



# IRENE NEWS

29 June 2015

No 25 - 2015



## ACHIEVEMENTS

The following members did us proud at the Run for Bibles race on Saturday:

|                       |   |
|-----------------------|---|
| Jacquie van der Waals | 1 <sup>st</sup> Vet lady & 3 <sup>rd</sup> lady – 10 km (41:13)         |
| Mariet Louw           | 1 <sup>st</sup> GM lay – 10 km (70:39)                                  |
| Wynand Breytenbach    | 1 <sup>st</sup> GM walker – 10 km (71:02)                               |
| Angela Pottinger      | 2 <sup>nd</sup> Lady walker – 10 km (75:59)                             |
| Ansie Breytenbach     | 1 <sup>st</sup> Master lady – 21 km (1:43:27)                           |
| Jaap Willemse         | 1 <sup>st</sup> Walker & 1 <sup>st</sup> master – 21 km (2:15:47)       |
| Gerard van den Raad   | 1 <sup>st</sup> GGM walker & 3 <sup>rd</sup> man – 21 km (2:24:24)      |
| Sandra Steenkamp      | 2 <sup>nd</sup> Lady walker – 21 km (2:09:51)                           |
| Elsa Meyer            | 1 <sup>st</sup> GM lady walker & 3 <sup>rd</sup> lady – 21 km (2:17:49) |
| Keith Reynolds        | 2 <sup>nd</sup> Vet walker – Eersterivier 10 km (56:46)                 |

Congratulations!

## PERSONAL ACHIEVEMENTS

Thea van Helden PB – 21km

Please send me the info about all your personal achievements, don't be shy.

## SPECIAL GENERAL MEETING

The new constitution was approved at the SGM held last Tuesday. Thank you to Henk Basson and his support team for a job well done. It is available on our website.

## SKUKUZA ENTRIES

A few of our members are looking for Skukuza entries. Please contact me on [info@irenerunner.co.za](mailto:info@irenerunner.co.za) if you can help.

## WASHIE 100 MILER

TRAVERS Snyman and Fanie Naude will be doing the Washie 100 miler next weekend. We wish them the best of luck.



With you all the way

Short Term Brokers is an authorised financial services provider – FSP no. 10670

## LEAGUE RESULTS

Thank you to everyone who attended the Mamelodi league race. We managed to move up from 12<sup>th</sup> position on the log to joint 8<sup>th</sup>. Well done!

| Global<br>Pos | BHS<br>Pos | Sun<br>Pos | Sol<br>Mah<br>Pos | Jmek<br>Pos | M'lodi<br>Pos | Div 1           | Points<br>League |
|---------------|------------|------------|-------------------|-------------|---------------|-----------------|------------------|
|               |            |            |                   |             |               | Club            |                  |
| 1             | 1          | 1          | 1                 | 1           | 1             | Vtm             | 116              |
| 7             | 4          | 3          | 2                 | 2           | 2             | Pmmc            | 106              |
| 2             | 3          | 4          | 3                 | 3           | 3             | Ace             | 105              |
| 3             | 2          | 2          | 3                 | 4           | 4             | Npo             | 102              |
| 10            | 7          | 5          | 5                 | 5           | 5             | Resbank         | 91               |
| 5             | 9          | 8          | 7                 | 6           | 6             | Hqh             | 78               |
| 9             | 11         | 9          | 10                | 8           | 7             | Csir            | 67               |
| 16            | 13         | 9          | 12                | 10          | 8             | Agape           | 61               |
| 13            | 5          | 7          | 12                | 11          | 8             | Irene           | 61               |
| 8             | 8          | 6          | 6                 | 7           | 10            | PvR             | 60               |
| 12            | 10         | 11         | 9                 | 8           | 11            | Overkruin       | 56               |
| 11            | 14         | 13         | 11                | 13          | 12            | Love<br>Running | 55               |
| 4             | 5          | 11         | 7                 | 12          | 13            | Post Office     | 54               |
| 6             | 11         | 14         | 14                | 14          | 14            | Arete           | 52               |
| 18            | 18         | 16         | 14                | 15          | 15            | Rwfl            | 45               |
| 14            | 16         | 17         | 16                | 18          | 16            | Aurecon         | 39,5             |
| 19            | 15         | 15         | 17                | 17          | 17            | Runavation      | 35               |
| 14            | 17         | 18         | 18                | 16          | 18            | Enduro          | 33,5             |
| 17            | 19         | 19         | 19                | 19          | 19            | Zwakala         | 23               |
| 20            | 20         | 20         | 20                | 20          | 20            | Phobians        | 17               |

## SUPER LEAGUE

Our ladies are still unbeaten in the super league. Well done to you, we are very proud of you. You must just maintain the momentum.

| Grt<br>Run 1<br>Pos | BHS<br>Pos | SunRise<br>Pos | Sol<br>Mah<br>Pos | Jmek<br>Pos | M'lodi<br>Pos | Female     | Points<br>Log |
|---------------------|------------|----------------|-------------------|-------------|---------------|------------|---------------|
|                     |            |                |                   |             |               | Club       |               |
| 1                   | 1          | 1              | 1                 | 1           | 1             | IRENE      | 300           |
| 3                   | 2          | 2              | 2                 | 3           | 2             | MAGNOLIA   | 268           |
| 8                   | 6          | 5              | 5                 | 4           | 3             | OVERKRUIN  | 253,5         |
| 16                  | 8          | 4              | 3                 | 2           | 4             | NEDBANK    | 251           |
| 11                  | 9          | 7              | 6                 | 6           | 5             | CSIR       | 250,5         |
| 14                  | 5          | 3              | 4                 | 5           | 5             | RUNAVATION | 250,5         |

|    |    |    |    |    |    |              |     |
|----|----|----|----|----|----|--------------|-----|
| 17 | 12 | 9  | 8  | 7  | 7  | PHOBIANS     | 240 |
| 5  | 3  | 8  | 7  | 8  | 8  | VTM          | 227 |
| 19 | 13 | 21 | 13 | 11 | 9  | LOVE RUNNING | 195 |
|    | 19 | 18 | 11 | 9  | 10 | PMMC         | 193 |

Our men managed to move up one position to 6<sup>th</sup>. Well done.

| <i>Global<br/>Pos</i> | <i>BHS<br/>Pos</i> | <i>SunRise<br/>Pos</i> | <i>Sol<br/>Mah<br/>Pos</i> | <i>Jmek<br/>Pos</i> | <i>M'lodi<br/>Pos</i> | <i>Male<br/>Club</i> | <i>Points<br/>Log</i> |
|-----------------------|--------------------|------------------------|----------------------------|---------------------|-----------------------|----------------------|-----------------------|
| 3                     | 2                  | 1                      | 1                          | 1                   | 1                     | PMMC                 | 296,5                 |
| 2                     | 1                  | 2                      | 2                          | 2                   | 2                     | NEDBANK              | 290                   |
| 5                     | 4                  | 4                      | 3                          | 3                   | 3                     | ACE                  | 287                   |
| 1                     | 3                  | 3                      | 4                          | 4                   | 4                     | TRANSNET             | 280                   |
| 12                    | 7                  | 7                      | 5                          | 5                   | 5                     | CORR SERV            | 262                   |
| 6                     | 5                  | 6                      | 7                          | 7                   | 6                     | IRENE                | 244                   |
| 10                    | 8                  | 5                      | 8                          | 8                   | 7                     | TUKS                 | 227                   |
| 3                     | 6                  | 8                      | 6                          | 6                   | 8                     | RUNAVATION           | 224                   |
| 24                    | 16                 | 11                     | 9                          | 9                   | 9                     | VTM                  | 214,5                 |
|                       | 22                 | 15                     | 10                         | 10                  | 10                    | AURECON              | 187                   |

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

| NAME | AGE | CAT | TIME | POINTS |
|------|-----|-----|------|--------|
|------|-----|-----|------|--------|

|                    |              |    |     |          |    |
|--------------------|--------------|----|-----|----------|----|
| <b>Woman 10 km</b> | J V D WAALS  | 41 | vet | 00:39:56 | 24 |
|                    | L MARITZ     | 35 | snr | 00:41:52 | 23 |
|                    | T V D MERWE  | 50 | mas | 00:52:07 | 11 |
|                    | E J V VUUREN | 43 | vet | 00:52:29 | 9  |
|                    | N VISSER     | 46 | vet | 00:52:56 | 7  |
|                    | L DE BRUIN   | 62 | gm  | 00:54:18 | 5  |

|                    |               |    |     |          |    |
|--------------------|---------------|----|-----|----------|----|
| <b>Woman 21 km</b> | A BREYTENBACH | 51 | mas | 01:32:47 | 24 |
|                    | S STEENKAMP   | 54 | mas | 02:04:14 | 16 |
|                    | E MEYER       | 68 | gm  | 02:16:22 | 10 |

|                  |              |    |     |          |    |
|------------------|--------------|----|-----|----------|----|
| <b>Men 10 km</b> | S LIEBENBERG | 29 | snr | 00:42:28 | 17 |
|------------------|--------------|----|-----|----------|----|

|                  |               |     |    |          |    |
|------------------|---------------|-----|----|----------|----|
| <b>Men 21 km</b> | B ROUX        | AGN | 37 | 01:43:22 | 34 |
|                  | P BREYTENBACH | AGN | 39 | 01:45:22 | 31 |

## WALKERS LEAGUE

Although marginal, our walkers are on top of the log. Well done to you.

| Grt Run<br>1 | BHS | Sol Mah | JMek | M'lodi | Div 1        | Points | L'gue  |
|--------------|-----|---------|------|--------|--------------|--------|--------|
| Pos          | Pos | Pos     | Pos  | Pos    | Club         | L'gue  | Points |
| 1            | 1   | 1       | 1    | 1      | IRENE        | 99     | 20     |
| 2            | 2   | 2       | 2    | 2      | RWFL         | 95     | 19     |
| 3            | 3   | 3       | 4    | 3      | ACRW         | 78,5   | 17     |
| 8            | 8   | 5       | 5    | 4      | LOVE RUNNING | 72,5   | 18     |
| 4            | 4   | 4       | 3    | 5      | PMWC         | 67     |        |
| 9            | 6   | 6       | 6    | 6      | AGAPE        | 63     | 10     |
| 6            | 5   | 7       | 7    | 7      | VTM          | 61     | 11     |
| 10           | 6   | 10      | 8    | 8      | PHOBIANS     | 59,5   | 16     |

## GREEN LEAF PROJECT

Dear Irene Members

A big thank you from the children at **Hasie in die Holte Nursery School** for all your contributions that enabled us to buy 32 pairs of new shoes for them for the winter. Thank you also for the second hand clothes that I received and could give to the nursery school!



Your contributions were so generous that we could also give the 44 children at **Bramley Children's Home** a slab chocolate each. A surprise that they did not expect!



What a pleasure to put a smile on a child's face in the cold weather! A big THANK YOU!!

Lindie

Green Leaf Project

### ***ENTRIES – NUM-NUM TRAIL***

Ons het twee entries vir die Num-Num Trail Challenge, op die 1ste Augustus 2015 as iemand belangstel om dit by ons oor te neem.

Nadine Breytenbach

0845052314

### ***PERSONALIA***

Congratulations to everybody celebrating their birthdays during the week.

|          |              |        |
|----------|--------------|--------|
| Michaela | Mallett      | 29-Jun |
| Sarie    | Nel          | 29-Jun |
| Paul     | Theron       | 29-Jun |
| Danie    | Oosthuizen   | 30-Jun |
| Pieter   | Reynecke     | 02-Jul |
| Gerhard  | van Vuuren   | 02-Jul |
| Maureen  | Mossop       | 03-Jul |
| Isabel   | Roux         | 04-Jul |
| Pierre   | van Deventer | 04-Jul |
| Willem   | Botha        | 05-Jul |
| Helene   | Liebenberg   | 05-Jul |





## ***NOTICE BOARD***

Saturday 4 July

Hatfield Race for Friendship 21.1/10/5 km

Race Organisers: Run/Walk for Life

Venue: The Fields, c/o Hilda & Burnett Streets, Hatfield

GPS: S 25 45'0" E 28 14'0"

|                                    | 21.1 km | 10 km | 5 km  |
|------------------------------------|---------|-------|-------|
| Entry fees                         | R 60    | R 50  | R 30  |
| Entry fees – 5km with dog on leash |         |       | R 50  |
| Start time                         | 07h30   |       | 07h40 |
| Time Limit                         | 03hrs   |       |       |

**Wheelchairs athletes welcome**

**Free t-shirts to the 1<sup>st</sup> 300 pre-entries at The Fields**

Pre-entries at: The Fields Centre Management Office; Run-away-Sports;

[www.entrytime.co.za](http://www.entrytime.co.za) and [www.enteronline.co.za](http://www.enteronline.co.za)

| <b><i>2015 AGN LEAGUE FIXTURE LIST</i></b> |                    |                    |                      |           |
|--|--------------------|--------------------|----------------------|-----------|
| <b><i>EVENT</i></b>                        | <b><i>DIST</i></b> | <b><i>DATE</i></b> | <b><i>LEAGUE</i></b> |           |
|  |                    |                    | <b>RR</b>            | <b>RW</b> |
| Mooikloof Realtors Winter Road Race        | 10 km              | 18/07/15           | X                    | X         |
| A4A Women's Rights Run/Walk                | 10 km              | 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**

|                  |                                     |
|------------------|-------------------------------------|
| 18 July 2015     | Claude Sterley meeting – Pilditch - |
| 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

#### **SA Masters Championships**

|                |   |
|----------------|---|
| 15/16 May 2015 | Nelson Mandela Metropolitan University – Port Elizabeth |
|----------------|---|

#### **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***

**Birthdays are good for you, the more you have the longer you live.**



## Photo Corner (Run for Bibles)



Our gazebo was the only place where one could be warm on Saturday

























