



IRENE NEWS

28 August 2017

No 34 - 2017



ACHIEVEMENTS

The following members were on the podium at the Dawn to Dusk:

Heleen de Bruin and Joan van Wyngaard – 1st Ladies team
Rosemary Brink and former member Rae Clerihew – 2nd Ladies team

Congratulations!

The following members earned medals in their respective age categories at the AGN cross-country championships on 19 August:

Mike du Bruto	Gold
Amanda Cloete	Gold
Carolina van der Westhuizen	Silver
Joey Cloete	Silver
Lyn de Bruin	Bronze

Well done!

Congratulations to the following members who have been selected for the AGN cross country team to participate in the SA cross country championships in Potchefstroom on 9 September:

Mike du Bruto
Dirk Cloete
Pieter van Heerden
Amanda Cloete,
Carolina van der Westhuizen
Ansie Breytenbach
Joey Cloete
Lyn de Bruin



PERSONAL ACHIEVEMENTS

None received



THIS WEEK'S DIARY

Tuesday:

Time trials at 17:15 - Club house

Wednesday

Pierre van Ryneveld Night Race 10/5 km at 18:30 - PvR Community Church

Saturday:

Spirit of Flight 10/5 km at 07:00 – Zwartkop Air Force Base (AGN and club championships)

AGN 10 KM CHAMPIONSHIPS

The Spirit of Flight race to be held on 2 September will serve as the 10 km AGN championships. This race will also serve as the main event (although not the only one) to select the AGN team to participate in the SA 10 km championships that will take place in Mbombela (Nelspruit) on 4 November.

There will be prize money up for grabs in addition to the race prize money as well as AGN medals (see the attached document for details). Prize money and medals will be awarded in 5-year age categories i.e. 35 – 39, 40 – 45 etc. Athletes must wear the correct age categories on the day i.e. 35, 40, 45, 50, 55 etc. in order to qualify for the AGN medals and prize money. Only registered AGN athletes will be considered.

For the SA championships, there are no set standards, but all senior and junior men should finish in 35 minutes and all senior and junior woman should finish in 45 minutes. All other categories should finish in less than 60 minutes. Please note that it doesn't mean that all athletes who finish in these times will be selected for the AGN team due to restrictions to the size of the team.

NB. The race will also serve as our Club 10 km championships.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Pierre	du Bruyn	28 Aug
Elsa	Taylor	28 Aug
Rene	du Bruyn	29 Aug
Rainer	Ludwig	31 Aug
Jacqui	Burn	01 Sep
Lindsay	Croeser	01 Sep
Harry	de Wet	01 Sep
Kobus	van As	02 Sep



INVITATION

We received an invitation from our neighbours to be part of a fun run of Friday 22 September. It doesn't clash with any other race. See details below and where to enter.

The poster is a vertical rectangular flyer with a light green border. It features several photographs of the Heritage Hill estate, including a large stone archway with the 'HERITAGE HILL' logo, a central fountain, and various landscaped paths and gardens. The central text is white on a green background. At the bottom left is a portrait of Rene, and at the bottom right is the Leapfrog Property Group logo.

**HERITAGE HILL
4 HOUR CIRCUIT RACE**
22 September 2017
17:00 - 21:00
Heritage Hill Lemon Orchard

Heritage Hill Estate is hosting a 4hr fun run/walk event on 22 September. The event will take place in the beautiful estate on a unique 1km route. Each individual or team will have 4 hours to complete as many laps as possible. Categories will still be determined.

Bring your camping chairs, refreshments and the whole family to come and cheer the participants along. Braai facilities will be available or bring your own and enjoy the village vibe!

ENTRANCE FEES
R50 per person
R100 team of 2
R150 team of 4

Enquiries:
heritagehillvillage@gmail.com

EXCLUSIVELY HERITAGE HILL

Rene
079 292 6840
rene.vandermerwe@leapfrog.co.za

leapfrog
PROPERTY GROUP

The Village Run/Walk entry form is available on <https://goo.gl/forms/PqfjZcCwMxzruTse2>

NOTICE BOARD

Wednesday 30 August Pierre van Ryneveld Night Race 10/5 km

Race Organisers: Pierre van Ryneveld Athletics Club

Venue: PvR Community Church, 14 Baltimore Rd, Pierre van Ryneveld, Centurion

	10 km	5 km
Entry fees	R 70	R 40
Start time	18h30	18h35
Time Limit	02:00	

Please wear reflective gear

Pre entries at: Run-Away-Sport

AGN 10km Championships and Irene club Championships

Saturday 2 September Spirit of Flight Race 10/5km

Race Organisers: Pretoria Military Marathon Club

Venue: Airforce Base Zwartkop, Old Johannesburg Rd – Northern entrance, Valhalla

GPS: S 25 47'58.75 E 28 09'51.49

	10 km	5 km
Entry fees	R 70	R 50
Start time	06h30	
Time Limit	02:00	01:30

Pre entries at: Run-Away-Sport; Sweat Shop Southdowns

Saturday 9 September**Value Logistics 21.1/10/5 km**

Race Organisers: Voortrekker Monument Draf & Stap Klub

Venue: Tshwane University of Technology, Staatsartillerie Rd, Pretoria West

GPS: S 25.732633 E 28.161844

	21.1 km	10 km	5 km
Entry-fee	R 80	R 60	R 30
60+, disabled athletes	R 30 (race day only)		
70+	Free (race day only)		
Start Time	06:00		06:30
Cut-off	03:30		

Wheelchair athletes welcome in all races but may require help to cross road medians

Pre-entries at: Run-away Sport; Post Net Pretoria West

21.1km AGN Race Walk Championship**Saturday 16 September****Brooklyn Road Race 21.1/10/5 km**

Race Organisers: Pretoria Marathon Club

Venue: Brooklyn Mall, c/o Veale & Bronkhorst Streets, Brooklyn

	21.1 km	10 km	5 km
Entry-fee	R 100	R 80	R 40
70+, wheelchairs, blind runners	Free (race day only)		
Start Time	06:00		06:10
Cut-off	03:00		02:00

No animals allowed

Baby strollers welcome on the 5km race / Wheelchair athletes welcome in all races / Free t-shirts to 1st 100 on line entries

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld & Fourways Crossing;
Runners Store

www.enteronline.co.za

Saturday 23 September**Bophelong Road Race 21.1/10/5 km**

Race Organisers: Bophelong Athletics Club

Venue: Bophelong Community Centre, 19477 Molepo Street, Mamelodi East

GPS: S 25.7168 E 28.3769

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 50
Start Time	06:00		06:15
Cut-off	03:00		

Route not wheelchair friendly

Pre-entries at: Run-away Sport

www.entrytime.com**Monday 25 September****The Combat Run 21.1/10/5 km**

Race Organisers: Titans Lifestyle Club & Armscor Athletics Club

Venue: Gerotek Test Facilities, R104 WF Nkoma Street, Pretoria West (13km outside Pretoria CBD)

GPS: S 25.45.515 E 28..00.522

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 50
Start Time	06:00		06:30
Cut-off	?:00		

There is also a 6 & 12 km trial run (R70 & R90)

Pre-entries at: Sweatshop South Downs

AGN 21.1km Championships

Saturday 30 September

Clover Irene Spring Race 21.1/10/5 km

Race Organisers: Irene Athletics Club

Venue: Irene Village Mall, c/o Nelmapius & Van Ryneveld Avenue, Irene

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 40
60+	R 50		
70+	Free		
Start Time	06:00		06:10
Start Time – Walkers / wheelchairs	05:45		
Cut-off	03:30		

Route is wheelchair friendly

Pets allowed on the 5km

Pre-entries at: Run-away Sport; Total Sports Irene Village Mall; Sweatshop Southdowns, Dunkeld, Broadacres & Bedfordview

www.enteronline.co.za & www.irenevillagemall.co.za

Irene members are not allowed to participate

Saturday 7 October

Chamberlain Capital Classic 21.1/10/5 km

Race Organisers: Phobian Athletics Club & Alpha Centurion Runners/Walkers

Venue: Phobians Club, Queens Crescent, Lynnwood

GPS: S 25.45'64.4 E 28.15'22.8

	21.1 km	10 km	5 km
Entry-fee	R 90	R 60	R 40
Blind athletes, 70+, 80+ - race day only	Free		
Start Time	06:00		06:15
Cut-off	03:30		

Wheelchair & baby strollers welcome

Pre-entries at: Run-away Sport; Sweatshop Southdowns & Dunkeld

Chamberlains – Centurion, Montana Megastore, Silver Lakes Megastore, Waterkloof Glen & Riviera www.enteronline.co.za

League Race

Saturday 14 October

Jacaranda City Challenge 42.2/21.1/10/5 km

Race Organisers: Agapé Athletics Club & Sportsvendo

Venue: SABS Grounds, 1 Dr Lategan Road, Groenkloof

GPS: S 25 46' 10" E 28 12' 42"

	42.2km	21.1km	10 km	5 km
Pre-entry fee (until 5 October)	R 150	R 80	R 70	R 30
Entry fees 60 – 79	R 80	R 50	R 40	
Late entry fees (13/14 October)	Closed	R100	R 80	
Late entry fees 60 - 79	Closed	R 50	R 40	
Jardine Joggers / 80+ athletes	Free			
Start Time	05:45		06:15	06:30
Time Limit	05h:30	03h00	2h00	

Free t-shirts to the 1st 5000 pre-entries

Chip results – no tear-off – no results

Pre-entries: Run-A-Way Sports; Sweatshop Dunkeld, Bedford & Southdowns, Randburg Runner; Sportmans Warehouse Atterbury value Mart, Centurion Value World & Kolonnade Retail Park;

Enter on line: www.entrytime.co.za

2017 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
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

THOUGHT FOR THE WEEK

The greatest griefs are those we cause ourselves.

Photo Corner (Dawn to Dusk)



Susan Maree handing over their timing chip to Joey Cloete



Renette Prinsloo and Jolandé Janse van Rensburg



Charmaine Janse van Rensburg and Riaan Prinsloo



Dieter Meyer and Rinaldi Botes



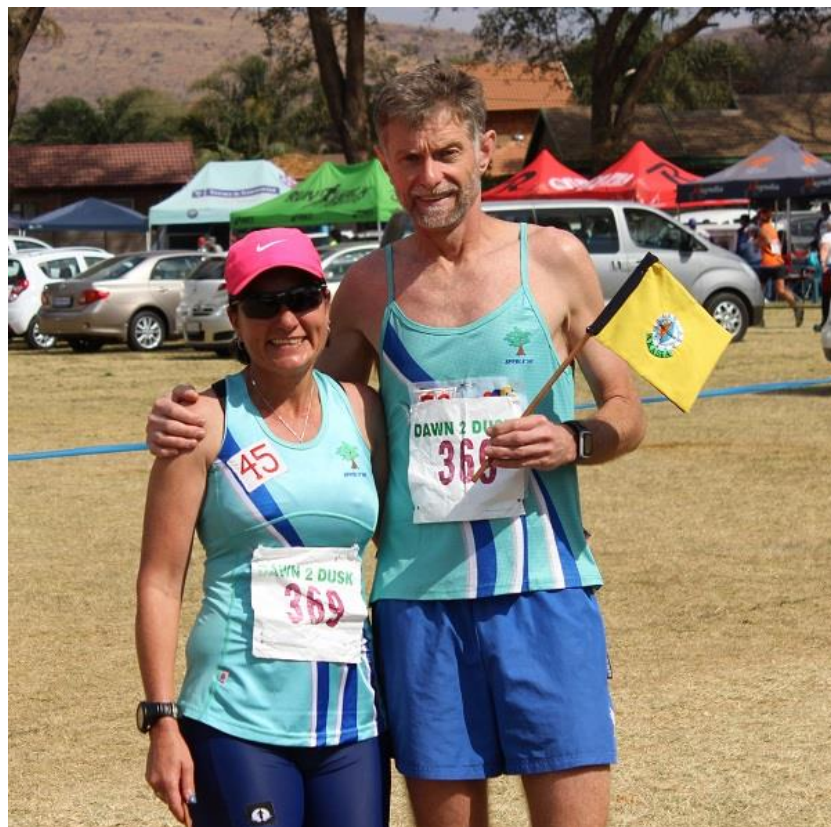
Ben Marais and Dieter Meyer



Rinaldi Botes and Shaun Smee



Sudan Maree, Joey Cloete, Tjaart & Rena van Wyk



Belinda de Bruin and Rob Hudson



Henk Basson, Joy Nicholl and Danie Labuschagne



Arno Smit and his mother, Linda Krause



Johan van Vuuren



Rena & Tjaart van Wyk, Joey Cloete and Susan Maree