



IRENE NEWS

28 September 2015

No 38 - 2015



ACHIEVEMENTS

The following members were on the podium at the Andrew Greyling race on Saturday:

Jacquie van der Waals	1 st Vet lady & 3 rd lady – 21 km (1:39:29)
Sandra Steenkamp	1 st Lady walker – 21 km (2:07:16)
Elsa Meyer	3 rd Lady walker – 21 km (2:19:26)
Jaap Willemse	2 nd Walker – 21 km (2:17:59)

Congratulations!

The following two Irene members earned medals in their respective age categories at the South African Marathon Championships held in Mossel Bay on Saturday:

Zelda Breytenbach	Silver (3:20:56)
Ansie Breytenbach	Bronze (3:27:47)

Well done!

PERSONAL ACHIEVEMENTS

None received

CLUB AWAY WEEKEND

We managed to secure a few more chalets at Klein Kariba for the club away weekend in November. Please contact us urgently if you want to make use of this opportunity.

People who want to camp for the weekend must please make their bookings direct with Klein Kariba and let us know about it for catering purposes.

The food for the whole weekend will only cost R150 pp and it includes all the festivities planned for Saturday evening.

VACANCY IN THE CLOTHING SHOP

After working in the clothing shop for quite a while, Dave de Bruin has now decided to take a break. Anybody interested to take over from him must please contact us on info@irenerunner.co.za for more info. There is a small remuneration attached to it.

It doesn't have to be a club member. It is an ideal opportunity for a retired person who wishes to earn an additional income.

CLUB 10 KM CHAMPIONSHIPS

Due to the rainy weather on the day the Spirit of flight was attended very poorly. There were less than 300 finishers.

The final results of the club championships are as follows:

	Men	Woman
Overall	Nilo Saraiva	Jacquie van der Waals
	Willem van der Merwe	Ansie Breytenbach
	Louis Visser	Sandra Steenkamp
Senior	Nilo Saraiva	
	Giuseppe Valitutti-Netto	
	Nel Kotze	
40 - 49	Louis Visser	Jacquie van der Waals
	Johan Saayman	
	Marius Booy	
50 - 59	Willem van der Merwe	Ansie Breytenbach
	James Eayrs	Sandra Steenkamp
60- 69	Louwrens Smit	Elsa Meyer
	Alan Hyson	
70 - 79	Gerard van den Raad	

Congratulations to the winners! They braved the cold and wet conditions and got the results.

FUN RUN

We have been involved for a number of years to assist Irene Primary School with their annual fun run. This year will be no exception. You are invited to support them and enjoy the evening.



**Irene Primary School**
is proud to present and back by popular demand the

**Moonlight
Fun Run/Walk**



Thursday, 1 Oct 2015

The Oval, Irene

4 KM RACE: Race starts at 18:15 R 40

8 KM RACE: Race starts at 18:30 R 60

Entries:

Pre- Entries - Irene Primary School

Online - www.entrytime.co.za

On race day anytime from 16:00

Irene Primary School - Tel: 012 667 1037

Email: pta@ireneprimary.co.za

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Estelle	Crause	28 Sep
Ashley	Williams	28 Sep
Kgabe	Kabu	29 Sep
Mariet	Louw	29 Sep
Glaudina	Schoeman	29 Sep
Roger	Brown	01 Oct
Aletha	Van den Bergh	01 Oct
Werner	Weber	02 Oct
David	Seaton	03 Oct
Vesta	Elliot-Dlamini	04 Oct
Joan	van Wyngaard	04 Oct



NOTICE BOARD

League Race

Saturday 10 October
21.1/10/5 km

Chamberlain Capital Classic Road Race

Race Organisers: Phobians Athletic Club & Alpha Centurion Runners/Walkers

Venue: Phobians Club, Queens Crescent, Lynnwood

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
60 - 69	R 40		
Blind runners / 70+ / 80+ - on race	Free		
Start time	06h00		06h15
Time Limit	03h30		

Wheelchair athletes welcome

Free t-shirts to the 1st 2 000 entries in the 10 and 21.1km races

Pre-entries at: Run-away-Sports; Running Inn; The Runners Store; Sweatshop Dunkeld, Bedfordview & Southdowns; Various Chamberlains stores

www.enteronline.co.za

2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
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

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

<http://www.perth2016.com>

THOUGHT FOR THE WEEK

Go anywhere as long it is forward.



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Photo Corner



The Irene members who were part of the AGN team participating in the SA Marathon Championships in Mossel Bay: Mike du Bruto, Ansie Breytenbach, Annemarie Kruger and Zelda Breytenbach



Mike du Bruto in action



Ansie Breytenbach



Zelda Breytenbach



Annemarie Kruger



AGN team manager Wynand Breytenbach in action

A number of old and present committee members had a lovely get together at Dirk Cloete last week. You may recognise some of the faces



Oom Pieter Hambridge



Susan Strauss and husband Faan



Gerard van den Raad, Dirk Cloete and Louis Visser



James Eayrs, Linley September and Thys Labuschagne



Bennie Crous and Werner Zandberg



Johann van Biljon with Co van den Raad in the background



Elize Labuschagne and Vanessa White



Andre Rudolph in the centre