



# **IRENE NEWS**

**26 June 2017**

**No 25 - 2017**



## **ACHIEVEMENTS**

The following members were on the podium at the Race for friendship on Saturday:

Iain McFadyen	1 <sup>st</sup> GGM – 21 km (1:59:58)
Sandra Steenkamp	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> master – 21 km (2:13:01)
Elsa Meyer	3 <sup>rd</sup> Lady walker & 1 <sup>st</sup> GGM – 21 km (2:25:43)
Jaap Willemse	1 <sup>st</sup> Master walker – 10 km (NTA)
Rhoda Willemse	1 <sup>st</sup> Lady walker – 10 km (NTA)
Holger Hedelt	1 <sup>st</sup> Vet & 3 <sup>rd</sup> man – International 80 km in Germany

Congratulations!

## **PERSONAL ACHIEVEMENTS**

None received

## **THIS WEEK'S DIARY**

### **Tuesday:**

Time trials at 17:15 at the club house

### **Saturday:**

Run & Walk for Bibles at 07:30 – Hoërskool Zwartkop

## **SOCIAL RESPONSIBILITY**

### **Winter Warmer Project – caring for others**

Runners and walkers are a caring bunch of people in tekkies.

It is to this warm hearted 'Irene Tekkie Squad' that I appeal to stand together and help me raise R30,000 in three weeks for our winter warmer project. With this money Irene AC would like to continue our 'tradition' to buy blankets for needy senior citizens and to also supply animals with much needed food and blankets.

If every club member raises R50, we can reach our target of R30,000. I know we can do this!

### How can you help?

Please pay your donation into the Irene AC Bank account (in the next 3 weeks):

Bank account Name: Irene AC  
Bank: Standard Bank  
Branch: 012645  
Account number: 032183186  
Reference: Winter project

With the cash we will be able to buy exactly what the senior citizens and animals need. Bulk buying power will also enable us to give more. I already got good ideas from club members to buy bulk and therefore maximise the effort.

We will keep you updated on the progress of the fund raising! Thank you to those who already gave cash donations toward the project at the club tent yesterday.



Regards, Zelna

### **LEAGUE RESULTS – JACKIE MEKLER**

We managed to move up one position to 12<sup>th</sup> on the log after the Jackie Mekler race. Thank you to everyone who participated.

<b>Jackie Mekler</b>	<b>Div 1</b>	<b>Points League</b>	<b>Points League</b>
<b>Pos</b>	<b>Club</b>	<b>Tshwane</b>	<b>Jackie Mekler</b>
1	Vtm	78	98
2	Ace	76	94
3	Pmmc	74	93
4	Agape	60	76
5	Hqh	58	72
6	PvR	49	66
7	Npo	54	62
8	Overkruin	45	60
9	Resbank	46	59
10	Aurecon	47	58

11	Rwfl	43	52
12	Irene	35	47
13	Ppmk	36	42
14	Affies	30	40
15	Love Running	30	37
16	Csir	25	30
17	Bmw	22	26
18	Run At Out	14	16
18	Arete	13	16
20	Enduro		3

### ***SUPER LEAGUE***

Our ladies managed to increase their lead on the log from 1 to 7 points, well done. The challenge now is to keep it there.

<b><i>Pos</i></b>	<b><i>Club</i></b>	<b><i>League Points</i></b>
<b><i>Jackie Mekler</i></b>	<b><i>Female</i></b>	<b><i>Jackie Mekler</i></b>
1	IRENE	243
2	TEAM VITALITY	236
3	VTM	225
4	MAGNOLIA	213
5	GREEN MILE	209
6	AGAPE	190
7	ACRW	186
8	NEDBANK	184
9	HQH	172
10	KPMG	159

Our men are still in 4<sup>th</sup> position but only 3 points behind the third team. It can be done!

<b><i>Jackie Mekler</i></b>	<b><i>Male</i></b>	<b><i>Points Log</i></b>
<b><i>Pos</i></b>	<b><i>Club</i></b>	<b><i>Jackie Mekler</i></b>
1	PMMC	249
2	ACE	238
3	CORR SERV	231

4	IRENE	228
5	FARANANI	223
6	NEDBANK	221
7	VTM	211
8	TUKS	204
9	MAGNOLIA	178
10	ARCADIA	173

Congratulations to the following members who earned super league points:

NAME	AGE	TIME	POINTS
<b>Female 10km</b>			
H DE BRUIN	39	00:50:28	11
<b>25 km</b>			
A CLOETE	32	02:02:50	20
N BREYTENBACH	39	02:05:49	19
R BRINK	42	02:10:09	15
<b>Male 10 km</b>			
M DU BRUTO	68	00:44:07	11
<b>25 km</b>			
N VAN ROOYEN	29	01:38:16	43
M MOKWALA	39	01:40:34	40
D CLOETE	49	01:42:09	38
R HUDSON	53	01:50:48	12,5

### WALKERS LEAGUE

Well done to our walkers who are now 3 points ahead on the log. It is not over yet.

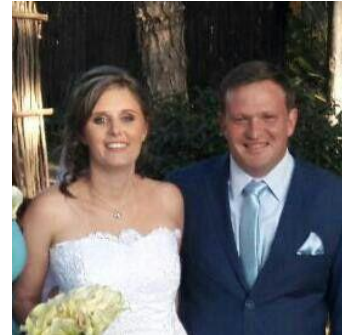
<i>Jackie Mekler</i>	<i>Div 1</i>	<i>Points</i>
<i>Pos</i>	<i>Club</i>	<i>L'gue</i>
1	IRENE	97
2	RWFL	94
3	RWFL B	84
4	VTM	83
5	PMWC	77
6	LOVE RUNNING	74
7	SOLIDARITEIT	63
8	CORR SERV	49
9	AGAPE	48
10	TUKS	38

### **RACE CANCELLED**

Please take note that the Lester Mills Night Race scheduled for the 20th September 2017 has been cancelled.

### **PERSONALIA**

Congratulations to Martin Williams who got married. We wish him and Stephanie a wonderful life together.



Congratulations to everybody celebrating their birthdays during the week:

Urshula	Horn	27 Jun
Marie	van Dyk	27 Jun
Geoff	Carter	28 Jun
Geoffrey	Carter	28 Jun
Belinda	de Bruin	28 Jun
Derek	Oldnall	28 Jun
Sarie	Nel	29 Jun
Danie	Oosthuizen	30 Jun
Hanno	Barnard	01 Jul
Pieter	Reynecke	02 Jul
Gwen	Siyotula	02 Jul



## NOTICE BOARD

### **Saturday 1 July**

### **Run & Walk for Bibles 21.1/10/5 km**

Race Organisers: Alpha Centurion Runners & Walkers

Venue: Hoërskool Zwartkop, c/o Mopani & Old Johannesburg Road, Centurion

GPS: S 25 50 58.60 E 28 09 54.32

	21.1 km	10 km	5 km
Entry-fee	R 100	R 80	R 40
GGM ½ price – race day only			
Wheelchair & blind athletes – race day only	Free		
Start Time	07:30		07:35
Cut-off	?:00		

**No club gazebos on main field due to irrigation**

**No animals allowed**

Pre-entries at: Run-away Sport; The Runners Store; Sweatshop Southdowns; Sportmans Warehouse

[www.active.com](http://www.active.com)

**MODERN**  
**athlete**



**SPAR**



**Saturday 8 July****Garsfontein Ice Breaker 21.1/10/5 km**

Race Organisers: Wingate Road Runners & Dutch Reformed Church Garsfontein

Venue: Garsfontein Primary School, Zita Street, Garsfontein

GPS: S 25 47 24,44 E 28 17 43,22

	21.1 km	10 km	5 km
Entry-fee	R 80	R 60	R 40
GGM ½ price – race day only			
70+ (only temporary license if applicable)	Free		
Start Time	06:30 – Walk 07:00 – Run		07:15
Cut-off	03:30		

**No animals allowed**

Pre-entries at: Run-away Sport; The Runners Store; Garsfontein Church (285 Emmie Hartmann Street)

[www.nggars.org.za](http://www.nggars.org.za)

**Saturday 15 July****AfriForum Springbok Vasbyt 25/10/5 km**

Race Organisers: Voortrekke Monument Atletiekkklub

Venue: Voortrekker Monument, Pretoria

GPS: S 25 77 690 E 28 17 747

	25 km	10 km	5 km
Entry-fee	R 120	R 80	R 40
60+ - only with age tag – race day only	R 50		
Start Time	07:30		07:40
Cut-off	03:30		

**The 10 & 25km is not suitable for bay stollers and wheelchairs**

**No animals allowed**

Pre-entries at: Run-away Sport; The Runners Store; PostNet Pretoria West (Quagga Centre); Sportmans Warehouse Centurion, Kolonnade, Atterbury Value Mart

[www.entrytime.co.za](http://www.entrytime.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>
LONG WALK/RUN FOR FREEDOM	10/21	22 Jul	X	X
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**

<b>12 Augustus 2017</b>	<b>Claude Sterley Memorial</b>	<b>Pilditch</b>
? Sept/? October 2017	SWD	Oudtshoorn
11 November 2017	Free State	Bloemfontein

### **THOUGHT FOR THE WEEK**

**If no one thinks you can, then you have to.**



## Photo Corner



Holger Hedelt on the podium in Germany



Wynand Breytenbach at the SA 21 km championships in Port Elizabeth with SABC2 presenter Vaylen Kirtley.