



IRENE NEWS

21 November 2016

No 47 - 2016



ACHIEVEMENTS

Ansie Breytenbach

Jaap Willemse

Gerard van den Raad

Annatjie Greyvenstein

Conita van Rensburg

Lucia Willemse

Sandra Steenkamp

2nd Master lady – 10 km (46:18)

1st GM Walker – 10km (NTA)

1st GGM walker – 10 km (NTA)

1st GGM lady walker & 3rd lady – 10 km (NTA)

3rd Vet lady walker – 10 km (NTA)

3rd GM lady walker – 10 km (NTA)

1st Lady walker & 1st Master 21 km (2:11:23)

Congratulations!

PERSONAL ACHIEVEMENTS

None received

THIS WEEK'S DIARY

Tuesday:

Time Trials at 17:30.

Saturday:

Muller Potgieter 5/10/21 at 06:00 – Military Sports Club

TOM JENKINS RACE

Thank you to each and every one who contributed towards a fun event. The spirit was great and we had a lot of fun, and that's what it's all about.

Unfortunately we didn't win the trophy again this year. Although we were the biggest bus at the finish, we were not the biggest on the route when the officials counted the numbers. The lesson learned was that we all have to run together and not run/walk on our own and then join the bus before the finish.

Congratulations to ACE who were the winners this year. What was nice about their victory was the fact that they all stayed for the prize giving. It really meant something to them.

ANNUAL INFO BOOKLET

The 2017 information booklet that every member will receive when joining the club next year, will be printed soon. A total of 1000 copies will be printed.



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 – R800, half page – R400 and business card – R200.

Please send me your ads in jpeg or pdf format a.s.a.p. to secure your spot.

Don't miss out on this opportunity, space is limited.

The closing date is Friday 25 November

REGISTRATIONS 2017

Just a reminder that registrations for 2017 are open. Only the first 500 members will receive a T-shirt. Go to <http://www.irenerunner.co.za/membership.html> to register.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Seanette	Botha	21 Nov
Joey	Cloete	21 Nov
Anchen	Cornelissen	21 Nov
Giuliano	dos Santos	21 Nov
Emma-Jo	du Bruyn	21 Nov
Charmaine	Janse van Rensburg	21 Nov
Jolande	Janse van Rensburg	21 Nov
Ilana	Marais	21 Nov
Martin	Breytenbach	22 Nov
Elize	Cronje	22 Nov
Shane	Gouldie	22 Nov
Lorinda	Phillips	22 Nov
Stephan	Craggs	23 Nov
Brian	Engelbrecht	23 Nov
Keobakile	Mpolokeng	23 Nov
Deon	van Onselen	23 Nov
Dawie	Venter	23 Nov
Anita	Faber	24 Nov
Louis	Botha	26 Nov
Lynette	Gough	26 Nov
Mark	Naicker	26 Nov
Bridget	Hill	27 Nov
Gerard	Van Den Raad	27 Nov



**FABER
VERVOER**



MANAGEMENT COMMITTEE 2017

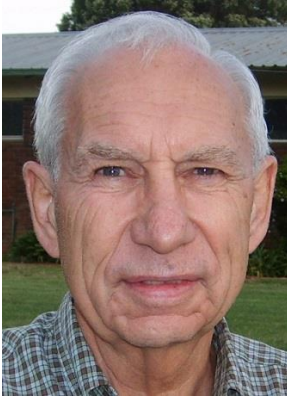
The following members will serve on the 2017 management committee:



Louis Visser
Chairman



Yvette v d Westhuizen
Admin Manager



Johan van Vuuren
Financial Manager



Werner vd Merwe
Logistics Manager



James Eayrs
Sport Manager



Simoné du Plooy
Communication Manager



Henk Basson
Additional Member



Gerard vd Raad
Additional Member



Frances Lezar
Additional Member



Zelna Black
Additional Member



Wynand Breytenbach
General Manager

Elna & Stephen Mee
will still carry on with
their duties as social
manager until January
when someone else will
have to be co-opted



SPAR



YEAR END FUNCTION

Don't miss out on a great funtion. Book your place now!



Kit\$ch & COOL

2016 Year-end function

SATURDAY
3 December

**Kitsch (/ˈkɪtʃ/; also called
cheesiness and tackiness)**

**Think Cliché, think fake, think weird
and wonderful - and dress the part**

*Whether it's that old knitted sweater,
or the purple velvet suit, come share in the
crazy fun with your odd outfit*

Forms part of the annual prize-
giving and Christmas tree



Saturday 3 December

18:00 @ Irene Club-house

R100 per person (subsidized)

**Includes welcome drink and 3-course Buffet
RSVP before 27 November**

e-mail info@irenerunner.co.za

See menu attached - Kiddies option R30



Menu

R100 PER PERSON

STARTERS

ANTIPASTO

Cured meats, cheeses, olives, pickled vegetables.

ASSORTED CHUTNEYS AND FRESH
BREAD SELECTION

BUFFET

LAMB ON THE SPIT

CHICKEN KORMA

BEEF BOURGIGNONE

beef braised in red wine

STARCHES

Saffron Rice

New boiled potatoes in sea salt

SALADS

Coleslaw

Beetroot salad

Greek Salad

DESSERT

CROQUE EN BOUCHE

French dessert consisting of choux pastry balls piled into a cone
and bound with threads of caramel

ASSORTED COLD PASTRIES AND
GATEAUX

Kiddies

R30 (12 YEARS AND YOUNGER)

CHICKEN NUGGETS AND SMILEY

FACES

Dessert as listed above



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NOTICE BOARD

Saturday 26 November **Muller Potgieter 21.1/10/5 km**

Race Organisers: Voortrekker Monument

Venue: Military Sports Club, Hendrik Potgieter Road, Thaba Tshwane

	21.1 km	10 km	5 km
Entry Fee	R 90	R 70	R 40
Start Time	06:00		06:15
Cut-off	??		

Pre-entries at: Run-A-Way Sport; Running Inn; The Runners Store Tramshed

www.enteronline.co.za



MUGG & BEAN

Midstream 0120409229

Sunday 3 December

Babbas Lodge 5/10/21

Race Organisers: Run Aviation AC

Venue: Babbas Lodge, Bultfontein

	21.1 km	10 km	5 km
Entry Fee	R 80	R 60	R 40
Start Time	06:00		06:15
Cut-off	??		

Pre-entries at: Run-A-Way Sport; Sweat Shop Southdowns

www.entronline.co.za

Friday 16 December**Live Running 25/12.5/5 km**

Race Organisers: Vitalfitness Athletics Club

Venue: Voortrekker Park, c/o Jasmyn & Van Wyk Street, Silverton, Pretoria

	25 km	12.5 km	5 km
Entry Fee	R 70	R 60	R 40
Start Time	06:00		06:30
Cut-off	04h30		

No wheelchairs

Pre-entries at: Run-A-Way Sport; Running Inn; Sweatshop Southdowns; The Runners Store
Tramshed

Monday – Friday 08h00 – 17h00 @ BB Silverton Nissan, Pretoria Road, Silverton

Saturday 17 December**The Wonderful Run 21.1/10/5km**

Race Organisers: Wonderpark Athletics Club

Venue: The Forum (Between Wonderpark Mall & Akasia Town Hall), c/o Heinrich & Disotus
Avenue, Karenpark

	21.1 km	10 km	5 km
Entry Fee	R 80	R 60	R 30
Start Time	06:00		06:15
Cut-off	04h00		

Pre-entries at: Running Inn; Sweatshop Southdowns, Dunkeld & Fourways; The Runners
Store Tramshed

2016 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Nedbank Skosana Road Race	10 km	10/12/16	X	X

African Masters Track & Field Championship

Cameroon 27 – 29 May 2017

International Championships

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

If we worry too much about ourselves, we won't have time for others.

Photo Corner (Fun at the Tom Jenkins)





Suzelle Engelbrecht and Elize Dieckmann



Telanie Venter and Yolanda Meintjies



Paul and Sarie Nel paid us a surprise visit

















