



# IRENE NEWS

23 October 2017

No 42 - 2017



## ACHIEVEMENTS

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

Chris Harmse	1 <sup>st</sup> GM – 10 km (51:42)
Joey Cloete	1 <sup>st</sup> GM lady – 10 km (56:24)
Retha Knoetze	2 <sup>nd</sup> Lady walker – 10 km (70:08)
Rob Hudson	2 <sup>nd</sup> Master – 21 km (1:34:30)
Sudan Maree	2 <sup>nd</sup> Master lady – 21 km (2:01:41)
Tania Thompson	1 <sup>st</sup> Lady walker – 21 km (2:44:05)

Congratulations!

The following members earned medals at the SA Walking Championships:

Elsa Meyer	Gold
Jaap Willemse	Gold
Danie Labuschagne	Silver

Well done!

## PERSONAL ACHIEVEMENTS

None received

Please let us know about your achievements, don't be shy.

## THIS WEEK'S DIARY

### Tuesday:

Time trials at 17:30 - Club house

### Saturday:

King Price Irene Farm Race at 06:00 – ARC – Irene members are not allowed to participate



### ***KING PRICE FARM RACE***

The following helpers are still required for the race on Saturday:

Marshals:	7
Water point helpers:	8
Tog bag area:	3

Thank you to all our members who have volunteered to help on the day. We cannot present the race without you.

### ***HELPERS RUN***

The helpers run will take place on Sunday 29 September at 06:00. Members will be able to do any of the distances. Afterwards there will be a nice breakfast for all the helpers.

We are looking for a few helpers who can help at the helpers race please.

### ***FROM THE CHAIRMAN***

It is part of Irene Athletics Club's long-term strategy to play a leading role in Athletics Gauteng North.

With this long-term strategy in mind we have again nominated Wynand Breytenbach as the Chairman for the Road Running Commission in AGN.

At the Athletics Gauteng North AGM held on 12 October 2017 Wynand was re-elected to this position for the next two years. Congratulations Wynand!

In addition to Wynand's selection, we have the privilege to have two members of our Club that were also re-elected to the Race Walking Commission. Congratulations to Jaap & Lucia Willemse!

We as Irene are very proud of these 3 members and know that they will continue to serve our sport and Club with honour and distinction.

### ***KAAPSE HOOP ENTRIES & ACCOMMODATION***

Charles and Kiara Nizetich are unable to attend the away weekend anymore. They have two entries (21 & 42) available as well as their accommodation that can be taken over. Please contact them at [charles@deltatron.co.za](mailto:charles@deltatron.co.za)

### ***SERVICES AVAILABLE***

We have pensioners in our club who are still very active and who can render a good service. The following services are available:

Garden services / landscaping, administration, financial.

Anyone interested in making use of these services can reply to [info@irenerunner.co.za](mailto:info@irenerunner.co.za)

## PERSONALIA

Please keep Aletha van den Bergh and Marietjie Wanland in your prayers. Both of them are very ill and going through a difficult time.

Congratulations to everybody celebrating their birthdays during the week:

Anne	Calaca	23 Oct
Elmon	Mhlanga	23 Oct
Antoinette	Reynolds	23 Oct
Heinrich	Piek	24 Oct
Nelda	Smith	24 Oct
Johan	Dekker	25 Oct
Bertrand	Leopeng	27 Oct
Tendani	Mantshimuli	27 Oct



**MODERN**  
*athlete*



## NOTICE BOARD

### **Saturday 28 October**

### **King Price Irene Farm Race 21.1/10/5 km**

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Nellmapius Drive, Irene

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 40
Entry fee 60+ (Race day only)	R 50		
Entry fee 70+ (Race day only)	Free		
Start Time	06:00 – run 05h45 - walk		06:00
Cut-off	03:30	02:00	

**There is a kiddies run @ R10 @ 08h00 No pets allowed. 21.1km is not wheelchair friendly** Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld, Boardacres & Bedfordview

**IRENE MEMBERS ARE NOT ALLOWED TO PARTICIPATE**

### **Saturday 4 November**

### **BDS Unlimited Road Race 21.1/10/5 km**

Race Organisers: Black Diamonds Athletics Club

Venue: Wonderpark Shopping Centre, c/o Brits Rd & Heinrich Ave, Karenpark

GPS: S 25 40,264 E 28 6,703

	21.1 km	10 km	5 km
Pre- Entry fee	R 80	R 60	R 50
Late Entry fee	R 90	R 70	
Entry fee 60+	R 50	R 40	
Entry fee 70+ & blind runners	Free		
Start Time	06:00		06:15
Cut-off	04:30		

**No pets allowed Race is wheelchair friendly**

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Virgin Active Wonderpark; Dirtyloli Wonderpark [www.entrytime.com](http://www.entrytime.com)

### **League Race**

#### **Saturday 11 November    Kolonnade Retail Park Road Race 21.1/10/6 km**

Race Organisers: Run/Walk for Life Athletics Club

Venue: Kolonnade Retail Park, Sefako Magatho (Zambesi) Drive, Montana Park

GPS: S 25 40'39" E 28 15'13"

	21.1 km	10 km	6 km
Entry fee	R 80	R 60	R 40
Start Time	06:00		
Cut-off	03:00		

**No pets allowed**

**Race is wheelchair friendly**

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Running Shop Vinko St Sinoville;  
Sportmans Warehouse Kolonnade Retail Park

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

<b>2017 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

#### **THOUGHT FOR THE WEEK**

Don't pray for your problems to go away but rather for courage and strength to overcome them.



## Photo Corner (CSIR)



Piet Bothma with his son



Marie van Dyk





Iain McFadyen in full flight



Daleen Labuschagne, Belinda de Bruin and Rena van Wyk with Frances Lezar in the background





Jeannie Snyman and Rachelle van der Walt



Phineas Mojapelo enjoying the facilities of the caravan





Lungako Nozigqwaba and Nomfundo Ndiphiwe



A "tired" Rosemary Brink smiling as always





Hennie Potgieter



Annerine van Schalkwyk





Hennie and Martie van der Walt celebrated their 17<sup>th</sup> wedding anniversary on Saturday



A smiling Nadene Visser after running 27 km (it should have been 30 km)





Mpho Netshiombo



Dianne du Plessis looking fresh after her 21 km





Corlia Oberholzer and Chantelle Botha



A festive picture of the Irene setup





Our medal winners at the SA walking championships, Danie Labuschagne and Jaap Willemse



Elsa Meyer on the podium to receive her medal