



IRENE NEWS

21 September 2015

No 37 - 2015



ACHIEVEMENTS

The following members were on the podium at the Lester Mills Memorial 10 km race on Wednesday evening:

Johan Nel	1 st GM (42:45)
Ansie Breytenbach	1 st Master Lady (43:27)
Annatjie Greyvenstein	1 st GGM lady (57:18)

The following walkers were on the podium at the Clover Irene Spring Race on Saturday:

Gerard van den Raad	1 st GGM – 21 km (2:22:42)
Sandra Steenkamp	1 st Lady & 1 st Master – 21 km (2:03:15)
Elsa Meyer	1 st GGM – 21 km (2:15:19)
Danie Labuschagne	1 st GM – 10 km (1:08:57)

Congratulations!

PERSONAL ACHIEVEMENTS

Nilo Savaira	PB – 10 km
Rynier van der Watt	PB – 21 km

Well done!

CLUB AWAY WEEKEND

Due to the unfortunate circumstances that our race and the Kaapse Hoop race take place on the same day, our away weekend will now take place on the weekend of 13 – 15 November. We will go to Klein Kariba Holiday Resort at Bela-Bela to enjoy a great weekend together. The annual Bela-Bela 10/21/42 will take place on Saturday 14 November to give our members the opportunity to participate in any of the distances. The 42 km route has been changed and it is now a fast and flat route.

The following accommodation is available:

6 Bed chalets @ R265 pp per night	ATKV members R185
4 Bed chalets @ R300 pp per night	ATKV members R220
2 Bed chalets @ R370 pp per night	ATKV members R280

It is essential that you book not later than Tuesday 22 September. To secure your booking 50% must be paid by the end of September and the balance by the end of October.

Both the 6 bed and 4 bed chalets have different bedrooms.

As in the past it promises to be a weekend to look forward to. Book now at info@irenerunner.co.za to avoid disappointment.

CLOVER IRENE SPRING RACE

A big thank you to all our members who contributed to the success of our race on Saturday. It was the best one ever with more than 4000 finishers on the day. All our members who were part of the day can feel extremely proud on what was achieved. We presented a quality race once again that was appreciated by the athletes and sponsors.



RACE CANCELLED

Please note that the Great Run Race scheduled for Thursday 24 September has been cancelled.

PERSONALIA

Congratulations to Carsten Frischmuth who got married recently.

Congratulations to everybody celebrating their birthdays during the week:

John	Cannon	21 Sep
Ilze-Lee	Koch	21 Sep
Carol	Mathibe	22 Sep
Maureen	Van Der Westhuizen	23 Sep
Merchandt	Le Maitre	25 Sep
Mark	van Antwerp	25 Sep
Juanca	Lewis	26 Sep
Tsholofelo	Matemane	26 Sep
Peter	Niksch	26 Sep
Lindie	Pretorius	26 Sep
Teresia	Stander	26 Sep
Basie	Dreyer	27 Sep
Martie	van der walt	27 Sep



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NOTICE BOARD

Saturday 26 September

Andrew Greyling Road Race 21.1 / 10 / 5 km

Race Organisers: Pretoria Marathon Club

Venue: Brooklyn Mall/Square, c/o Veal & Bronkhorst Street, Brooklyn

	21.1 km	10 km	5 km
Entry fees	R 80	R 50	R 30
Start time	06h00	06h10	06h30
Time Limit	03h00		

Pre-entries at: Run-away-Sports; Running Inn; Sweat Shop Southdowns, Dunkeld West & Fourways Crossing; Sportsmans Warehouse Atterbury Value Mart & Kolonnade Retail Park

www.enteronline.co.za

League Race

Saturday 10 October
21.1/10/5 km

Chamberlain Capital Classic Road Race

Race Organisers: Phobians Athletic Club & Alpha Centurion Runners/Walkers

Venue: Phobians Club, Queens Crescent, Lynnwood

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
60 - 69	R 40		
Blind runners / 70+ / 80+ - on race	Free		
Start time	06h00		06h15
Time Limit	03h30		

Wheelchair athletes welcome

Free t-shirts to the 1st 2 000 entries in the 10 and 21.1km races

Pre-entries at: Run-away-Sports; Running Inn; The Runners Store; Sweatshop Dunkeld, Bedfordview & Southdowns; Various Chamberlains stores

www.enteronline.co.za

2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
Capital Classic		10/10/15	X	X
Muller Potgieter		28/11/15	X	X

Masters Athletics Fixture list

Local meetings

16 October 2015 Rassiebyeenkoms – Bronkhorstpruit

31 October 2015 SWD Champs – Oudtshoorn

14 November 2015 Vrystaat Champs - Bloemfontein

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

26 Oct – 6 November 2016 MA Championships, Perth, Australia

<http://www.perth2016.com>

THOUGHT FOR THE WEEK

Some days you just have to create your own sunshine.



Photo Corner (Clover Irene Spring Run)



Thea van Helden, Lizelle Faul and Jacqui Burn were in charge of the tog bag area



Werner Zandberg manned the Venue Operational Centre. Dell kept him company



Our finish structure caught the eye once again



The Irene stage is always very special. The sponsors love it!



There were all kinds of services



The medical services were of a high standard



Marks Mathebula, an example of an Irene helper



Geoleen and Cobus Engelbrecht at the water point at the finish



Carla Hartmann's water point team



The masses passing the Sportsman's Warehouse water point



Waiting for the helpers race to start on Sunday morning



Finishing the helpers race