



IRENE NEWS

25 July 2016

No 30 - 2016



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the A4A race at Eco Park on Saturday:

Ansie Breytenbach	1 st Master lady – 10 km (47:14)
Elsa Meyer	1 st Lady walker – 10 km (1:05:51)
Johan Nel	1 st GM – 21 km (1:32:34)
Sandra Steenkamp	2 nd Lady walker – 21 km (1:58:56)
Lucia Willemse	3 rd Lady walker – 21 km (2:24:02)
Jaap Willemse	3 Walker – 21 km (2:03:49)

Congratulations to Travers and Cari Snyman for completing the Washie 100 miler. They were the winners of the Husband and Wife trophy.

Well done to Holger Hedelt who won the Bodensee 100 km in Germany in a time of 9:06.

PERSONAL ACHIEVEMENTS

None received

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:15 - Club house

Saturday:

Zwartkop Road Race 5,10,21at 07:00 – Zwartkop Lapa **LEAGUE RACE**

LEAGUE RACE

The Zwartkop Lapa race on Saturday is the next league race. please. We need all our members to participate. Members are encouraged to spend some time at the caravan after the race. As always there will be something to eat. It's on the house!

AWAY WEEKEND

The Club Away weekend will be held at the Kwanyoni Lodge in Alkmaar Nelspruit.

This is approximately 15 km outside Nelspruit on the N4.

We have managed to secure 75 places and the room breakdown is as follows: (The accommodation has been booked and paid for by the club already.)

12 x 2 Berth (Single Beds)

1 x 2 Berth (Queen Bed)

1 x 5 Berth (1 x Queen 3 x Single)

1 x 5 Berth (1 x Queen 3 x Single)

1 x 6 Berth (Single beds)

1 x 6 Berth (Single beds)

1 x 6 Berth (Single beds)

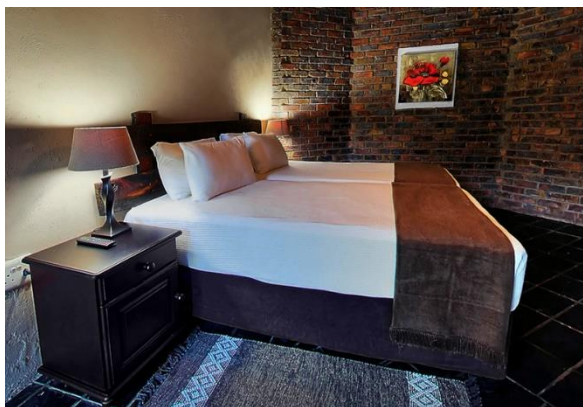
1 x 4 Berth (Single Beds)

1 x 4 Berth (Single Beds)

1 x 4 Berth (Single Beds)

1 x 9 Berth (1 x Queen 7 x Single)

The cost of accommodation will be R653.00 per person for the two nights.



To confirm your room and numbers required the accommodation must be booked personally for via email with Stephen (steve.mee@seeff.com). First come first serve.

Payment for the accommodation must be made to the club account, no later than Friday 20th August 2016. (The proof of payment must also be sent to Stephen)! If you have put your name down and the booking has not been paid for by this date the accommodation will be passed over to the next person on the waiting list.

There will be a themed evening meal on Saturday 5th November with details and costs being sent out very soon, once the finer details have been arranged with the lodge. To simplify accounting and catering purposes these costs will be made by members to the club account as the club will pay this account in full before the event as well. The evening will also be open to club members who are staying at other venues or with family and friends.

A support station will also be in situ on the day of the race with details to follow.

If anyone has any questions or concerns please contact Stephen on 0746600833.

Irene Athletics Club, Standard Bank, Acc 032183186, Branch 012645

ATHLETE OF THE YEAR

Attached you will find the standings of the athlete of the year up to the end of June. Please refer to the 2016 Information Booklet should you need more information regarding the methods used to determine the athlete of the year.

Please send any queries to info@irenerunner.co.za

CITY TO CITY CANCELLED

It is with great regret to announce that City 2 City Marathon 2016 due to take place on the 4th September 2016 has been cancelled.

The reason for the cancellation of this prestigious race is not being able to secure a sponsor/s for this year's race. The City2City Ultra Marathon race has a great heritage for the people of Gauteng and runners from all corners of South Africa who remain loyal to running this race. It is really sad that it will not be taking place this year. Central Gauteng Athletics hopes that next year the race will be revived back with a bang.

LEAGUE RESULTS

We really need more members to participate in the league races. We are in 15th position after the Race for Faith race. Please make an effort to participate in the Zwartkop Lapa race on 30 July.

Race of Faith Pos	Div 1	Points
	Club	League
1	Vtm	119
2	Ace	113
3	Pmmc	101
4	Npo	91
5	Resbank	82,5
6	PvR	79
7	Csir	71
8	Hqh	70
9	Overkruin	68
10	Love Running	64
11	Bmw	61
12	Agape	58,5
13	Rwfl	56
14	Aurecon	54
15	Irene	48,5
16	Ppmk	44,5
17	Arete	30,5
18	Enduro	24,5
19	Zwakala	23
20	Black Diamond	9



SHORT TERM BROKERS
Value. Service. Trust

Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za

With you all the way

Short Term Brokers is an authorised financial services provider – FSP no. 10670

SUPER LEAGUE

Well done to our ladies! They are on top of the super league log. The challenge now is to stay there. It can only happen if all our fast ladies turn up at the league races. We need you there!

Our men are in 7th position. We call on all our faster men to support the league races. Let's try to be one of the top 5 on the log.

Ladies

<i>Love Run</i>	<i>Race of Faith</i>	<i>Female</i>	<i>Points</i>
<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>Log</i>
1	1	IRENE	239
2	2	TUKS	236
3	3	RUNAVATION	233,5
4	4	MAGNOLIA	229,5
5	5	VTM	226
7	6	LOVE RUNNING	202,5
6	7	NEDBANK	201,5
9	8	TEAM VITALITY	186
10	9	MONACO	158,5
11	10	PMMC	143

Men

1	1	NEDBANK	245
2	2	PMMC	240
3	3	CORR SERV	231
4	4	ACE	217
5	5	FARANANI	199,5
5	6	TRANSNET	199
9	7	TUKS	193
8	7	IRENE	193
10	9	VTM	188
7	10	RUNAVATION	156

Congratulations to the following members who earned super league points at the Race for Faith race:

POS	Name	Age	Category	Time	Points
Woman 10 km					
124	A GREYVENSTEIN	71	GGM	00:54:32	12
153	S CLOETE	31	Snr	00:56:31	5
Woman 15 km					

114	H DE BRUIN	38	Snr	01:17:04	20
Men 10 km					
13	P MATSEN	30	Snr	00:39:57	40
Men 15 km					
14	S LIEBENBERG	30	Snr	00:58:45	39
17	N VAN ROOYEN	28	Snr	01:00:21	37
63	D CORNELISSEN	46	Vet	01:11:10	5

WALKERS LEAGUE

It looks like a 3 horse race amongst the walkers with Irene currently in 3rd position. If all our walkers turn up at the league races, they will definitely ensure that the trophy will be theirs at the end of the year.

<i>Race of Faith</i>	<i>Div 1</i>	<i>Points</i>
<i>Pos</i>	<i>Club</i>	<i>L'gue</i>
1	PMWC	113,5
1	RWFL	113,5
3	IRENE	112,5
4	RWFL B	92
5	LOVE RUNNING	77
6	SOLIDARITEIT	75,5
6	VTM	75,5
8	PPMK	71
9	PHOBIANS	61
10	ACRW	54,5


MUGG & BEAN
 Midstream 0129409229



PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Marulette	Erasmus	26 Jul
André	Maree	26 Jul
Cari	Snyman	26 Jul
Cindy	van Zyl	26 Jul
Martin	Williams	26 Jul
Jaco	Du Toit	27 Jul
Esther	Mojapelo	27 Jul
Liza	Maritz	30 Jul
Mariska	Shrives	30 Jul
Judy	Faint	31 Jul
Martin	Meyer	31 Jul



NOTICE BOARD

LEAGUE RACE

Saturday 30 July

Zwartkop Road Race 21.1/10/5 km

Race Organisers: Denel Athletics Club

Venue: Zwartkop Lapa, Wierda Road, Centurion

GPS: S 25 50'14.25 E 28 07'28.46

	21.1 km	10 km	5 km
Entry fees	R 90	R 70	R 40
60+, blind runners, wheelchair athletes – race day entries only	Free – only pay for temporary license if applicable		
Start time	07h00		07h10
Time Limit	??h00		

No pets or baby strollers on the 10 & 21.1km races Come early – only one entrance!

Pre entries at: Run-Away-Sport; Running Inn; Sweat Shop Southdowns & Dunkeld; Sportmans Warehouse Centurion

www.enteronline.co.za

Saturday 6 August

Tshwane Road Race 21.1/10/5 km

Race Organisers: Tshwane AC in Partnership with Sefako Makgatho Health Sciences University

Venue: SMU Sport Complex, Soshanguve

GPS: S 25.37.8 E 28.1.22

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
60+	R 30	R 20	R 30
70+	Free – only pay for temporary license if applicable		
Start time	07h00		07h10
Time Limit	??h00		

Pre entries at: Run-Away-Sport; Running Inn; The Runners Store

Tuesday 9 August

Castle Walk Woman's Road Race 10/5km

Race Organisers: Fit 2000

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

	10 km	5 km
Entry fees	R 100	R 100
Start time	07h00	07h15
Time Limit	??	

No pets or baby strollers on the 10km race

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

www.entrytime.com

League Race

Saturday 13 August

Big on Life Wierie Road Race 21.1/10/5km

Race Organisers: Alpha Centurion Runners Walkers Club

Venue: Makro, Centurion

GPS: S 25 52'1.62 E 28 11'46.00

	21.1 km	10 km	5 km	2 km
Entry fees	R 100	R 80	R 40	R 30
Start time	06h30		07h10	07h10
Time Limit	03h00			

No pets or baby strollers on the 10 & 21.1km races

No dogs allowed

Pre entries at: Run-Away-Sport; Running Inn; Sweat Shop; Sportsmans Warehouse; Midas
Wierdapark; Laerskool Wierdapark

www.active.co.za

2016 AGN LEAGUE FIXTURE LIST				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
Zwartkop	10/21	30 Jul	X	X
Wierie	10/21	13 Aug	X	X
Andrew Greyling	10/21	17 Sep	X	X
King Price Irene Farm	10/21	29 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

Masters Athletics Fixture list

13 Augustus	Claude Sterley byeenkoms	Pilditch
? Oktober	SWD	Oudtshoorn
12 November	Vrystaat	Bloemfontein

CARAVAN

We at the caravan receive complaints from time to time that we do not wait for the last member to finish the race before we pack up and leave. We work on the following criteria: No more tog bags left and the prize giving is done. Surely no person can complain about this.

The Caravan personnel.

THOUGHT FOR THE WEEK.

Stop hating yourself for everything you aren't and start loving yourself for everything you already are.



Photo Corner



Travers and Cari Snyman with their supporting team before the start of the Washie



On the road with Belinda de Bruin running with as a supporter



At the finish after a gruelling 161 km



Wearing their track suits with pride at the prize giving



Winners of the Husband and Wife trophy



Michelle Lubbe after completing the Mauritius Marathon



Dirk Cloete in action at the A4A race on Saturday



Holger Hedelt in action at the Bodensee 100 km in Germany