



# ***IRENE NEWS***

*23 November 2015*

*No 46 - 2015*



## ***ACHIEVEMENTS***

The following members were on the podium at the Tom Jenkins race on Saturday:

Elsa Meyer	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> GM – 21 km (2:20:23)
Gerard van den Raad	1 <sup>st</sup> GM walker – 10 km (No time available)
Lucia Willemse	1 <sup>st</sup> GM walker & 3 <sup>rd</sup> lady – 10 km (No time available)

Congratulations!

Gerard van den Raad and Annatjie Greyvenstein were crowned by the Gauteng North Masters Association as the best male and female walker respectively of 2015.

Well done!

## ***ANNUAL INFO BOOKLET***

The 2016 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.

## ***REGISTRATIONS FOR 2016***

Indications are that the registrations for 2016 will start in the beginning of December. More info will follow soon.

## ***TOM JENKINS BUS***

Thank you to each and every one who was part of the “bus” at the Tom Jenkins race on Saturday. You were great! It was a lot of fun and we won the trophy once again. See the photo corner for a few photos.

Thank you to Linley and his team for spraying the cans on Thursday evening. We are so fortunate to have members like you. Thank you also to Werner van der Merwe and those who helped him to transport the drinks trolley.

**YEAR END FUNCTION**

Please reply to this email to RSVP by 27 November



**IRENE**  
*Year End*  
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**FUNCTION**

» **DANCING**  
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» **PRIZE GIVING**  
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» **COCKTAILS**  
**@R10EACH**  
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» **KIDS X-MASTREE**  
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**HOBO PARTY**

**R80P/P FOR <<**  
**SPITBRAAI**

**SATURDAY** **18:00 FOR 18:30**  
**5 DECEMBER**

**VOORTREKKERSAAL, GLOVER AVE 164 // KIDS UNDER 13 - R40**

### ***SHOES REQUIRED***

A few of our less privileged members are in need of running shoes. If you have old shoes in a usable condition, please bring it to the club house. It will be highly appreciated.

### ***LEAGUE RACE***

The Muller Potgieter Race this coming Saturday is the last league race of the year. We need you there in numbers. As always there will be something to eat afterwards.

Please see the notice board below for details of the race.

### ***RACE CANCELLED***

Please take note that the Great Run Series IV of 5 Dec 2015 at Weskoppies has been cancelled.

### ***PERSONALIA***

Congratulations to everybody celebrating their birthdays during the week:

Isabel	Koch	23 Nov
Mark	Sanders	23 Nov
Anita	Faber	24 Nov
Fanie	Naude	24 Nov
NOBUHLE	MAPHATANE	25 Nov
Lynette	Gough	26 Nov
Mark	Naicker	26 Nov
Tiaan	Reinhardt	26 Nov
Rentia	Weber	26 Nov
Brian	Bownass	27 Nov
Donnevan	Espag	27 Nov
Bridget	Hill	27 Nov
Carmen	Jallow	27 Nov
Gerard	Van Den Raad	27 Nov
Wim	Cilliers	28 Nov
Nicole	Haschka	28 Nov
Rene	Greyling	29 Nov
Elmarie	Keen	29 Nov
Elmarie	Strecker	29 Nov



## NOTICE BOARD

### League Race

**Saturday 28 November**

**Muller Potgieter Road Race 21.1 / 10 / 5km**

Race Organisers: Voortrekker Monument Draf & Stap klub

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

GPS: S 25.471160 E 28.081530

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
Jardine joggers & 60+	R 30	R 30	
70+; 80+ and athletes celebrating their birthday (show ID)	Free		
Start time	06h00		06h15
Time Limit	03h00		

Pre-entries at: Run-Away-Sports; Outdoor Freedom Mall@Reds; Running Inn; Postnet Pretoria West; Sportmans Warehouse – Atterbury Value Mart, Centurion Value Mart & Kolonade Retail Park

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

**Saturday 12 December**

**The Wonderful Run 21.1 / 10 / 5 km Race**

Race Organisers: Wonderpark Athletic Club

Venue: The Forum, between Wonderpark Mall & Akasia Town Hall, c/o Heinrich & Disotus Avenues, Karenpark

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
Start time	06h00		06h15
Time Limit	03h00		

**No wheelchair athletes**

Pre-entries at: Running Inn; Runners Store; Sweat Shop, Southdowns; Dunkeld West & Fourways Crossing

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

**Saturday 12 December**  
**Race**

**Skosana Road Race 5/ 10 km and 1 mile Road**

Race Organisers: Nedbank Running Club

Venue: Pta Correctional Services, Kgosi Mampuru Street, Pretoria

	10 km	5 km	1 mile
Entry fees	R 50	R 30	R 20
Start time	06h30		08h30
Time Limit	??h00		

Pre-entries at: Run-Away-Sports; Running Inn; The Runners Store; Sweatshop South Downs & Dunkeld West; AGN Office

[www.nedbankskosana.myactiveonline.co.za](http://www.nedbankskosana.myactiveonline.co.za)

**Wednesday 16 December**

**Silverton Live Running 25 / 12.5 / 5 km**

Race Organisers: Vitalfitness Athletics Club

Venue: Voortrekker Park, c/o Jasmyn & van Wyk Streets, Silverton

	25 km	12.5 km	5 km
Entry fees	R 60	R 50	R 40
Start time	06h00		06h30
Time Limit	04h30		

**No wheelchairs allowed**

Pre-entries at: Run-Away-Sports; Running Inn; Sweatshop South Downs; BB Nissan Silverton

<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>
Muller Potgieter		28/11/15	X	X

### **Masters Athletics Fixture list**

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***

**A negative mind will never give you a positive life.**



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### Photo Corner (Fun at Tom Jenkins)



Oom Jan van de Venter made his comeback on Saturday after a knee replacement





































