec
Johann	White	05-Dec
Willie	du Plessis	06-Dec
Miles	Saxby	06-Dec
Maria	Steyn	06-Dec
Maryke	Wessels	06-Dec



Frikkie	Loubser	07-Dec
Audrey	Smit	07-Dec

### ***MONTHLY SOCIAL***

The last monthly social of the year will be held on Tuesday evening. The focus will be on the kiddies. Come and enjoy a lovely evening. See below:



### ***INFORMATION BOOKLET***

The 2015 information booklet that every member will receive when joining the club next year, will be printed soon. We want to give our members the opportunity to advertise their businesses/services in there. As you know it will be in full colour.

The cost for the ads will be minimal: Full page - R500, half page – R250 and business card – R100.

Please send me your ads in jpeg or pdf format a.s.a.p. to secure your spot. The response has been excellent and there are only a few pages available. Don't miss out on this opportunity.

### ***GREEN LEAF CORNER***

Dear Irene Club members

The Greenleaf Project would like to end the year by giving a hand towel to each of the 30 children attending "Hasie se Holte" Nursery school in Danville as a Christmas gift. The hand towel will be embroidered with his or her name on it. Your financial contribution would make a huge difference. Please support this worthy cause. Contributions will be collected at the time trails and social evening on Tuesday. We only require R1650.

Thanks so much!  
Lindie Steenkamp

### ***NOTICE BOARD***



Wednesday 3 December

TUT Nite Race - 10/5 km

Race Organisers: TUT

Venue: TUT Pretoria Campus Stadium

	10 km	5 km
Entry fees	R 50	R 30
Start time	18h05	18h10
Time Limit	3 hrs	

Pre-entries at: Run-A-Way Sport, Running Inn, The Runners Store, Pilditch Stadium, TUT  
Pretoria Stadium

**No wheelchairs or prams allowed – course not suitable**

Saturday 6 December

Great Run Series IV - 10/6 km

Race Organisers: Global Running Club

Venue: Pilditch Stadium

	10 km	6 km
Entry fees	R 50	R 30
Start time	07h00	07h00
Time Limit	??	

Pre-entries at: Run-A-Way Sport, Running Inn, Sweat Shop Irene & Dunkeld & Fourways Crossings, Pilditch Stadium

**AGN League Race**

On-line entries: [www.entriesonline.co.za](http://www.entriesonline.co.za)

Saturday 13 December  
mile/10km

Skosana Legend Street Mile Development 1

Race Organisers: Skosana Running Group Development

Venue: Correctional Service Pretoria Kgosi Mampuru II

	1 mile	10 km
Pre entry fees	R 30	R 50
Late entry fees	R 40	R 60
Start time	07h45	06h00
Time Limit	??	

Pre-entries at: Run-A-Way Sport, Running Inn, Sweat Shop Southdowns & Fourways Crossing, The Runner's Store, Pilditch Stadium

On-line entries: [www.entrytime.co.za](http://www.entrytime.co.za)

<b>2014 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
Great Run IV	10 km	06/12/14	X	X

### **Masters Athletics Fixture list**

#### **Local meetings**

20/21 March 2015                      WP Champs - Bellville/Greenpoint  
 20/21 March 2015                      KZN Champs - Durban  
 4 April 2015                              GN Champs - Pilditch

You are regularly informed about league meetings, please support these meetings. Results are taken into consideration when choosing the GN team for SA's.

#### **SA Masters Championships**

1/2 May 2015                              KZN - Durban

#### **International Championships**

Next appointment:                      Torun 2015 (March 23-28)  
 4 – 16 August 2015                      WMA Championships, Lyon, France  
<http://www.lyon2015.com>  
 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**

**True friendship comes when silence between two people is comfortable.**



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### Photo Corner (Muller Potgieter Race)































Riaan Nieuwoud was the 1<sup>st</sup> master at the 62 km Ultra trail in Cape Town