



IRENE NEWS

2 November 2015

No 43- 2015



ACHIEVEMENTS

The following members were on the podium over the weekend:

Keith Reynolds	1 st Walker – Amakhosikazi 21 km (no time available)
Elsa Meyer	1 st Lady walker – Amakhosikazi 21 km (no time available)
Johan Nel	3 rd GM – Soweto Marathon (3:26:02)

The names of the following two members were left out last week:

Sandra Steenkamp	1 st Lady walker – CSIR 21km
Jaap Willemse	2 nd Walker – CSIR 10 km

Congratulations!

Well done to Rinaldi Botes and Simone du Plooy who both completed the Kalahari Augrabies Extreme Marathon. An excellent achievement!

PERSONAL ACHIEVEMENTS

None received

KING PRICE FARM RACE

With less than one week to go to our race on Saturday, we are still short of 150 helpers. It is unbelievable that we have to beg our members to become involved. We won't be able to present the race without enough helpers. It is a shame that so many of our members choose to be passengers on this great passenger ship where so much is being done for them but refuse to give anything back to the sport.

Although our members are not allowed to participate in our races, it is hard to believe that the following members have already entered online for the King Price Race:

Emmanuel Charumbira
Janine Coetzee
Martin Siebrits
Liesl Arnott
Tumelo Mazibuko
Mmadire Mashabela



CAPTAIN'S CORNER

Dear Fellow Club Members,

For those of you who are not aware our training sessions start at 17h30. We meet at the club from Mondays to Thursdays. If at all possible, please start the Time Trial (TT) together on Tuesdays. This is where you can catch up with your club mates or meet a new club member/s.

Time is drawing near for those wanting to qualify at Kaapsehoop and the SuperSpar BELA BELA Marathon. Manage your training and tapering and if you prepared well for these races you should have a great day on the road.

The morning runs from Rhapsody's is very well organised thanks to Dieter Meyer. Should you want to join this group please let me know and I will arrange it.

As mentioned last month, the bathroom key is no longer available. Should you want one please purchase your personal one from any locksmith. The key number is **M21B**.

If anyone needs assistance I will be at the club every Tuesday night from 5h15 pm onwards where we can have a chat on what your focus is for the ensuing year.

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

SOCIAL AWARENESS (GREEN LEAF)

Dear Irene members

We are nearing the end of the year with a rapid pace and I would just like to inform you what the Social Awareness project has been up to.

The 14 children at Dolphin's House Children's home were so happy to receive either a brand new rugby ball or a vanity bag.



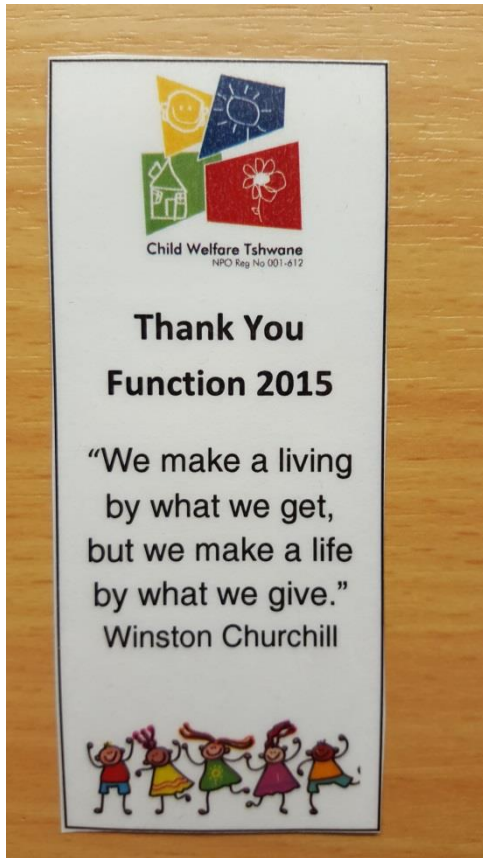
144 toothbrushes and toothpaste were handed to the residence of the Danville Retirement Village which put a smile on their faces!



The Spin-a-thon was a huge success and R 10 450,00 was raised. To all the members that participated a huge heartfelt thanks not only from me but from each and every one at the Bramley Children's Home. We managed to fund three gas hobs with gas bottles as well as the installation costs through this effort.



Frances Lezar and I also attended the Bramley Children's Home Thank You function. The children from the three houses performed for us to say thank you! What a blessing it was to both of us! Thank you again Irene for making a difference in a child's life!



Christmas is now around the corner! Please support the Social Awareness Project in our last efforts for the year! One of our club members is directly involved in very poor community close to Rayton. The biggest need is for clothes for children from all ages ... babies up to teens AND then also **TEKKIES** for the school children! You can bring the clothes and tekkies to the club on a Tuesday during time trails. Your contribution will be highly appreciated! Please support this worthy cause!

Warm wishes,

Lindie Steenkamp

Social Awareness Project



LEAGUE RESULTS (CAPITAL CLASSIC)

We managed to remain in the 11th position. Thank you to everyone who participated.

Global	BHS	Sun	Sol Mah	Jmek	M'lodi	Gars	A4A	Val Log	Cap Cl	Div 1	Points
Pos	Pos	Pos	Pos	Pos	Pos	Pos	Pos	Pos	Pos	Club	League
1	1	1	1	1	1	1	1	1	1	Vtm	196
2	3	4	3	3	3	2	2	2	2	Ace	179
7	4	3	2	2	2	2	3	3	3	Pmmc	170
3	2	2	3	4	4	4	4	4	4	Npo	165
10	7	5	5	5	5	5	5	5	5	Resbank	164
5	9	8	7	6	6	6	6	6	6	Hqh	141
9	11	9	10	8	7	7	7	7	7	Csir	116
16	13	9	12	10	8	9	8	8	8	Agape	108
8	8	6	6	7	10	8	9	8	9	PvR	98
11	14	13	11	13	12	11	11	10	10	Love Running	94
13	5	7	12	11	8	10	10	11	11	Irene	88
12	10	11	9	8	11	13	13	12	12	Overkruin	87
18	18	16	14	15	15	14	12	13	13	Rwfl	80
14	16	17	16	18	16	16	16	15	14	Aurecon	74,5
4	5	11	7	12	13	14	15	14	15	Post Office	64
17	19	19	19	19	19	19	18	18	16	Zwakala	62
6	11	14	14	14	14	12	14	16	17	Arete	60
14	17	18	18	16	18	18	17	17	18	Enduro	59,5
19	15	15	17	17	17	17	18	19	19	Runavation	50
20	20	20	20	20	20	20	20	20	20	Phobians	39

SUPER LEAGUE

Although they didn't finish first at the Capital Classic, our ladies are still well in the lead on the log with only one race to go. Well done ladies.

Grt Run 1	BHS	SunRise	Sol Mah	Jmek	M'lodi	Gars	Val Log	Cap Cl	Female	Points
Pos	Pos	Pos	Pos	Pos	Pos	Pos	Pos	Pos	Club	Log
1	1	1	1	1	1	1	1	1	IRENE	445
3	2	2	2	3	2	2	2	2	MAGNOLIA	411
14	5	3	4	5	5	3	3	3	RUNAVATION	397,5
16	8	4	3	2	4	4	4	4	NEDBANK	386,5
17	12	9	8	7	7	7	5	5	PHOBIANS	346,5
8	6	5	5	4	3	8	7	6	OVERKRUIN	334
11	9	7	6	6	5	5	6	7	CSIR	328

5	3	8	7	8	8	9	8	8	VTM	318
4	4	11	9	13	12	6	10	9	TRANSNET	313,5
	28	17	12	12	11	10	9	10	RESBANK	297

Our men managed to hang on to the 6th position, keep it there guys!

<i>Global Pos</i>	<i>BHS Pos</i>	<i>SunRise Pos</i>	<i>Sol Mah Pos</i>	<i>Jmek Pos</i>	<i>M'lodi Pos</i>	<i>Gars Pos</i>	<i>Val Log Pos</i>	<i>Cap Cl Pos</i>	<i>Male Club</i>	<i>Points Log</i>
3	2	1	1	1	1	1	1	1	PMMC	443,5
2	1	2	2	2	2	2	2	2	NEDBANK	439
5	4	4	3	3	3	3	3	3	ACE	431
12	7	7	5	5	5	5	5	4	CORR SERV	399
1	3	3	4	4	4	4	4	5	TRANSNET	393,5
6	5	6	7	7	6	6	6	6	IRENE	372,5
24	16	11	9	9	9	9	7	7	VTM	343,5
3	6	8	6	6	8	8	8	8	RUNAVATION	338
10	8	5	8	8	7	7	9	8	TUKS	338
19	15	15	11	13	11	11	11	10	RESBANK	272,5

Congratulations to the following members who earned points in the super league:

NAME	AGE	CAT	TIME	POINTS
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Ladies 10 km

L MARITZ	36	snr	00:41:12	24
N BREYTENBACH	38	snr	00:43:48	19
A BREYTENBACH	51	mas	00:45:42	17
S BOTHA	45	vet	00:50:58	3

Ladies 21 km

H GRIESEL	27	snr	01:48:17	12
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Men 10 km

P BREYTENBACH	39	snr	00:37:26	42
T GOMES	39	snr	00:42:26	31,5
L PAGE	56	mas	00:46:16	10

Men 21 km

N SARAIVA	35	snr	01:32:25	23
J NEL	61	gm	01:35:30	16
C NICHOLL	47	vet	01:37:30	8



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WALKERS LEAGUE

With one race to go our walkers are just 2 points ahead on the log. It will require a special effort at the last league race to ensure that they stay there. Go for it!

Grt Run 1	BHS	Sol Mah	JMek	M'lodi	Gars	A4A	Val Log	Cap Cl	Div 1	Points
Pos	Pos	Pos	Pos	Pos	Pos	Pos	Pos	Pos	Club	L'gue
1	1	1	1	1	1	1	1	1	IRENE	175,5
2	2	2	2	2	2	2	2	2	RWFL	173,5
4	4	4	3	5	4	3	3	3	PMWC	138
3	3	3	4	3	3	4	4	4	ACRW	121,5
6	5	7	7	7	5	5	5	5	VTM	118
6	10	7	8	9	8	7	6	6	SOLIDARITEIT	112
8	8	5	5	4	6	9	7	7	LOVE RUNNING	110,5
10	6	10	8	8	9	8	8	8	PHOBIANS	104,5
9	6	6	6	6	7	6	9	9	AGAPE	90
		15	14	14	13	12	12	10	RWFL B	88

SOCIAL EVENING

Our last Tuesday social evening for the year will take place on Tuesday evening after the time trials. Bring the whole family along and enjoy a lovely meal for only R35 pp.

Menu: Chicken & Mushroom Pie New Boiled Potatoes Peas Carrots & Tossed Salad

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Claudia	Cockcroft	04 Nov
Johan	Engelbrecht	05 Nov
Johan	Wassermann	05 Nov
Pat	Andrew	06 Nov
Pierre	Gourdain	06 Nov
Melanie	Saayman	06 Nov
Mark	Adams	07 Nov
Kallie	Coetzee	07 Nov
Tillie	Kamper	07 Nov
Ilse	Mills	08 Nov
Jan	van Wyk	08 Nov



NOTICE BOARD

Saturday 7 November

King Price Irene Farm Race 21.1/10/5 km

Race Organisers: Irene Athletics Club

Venue: ARC Campus, Nellmapius Drive, Irene

GPS: S 25.751667 E 28.164722

	21.1 km	10 km	5 km	Kids run
Entry fees	R 80	R 60	R 40	R 10
70+ - race day only	Free			
Start time	Running 06h00 Walking 05h45		06h00	08h00
Time Limit	??h00			

Free t-shirts to the 1st 500 pre-entries (5km excluded)

21.1km not wheelchair friendly

Pre-entries at: Run-Away-Sports; Runners Store; Sweat Shop, Southdowns, Dunkeld,
Fourways & Bedfordview www.enteronline.co.za

Saturday 14 November

Kolonnade Retail Park 21.1/10/5 km

Race Organisers: Fit 2000 Pretoria

Venue: Kolonnade Retail Park, c/o Sefako Makgatho (Zambesi)/ Enkeldoorn Drive

GPS: S 25 40'44" E 28 15'14

	21.1 km	10 km	5 km
Entry fees	R 70	R 5`0	R 30
Start time	06h00		06h05
Time Limit	03h30	02h00	

Pre-entries at: Run-away-Sports; Running Inn; Sweat Shop Southdowns; Sportsmans
Warehouse – Kolonnade Retail Park

www.enteronline.co.za

Saturday 21 November Tom Jenkins Run/Walk Challenge 21.1/10/5 km

Race Organisers: Arcadia Running Club

Venue: Union Buildings, Church Street, Arcadia

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Start time	06h30		06h40
Time Limit	??h00		

Pre-entries at: Run-away-Sports; Running Inn; Runners Store

www.enteronline.co.za

2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
Muller Potgieter		28/11/15	X	X

Masters Athletics Fixture list

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

People never understand what you do for them, until you stop doing it.



Photo Corner



Rinaldi Botes in action at the KAEM



Simone du Plooy all dressed up for the KAEM



Samantha Hall (left) and Belinda Skinner (second from right) recently completed the Dublin Marathon