



IRENE NEWS

27 February 2017

No 8 - 2017



ACHIEVEMENTS

The following members were on the podium at the Deloitte race on Sunday:

Johan Nel	1 st GM – 42 km (3:37:18)
Annatjie Greyvenstein	1 st GGM lady – 10 km (58:01)
Elsa Meyer	1 st GGM lady walker – 10 km (67:24)
Gerard van den Raad	1 st GGM walker – 10 km (67:24)

Congratulations!

The Tuks 10 km served as the AGN 10 km Championships for walkers. The following members earned medals in their respective age categories:

Elsa Meyer	Gold
Gerard van den Raad	Gold
Rhoda Willemse (social member)	Gold
Retha Knoetze (social member)	Gold
Jaap Willemse	Silver
Lucia Willemse	Silver
Letha Kotze	Silver
Tania Thompson	Bronze
Marie van Dyk	Bronze

Congratulations!

PERSONAL ACHIEVEMENTS

Silvia Oliveira	First Marathon
CJ Gresse	First Marathon

Well done!



THIS WEEK'S DIARY

Tuesday:

Helpers run at 17:30 at the club house

Saturday:

Sunrise Monster 10/32 at 06:00 – Harlequins Sports Grounds

CLUB MARATHON CHAMPIONSHIPS

The preliminary results of the different age categories are as follows:

	Men	Woman
Overall	Alfred Matema	Amanda Cloete
Seniors: 20 - 39	Michael Mokwala	Amanda Cloete
Veterans: 40 - 49	Alfred Matema	Joy Nicholl
Masters: 50 -59	Rob Hudson	Ansie Breytenbach
Grand Masters: 60 - 69	Johan Nel	????

Congratulations to all.



Overall champions Amanda Cloete and Alfred Matema

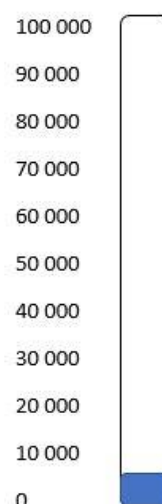
CALENDARS

Those of you who haven't collected your calendars yet can do so on Tuesday evening. Bring your money along if you haven't paid yet.

CARAVAN FUND

Another R200 was paid in during the week. The fund now stands on R5700. Still a long way to go!

Please make your contribution today, no contribution is too small.



HELPERS RACE

The helpers race will take place from the club house on Tuesday at 17:30 in place of the time trials. There will be no entry fee and it won't be necessary to wear club colours. The first 3 men and woman running and walking will receive gold medals. The rest will receive bronze.

We require a few helpers to help at the water point and at the finish. It will all be at the club house.



NEW MEMBERS

Welcome to the following new members who joined us recently:

Marlise	Pienaar
Moses	Nhlabatsi
Lazarous	Sekhu
Ockert	Hartslief
Mardine	Laubscher
Schalk	Laubscher
Monique	Prinsloo
Stephan	van der Walt



We trust that you are going to enjoy every moment with us.

BOBBIES CHALLENGE

The next league race is the Bobbies 10/21 on 11 March. They will pay R1000 to the club with the most finishers. Let's go for it! Should we win the money it will be donated to the caravan fund and the Club will match the amount.



BOBBIES 3-IN-1
11 MARCH 2017

A large green silhouette of a running figure is formed by a dense collection of small green dots. The background features a pattern of stylized leaves in various shades of green and yellow.

 
Athletics
Gauteng North
LEAGUE RACE

5km | 10km | 21km


wonderboom
JUNCTION

R1000 CASH PRIZE FOR THE RUNNING CLUB WITH THE MOST FINISHERS!

RACE ENQUIRIES - ELIZABETH DREYER: 082 355 7637
CHARL CILLIERS: 082 785 3273 | CARL VISAGIE: 082 853 2932

Cnr Lavender and Lavender East Road
25.6857° S, 28.1890° E | 012 543 1120
www.wonderboomjunction.co.za

OM DIE DAM ENTRIES

Quite a number of our members missed the cut-off date for the Om die Dam 21/50. Please let us know if you cannot participate anymore so that your entry can be substituted.

PERSONALIA

Derick van der Merwe was involved in a car accident recently. We wish him well as a speedy recovery.

Congratulations to Kallie and Anina Coetzee with the birth of their new baby boy.



Congratulations to everybody celebrating their birthdays during the week:

Hanlie	Lundie	28 Feb
Sylvia	van den Berg	01 Mar
Mitchell	Black	03 Mar
Debra	Arkell	04 Mar
Musa	Nkosi	04 Mar
Pieter	Olivier	05 Mar
Willem	Swart	05 Mar



NAME TAGS

The following name tags for new members are available for pick up at the administration desk.

We will advise when the next batch of names for new members will be available for pick up.

NAME TAGS READY FOR PICK UP - NEW MEMBERS	
Alexander	Lindsey
Andre	Maria
Anri	Mark
Bernita	Martin
Chris	Maryke
Christiaan	Melani
Coenie	Michelle
David	Monica
Diana	Natasha

Gavin	Paul
Hendrik	Peter
Henriette	Piet
Ilana	Pieter
Ilze	Riaan
Jacobus	Roelof
Jacqueline	Silvia
Jeremy	Sylvia
Johan	Willem
Leon	Zanele

There are a lot of embroidered names in stock at the Admin Desk of existing members. I attempted to list them all in alphabetical order but this is a huge and almost impossible task.

Please visit the Admin Desk to pick up your name should you want one. If your name is not in stock I will order you one.

Yvette

SHOES FOR SALE

I am Terence Snyders from Run@Out. I have Asics tekkies for sale.

1. Asics Tri Noosa - female, size 6.5, original price: R1, 799
My price: R1, 200.

2. Asics Tri Noosa - male, size 6 and 8, original price R1, 899
My price: R1, 300.

Contact: Terence - 0607371830 / snyderst@legalinc.co.za

MODERN
athlete

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NOTICE BOARD

Saturday 4 March

Medihelp Sunrise Monster 32/10/5km

Race Organisers: Harlequin Harriers

Venue: Harlequin Club, Totius Road, Groenkloof

GPS: S 25 40.122 E 28 13.031

	32 km	10 km	5 km
Pre entry-fee	R 100	R 70	R 40
Pre-entry fee 60 +	R 60	R 40	R 20
Entry fees 70+ race day & race eve only	Free		
Start Time	06:03	06:30	06:40
Cut-off	04h30	02h00	

Free t-shirts to all finishers while stocks last

Route not suitable for wheelchairs

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Sweatshop – Southdowns;
Running Inn

www.entrytime.com

LEAGUE RACE

Saturday 11 March

Bobbies 3-in1 21.1/10/5km

Race Organisers: Pretoria Police Marathon Club

Venue: Wonderboom Junction, c/o Lavender & Lavender East Roads, Wonderboom

GPS: S 25.6857 E 28.1890

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 50
Pre-entry fee 60 +	R 50	R 30	R 20
Entry fees 70+ & blind & wheelchair athletes	Free		
Start Time	05:30	05:40	05:50
Cut-off	03h15		

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Sweatshop – Southdowns;
Shape-Up Gym. www.enteronline.co.za

2017 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
PRETORIA BOBBIES	10/21	11 Mar	X	X
CITY OF TSHWANE	10/21	29 Apr	X	X
JACKIE MEKLER	10/25	6 May	X	X
RACE FOR FRIENDSHIP	10/21	24 Jun	X	X
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

31/3 & 1/4/2017	KZN Champs	Kingspark
1 April 2017	Gauteng North Championships	Tuks/Pilditch?
8 April 2017	Central Gauteng Championship	Germiston
12 Augustus 2017	Claude Sterley Memorial	Pilditch
? Sept/? October 2017	SWD	Oudtshoorn
11 November 2017	Free State	Bloemfontein
4, 5 & 6 May 2017	SA Masters Chamionships	Groenpunt Stadium

African Masters Track & Field Championship

Cameroon 27 – 29 May 2017

International Masters Championships

18 – 25 March 2017 World Indoor Championship 2017 in Daegu, Korea

THOUGHT FOR THE WEEK

Don't run away from challenges, run over them.

Photo Corner (Deloitte)



Sibusiso Sibisi



Michael Mokwala



The Bloem twins, Sarel and Thomas



Bheki Ndhlovu



Philip Breytenbach, Rob Hudson and Dirk Cloete



Mthokozizi Mambi



Heleen de Bruin and Johan van Vuuren



Jaco van Rooyen and Stephan Craggs



Dave Roux



Gert van der Mescht



Francois Nelson



Marli Hanekom



Maureen Mossop



Jason Hubner



Rob Hudson



Ben Marais



Andre Fourie



Emile Myburgh



Henk Basson receiving a special ice treatment from Bertha van den Raad



Always a pretty sight