



IRENE NEWS

26 October 2015

No 42- 2015



ACHIEVEMENTS

The following members were on the podium on Saturday at the CSIR race:

Jacquie van der Waals	1 st Lady & 1 st Vet – 10 km (40:58)
Beatrix le Roux	2 nd Master lady – 10 km (51:24)
Bertha van den Raad	1 st GGM lady – 10 km (78:14)
Louis Botha	2 nd Master – 10 km (48:45)
Johan Nel	1 st GM – 21 km (1:35:10)
Elsa Meyer	2 nd Lady walker – 21 km
Gerard van den Raad	1 st Walker – 21 km (2:30:22)
Danie Labuschagne	2 nd Walker – 21 km (2:30:23)

Congratulations!

PERSONAL ACHIEVEMENTS

Estelle Jansen van Vuuren PB – 21 km

Well done!

Congratulations to Liza Smit who recently received her red belt in kickboxing. Watch out for this lady!

KING PRICE FARM RACE

Thank you to those members who responded last week on the request for helpers. We now have 50 so only 200 to go. Please let me have your names a.s.a.p. please. We can't present the race without your assistance.



Liza Smit



COMRADES WORKSHOP

The second Comrades workshop will take place on Tuesday evening after the time trials. All potential 2016 Comrades runners will benefit from this, novices as well as seasoned runners. Support this initiative from the club to ensure that you run your best Comrades ever.

 SHORT TERM BROKERS Value. Service. Trust Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za	We're there for the long run <small>Short Term Brokers is an authorised financial services provider – FSP no. 10670</small>
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PERSONALIA

Dale Timm, former member of Irene passed away due to illness. As an employee of Aurecon, he moved from Irene to form the Aurecon Athletics Club. He retired recently and started a guest house in Scottburgh. He was 63. Condolences to his family.



Congratulations to everybody celebrating their birthdays during the week:

Chrisna	Fourie	26 Oct
Carl	Le Roux	26 Oct
Lorne	Johl	27 Oct
Talita	Redelinghuys	29 Oct
Ernst	Gottschalk	30 Oct
Rose	Kavaliannas	30 Oct
Tshepo	Leshaba	30 Oct
Daleen	Haarhoff	31 Oct
Magda	Saayman	31 Oct
Lynette	September	31 Oct
Helen	Short	31 Oct
Corli	Prinsloo	01 Nov



SPAR



JUMPING KIDS ATHLETE

Ntando Mahlangu was one of the Jumping Kids athletes who was part of the relay to Laingburg last year when we had the fund raising event for them. He has since become an excellent athlete. See the clip from Beeld below.

13-jarige vereër vir sy prestasies op die atletiekveld

Die 13-jarige Ntando Mahlangu, 'n junior T42-atleet (amputasie bo die knie), is onlangs vereër met verskeie toekennings.

Ntando, 'n gr. 6-leerling aan die Laerskool Constantiapark, is een van sewe Is Ability Sports Club-lede wat deur die Sportvereniging vir Gestremdes van Gauteng-Noord vereër is. Ntando het vanjaar verskeie atletiekprestasies opgelewer.

Hy het vroeër vanjaar opslae gemaak toe hy twee nie-amptelike junior wêreldrekords (in die 100 m en 200 m) en 'n Afrika-rekord in verspring op die Nedbank Nasionale Kampioenskap vir Gestremdes behaal het.

Daarna het hy 'n nie-amptelike senior wêreldrekord in die 400 m op die Wêreld Junior Spele van IWAS (International Wheelchair and Amputee Sport) in Nederland aangeteken, waar hy ook die toekenning as Atleet met Internasionale Potensiaal gewen het.

Hy is aangewys as Gauteng-Noord se Junior Sportman van die Jaar, het die Beste Vordering-prys gewen, asook die trofee vir die Algehele Sportwenner van die Jaar.

Volgens Fred Furstenberg, klubbestuurder, was dit 'n goeie jaar vir Is Ability Sport met lede wat gesamentlik meer as 50 medaljes gewen en verskeie Suid-Afrikaanse, Afrika- en



Ntando Mahlangu met die talle toekennings wat hy vanjaar gewen het.

wêreldrekords opgestel het.

Die klub is in 2011 gestig deur Johan Snyders, uitvoerende hoof van Iceexpress Progressive Prosthetics en



'n Gesonde leefstyl is baie belangrik, en om van voor af te leer hardloop, is deel van die proses.

stigter van die Jumping Kids Proste-tiese Fonds, met die doel om sport vir fisiek gestremde atlete te bevorder.

Iceexpress is sedert 2009 betrokke by gestremde sport op die hoogste vlak en werk tans saam met verskeie van die land se top- gestremde atlete en -afrigters ter voorbereiding van die 2015 IPC- (International Paralympic Committee) wêreldkampioenskap en die 2016 Rio Paralimpiese Spele.

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"Ons vind dat atletiek 'n uitstekende manier is om 'n omvattende benadering tot rehabilitasie te bevorder," sê Snyders.

NOTICE BOARD

Saturday 31 October

Amakhosikazi 10 / 5 km Race

Race Organisers: AGN

Venue: Pilditch Athletics Stadium, Pretoria West

GPS: S 25.751667 E 28.164722

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Start time	06h00		
Time Limit	??h00		

Pre-entries at: Run-Away-Sports; Running Inn; Runners Store; Sweat Shop, Southdowns;
Pilditch Stadium;

Shell Garage Atteridgeville

www.entrytime.com

Saturday 7 November

King Price Irene Farm Race 21.1/10/5 km

Race Organisers: Irene Athletics Club

Venue: ARC Campus, Nellmapius Drive, Irene

GPS: S 25.751667 E 28.164722

	21.1 km	10 km	5 km	Kids run
Entry fees	R 80	R 60	R 40	R 10
70+ - race day only	Free			
Start time	Running 06h00 Walking 05h45		06h00	08h00
Time Limit	??h00			

Free t-shirts to the 1st 500 pre-entries (5km excluded)

21.1km not wheelchair friendly

Pre-entries at: Run-Away-Sports; Runners Store; Sweat Shop, Southdowns, Dunkeld,
Fourways & Bedfordview www.enteronline.co.za

Saturday 14 November**Kolonnade Retail Park 21.1/10/5 km**

Race Organisers: Fit 2000 Pretoria

Venue: Kolonnade Retail Park, c/o Sefako Makgatho (Zambesi)/ Enkeldoorn Drive

GPS: S 25 40'44" E 28 15'14

	21.1 km	10 km	5 km
Entry fees	R 70	R 5`0	R 30
Start time	06h00		06h05
Time Limit	03h30	02h00	

Pre-entries at: Run-away-Sports; Running Inn; Sweat Shop Southdowns; Sportsmans Warehouse – Kolonnade Retail Park

www.enteronline.co.za**Saturday 21 November****Tom Jenkins Run/Walk Challenge 21.1/10/5 km**

Race Organisers: Arcadia Running Club

Venue: Union Buildings, Church Street, Arcadia

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Start time	06h30		06h40
Time Limit	??h00		

Pre-entries at: Run-away-Sports; Running Inn; Runners Store

www.enteronline.co.za

2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
Muller Potgieter		28/11/15	X	X

Masters Athletics Fixture list

Local meetings

31 October 2015 SWD Champs – Oudtshoorn

14 November 2015 Vrystaat Champs - Bloemfontein

You are regularly informed about league meetings, please support these meetings. Results are taken into consideration when choosing the GN team for SA's

26 Oct – 6 November 2016 MA Championships, Perth, Australia

<http://www.perth2016.com>

THOUGHT FOR THE WEEK

If you ever find yourself in the wrong story, leave.



Photo Corner (CSIR race)



Teresia Stander with her daughter



Lemao Motaung



Fanna Njomo and Sheren Naidoo



Pieter Olivier and Carla Hartmann



Rens Bester



Brad Mitchell



Danie Cornelissen



Theuns Strecker



Joy Nicholl, Henk Basson and Hennie van der Walt



Jaco Botha



Michelle Lubbe and Danny Calaca



Sonia Scheepers