



IRENE NEWS

29 August 2016

No 35 - 2016



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Spirit of Flight 10 km race on Saturday:

Mike du Bruto	1 st GM (41:07)
Rainer Ludwig	2 nd GM (46:23)
Ansie Breytenbach	1 st Master lady (44:33)
Annatjie Greyvenstein	1 st GGM lady (56:00)
Sandra Steenkamp	1 st Lady walker & 1 st Master (57:02)
Retha Knoetze (social member)	1 st GM lady walker (1:07:15)
Lucia Willemse	2 nd GM lady walker (1:08:40)
Elsa Meyer	1 st GGM lady walker (1:03:34)

The race served as the AGN 10 km walking championships as well as our 10 km club championships. The following walkers earned medals in their respective age categories:

Sandra Steenkamp	Gold
Retha Knoetze	Gold
Letha Kotze	Gold
Elsa Meyer	Gold
Lucia Willemse	Silver
Jaap Willemse	Bronze
Wynand Breytenbach	Bronze

Well done!

The results of our winners at the Dawn to Dusk will be published as soon as the official results have been received

Congratulations to Mike du Bruto and Ansie Breytenbach who are our 2016 10 km club champions. The names of the age category champions will be published once the full results have been received



PERSONAL ACHIEVEMENTS

None received

THIS WEEK'S DIARY

Tuesday:

Time Trials at 17:15 – Club House

Wednesday:

Pierre van Ryneveld 5/10 Night Race at 06:30 – PvR Community Church

Saturday:

Spar Ladies 5/10 at 14:00 – Supersport Park

CAPTAIN'S CORNER

Dear Fellow Club Members,

Spring has sprung and hopefully you ready to get back on the road with some vigour and determination. Club training is starting with the first qualifier that is Kaapsehoop insight. We have work to do to get in shape for the race for those who want an early qualification. This race is ideal to focus on and coupled with the club weekend away it promises to be an unforgettable weekend. You get to meet your fellow club members and you can all socialise and discuss how the race panned out for you. The door to the bathrooms have been replaced with a fancy IRENE AC logo on it and the new key number for the door is **M30H**.

We have the **CLOVER SPRING RACE** we hosting on the 24th of September so start handing in your names of where you would like to work. This is our time to give back to the running community.

Happy running and see you on the road.

Should you have any questions about training please drop me a mail at training@irenerunner.co.za or call me on 082 345 5343 and I will assist where possible.

Proud IRENE Greetings

Linley

USED RUNNING SHOES

We are still looking for used but usable running shoes. There is a huge need for it. If you have usable shoes to donate, please hand it in at the club house. Please help a child in need!

 <p>SHORT TERM BROKERS Value. Service. Trust Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za</p>	<p>With you all the way</p> <p><small>Short Term Brokers is an authorised financial services provider – FSP no. 10670</small></p>
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LEAGUE RESULTS

We managed to stay in the 13th position after the Zwartkop Lapa race. Thank you to everyone who participated.

Zwartkop	Div 1	Points
Pos	Club	League
1	Vtm	139
2	Ace	131
3	Pmmc	117
4	Npo	99
5	Resbank	97,5
6	PvR	92
7	Hqh	89
8	Csir	81
9	Love Running	78
10	Overkruin	77
11	Agape	70,5
12	Rwfl	67
13	Irene	65,5
14	Bmw	64
15	Aurecon	58
16	Ppmk	51,5
17	Arete	32,5
18	Enduro	30,5
19	Zwakala	28
20	Black Diamond	10

**FABER
VERVOER**



**MODERN
athlete**

SUPER LEAGUE

Our ladies did us proud once again to come out tops at the Zwartkop Lapa race. They remain on top of the log with a slightly bigger margin. What was significant of this performance was the fact that 13 ladies contributed towards the super league points. Well done with a super achievement. Our men remain in the 7th position.



Zwartkop	Female	Points
Pos	Club	Log
1	IRENE	289
2	RUNAVATION	282,5
3	MAGNOLIA	275,5
4	VTM	274
5	TUKS	268,5
6	NEDBANK	244,5
7	LOVE RUNNING	231
8	TEAM VITALITY	217
9	MONACO	196,5
10	PHOBIANS	173

Zwartkop	Male	Points
Pos	Club	Log
1	NEDBANK	295
2	PMMC	288
3	CORR SERV	273
4	ACE	260
5	FARANANI	248,5
6	TUKS	240
6	TRANSNET	240
7	IRENE	238
8	VTM	234
9	RUNAVATION	196
10	PHOBIANS	187,5

Congratulations to the following members who earned super league points:

Ladies

POSITION	NAME	AGE	TIME	POINTS
10 km				
109	A BREYTENBACH	52	00:47:01	14
152	H DE BRUIN	38	00:49:03	11
161	H VAN WYK	47	00:49:26	8
162	D DONALDSON	35	00:49:34	7
163	E JV VUUREN	45	00:49:35	6
189	Y VAN WYK	43	00:50:42	5
201	R JOOSTE	37	00:51:04	3

21 km

128	J V WYNGAARD	39	01:44:58	20
147	R BRINK	41	01:46:34	17
243	C VD SPUIY	33	01:53:48	6,5
244	J NICHOLL	41	01:53:48	6,5
266	T CAWOOD	32	01:54:43	5
290	A WARREN	42	01:55:58	2

Men**10 km**

29	N SARAIVA	35	00:40:06	33
32	M OBERHOLZER	30	00:40:21	31
58	S SIHUNUZA	35	00:43:19	20

21 km

29	T GOMES	40	01:31:25	35
73	J NEL	60	01:38:34	10
83	W HAARHOFF	40	01:40:13	2

WALKERS LEAGUE

This is a very interesting situation, only one point between the first three clubs! It just can't get any closer. Well done to put walkers with their joint position on top of the log. Every effort will have to be put into the remaining league races to ensure that we finish on top. It will require a mobilization of all our walkers!

<i>Zwartkop</i>	<i>Div 1</i>	<i>Points</i>
<i>Pos</i>	<i>Club</i>	<i>L'gue</i>
1	IRENE	132,5
1	PMWC	132,5
3	RWFL	131,5
4	RWFL B	107
5	LOVE RUNNING	93
6	VTM	92,5
7	SOLIDARITEIT	86,5
8	PPMK	80
9	ACRW	68,5
10	AGAPE	67

TOG BAG AND GAZEBO FACILITIES

Every effort is made to ensure that our members get the best possible service at the races. We do however require from our members to make their own coffee or tea and to ensure that their waste is put into the rubbish bin. Please help us in this regard. By adhering to this request you will show respect and appreciation to Gerard and Bertha for their hard work.

MONTHLY SOCIAL 6 SEPTEMBER

The September monthly social promises to be a very special one. Apart from it being the Spring Run where the time trials will be run the other way around without a watch, you will also have the opportunity to be part of the annual quiz. Please see the attached document and ensure that you enter a team.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Rene	du Bruyn	29 Aug
Gerald	Kroukamp	30 Aug
Theuns	Nieuwoudt	30 Aug
Sune	Jordaan	31 Aug
Rainer	Ludwig	31 Aug
Dorette	Steyn	31 Aug
Karen	Ludick	02 Sep
Ncane	Madonsela	02 Sep
Juliet	Meyer	02 Sep
Kobus	van As	02 Sep
Johan	Coetzee	03 Sep
Lydia	Fibiger	04 Sep



NOTICE BOARD

Wednesday 14 September

Lester Mills Memorial Night Race 10/5km

Race Organisers: Tuks Athletics

Venue: University of Pretoria Sports Campus, High Performance Centre

GPS: S 25.74538 E 28.24718

	10 km	5 km
Pre-entry fees	R 70	R 40
Entry fees 60+ (Race day only)	½ price	½ price
Entry fees 70+ & blind runners (Race day only)	Free	Free
Start time	18h30	18h30
Time Limit	01h30	

Pre-entries at: Run-A-Way Sport, Running Inn, Sweatshop Southdowns;
Runners Stor

Saturday 17 September**Andrew Greyling Road Race 21.1/10/5km**

Race Organisers: Pretoria Marathon Club

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

GPS: X-28.235 Y-25.772

	21.1 km	10 km	5 km
Pre-entry fees	R 90	R 70	R 40
70+ & blind runners & wheelchair athletes (Race day only)	Free		
Start time	06h00		06h10
Time Limit	?		

Pre-entries at: Run-A-Way Sport, Running Inn, Runnershop: Sweatshop Southdowns,
Dunkeld, Fourways Crossing; Sportsmans Warehouse Centurion Value World, Atterbury
Value Mart, Kolonnade Retail Park

www.enteronline.co.za**Saturday 24 September****Clover Irene Spring Race 21.1/10/5km**

Race Organisers: Irene Athletics Club

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

	21.1 km	10 km	5 km
Pre-entry fees	R 80	R 70	R 40
60+	R 50	R 50	
Entry fees 70+	Free	Free	
Start time	00h00 run 05h45 walk/wheelchairs	00h00 run 05h45 walk/wheelchairs	06h10
Time Limit	03h30		

Pets only allowed on the 5km

Pre-entries at: Run-A-Way Sport, Runners Stores; Irene Village Total Sport; Sweatshop
Bedfordview; Sweatshop Broadacres; Sweatshop Dunkeld; Sweatshop Southdowns

No Irene member is allowed to participate

2016 AGN LEAGUE FIXTURE LIST				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
Andrew Greyling	10/21	17 Sep	X	X
King Price Irene Farm	10/21	29 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

Masters Athletics Fixture list

? Oktober SWD Oudtshoorn
12 November Vrystaat Bloemfontein

THOUGHT FOR THE WEEK.

Never lose yourself while trying to hold on to someone who doesn't care about losing you.

Photo Corner (Dawn to Dusk)



James and Zelna Black



Gerard van den Raad & Johan van Vuuren



Rae Clerihew, Rosemary Brink, Joan van Wyngaard and Heleen de Bruin

Spirit of Flight



Joey Cloete and Annatjie Greyvenstein



The Jallow family



Mauritz Oberholzer, Tony Gomes and Ben Marais



Chris Vermeulen



Annemarie Oberholzer



Mariet Louw



Annette Mueller



Deirdré Vrey paid us a surprise visit. Here with her daughter Zaskia



Elsa Meyer



Sandra Steenkamp



Jaap Willemse