



IRENE NEWS

27 July 2015

No 29 - 2015



ACHIEVEMENTS

The following members did us proud at the Swartkop Lapa Race on Saturday:

Susan Maree 1st Master lady – 10 km (50:09)

Walkers:

Annatjie Greyvenstein	1 st Lady & 1 st GGM – 10 km (64:26)
Letha Kotze	1 st GM lady – 10 km (No time available)
Keith Reynolds	1 st Vet – 10 km (56:03)
Gerard van den Raad	1 st GGM – 10 km (66:46)
Sandra Steenkamp	1 st Lady & 1 st master – 21 km (2:06:38)
Elsa Meyer	1 st GM lady – 21 km (2:17:15)
Jaap Willemse	1 st Master – 21 km (2:14:10)
SP Botha	1 st GGM – 21 km (No time available)

Well done!

Ansie Breytenbach	2 nd Master lady – SA 21 km Championships (1:31:25)
Mike du Bruto	3 rd SAMA (65-69) – SA 21km Championships (1:32:48)
Marie van Dyk	2 nd Female & 3 rd Walker – 1000 km Challenge

Congratulations!

PERSONAL ACHIEVEMENTS

Marks Mathebula	PB – 21 km
Estelle Jansen van Vuuren	PB – 21 km

Congratulations!

PERSONALIA

Dawie Roodt was injured when he and his family were attacked in their house on Thursday evening. He was seriously injured and underwent surgery to repair the damage to his arm. We wish him a speedy recovery and we are grateful that the rest of his family escaped any injuries.

	SHORT TERM BROKERS Value. Service. Trust Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za	Gold medal service <small>Short Term Brokers is an authorised financial services provider – FSP no. 10670</small>
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Congratulations to everybody celebrating their birthdays during the week.

Jaco	Du Toit	27-Jul
Russel	Daries	29-Jul
Michael	Diener	30-Jul
Liza	Maritz	30-Jul
Mariska	Shrives	30-Jul
Judy	Faint	31-Jul
Jacqueline	Burn	01-Aug
Tina	da Cruz	01-Aug
Heidi	Oosthuisen	01-Aug
Douw	Van Zyl	02-Aug



COMRADES WORKSHOP

The Comrades workshop was postponed last week due to the fact that Maretha Claasen, the sport psychologist was unable to attend due to illness. It will now take place this week after the time trials. Don't miss out, you just have to be there,

WATER POINTS – NEW RACE

We are looking for businesses to man the water points at our race on 30 August. It is an ideal advertising opportunity and can also serve as a team building exercise. The following will apply:

- The race takes place on Sunday 30 August
- Starting time 12:00
- It will be free of charge
- All the tables, water, Coke and ice will be provided
- Manpower of minimum 20 is required
- Something to eat must be provided to the Marathon athletes on their second lap
- The water point must be branded properly
- Music and a festive atmosphere is essential
- A floating trophy will go to the best water point as determined by the athletes.

Hurry to book your spot. There is one more available.



NOTICE BOARD

Saturday 1 August

Tshwane AC Road Race 21.1/10/5 km

Race Organisers: Tshwane Athletic Club

Venue: Medunsa Stadium (now known as Sefako Makgatho Health & Science University)

GPS: S 25 37'01.3 E 28 50.9

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees – GM & GGM & 80+	R 30		
Start time	07h00		
Time Limit	03hrs		

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

www.entrytime.co.za and www.enteronline.co.za

Saturday 8 August

Women's Rights Run/Walk 21.1/10/5 km

Race Organisers: Aeorobics 4 All **League Race**

Venue: Fountains Valley

GPS: S 25.7811' E 28.1939'

	21.1 km	10 km	5 km
Pre entry fees	R 70	R 50	R 30
Race day entry fees	R 90	R 70	
Start time	07h00		
Time Limit	??hrs		

No pets allowed

Pre-entries at: Run-away-Sports; Running Inn; Sweat Shop Southdowns; The Runners Shop
Tramshed

www.entrytime.co.za

Monday 10 August**Castle Walk Road Race 10/5 km**

Race Organisers: Fit 2000

Venue: Castle Walk Centre, Nossob Street, Erasmuskloof

	10 km	5 km
Entry fees	R 40	R 30
Start time	07h00	07h15
Time Limit	??hrs	

No wheel chairs

Pre-entries at: Run-away-Sports; Running Inn; Sweatshop Southdowns, Dunkeld West & Fourways

Castle Walk shops: Engen; Curves; Coco Bistro; Stationers; DFC

www.enteronline.co.za**Saturday 15 August****Ocean Basket Marcel van't Slot Memorial**

Race Organisers: Phobians Athletics Club

Venue: Pretoria Boys High School, Roper Street, Brooklyn

GPS: S 25.45'38.25 E 28.13'26.07

	15 km	5 km
Entry fees	R 60	R 40
Late entry fees	R 70	R 40
Entry fees 70+/wheel chairs/ blind runners – race day only	Free	
Start time	Running 07h00 Walking 06h50	07h15
Time Limit	02h30	02h00

Free t-shirts 10 the 1st 1000 in the 15km and 500 in the 5km**Baby strollers welcome on the fun run**

Pre-entries at: Run-away-Sports; Running Inn; Sweatshop Southdowns, Dunkeld & Bedfordview; Runners Shop Tramshed

www.entrytime.com & www.sa.active.com

2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
A4A Women's Rights Run/Walk	10 km/21	08/08/15	X	X
Value Log Ou Voetpad		12/09/15	X	X
Capital Classic		10/10/15	X	X
Muller Potgieter		28/11/15	X	X

Masters Athletics Fixture list

Local meetings

16 October 2015 Rassiebyeenkoms – Bronkhorstpruit
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

International Championships

4 – 16 August 2015 WMA Championships, Lyon, France

<http://www.lyon2015.com>

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

<http://www.perth2016.com>

THOUGHT FOR THE WEEK

Time has a wonderful way of showing us what really matters.



Photo Corner (Swartkop Lapa)

Thank you to Rena van Wyk & Martie van der Walt for the photos



Hennie van der Walt running with his son Kevin



Henk Basson, Marks Mathebula, Joy Nicholl & Candice van der Spuy



Rae Clerihew & Riaan Prinsloo



Marisia Koch & Johnny van der Walt



James Eayrs dressed for the occasion



Gerhard van Vuuren



Marika van Rensburg



Rob Hodgkiss



Johan Janse van Vuuren



Thea van Helden with her new track suit



Tony Gomes braving the cold



Susan Maree, 10 km master lady winner



Letha Kotze, 1st GM lady walker – 10 km



Ansie Breytenbach, 2nd master lady at the SA 21 km Championships



Mike du Bruto in action at the SA 21 km Championships



Carla Hartmann did the Rio de Janeiro Marathon on Sunday