



IRENE NEWS

23 March 2015

No 12 - 2015



ACHIEVEMENTS

The following members were on the podium on Saturday:

Om die Dam:

Johan Nel	1 st GM – 50 km (3:19:45)
Sandra Steenkamp	1 st Lady walker – 50 km (5:57:44)
Keith Reynolds	1 st Walker – 50 km (6:10:03)
Ansie Breytenbach	1 st Master lady & 5 th lady – 21 km (1:36:40)
Elsa Meyer	1 st GM lady & 1 st Lady walker – 21 km (2:16:57)
Annatjie Greyvenstein	1 st GGM lady – 21 km (2:01:15)
Jaap Willemse	2 nd Walker – 21 km (2:16:37)
Letha Kotze	2 nd Lady walker – 10 km (81:23)
Wynand Breytenbach	3 rd Walker – 10 km (71:40)

Sunnypark

Marie van Dyk	1 st Lady walker – 21 km (2:30:50)
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The results of the 10 km were not available.

Ray Patterson won gold in both the 10 km and 5000 meters at the KZN Masters Athletics Championships

Congratulations to all our winners!

Well done to Gerald Kroukamp who completed his 25th Om die Dam Ultra yesterday. He is one of only a handful runners who have done all 25 races.

Congratulations also to Johan van Vuuren and Giel Cillié who received their permanent numbers after completing their 10th race.

PERSONAL ACHIEVEMENTS

Haley van der Werff	1 st 21 km
Sonja Terblanche	1 st 21 km
Dawie Steenkamp	1 st 21km

Well done!

 SHORT TERM BROKERS Value. Service. Trust Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za	We're there for the long run <small>Short Term Brokers is an authorised financial services provider – FSP no. 10670</small>
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NEWS FROM AGN

Please take note once again of the following:

- Both the 2014 licences must be worn during races, one in front and one at the back of your vest. Race numbers must be worn on top of the front licence number.
- It is illegal to run with a listening device in your ears. It is purely for your own safety.

Technical officials will be stricter in the future and athletes not adhering to these rules will be disqualified.

COMRADES GOODY BAGS

In the past we've always enjoyed a wonderful response from our members to make the Comrades goody bags extraordinary, and I trust that it will be the same again this year.

If you are in any position to donate something, it will be much appreciated. It can be anything, no matter how small. For the self-employed and entrepreneurs, this represents a great opportunity to advertise your business, service or product by donating something with your business card attached.

For those of you in the corporate world, please use all your contacts to see if there are companies willing to contribute towards this project.

Feel free to contact me with any queries regarding the goody bags.

There are 324 Comrades entries from our club, but we are working towards 250 goody bags. The items must be available no later than 20 May.

FROM THE WALKERS CAPTAIN

The quality sessions for walkers (And runners) on a Tuesday evening is starting to show some success.

On Tuesday 17.03.2015 we had our second time trial. These time trails take place every 6 weeks. The aim of the time trails is for the participants to measure themselves against their previous times to see if they are making some progress with their training.

On Tuesday we had 23 participants, 12 of whom had completed the previous time trial on 03.02.2015. Every one of the 12 improved on their previous time.

Regards,

Ray

DENEL ENTRIES

Corrie will be at the club house on Tuesday again to take entries for the Denel race.



SIZWE MEDICAL FUND
Caring for the health of the nation

2015 LOSKOP MARATHON TRIP

Price R460 pp

Price includes: Return bus trip to Middelburg, drop athletes at start and take supporters to finish at Loskop Dam. Return to Pretoria.

Depart Saturday 18 April 2015 at 03:30. Return to Pretoria after race.

Departure from Atterbury Pick n Pay Hypermarket, Pretoria or Kempton Park.

Contact Willie today to book.

Cell phone number: 082 375 6174

PERSONALIA

Keith Reynolds collapsed at the finish after walking the Om die Dam 50 km. He was admitted to hospital but is doing fine. Thank you to our members who assisted him.

Congratulations to Frikkie Loubser who became a grandfather.

Congratulations to everybody celebrating their birthdays during the week.

Pieter	Engelbrecht	23-Mar
Izaak	van Niekerk	23-Mar
Carla	Bruwer	24-Mar
Lesiba	Kekana	24-Mar
Sonja	Terblanche	24-Mar
Charl	Cilliers	25-Mar
Mala	Suriah	26-Mar
Natasha	Swanepoel	26-Mar
Caitlin	Cockcroft	28-Mar
Willem	Haarhoff	28-Mar
Christelle	Muller	28-Mar
Werner	Smit	28-Mar
Gavin	Wiggill	28-Mar
Dylan	Bakker	29-Mar



NOTICE BOARD

Wednesday 25 March

Great Run – Diamond Run 10/5 km

Race Organisers: Global Athletics Club

Venue: Weskoppies Hospital, Pretoria West

	10 km	5 km
Entry fees	R 50	R 40
Entry fees 70+	Free	
Start time	18h30	
Time Limit	?? hrs	

Pre-entries at: Run-A-Way Sport; Sweat Shop Southdowns; The Runners Store; AGN Offices

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
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 & www.saactive.com

Monday 6 April

Pick 'n Pay - The Grove Mall Family Day 21.1/10/5 km

Race Organisers: Run Walk for Life

Venue: The Grove Mall, c/o Lynnwood & Simon Vermooten, Equestria

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

All distances are suitable for wheel chair athletes

Pre-entries at: Total Sports at the Grove Mall

www.enteronline.co.za

Saturday 18 April

Morula Run/Walk 5/10/21.1 km

Race Organisers: Morula Running Club

Venue: Giant Stadium, Soshanguve

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees 70+	Free		
Start time	06h00		06h15
Time Limit	??		

Free t-shirts to the 1st 500 pre-entries

No wheelchairs allowed

Pre-entries at: Run-A-Way Sport; Sweatshop Southdowns; Running Inn; Soshanguve P'nP

www.entrytime.com

2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
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

4 April 2015	GN Champs – Pilditch
11 April 2015	CG Champs – Germiston
18 July 2015	Claude Sterley meeting – Pilditch - only if sponsored
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
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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



Photo Corner (Om die Dam race)



















