



# ***IRENE NEWS***

*28 November 2016*

*No 48 - 2016*



## ***ACHIEVEMENTS***

Podium positions at the Muller Potgieter race on Saturday:

Mike du Bruto	1 <sup>st</sup> GM – 10 km (43:01)
Danie Labuschagne	1 <sup>st</sup> Walker 10 km (67:21)
Joey Cloete	1 <sup>st</sup> GM lady – 10 km (54:42)
Letha Kotze	1 <sup>st</sup> Lady walker – 10 km (77:22)
Johan Nel	1 <sup>st</sup> GM – 21 km (1:39:46)
Jaap Willemse	1 <sup>st</sup> Walker – 21km (2:15:02)
Franza Landman	3 <sup>rd</sup> Lady – Alberton 21 km (1:31:44)

Congratulations!

Well done to Jacqui Burn who finished her 20<sup>th</sup> Tough One on Sunday

## ***PERSONAL ACHIEVEMENTS***

Ray Patterson	AGN Masters walker of the year - Men
Elsa Meyer	AGN Masters walker of the year - Ladies

Congratulations!

## ***THIS WEEK'S DIARY***

### **Tuesday:**

Time Trials at 17:30.

### **Saturday:**

Babbas Lodge 5/10/21 at 06:00 – Babbas Lodge

## ***REGISTRATIONS 2017***

Just a reminder that registrations for 2017 are open. Only the first 500 members will receive a T-shirt. Go to <http://www.irenerunner.co.za/membership.html> to register.

A number of 79 members have registered already.

The membership fee for social members has been reduced to R300 and that of the juniors to R100.

## ***NEW MEMBERS***

The registrations of the following new members have been finalised:

Bernita Bornmann  
Riaan Lourens  
Elisma Jooste

Welcome to the Irene family!



## ***FREE MEMBERSHIP***

Congratulations to the following members who will receive free club membership for 2017 due to their various achievements, they will also receive a R500 voucher to use at the clothing shop:

Elsa Meyer	SA and World records
Annatjie Greyvenstein	SA records
Alita Swanepoel	Improvement of Comrades PB with more than 1 hour
Candice van der Spuy	Improvement of Comrades PB with more than 1 hour
Michael Mokwala	Improvement of Comrades PB with more than 1 hour
Alfred Mokwala	Silver Comrades
Philip Breytenbach	Silver Comrades
Nadine Breytenbach	Sub 8:30 Comrades

## ***CAPTAIN'S CORNER***

Dear Fellow Club Members,

As most of you will know that my tenure as Club Captain/Sports Manager has come to an end. It was a rewarding experience and I have you as the club members to thank for making my two years in this role a memorable one. With me moving out of this role, James Eayrs has taken over and with his experience and knowledge I am very confident you are in good hands.

Once again thank you for your support at training and want to urge everyone of you to make use of the club's training programs and facilities as this is your club. Support your fellow member at training and give it a big push to improve on your times and fitness.

Happy running and see you on the road.

Proud IRENE Greetings

Linley

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### LEAGUE RESULTS

Thank you to all our members who took part in the King Price helpers race. We are still in 13<sup>th</sup> position.

<b>Irene King Price Pos</b>	<b>Div 1</b>	<b>Points</b>
	<b>Club</b>	<b>League</b>
1	Vtm	199
2	Ace	196
3	Hqh	195,5
4	Pmmc	193,5
5	Rwfl	188
6	Npo	187
7	Resbank	184
7	Overkruin	184
7	Agape	184
10	PvR	181
10	Love Running	181
12	Csir	179
13	Irene	177
14	Aurecon	173
15	Enduro	171
16	Ppmk	169
17	Bmw	167
17	Arete	167
19	Zwakala	163
20	Black Diamond	161

**FABER  
VERVOER**

 **avanade**<sup>®</sup>  
Results Realized

**KingPrice**<sup>™</sup>  
INSURANCE

### SUPER LEAGUE

Our ladies are tops! They put in a fantastic effort and managed to win. This now puts them 36 points ahead on the log with one more race to come (the Skosana race at Correctional Services on 10 December). Well done ladies, you are the best.

<i>King Price Irene</i>	<i>Female</i>	<i>Points</i>	<i>King Price Irene</i>
<i>Pos</i>	<i>Club</i>	<i>Log</i>	<i>Log Pts</i>
1	IRENE	439	50
2	RUNAVATION	403	43
3	VTM	400	36,5
4	MAGNOLIA	395,5	39
5	TUKS	394	33,5
6	NEDBANK	386,5	47
7	TEAM VITALITY	351,5	48
8	GREEN MILE	289,5	40,5
9	LOVE RUNNING	285	26,5
10	PHOBIANS	255,58	49

Our men also put in a great effort and finished 6<sup>th</sup> on the day. They have now moved up from 5<sup>th</sup> to 3<sup>rd</sup> on the log. Well done! A big effort at the Skosana race can cause an upset!

<i>Irene King Price</i>	<i>Male</i>	<i>Points</i>	<i>King Price Irene</i>
<i>Pos</i>	<i>Club</i>	<i>Log</i>	<i>Log Pts</i>
1	NEDBANK	443	50
2	PMMC	441	49
3	IRENE	435	45
4	CORR SERV	432	46
5	ACE	431	48
6	ACRW	430	42
7	PHOBIANS	428	44
8	VTM	428	39
9	FORD	427	40
10	TUKS	426,5	47

  
**MUGG & BEAN**  
 Midstream 0120409229



Congratulations to the following members who earned super league points at King Price:

	NAME	AGE	TIME	Points
Ladies 10 km	A BREYTENBACH	52	00:46:36	22
	C VAN DER SPUY	33	00:49:42	18
	J NICHOLL	41	00:49:43	17
	H DE BRUIN	38	00:50:24	14
	N VISSER	47	00:55:44	2
Ladies 21 km				
	A VISSER	35	01:53:23	15
	J VAN WYNGAARD	40	01:54:54	13
	R BRINK	41	01:55:10	12

Men 21 km

M MOKWALA	39	01:16:41	48
S LIEBENBERG	30	01:32:25	22
E MYBURGH	46	01:34:48	15
N VAN ROOYEN	28	01:34:53	14

### ***WALKERS LEAGUE***

This is a very tight one indeed. With the results of the Tom Jenkins still outstanding and the Skosana race still to come, we are in joint 1<sup>st</sup> place on the log with PMWC. Well done walkers!

<i>Irene King Price</i>	<i>Div 1</i>	<i>Points</i>	<i>King Price</i>
<i>Pos</i>	<i>Club</i>	<i>L'gue</i>	<i>Points</i>
1	PMWC	190,5	20
1	IRENE	190,5	18
3	RWFL	187,5	19
4	VTM	176,5	17
5	RWFL B	175	14,5
6	LOVE RUNNING	169	16
7	TUKS	154,5	12
8	AGAPE	154,5	9,5
9	SOLIDARITEIT	152,5	14,5
10	ACRW	140,5	12

**MODERN**  
**athlete**



## **PERSONALIA**

Congratulations to everybody celebrating their birthdays during the week:

Elmarie	Keen	29 Nov
Elmarie	Strecker	29 Nov
Ria	Strydom	30 Nov
Andre	Knoop	01 Dec
Samantha	Dry	02 Dec
Isabel	Erlank	02 Dec
Loubser	Van Wyk	02 Dec
Arno	Smit	03 Dec
Thea	van der Merwe	03 Dec
Vsevolod	Gorlach	04 Dec



COME AND JOIN US FOR SOME FUN ON THE STREETS OF BROOKLYN AND RUN A SHORT 6KM  
TO SEE THE "FAMOUS" XMAS LIGHTS ON LAWLEY STREET

START AND FINISH AT

**"JAN CILLIERS PARK"**

**BRODERICK STREET, GROENKLOOF**

**START TIME: 18H30**

**DATE: WEDNESDAY 14<sup>TH</sup> DECEMBER**

WATER AND BUBBLY WILL BE PROVIDED ON ROUTE

BRING OWN DRINKS FOR AFTERWARDS

KIDS WELCOME, DRESS FOR THE OCCASION (REFLECTIVE BANDS)



PLEASE BRING A SMALL TOY FOR CHARITY

CONTACT: MIKE LUNDIE 0826520314

Email [mlundie@optron.com](mailto:mlundie@optron.com)





## YEAR END FUNCTION

Don't miss out on a great funtion. Last chance to book your place!



# Kit\$ch & COOL

2016 Year-end function

SATURDAY  
3 December

**Kitsch (/ˈkɪtʃ/; also called  
cheesiness and tackiness)**

**Think Cliché, think fake, think weird  
and wonderful - and dress the part**

*Whether it's that old knitted sweater,  
or the purple velvet suit, come share in the  
crazy fun with your odd outfit*

Forms part of the annual prize-  
giving and Christmas tree



**Saturday 3 December**

18:00 @ Irene Club-house

**R100 per person (subsidized)**

**Includes welcome drink and 3-course Buffet  
RSVP before 27 November**

**e-mail [info@irenerunner.co.za](mailto:info@irenerunner.co.za)**

*See menu attached - Kiddies option R30*



# Menu

R100 PER PERSON

## STARTERS

### ANTIPASTO

Cured meats, cheeses, olives, pickled vegetables.

ASSORTED CHUTNEYS AND FRESH  
BREAD SELECTION

## BUFFET

LAMB ON THE SPIT

CHICKEN KORMA

BEEF BOURGIGNONE

beef braised in red wine

## STARCHES

Saffron Rice

New boiled potatoes in sea salt

## SALADS

Coleslaw

Beetroot salad

Greek Salad

## DESSERT

### CROQUE EN BOUCHE

French dessert consisting of choux pastry balls piled into a cone  
and bound with threads of caramel

ASSORTED COLD PASTRIES AND  
GATEAUX

# Kiddies

R30 (12 YEARS AND YOUNGER)

CHICKEN NUGGETS AND SMILEY  
FACES

Dessert as listed above



## ***NOTICE BOARD***

### **Saturday 3 December**

### **Babbas Lodge 5/10/21**

Race Organisers: Run Avation AC

Venue: Babbas Lodge, Bultfontein

	21.1 km	10 km	5 km
Entry Fee	R 80	R 60	R 40
Start Time	06:00		06:15
Cut-off	??		

Pre-entries at: Run-A-Way Sport; Sweat Shop Southdowns

[www.entronline.co.za](http://www.entronline.co.za)

### **Friday 16 December**

### **Live Running 25/12.5/5 km**

Race Organisers: Vitalfitness Athletics Club

Venue: Voortrekker Park, c/o Jasmyn & Van Wyk Street, Silverton, Pretoria

	25 km	12.5 km	5 km
Entry Fee	R 70	R 60	R 40
Start Time	06:00		06:30
Cut-off	04h30		

**No wheelchairs**

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

Monday – Friday 08h00 – 17h00 @ BB Silverton Nissan, Pretoria Road, Silverton

**Saturday 17 December****The Wonderful Run 21.1/10/5km**

Race Organisers: Wonderpark Athletics Club

Venue: The Forum (Between Wonderpark Mall & Akasia Town Hall), c/o Heinrich & Disotus Avenue, Karenpark

	21.1 km	10 km	5 km
Entry Fee	R 80	R 60	R 30
Start Time	06:00		06:15
Cut-off	04h00		

Pre-entries at: Running Inn; Sweatshop Southdowns, Dunkeld & Fourways; The Runners Store Tramshed

<b>2016 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DISTANCE</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
Nedbank Skosana Road Race	10 km	10/12/16	X	X

**African Masters Track & Field Championship**

Cameroon 27 – 29 May 2017

**International Championships**

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

<http://www.perth2016.com>

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

**THOUGHT FOR THE WEEK**

**It is better to remain silent and be thought a fool than to open one's mouth and remove all doubt.**

## Photo Corner



Jacqui Burn with the trophy she received after completing her 20<sup>th</sup> Tough One





Franza Landman at the Alberton prizegiving





Werner and Yolandi Smit did the Sani Stagger on Saturday. With them is former member Eliza Steyl, now staying in Walvis Bay





Stefan Muller and Werner Smit at the Sani Stagger



Heidi van Wyk did the Meiringspoort 21 km recently. This is the way they were transported to the start