



IRENE NEWS

24 July 2017

No 29 - 2017



ACHIEVEMENTS

The following members were on the podium at the Long Walk/Run to Freedom race on Saturday:

Joey Cloete	1 st GM lady – 10 km (53:26)
Iain McFadyen	1 st GGM – 21 km (1:56:42)
Sandra Steenkamp	2 nd Lady walker – 21 km (2:06:57)

Congratulations!

PERSONAL ACHIEVEMENTS

Nadia Liebenberg PB – 10 km

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:15 - Club house

Saturday:

Zwartkop Road Race 5/10/21 at 07:00 – Zwartkop Lapa

SPAR LADIES INCENTIVE

A number of our members are going out of their way to ensure that we win the prize of R50000. I want to appeal to all our members to put in a huge effort over the next two days. If you can get only one entry it will make a difference.

Please bring your list of entries and the money to the club house on Tuesday evening. If it is not possible then please pay the money into the club account and email the proof of payment and the list of entries to info@irenerunner.co.za

The T-shirts and race numbers will be available at the race on Saturday and at the club house on 1 August.

We need your help please.



INFORMATION TALK

The club management wants to use every opportunity to ensure that our members are well informed regarding different products on the market. Members are invited to make use of these opportunities.

There will be such a talk on Tuesday evening in the lapa after the time trials.

Chris de Jager would like to formally introduce DripDrop ORS (oral rehydration solution) to Irene Athletics Club.

DripDrop is a medical grade ORS used by, to name a few, Wade van Niekerk, Michael Phelps and the US Special Forces.

Everybody is invited.

CLOVER IRENE SPRING RACE

Businesses are invited to man a water point at our next race on 30 September. It is a great opportunity to advertise your business to the local community and to more than 4000 athletes. There is no cost involved and there are nice prizes to be won.

For more details and to book your spot, please contact Dianne du Plessis at dianne.duplessis@brolink.co.za

AWAY WEEKEND

There are still a few rooms available for the away weekend. Contact Joy Nicholl now to avoid disappointment. joy@petretreat.co.za

PERSONALIA

Congratulations to Rhoda Willemse who got married last weekend, (see photo in the photo corner).

Congratulations to everybody celebrating their birthdays during the week:

Melani	Swart	24 Jul
Buks	van Deventer	24 Jul
Andre	Maree	26 Jul
Cari	Snyman	26 Jul
Cindy	van Zyl	26 Jul
Martin	Williams	26 Jul
Jaco	Du Toit	27 Jul
Jani	Venter	27 Jul
Jan-Paul	Smit	28 Jul
Moses	Nhlabatsi	29 Jul
Dianne	Du Plessis	30 Jul
Ockert	Hartslief	30 Jul



NOTICE BOARD

Saturday 29 July

Zwartkop Road Race 21.1/10/5 km

Race Organisers: Gereformeerde Kerk Wierdapark/Denel Athletics Club

Venue: Zwartkop Lapa, Centurion

GPS: S 25 50 14.25 E 28 07 28.46

COME EARLY – ONLY ONE ENTRANCE GATE

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 40
70+, blind & wheelchair athletes – race day only	50% of entry fee		
Start Time	07:00 run 07:15 walk		07:30
Cut-off	3:00		

Pre-entries at: Run-away Sport; The Runners Store; Sweatshop Southdowns & Dunkeld; Sportmans Warehouse Centurion; The Natural Runner Highveld

www.enteronline.co.za **No animals allowed**

Wednesday 9 August

Castle Walk Road Race 10/5km

Race Organisers: Fusion Sports

Venue: Castle Walk Shopping Centre, c/o Nossob & Swakop Street, Erasmuskloof

	10 km	5 km
Entry fees	R 70	R 50
60+ / Children under 12		R 30
Toddlers under 5		Free
Start time	07h00	07h15
Time Limit	??	

No pets or wheelchairs on the 10km race

Pre entries at: Run-Away-Sport; Sweat Shop Southdowns & Dunkeld West & Fourways Crossing; The Runners Store; Curves Castle Walk Centre

www.entrytime.com

Saturday 19 August**Roman's Pizza Phobians 15/5 km**

Race Organisers: Phobians Athletics Club

Venue: Pretoria Boys High School, Roper Street, Brooklyn

	15 km	5 km
Entry fees	R 80	R 40
70+ / Blind runners / Wheelchair athletes – race day only	Free	
Start time	07h00 Run 06h50 Walk	07h15
Time Limit	2h30	02h00

No pets**5km Baby strollers welcome**

Pre entries at: Run-Away-Sport; Sweat Shop Southdowns & Dunkeld; The Runners Store; Tshwane Running Shop

www.entrytime.com & www.sa-active.com**2017 AGN LEAGUE FIXTURE LIST**

EVENT	DIST	DATE	LEAGUE	
			RR	RW
MARCEL VAN'T SLOT	15	19 Aug	X	X
ADDICTED TO LIFE	10/21	9 Sep	X	X
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

SA MASTERS**Local meetings****12 Augustus 2017**

? Sept/? October 2017

November 2017

Claude Sterley Memorial

SWD

Free State

Pilditch

Oudtshoorn11

Bloemfontein

THOUGHT FOR THE WEEK**One man practicing sportsmanship is far better than 50 preaching it.**

Photo Corner (Long Walk/Run to Freedom)



Jaap and Lucia Willemse enjoying a cup of coffee



The van Rooyen family, Jaco, Charnette and Nelius



Nadia Liebenberg enjoying the food after the race



Retha Venter, one of our "Bar moeders"



A cheerful Melony Hoffmann, the other “Bar moeder”. They were responsible for the food



Tania Thompson, Dianne du Plessis and Michelle Lubbe



Judy Faint and Carolina van der Westhuizen



Champagne for Trevor Netshombo (back, second from the right), who celebrated his birthday



Congratulations once again to Rhoda Willemse