



IRENE NEWS

20 August 2018

No 33 - 2018



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Phobians 15 km:

Jacquie van der Waals	1 st Vet lady & 2 nd lady (62:13)
Ansie Breytenbach	2 nd Master lady (70:08)
John Cannon	1 st GGM (81:55)
Annatjie Greyvenstein	1 st GGM lady walker & 2 nd lady (1:40:51)
Retha Knoetze (social member)	1 st GM lady walker & 3 rd lady (1:44:07)
Gerard van den Raad	1 st GGM walker (1:43:33)

PERSONAL ACHIEVEMENTS

Suzelle Engels	PB 15 km
Yvette Mahlangu	1 st 15 km

Well done!

THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:15 – Club house

Saturday:

SMU 5/10/21 @ 07:00 – SMU Sport Complex, R566, Soshanguve (league race)

AWAY WEEKEND – KAAPSEHOOP MARATHON

Please take note that the booking for the Kaapsehoop away weekend close at the end of August. All payments must also be done by then.

Book now to avoid disappointment.

Book at joy@petretreat.co.za. Direct all queries also to Joy at this address.



JOINTeze™



LEAGUE RACE

The SMU race this Saturday is a league race. Please put in an effort to be there. We need as many members as possible to participate.

Please note the following:

There will be a gazebo and tog bag facility only at the SMU race. The Cara-Fun will be at the Dawn to Dusk race to support all our members participating there.

Instead of this Saturday, there will be something to eat the following Saturday at the Spirit of Flight race when it will be our Club 10 km championships.

WINTER WARMER PROJECT

Thank you to those members who have already contributed towards the project.

The need is very high, please make your contribution this week if you haven't done so yet.

Bring your non-perishable food to the club house on Tuesday.

IRENE SPRING RACE

Our very popular Irene Spring Race takes place on 29 September at the Irene Village Mall. It is a league race this year and we expect a big field. As always, we rely on our members to make the race a huge success. We need our members to assist in the following areas on the day:

- Route marshals
- Parking marshals
- Handing out medals
- Water point helpers
- Helpers at the entries
- Cyclists

Please reply to this email to make yourself available on the day. We cannot present a race of this magnitude without you, our members.

Please also take note that we will present the race without a main sponsor this year. After many years Clover has decided to withdraw their sponsorship due to financial reasons. We are very grateful to them for the excellent relationship we have had with them.



PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Natasha	Buitendag	20 Aug
Vicki	Du Toit	22 Aug
Mike	Lundie	22 Aug
Allan	Soundy	22 Aug
Magretha	Pierce	22 Aug
Christiaan	Visser	23 Aug
Charlene	van Niekerk	25 Aug
Deon	Hoffmann	26 Aug
Hennie	Potgieter	26 Aug
Jurie	Venter	26 Aug



NOTICE BOARD

League Race

Saturday 25 August

SMU Half Marathon 21.1/10/5 km

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

Venue: SMU Sport Complex, R566, Soshanguve

GPS: S 25.37.8 E 28.1.22

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 50
Entry fee 60 - 69	R 30	R 20	
Entry fee 70+	Free		
Start Time	07:00		07:10
Cut-off	??		

Wheelchair athletes welcome

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sport

Wednesday 29 August Pierre van Ryneveld's Glow-in-the-dark Night Race
10/5km

Race Organisers: Pierre van Ryneveld Athletics Club

Venue: PvR Community Church, Baltimore Rd, Pierre van Ryneveld

GPS: S 25 50'15 E 28 14'34

	10 km	5 km
Entry fees	R 70	R 50
Start time	18h30	
Time Limit	??	

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-Away-Sport; Sweat Shop Southdowns

<i>2018 AGN LEAGUE FIXTURE LIST</i>				
<i>EVENT</i>	<i>DISTANCE</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
SMU Half Marathon	21.1/10 km	25/08	X	X
Irene Spring Race	21.1/10 km	29/09	X	X
CSIR Road Race	21.1/10 km	20/10	X	X
Tom Jenkins	21.1/10 km	17/11	X	X

Masters Athletics Fixture list

- **Local meetings**

27 October 2018 SWD

Oudtshoorn

10 November 2018 Free State

Bloemfontein

THOUGHT FOR THE WEEK

Don't dream of winning, train for it.

Photo Corner



At the start of the Phobians Fifteen: Melanie Swart, Henk Basson, Willem van der Merwe, Chantelle Botha, Bets Botha, Michael Dekker and Joy Nicholl



The Janse van Rensburg twins, Charmaine and Jolande



Willem van der Merwe



Annatjie Greyvenstein



A smiling Renette Prinsloo



Suzelle Engels, Lani Botha, Werner van der Merwe, Yvette Mahlangu and JP Labuschagne



Derick van der Merwe, Carla Hartmann, Annemarie Breytenbach and Ansie Breytenbach



A penny for Bertha's thoughts



Jacque van der Waals on the podium



Our GGM champion, John Cannon



Our German member, Holger Hedelt is still in the country, the medal says it all