



IRENE NEWS

21 August 2017

No 33 - 2017



ACHIEVEMENTS

The following members were on the podium at the Romans Pizza 15 km:

Ansie Breytenbach	3d Master lady (1:14:35)
Annatjie Greyvenstein	1 st GGM lady (1:25:37)
Jaap Willemse	1 st GM walker and 3 rd man (1:32:04)
Danie Labuschagne	2 nd GM walker (1:40:19)
Rhoda van Staden	1 st Lady walker (1:33:10)
Elsa Meyer	1 st GGM lady walker (1:43:09)
Carolina van der Westhuizen	1 st Vet lady – Skuzuza 21 km (1:46:35)

Congratulations!

The following members earned medals in their respective age categories at the cross-country event on 12 August:

Ansie Breytenbach	Silver
Joey Cloete	Silver
Lyn de Bruin	Bronze

Well done!

PERSONAL ACHIEVEMENTS

Heleen de Bruin	PB – 21 km & 15 km
Gert van der Mescht	PB – 21 km
Kerry Trentham	PB – 15 km

Congratulations!

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:15 - Club house

Friday:

Dawn to Dusk (Friday and Saturday)

Saturday:

SMU Half Marathon 21.1/10/5 km at 07:00 – SMU Sport Complex, Garankuwa, Soshanguve

AGN 10 KM CHAMPIONSHIPS

The Spirit of Flight race to be held on 2 September will serve as the 10 km AGN championships (see flyer attached). This race will also serve as the main event (although not the only one) to select the AGN team to participate in the SA 10 km championships that will take place in Mbombela (Nelspruit) on 4 November.

There will be prize money up for grabs in addition to the race prize money as well as AGN medals (see the attached document for details). Prize money and medals will be awarded in 5-year age categories i.e. 35 – 39, 40 – 45 etc. Athletes must wear the correct age categories on the day i.e. 35, 40, 45, 50, 55 etc. in order to qualify for the AGN medals and prize money. Only registered AGN athletes will be considered.

For the SA championships, there are no set standards, but all senior and junior men should finish in 35 minutes and all senior and junior woman should finish in 45 minutes. All other categories should finish in less than 60 minutes. Please note that it doesn't mean that all athletes who finish in these times will be selected for the AGN team due to restrictions to the size of the team.

NB. The race will also serve as our Club 10 km championships.

STRENGTH TRAINING SESSIONS

All members are invited to the strength training sessions on Monday evenings. It starts at about 17:45 after the warm up run. It is becoming very popular.

CARAVAN FACILITY 26 AUGUST

Please take note that the caravan and gazebo facility will be at the Dawn to Dusk from Friday 14:00 until Saturday 18:00 with the normal services.

The caravan will therefore **NOT** be at the race in Shosanguve on Saturday morning.

LEAGUE RESULTS (LONG RUN/WALK TO FREEDOM)

Thank you to all our members who participated in the race. We moved up one position to 11th on the log. Not too bad considering our handicap.



Long Run for Freedom	Div 1	Points
Pos	Club	League
1	Vtm	138
2	Ace	131
3	Pmmc	130
4	Agape	103
5	PvR	100
5	Hqh	100
7	Resbank	88
8	Overkruin	83
9	Npo	82
10	Aurecon	72
11	Irene	66
12	Rwfl	65
13	Love Running	59
14	Csir	56
15	Affies	52



SUPER LEAGUE

Last month our ladies were joint leaders with Vitality. They are now 4 points ahead of them. Well done ladies, it was a real team effort. Keep it here please!

Pos	Club	Log
Long Run for Freedom	Female	Points
1	IRENE	333
2	TEAM VITALITY	329
3	VTM	305
4	MAGNOLIA	292
5	AGAPE	277
6	ACRW	256
7	NEDBANK	254
8	HQH	247
9	GREEN MILE	242
10	TUKS	226

Our men are doing extremely well. They have now moved up yet another position and are in 3rd place! The next goal is 2nd. It is achievable.

Long Run For Freedom	Male	Points
Pos	Club	Log
1	PMMC	348
2	ACE	330
3	IRENE	323
4	CORR SERV	321
5	NEDBANK	312
6	VTM	301
7	TUKS	286
8	FARANANI	269
9	ARCADIA	254
10	MAGNOLIA	238

Congratulations to the following members who were responsible for the super league points:

POS	NAME	AGE	TIME	Points
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**Ladies 10
km**

105	N BREYTENBACH	40	0:46:08	17
146	H DE BRUIN	39	0:48:16	7
159	A BREYTENBACH	53	0:49:01	5

**Ladies 21
km**

125	R BRINK	47	1:44:50	19
145	S CLOETE	32	1:47:01	15
286	B VAN VUUREN	49	1:56:27	3

Men 10 km

11	S LIEBENBERG	31	00:37:04	40
14	N VAN ROOYEN	29	00:37:16	38
22	M MOKWALA	39	00:38:22	31
50	M OBERHOLZER	31	00:41:32	8

Men 21 km

34	B NDHLOVU	35	1:26:24	30
52	T GOMES	42	1:33:42	20
65	M MAMBI	43	1:37:32	12
77	E MYBURGH	43	1:39:35	5

WALKERS LEAGUE

Last month our walkers were in joint 1st place with PMWC. This month they are in the lead with one point! Well done. The challenge is to stay there.

<i>Long Run for Freedom</i>	+	<i>Points</i>
<i>Pos</i>	<i>Club</i>	<i>L'gue</i>
1	IRENE	136
2	PMWC	135
3	RWFL	129
4	VTM	114
5	LOVE RUNNING	106
6	RWFL B	99
7	SOLIDARITEIT	84
8	AGAPE	67
9	TRANSNET	61
10	TUKS	56

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Vicki	Du Toit	22 Aug
Mike	Lundie	22 Aug
Schalk	Laubscher	24 Aug
Charlene	van Niekerk	25 Aug
Deon	Hoffmann	26 Aug
Hennie	Potgieter	26 Aug
Jurie	Venter	26 Aug
Nikki	de Wet	27 Aug
Davon	du Bruyn	27 Aug
Willem	van Biljon	27 Aug



NOTICE BOARD

Saturday 26 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, Garankuwa, Soshanguve

GPS: S 25 37.8 E 28 1.22

	21.1 km	10 km	5 km
Entry-fee	R 80	R 60	R 30
60+	R 30	R 20	
70+ (ID requested on registration)	Free		
Start Time	07:00		07:10
Cut-off	?:00		

Pre-entries at: Run-away Sport; The Runners Store

Wednesday 30 August

Pierre van Ryneveld Night Race 10/5 km

Race Organisers: Pierre van Ryneveld Athletics Club

Venue: PvR Community Church, 14 Baltimore Rd, Pierre van Ryneveld, Centurion

	10 km	5 km
Entry fees	R 70	R 40
Start time	18h30	18h35
Time Limit	02:00	

Please wear reflective gear

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

AGN 10km Championships and Irene club Championships

Saturday 2 September

Spirit of Flight Race 10/5km

Race Organisers: Pretoria Military Marathon Club

Venue: Airforce Base Zwartkop, Old Johannesburg Rd – Northern entrance, Valhalla

GPS: S 25 47'58.75 E 28 09'51.49

	10 km	5 km
Entry fees	R 70	R 50
Start time	06h30	
Time Limit	02:00	01:30

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

21.1km AGN Race Walk Championship

Saturday 16 September

Brooklyn Road Race 21.1/10/5 km

Race Organisers: Pretoria Marathon Club

Venue: Brooklyn Mall, c/o Veale & Bronkhorst Streets, Brooklyn

	21.1 km	10 km	5 km
Entry-fee	R 100	R 80	R 40
70+, wheelchairs, blind runners	Free (race day only)		
Start Time	06:00		06:10
Cut-off	03:00		02:00

No animals allowed

Baby strollers welcome on the 5km race / Wheelchair athletes welcome in all races / Free t-shirts to 1st 100 on line entries

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld & Fourways Crossing; Runners Store

www.enteronline.co.za

2017 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
ADDICTED TO LIFE	10/21	9 Sep	X	X
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

SA MASTERS

Local meetings

? Sept/? October 2017 SWD
November 2017 Free State

Oudtshoorn11
Bloemfontein

THOUGHT FOR THE WEEK

It is better to light a candle than to curse the darkness.

Photo Corner (Romans Pizza 15 km)



Nelius van Rooyen, Schalk Liebenberg and Michael Mkwala at the start of a very cold race



Bets Botha took it easy on the 5 km



Jaco van Rooyen



Our Bar ladies Retha and Mellany ensured that there was something to eat afterwards



Kerry (who did a PB on the 15 km) and Sandra Trentham



Louwrens Smit



A happy Musa Nkosi



Elsa Meyer and Gerard van den Raad



Dee Donaldson ran her first race of the year



Amanda Cloete at the AGN cross country championships



Ansie Breytenbach ran the 15 km and then hurried to participate in the AGN cross country championships



Joey Cloete in action at the cross country



Mike du Bruto on the podium at the cross country championships