



IRENE NEWS

25 September 2017

No 38 - 2017



ACHIEVEMENTS

The following members who were on the podium during the long weekend:

Bophelong:

Louwrens Smit	1 st GM – 10 km (49:52)
Joey Cloete	1 st GM lady and 2 nd Lady – 10 km (51:50)
Iain McFadyen	1 st GGM – 21 km (1:57:57)
Gerard van den Raad	1 st Walker – 21 km (2:23:36)
Elsa Meyer	1 st Lady walker – 21 km (2:23:37)

Combat Run

Leon Page	1 st Master – 10 km (50:08)
Gerard van den Raad	1 st Walker – 10 km (1:10:38)
Iain McFadyen	1 st GGM – 21 km (2:11:25)
Elsa Meyer	1 st Lady walker – 21 km (2:34:14)

Congratulations!

The Brooklyn 21 km served as the AGN 21 km walkers championships. Congratulations to the following members who earned medals in their respective age categories:

Leon Page	1 st Master – 10 km (50:08)
Sandra Steenkamp	Gold
Rhoda van Staden	Gold
Tania Thompson	Gold
Retha Knoetze	Gold
Elsa Meyer	Gold
Jaap Willemse	Gold
Gerard van den Raad	Gold
Lucia Willemse	Silver
Marie van Dyk	Silver

PERSONAL ACHIEVEMENTS

None received

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:30 - Club house

Saturday:

Clover Irene Spring Race at 06:00 – Irene Village Mall. **No Irene member will be allowed to participate**

CLOVER IRENE SPRING RACE

We are still looking for 20 route marshals urgently. Ask yourself why you haven't volunteered yet. It looks like our members don't realise the importance of the role they play to make a success of the race.

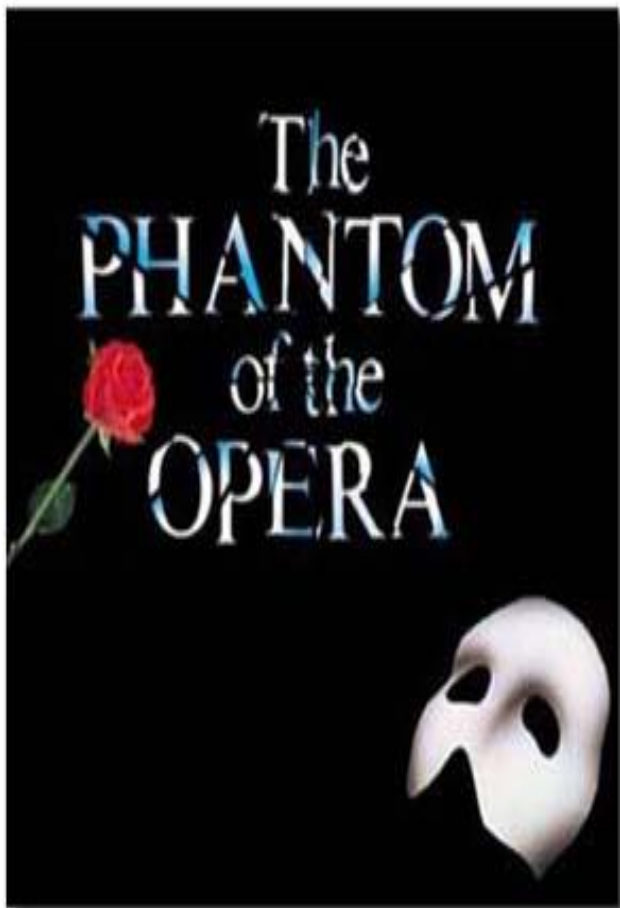
HELPERS RACE

The helpers race will take place on Sunday 1 October at 07:00 at the Irene Village Mall. This is an opportunity for all the helpers to earn their medals and to enjoy a nice breakfast afterwards.

It is for helpers only.

CHAIRMAN'S BALL

This is a function not to be missed. The club is subsidising the event to give as many members as possible the opportunity to attend this very special function, therefore you will only have to pay R100 pp. Ensure that you book a.s.a.p.



CHAIRMAN'S BALL

7 October 2017 18:00 for 18:30

Shelanti Centurion

R100 per person

3 course meal, cash bar

Dancing

Dress: Formal

RSVP-Joy 083 284 4884

ANNUAL GENERAL MEETING

Don't forget about the AGM that will take place on 14 November. The important issue is that you nominate members to serve on the management committee next year.

If you have someone in mind to nominate, please ensure that he/she is available to serve on the committee.

AWAY WEEKEND

Those who booked to be part of the away weekend On 3-5 November can expect something great. Members not staying with the group are also invited to attend.



KAAPSEHOOP AWAY WEEKEND

Join us for the Saturday night party of all party's after the marathon.

Venue: Ingwenyana Lodge White River

Time: 18:30

Cost: R100 club members, R220 non club member

On the menu: Soup d'jour with bread and butter. Beetroot with glazed pearl onion salad. Garden salad with condiments and dressing. Traditional Coleslaw. Butter filled Baguettes Chicken peri-peri. Boerewors with sautéed onions. Scotch fillet with sticky BBQ glaze. Pap and Sheba. Potato bakes. Grilled, spiced corn on the cob Marinated grilled baby cabbage.

Hot chocolate brownies and custard. Lemon cheese cake. Melktert. Fresh fruit and ice cream. (Worth it hey?)

Cash bar

Theme



NAMING OF THE CARAVAN COMPETITION

Time is running out now. Be creative and help us to find the right name for our new caravan.

KAAPSE HOOP ENTRIES AVAILABLE

Minnette Nel has two 21 km entries. Please contact her at minnetteg7@yahoo.com

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Lindie	Pretorius	26 Sep
Teresia	Stander	26 Sep
Estien	van Wyngaard	26 Sep
Basie	Dreyer	27 Sep
Ashley	Williams	28 Sep
Mariet	Louw	29 Sep
Thabiso	Maape	29 Sep
Mpowa	Matlala	29 Sep
Roger	Brown	01 Oct
Aletha	Van den Bergh	01 Oct



NOTICE BOARD

AGN 21.1km Championships

Saturday 30 September

Clover Irene Spring Race 21.1/10/5 km

Race Organisers: Irene Athletics Club

Venue: Irene Village Mall, c/o Nelmapius & Van Ryneveld Avenue, Irene

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 40
60+	R 50		
70+	Free		
Start Time	06:00		06:10
Start Time – Walkers / wheelchairs	05:45		
Cut-off	03:30		

Route is wheelchair friendly - Pets allowed on the 5km

Pre-entries at: Run-away Sport; Total Sports Irene Village Mall; Sweatshop Southdowns, Dunkeld, Broadacres & Bedfordview

www.enteronline.co.za & www.irenevillagemall.co.za

Irene members are not allowed to participate

Saturday 7 October

Chamberlain Capital Classic 21.1/10/5 km

Race Organisers: Phobian Athletics Club & Alpha Centurion Runners/Walkers

Venue: Phobians Club, Queens Crescent, Lynnwood

GPS: S 25.45'64.4 E 28.15'22.8

	21.1 km	10 km	5 km
Entry-fee	R 90	R 60	R 40
Blind athletes, 70+, 80+ - race day only	Free		
Start Time	06:00		06:15
Cut-off	03:30		

Wheelchair & baby strollers welcome

Pre-entries at: Run-away Sport; Sweatshop Southdowns & Dunkeld

Chamberlains – Centurion, Montana Megastore, Silver Lakes Megastore, Waterkloof Glen & Riviera www.enteronline.co.za

League Race

Saturday 14 October

Jacaranda City Challenge 42.2/21.1/10/5 km

Race Organisers: Agapé Athletics Club & Sportsvendo

Venue: SABS Grounds, 1 Dr Lategan Road, Groenkloof

GPS: S 25 46' 10" E 28 12' 42"

	42.2km	21.1km	10 km	5 km
Pre-entry fee (until 5 October)	R 150	R 80	R 70	R 30
Entry fees 60 – 79	R 80	R 50	R 40	
Late entry fees (13/14 October)	Closed	R100	R 80	
Late entry fees 60 - 79	Closed	R 50	R 40	
Jardine Joggers / 80+ athletes	Free			
Start Time	05:45		06:15	06:30
Time Limit	05h:30	03h00	2h00	

Free t-shirts to the 1st 5000 pre-entries

Chip results – no tear-off – no results

Pre-entries: Run-A-Way Sports; Sweatshop Dunkeld, Bedford & Southdowns, Randburg Runner; Sportmans Warehouse Atterbury value Mart, Centurion Value World & Kolonnade Retail Park; Enter on line: www.entrytime.co.za

2017 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

THOUGHT FOR THE WEEK

The great thing in life is not so much where we are, but in what direction we are moving.

Photo Corner



Nadene Visser with former members Lindie and Dawie Steenkamp at the Oyster catcher trail run



A beautiful view on the route



Our two GM winners on Saturday, Joey Cloete and Louwrens Smit



Mariet Louw and Letha Kotze did a trail run between Jongensfontein and Stilbaai