



IRENE NEWS

22 August 2016

No 34 - 2016



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Marcel van't Slot 15 km race on Saturday:

Johan Nel	1 st GM (1:05:55)
Ansie Breytenbach	1 st Master lady & 5 th lady (1:09:51)
Sandra Steenkamp	1 st Lady walker & 1 st master (1:27:50)
Elsa Meyer	1 st GGM lady walker & 3 rd lady (1:36:52)
Jaap Willemse	1 st Master walker (1:33:09)
Danie Labuschagne	2 nd GM walker (1:36:52)
Lucia Willemse	2 nd GM lady walker (1:45:33)
Gerard van den Raad	1 st GGM walker (1:41:23)
Letha Kotze	1 st GM lady walker – Arthro Choice 10 km (1:23:00)

PERSONAL ACHIEVEMENTS

None received

THIS WEEK'S DIARY

Tuesday:

Time Trials at 17:30 – Club House

Saturday:

Spitit of flight 5/10 km at 06:30 – Zwartkop Air Force Base (**Club 10 km Championships**)

Dawn to Dusk – Friday and Saturday

DAWN TO DUSK

Please take note that the caravan will be at the D2D race from Friday afternoon 14:00 for support of all Irene members participating in the event

We need someone to take a gazebo etc. to the Spirit of Flight on Saturday the 28th. If you can assist in this regard, please contact Gerard at 0823377680



CLOVER IRENE SPRING RACE – 24 SEPTEMBER

We are looking for one more business / organisation to man one of the water points at this race. It is a great opportunity to advertise and for team building. There will be no cost involved. Everything will be provided except your own branding. There should be 15 – 20 people to hand out the drinks.

Let us know if you are interested.

USED RUNNING SHOES

There is a huge need for used running shoes. If you have usable shoes to donate, please hand it in at the club house. Please help a child in need!

CLUB 10 KM CHAMPIONSHIPS

The Spirit of Flight 10 km this coming Saturday will serve as our club championships for both runners and walkers. It will also serve as AGN championships for the walkers. Be there!

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Vicki	Du Toit	22 Aug
Mike	Lundie	22 Aug
Erica	Schemel	22 Aug
Allan	Soundy	22 Aug
Maureen	Van Der Westhuizen	23 Aug
Charne	Heunis	25 Aug
Charlene	van Niekerk	25 Aug
Deon	Hoffmann	26 Aug
Jurie	Venter	26 Aug
Davon	du Bruyn	27 Aug
Leon	Hailstones	27 Aug
Willem	van Biljon	27 Aug
Nikki	de Wet	28 Aug
Pierre	du Bruyn	28 Aug
Penelope	Mongalo	28 Aug
Elsa	Taylor	28 Aug
Willem	van der Merwe	28 Aug



Midstream 0129409229



NOTICE BOARD

Saturday 27 August

Spirit of Flight 10/5 km

Race Organisers: Pretoria Military Marathon Club

Venue: Zwartkop Air Force Base

	10 km	5 km
Entry fees	R 50	R 30
Start time	06h30 run	06h30
Time Limit	2 hours	1 hour 30 mins

Club 10 km Championships

AGN 10 km Walking Championships

Wednesday 31 August

Best Drive PvR Night Race 10/5km

Race Organisers: Pierre van Ryneveld Athletics Club

Venue: PvR Community Church, 14 Baltimore Road, Pierre van Ryneveld

	10 km	5 km
Pre-entry fees	R 60	R 40
Start time	18h30 run	18h30 run
Time Limit	02h00	

Pre-entries at: Run-A-Way Sport, Running Inn



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Wednesday 14 September**Lester Mills Memorial Night Race 10/5km**

Race Organisers: Tuks Athletics

Venue: University of Pretoria Sports Campus, High Performance Centre

GPS: S 25.74538 E 28.24718

	10 km	5 km
Pre-entry fees	R 70	R 40
Entry fees 60+ (Race day only)	½ price	½ price
Entry fees 70+ & blind runners (Race day only)	Free	Free
Start time	18h30	18h30
Time Limit	01h30	

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

Saturday 17 September**Andrew Greyling Road Race 21.1/10/5km**

Race Organisers: Pretoria Marathon Club

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

GPS: X-28.235 Y-25.772

	21.1 km	10 km	5 km
Pre-entry fees	R 90	R 70	R 40
70+ & blind runners & wheelchair athletes (Race day only)	Free		
Start time	06h00		06h10
Time Limit	?		

Pre-entries at: Run-A-Way Sport, Running Inn, Runnershop: Sweatshop Southdowns,
Dunkeld, Fourways Crossing; Sportsmans Warehouse Centurion Value World, Atterbury
Value Mart, Kolonnade Retail Park

www.enteronline.co.za

Saturday 24 September**Clover Irene Spring Race 21.1/10/5km**

Race Organisers: Irene Athletics Club

Venue: Irene Village Mall, c/o Nellmapius Drive & Van Ryneveld Avenue, Irene

	21.1 km	10 km	5 km
Pre-entry fees	R 80	R 70	R 40
60+	R 50	R 50	
Entry fees 70+	Free	Free	
Start time	00h00 run 05h45 walk/wheelchairs	00h00 run 05h45 walk/wheelchairs	06h10
Time Limit	03h30		

Pets only allowed on the 5km

Pre-entries at: Run-A-Way Sport, Runners Stores; Irene Village Total Sport; Sweatshop Bedfordview; Sweatshop Broadacres; Sweatshop Dunkeld; Sweatshop Southdowns

No Irene member is allowed to participate**2016 AGN LEAGUE FIXTURE LIST**

<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
Andrew Greyling	10/21	17 Sep	X	X
King Price Irene Farm	10/21	29 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

Masters Athletics Fixture list

13 Augustus	Claude Sterley byeenkoms	Pilditch
? Oktober	SWD	Oudtshoorn
12 November	Vrystaat	Bloemfontein

THOUGHT FOR THE WEEK.**When you feel like quitting, think about why you started.**

MODERN
athlete

Photo Corner (Marcel van't Slot Race)



Is Johan van Vuuren training for something special?



Chris Marlin and Danny Calaca



Good to see Nicolas Southey on the road again



Jaap Willemsse, walking faster and faster



Guy Stocker



Johann Stadler



Henk Basson, Candice van der Spuy, Joy Nicholl and Marks Mathebula



Jolandé Janse van Rensburg



Tracey MacFadyen



Mary-Ann Henning



Theuns Willemse and André Maree



Joey Cloete



Miles Saxby



Derek Oldnall



Members enjoying the club facilities



Spring is in the air and it gets better to stay longer before going home