



# ***IRENE NEWS***

*24 October 2016*

*No 43 - 2016*



## ***ACHIEVEMENTS***

Congratulations to the following members who were on the podium at the CSIR Race:

Louwrens Smit	1 <sup>st</sup> GM – 10 km (57:39)
Bertha van den Raad	1 <sup>st</sup> GGM lady – 10 km (1:20:09)
Johan Nel	1 <sup>st</sup> GM – 21 km (1:39:10)
Ansie Breytenbach	1 <sup>st</sup> Master lady – 21 km (1:41:26)

Sandra Steenkamp	1 <sup>st</sup> Lady walker – Jacaranda 42 km (4:40:00)
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Congratulations to Dirk Cloete who won the Kalahari Augrabies Extreme Marathon for the 4<sup>th</sup> time. It is an outstanding achievement.

Well done also to Lindie Steenkamp and Danél Geldenhuys who both completed this gruelling event of 250 km over 6 days. Julle is ysters!

## ***PERSONAL ACHIEVEMENTS***

Nadia Liebenberg	PB 21 km
Charnette van Rooyen	PB 15 km

Well done!



## ***THIS WEEK'S DIARY***

**Tuesday:**

Time Trials at 17:30

Saturday:

King Price 5/10/21 at 06:00 – ARC Grounds Irene. **Irene members are not allowed to participate. They can do the helpers race on Sunday.**



## **AWAY WEEKEND – KAAPSEHOOP**

The away weekend is fast approaching!

Proof of Payment was to be sent to Stephen directly at [steve.mee@seeff.com](mailto:steve.mee@seeff.com)

The following club members have done so and the following accommodation has been reserved.

**If anyone is not on the list but has paid please send the POP to Stephen no later than 12h00 Monday 24<sup>th</sup> October 2016!**

<u><b>Club Member</b></u>	<u><b>Accommodation Booked</b></u>
Shelley Robertson	2 x Single
Cindy Frost	2 x Single
Frances Lazer	2 x Single
Michelle Lubbe	2 x Single
Michelle Lubbe (Calaca)	2 x Single
Nadine Breytenbach	2 x Single
Jenny Prinsloo	2 x Single
Nadine Visser	2 x Single
Pieter Reynecke	2 x Single
Yolanda Meintjes	2 x Single
Michelle Lubbe (Calaca)	2 x Single
Michelle Lubbe (JvR)	2 x Single
Wynand Breytenbach	1 x Double
Monique Crompton	1 x 5 Berth
Elna Mee	1 x 5 Berth
Henk Basson	1 x 6 Berth
Linda Krausse	1 x 6 Berth
Andre Rudolph	1 x 4 Berth
J Stander	1 x 4 Berth

Further details will follow later in the week.

## **LEAGUE RACE**

The King Price race is a league race this year. No Irene member is allowed to participate on the day. It is therefore of extreme importance that our members do the helpers run on Sunday 30 October. It will be an official race to ensure that we don't miss out on the league points. You will be able to do the 10 or 21 km. Breakfast will be served afterwards.

The race will start at 06:00 and the same routes will be used. Be there in numbers!

## **PERSONALIA**

Congratulations to everybody celebrating their birthdays during the week:

Normandi	Le Grange	24 Oct
Heinrich	Piek	24 Oct
Nelda	Smith	24 Oct
Johan	Dekker	25 Oct
Huibri	Schalkwyk	25 Oct
Kirsten	Strugnell	25 Oct
Chrisna	Fourie	26 Oct
Bertrand	Leopeng	27 Oct
Ernst	Gottschalk	30 Oct
Rose	Kavalianneas	30 Oct



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## NOTICE BOARD

### LEAGUE RACE

**Saturday 29 October**

**King Price Irene Farm Race 21.1/10/5/1 km**

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus (opposite Denel)

GPS: S 25 53'53 E 28 11'29

**No Irene Members are allowed to participate**

	21.1 km	10 km	5 km	1 km
Entry Fee	R 80	R 60	R 40	R 10
60+ race day only	R 40	R 30	R 20	
70+ race day only	Free	Free		
Start Time	06:00 runners 05:45 walkers		06h00	08h00
Cut-off	03h30	02h00		

**Free t-shirts to the 1<sup>st</sup> 500 pre-entries – not fun run entrants**

**Parking also available at Denel**

Pre-entries at: Run-A-Way Sport; The Runners Store Tramshed; Sweatshop Southdowns, Dunkeld, Bedfordview, Broadacres

**Saturday 19 November Tom Jenkins Run/Walk Challenge 21.1/10/5 km**

Race Organisers: Arcadia Running Club

Venue: Union Buildings, Church Street, Arcadia, Pretoria

	21.1 km	10 km	5 km
Entry Fee	R 80	R 60	R 40
Start Time	06:30		06:40
Cut-off	??		

Pre-entries at: Run-A-Way Sport; Running Inn; The Runners Store Tramshed

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

**Friday 16 December****Live Running 25/12.5/5 km**

Race Organisers: Vitalfitness Athletics Club

Venue: Voortrekker Park, c/o Jasmyn &amp; Van Wyk Street, Silverton, Pretoria

	25 km	12.5 km	5 km
Entry Fee	R 70	R 60	R 40
Start Time	06:00		06:30
Cut-off	04h30		

**No wheelchairs**Pre-entries at: Run-A-Way Sport; Running Inn; Sweatshop Southdowns; The Runners Store  
Tramshed

Monday – Friday 08h00 – 17h00 @ BB Silverton Nissan, Pretoria Road, Silverton

***2016 AGN LEAGUE FIXTURE LIST***

<b><i>EVENT</i></b>	<b><i>DISTANCE</i></b>	<b><i>DATE</i></b>	<b><i>LEAGUE</i></b>	
			<b><i>RR</i></b>	<b><i>RW</i></b>
King Price Irene Farm Race	10 / 21.1 km	29/10/16	X	X
Tom Jenkins	10 / 21.1 km	19/11/16	X	X
Nedbank Skosana Road Race	10 km	10/12/16	X	X

**Masters Athletics Fixture list**

12 November

Vrystaat

Bloemfontein

**African Masters Track & Field Championship**

Cameroon

27 – 29 May 2017

**International Championships**

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.*****The greatest pleasure in life is doing what people say you cannot do.**

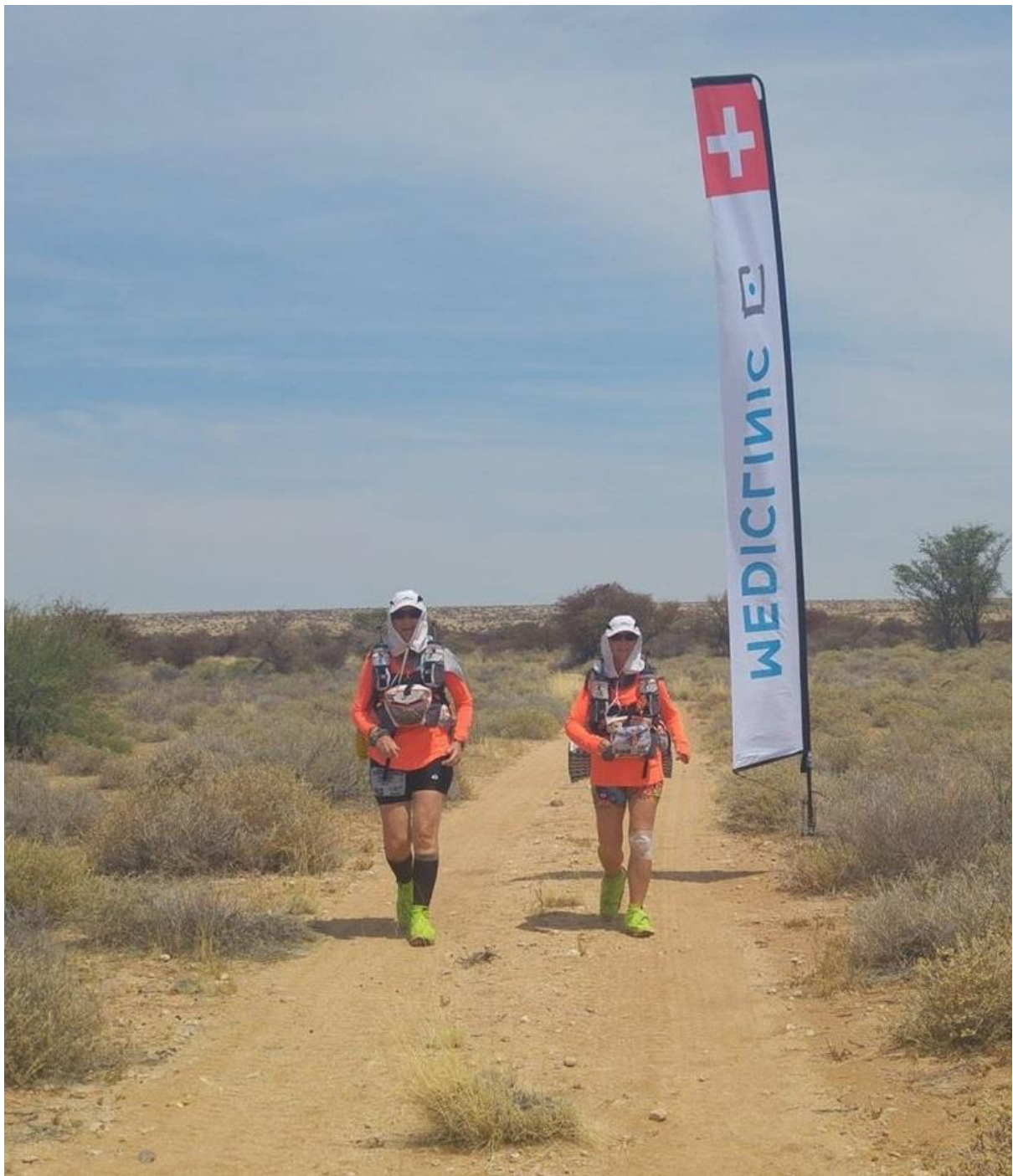


## Photo Corner



Dirk Cloete where he belongs..... in front





Hardly recognisable, Danél Geldenhuys and Lindie Steenkamp in action last week



Dirk at the finish line and Danél and Lindie before the start



Joan van Wyngaard and Rena van Wyk at the CSIR race





Candice van der Spuy



Tracey MacFadyen



Brian Engelbrecht



Neels Grobbelaar





Guy Stocker



Danny Calaca



Nadia Liebenberg



Tjaart van Wyk





James Eayrs



Werner van der Merwe



Daleen Labuschagne



Jayne Robertson





Loubser van Wyk and Pierre Koch



Terry Trentham



Mpho Netshiombo



Landie Calaca