



# ***IRENE NEWS***

*23 February 2015*

*No 8 - 2015*



## ***ACHIEVEMENTS***

The following members were on the podium at the Tuks race on Saturday:

Jacquie van der Waals	1 <sup>st</sup> Vet lady – 10 km (40:15)
Ansie Breytenbach	1 <sup>st</sup> Master Lady – 10 km (43:17)
Annatjie Greyvenstein	1 <sup>st</sup> GGM lady – 10 km (53:56)
Victor Phetoe	3 <sup>rd</sup> Master – 21 km (1:26:09)
Gerard van den Raad	1 <sup>st</sup> GGM walker – 21 km (2:27:50)
Sandra Steenkamp	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> Master – 21 km (2:09:42)
Elsa Meyer	1 <sup>st</sup> GM lady walker & 2 <sup>nd</sup> lady – 21 km (2:17:17)

Congratulations! (The times are added on request of a few members)

## ***PERSONAL ACHIEVEMENTS***

Johan van der Werff	PB – 10 km
Haley van der Werff	PB – 10 km
Samantha Dry	PB – 10 km
Helen Griesel	PB – 21 km
Dee Donaldson	PB – 21 km

Well done!

## ***MARATHON CHAMPIONSHIPS***

The Deloitte 42 km will serve as our club Marathon championships. Good luck to everyone participating.

## ***GREEN LEAF PROJECT***

Please remember to bring your Easter eggs to the clubhouse on a Tuesday evening and place in the donation container at the bar.

We really need your assistance in this regard.

## ***TWO OCEANS ACCOMMODATION***

If you have members coming down to do the Two Oceans Ultra Marathon and still looking for accommodation I have a three bedroom house available in the Table View / Blouberg area 200m from the beachfront and close to restaurants including Doodles and The Blue Peter. Contact Rolf at 081 354 5715.

## ***LIFT REQUIRED***

Eenrigting Saamry Geleentheid:

- vanaf Centurion na Marekele Reservaat of in die omgewing
- Vrydagmiddag 6 Maart 2015 vanaf 14.30 se kant (of vroeër as nodig)
- 2x Jong mense (skolier & student) sonder bagasie
- Kontak detail: Karin van Vuuren 084 919 1167 [kvv@nanoteq.com](mailto:kvv@nanoteq.com)

## ***PERSONALIA***

Congratulations to everybody celebrating their birthdays during the week.

Joel	Loftus	23-Feb
Florence Molatelo	Masipa	24-Feb
Theo	Bohnen	25-Feb
Andy	Crawshay-Hall	25-Feb
Andre	Maartens	25-Feb
Annemarie	Oberholzer	25-Feb
Chris	Koch	26-Feb
Celeste	Thiart	27-Feb
Hanlie	Lundie	28-Feb
Rob	Hudson	01-Mar
Gwen	Rapetsoa	01-Mar



**SIZWE MEDICAL FUND**  
Caring for the health of the nation



**SPAR**



## ***NOTICE BOARD***

Saturday 28 February

SA 10km Championships & Fun Run

Race Organisers: Athletics Club Eersterust in conjunction with AGN & ASA

Venue: Eersterust Soccer Stadium, c/o St Joseph & Hans Coverdale West, Eersterust

GPS: S 25 42'54.12 E 28 18'25.79

	10 km	5 km
Entry fees	R 50	R 40
Entry fees 60+	R 20	
Start time	05h45 Champs 06h00 Open	06h10
Time Limit	02 hrs	

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

[www.enteronline.co.za](http://www.enteronline.co.za)

Sunday 1 March

Deloitte Pretoria Marathon – 42.2/21.1/10 km

Race Organisers: Phobians Athletic Club

Venue: Pretoria High School Old Boys Club, Hofmeyr Park, c/o Kingshighway & Queens Crescent

GPS: S 25.45.64.4 E 28.15.22.8

**42.2 & 21.1 km races are pre-entry only**

	42.2 km	21.1 km	10 km
Entry fees	R 150	R100	R 60
Start time	06h00		06h20
Time Limit	05h30		

**Free t-shirts to the 1<sup>st</sup> 5 500 pre-entries**

Pre-entries at: Run-A-Way Sport; Running Inn; Sweatshop Southdowns, Dunkeld & Bedfordview

[www.entrytime.co.za](http://www.entrytime.co.za)

**League race**

Saturday 7 March

Medihelp Sunrise Monster – 32/10/5 km

Race Organisers: Harlequin Harriers

Venue: Harlequin Club, Totius Road, Groenkloof

GPS: S 25.46.122' E 28.13.031'

	32 km	10 km	5 km
Entry fees	R 80	R 60	R 40
Entry fees 60+	R 40	R 30	R 20
Race day entry fees (excepting 60+ athletes)	R 90	R 70	R 40
Start time	06h03 (sunrise)	06h30	06h40
Time Limit	04h30	02h00	

**Free t-shirts to pre-entries on the 32 and 10km races while stocks last**

Pre-entries at: Run-A-Way Sport; Running Inn; Sweatshop Southdowns, Dunkeld, Bedfordview & Fourways

[www.entrytime.co.za](http://www.entrytime.co.za)

Saturday 14 March

Pretoria Bobbies – 21.1/10/5 km

Race Organisers: PPMC

Venue: Wonderboom Junction

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees 60+	R 30	R 20	R 10
Entry fees 70+ & Blind & wheel chair runners	Free	Free	Free

Start time	05h30	05h40	05h50
Time Limit	04h00		

Pre-entries at: Run-A-Way Sport; Sweatshop Southdowns; Wonderboom Junction

[www.enteronline.co.za](http://www.enteronline.co.za)

Saturday 21 March

Sunnypark Right to Run/Walk 5/10/21.1km

Race Organisers: Arcadia Running Club

Venue: Sunnypark, c/o Steve Beko & Robert Sobukwe St, Sunnyside

GPS: S 25 45'2 E 28 12'11"

	21.1 km	10 km	5 km
Entry fees	R 60	R 50	R 30
Start time	07h00		
Time Limit	03h00		

**T-shirts to the 1<sup>st</sup> 250 entrants**

**Goodie bags to the 1<sup>st</sup> 500 finishers**

Pre-entries at: Sunnypark: Cross Trainer; Sports Scene

[www.enteronline.co.za](http://www.enteronline.co.za)

Saturday 28 March

Denel Road Race 5/10/21.1 km

Race Organisers: Denel Athletics Club

Venue: Denel Irene Campus

GPS: S 25 53.413' E 28 11.429'

21.1 km	10 km	5 km
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Entry fees	R 70	R 50	R 30
Entry fees 60+	R 30	R 30	R 30
Start time	06h00		06h10
Time Limit	04h00	02h00	

**10/21.1km suitable for wheel chairs**

**5km not wheel chair friendly**

Pre-entries at: Run-A-Way Sport; Sweatshop Southdowns; Running Inn; The Runner's Store

[www.enteronline.co.za](http://www.enteronline.co.za) & [www.saactive.com](http://www.saactive.com)

<b>2015 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
Medihelp Sunrise Monster		07/03/15	X	X
Mamelodi	10 km	25/04/15	X	X
Great Run Series II	10 km	30/05/15	X	X
Race Against Drugs	10 km	13/06/15	X	X
Mooikloof Realtors Winter Road Race	10 km	18/07/15	X	X
A4A Women's Rights Run/Walk	10 km	08/08/15	X	X
Value Log Ou Voetpad		12/09/15	X	X
Capital Classic		10/10/15	X	X
Muller Potgieter		28/11/15	X	X

### **Masters Athletics Fixture list**

#### **Local meetings**

20/21 March 2015                      WP Champs - Bellville/Greenpoint

20/21 March 2015                      KZN Champs - Durban

4 April 2015                              GN Champs – Pilditch

11 April 2015	CG Champs – Germiston
18 July 2015	Claude Sterley meeting – Pilditch - <b>only if sponsored</b>
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

### **SA Masters Championships**

15/16 May 2015 Nelson Mandela Metropolitan University – Port Elizabeth

### **International Championships**

Next appointment: Torun 2015 (March 23-28)

4 – 16 August 2015 WMA Championships, Lyon, France

<http://www.lyon2015.com>

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***



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## Photo Corner (Tuks Race)























## Helpers Run





