



IRENE NEWS

26 September 2016

No 39 - 2016



ACHIEVEMENTS

Congratulations to the following members who were on the podium:

Johan Nel	1 st GM – Tuks Night 10 km (44:05)
Estelle Jansen van Vuuren	2 nd Vet lady – FNB Joburg 10 km (52:12)

PERSONAL ACHIEVEMENTS

Chantal Heuvel	First Marathon
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THIS WEEK'S DIARY

Tuesday:

Time Trials at 17:30 – Club House

Saturday:

Business Relay

CLOVER IRENE SPRING RACE – 24 SEPTEMBER

What a race! What a success!

Thank you to all our members who contributed towards this great event. It was the best one ever with 4700 entries on the 3 distances.

Without the assistance of our members it wouldn't have been possible. We can be very proud on what we have achieved on Saturday.



FEEDBACK FROM CLOVER

BAIE DANKIE vir die geleentheid om Clover te kon verteenwoordig met die prysuitdeling.

Ek is baie dankbaar oor die goeie blootstelling wat Clover kon geniet het en die reëlins was PUIK!

Clover was werklik oral sigbaar en die seremoniemeester het ongelooflike mondelingse blootstelling aan Clover as borg gegee.

Hierdie Clover Irene-wedloop groei net jaarliks en word groter en beter en wat my veral opgeval het, was die ongelooflike aangename atmosfeer.

Dankie vir julle moeite en geluk met 'n werklik goed gereëlde wedloop!

Prof Elaine Vlok

Manager: Corporate Services

PERSONALIA

Condolences to Frances Lezar and her family. Her son Michael was tragically killed in a car accident on Friday morning.

Congratulations to everybody celebrating their birthdays during the week:

Teresia	Stander	26 Sep
Ashley	Williams	28 Sep
Mariet	Louw	29 Sep
Roger	Brown	01 Oct
Aletha	Van den Bergh	01 Oct



CHAIRMAN'S BALL

Time is running out to book for the Chairman's Ball to be held at Shelanti on 8 October. It is going to be something very special. Only 100 seats available. Book now to avoid disappointment.



IRENE ATHLETICS CLUB

CHAIRMAN'S BALL
with LIVE COMEDY SHOW

R150 pp

CASH BAR

OCT 8

7:00 PM

SHELANTI
CHAPEL & VENUE

263 JEAN AVE.
CENTURION

BLACK TIE

007

NOTICE BOARD

Saturday 8 October

Chamberlain Capital Classic 21.1/10/5km

Race Organisers: Phobians

Venue: Phobians Club, Queens Crescent, Queenswood

	21.1 km	10 km	5 km
Entry fees	R 90	R 60	R 40
Entry fees 70+	Free	Free	
Start time	06h00	06h00	06h15
Time Limit	??		

Pre-entries at: Run-A-Way Sport, Runner's Store; Sweatshop Dunkeld; Sweatshop Southdowns; Running Inn; Natural Runner; Megastore Centurion; Montana; Silver Lakes; Waterkloof Glen; Riveria

www.enteronline.co.za



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Saturday 15 October

SABS Jacaranda City Challenge 42.2/ 21.1/10/5km

Race Organisers: Agapé Athletics Club

Venue: SABS, Groenkloof

	42.2	21.1 km	10 km	5 km
Pre Entry Fees	R100	R70	R60	R40
Entry fees 60 -79	R60	R40	R30	R40
Entry fees 80+	Free	Free	Free	Free
Start time	05:45	05:45	06:15	06:30
Time Limit		5 hrs 30 mins		

Pre-entries at: Run-A-Way Sport, Runners Store; Sweatshop Bedfordview; Sweatshop Dunkeld; Running Inn; Randburg Runner; Sportsmans Warehouse Atterbury Value Mart, Kolonnade Retail Park & Centurion Value World

www.entrytime.com

2016 AGN LEAGUE FIXTURE LIST

<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
King Price Irene Farm	10/21	29 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

Masters Athletics Fixture list

? Oktober

SWD

Oudtshoorn

12 November

Vrystaat

Bloemfontein

THOUGHT FOR THE WEEK.

Enjoy life today, yesterday is gone and tomorrow may never come.

Photo Corner



Ready to take just over 3000 entries between 04:30 and 06:00



The start of the 2016 Clover Irene Spring Run



It was a huge turnout



Our finish structure is something special



Anne Calaca and Susan Strauss in the Clover cool truck that served as tog bag area



Comrades race director Rowyn James was one of the timekeeping officials



A total of 4800 bottles of clover chocolate milk was available at the finish



Prizegiving time



Chairman Louis Visser conducting the prizegiving with Prof Elain Vlok from Clover



Two of the major role players from Clover, Prof Elain Vlok and Milly Kemp



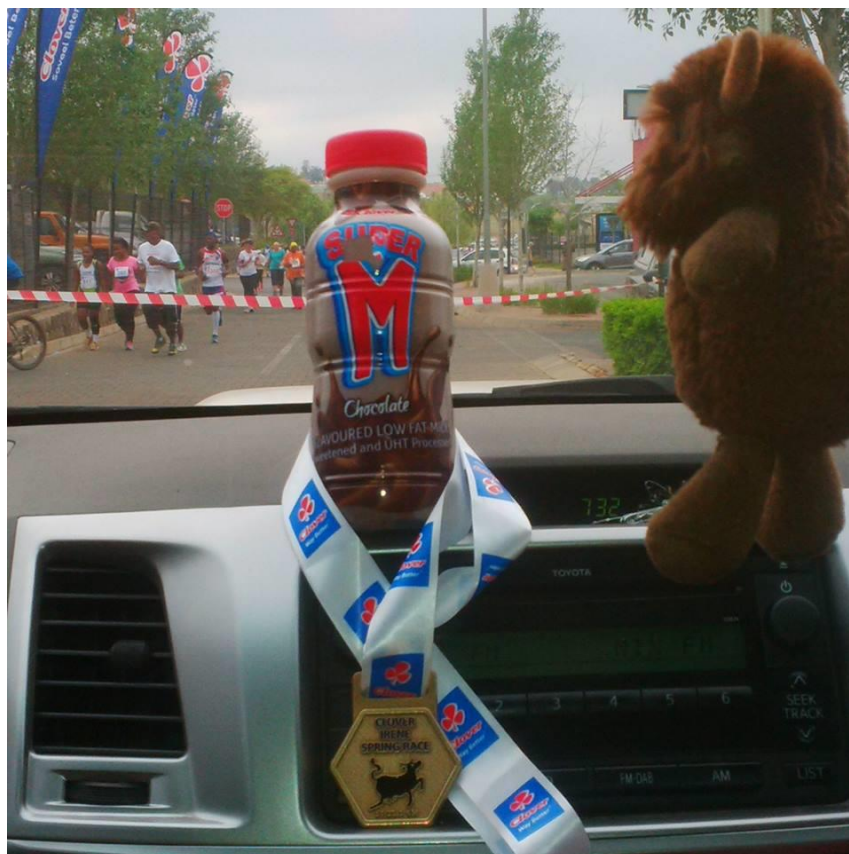
Susan Viljoen and Tjaart van Wyk in action at a water point



There is always fun and laughter when Annemarie Breytenbach is around



Photos from Facebook showing how the race was appreciated





The start of the helpers run on Sunday morning



There was an excellent turnout at the helpers race



Runners enjoying themselves at the helpers race



Pieter Coetzee in action



Susan Maree, Renate Louw, Yolanda Meintjies, Telanie Venter and Marie van Zyl



Chantal Heuvel was the timekeeper at the helpers run