



IRENE NEWS

2 October 2017

No 39 - 2017



CLOVER IRENE SPRING RACE

What a huge success it was! We want to thank all our members who contributed towards it. Without you it wouldn't have been possible. You really made us proud.

The preliminary results show that we had just over 4000 finishers in the 3 distances.

ACHIEVEMENTS

Congratulation to the following walkers who have been selected for the AGN team to participate in the SA racewalking championships to be held in George on 21 October:

Sandra Steenkamp
Annatjie Greyvenstein
Sandra Steenkamp
Rhoda van Staden
Elsa Meyer
Lucia Willemse
Retha Knoetze
Jaap Willemse
Gerard van den Raad
Danie Labuschagne
Bertha van den Raad (one of the team managers)

THIS WEEK'S DIARY

Tuesday:

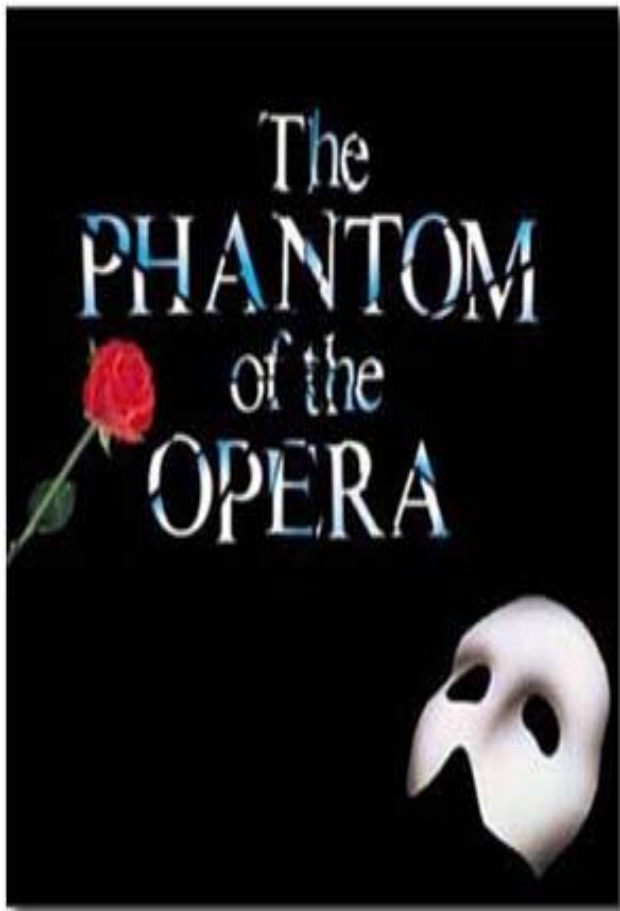
Time trials at 17:30 - Club house

Saturday:

Chamberlain Capital Classic at 06:00 – Phobians Club

CHAIRMAN'S BALL

The bookings went so well that another 10 places have been made available. Hurry before they are all taken.



CHAIRMAN'S BALL

7 October 2017 18:00 for 18:30

Shelanti Centurion

R100 per person

3 course meal, cash bar

Dancing

Dress: Formal

RSVP-Joy 083 284 4884

SOCIAL EVENING

The annual pub run will form part of our social evening tomorrow. It is going to be great fun and everybody is invited to be part of this social run.

The run will be as follows:

- Runners/walkers will start together from the club house at 17:30
- They will then run/walk to the weather station where shooters will be served (on the house)
- They will then come back and receive a shooter at the 6 km turn mark (on the house)
- From there they will return to the club house where we will enjoy OCTOBER FEST
- On the menu will be German sausage with apple and onion as well as coleslaw at R35 pp

Let's have fun together and celebrate life.

RACE CANCELLED

Please take note the Correctional Services Night race due to take place on 11 October has been cancelled.

AWAY WEEKEND

Those who booked to be part of the away weekend On 3-5 November can expect something great. Members not staying with the group are also invited to attend the function on Saturday evening.



KAAPSEHOOP AWAY WEEKEND

Join us for the Saturday night party of all party's after the marathon.

Venue: Ingwenyana Lodge White River

Time: 18:30

Cost: R100 club members, R220 non club member

On the menu: Soup d'jour with bread and butter. Beetroot with glazed pearl onion salad. Garden salad with condiments and dressing. Traditional Coleslaw. Butter filled Baguettes Chicken peri-peri. Boerewors with sautéed onions. Scotch fillet with sticky BBQ glaze. Pap and Sheba. Potato bakes. Grilled, spiced corn on the cob Marinated grilled baby cabbage.

Hot chocolate brownies and custard. Lemon cheese cake. Melktert. Fresh fruit and ice cream. (Worth it hey?)

Cash bar

Theme



NEW CARAVAN

We hope to introduce our new caravan at the King Price Irene Farm Race on 28 October. We are calling on all our members once again to submit a suitable name for it. It must be something striking and appropriate.

KING PRICE IRENE FARM RACE

As the leading club in Gauteng North, Irene is in the fortunate position to present 4 races per year. The race taking place on 28 October has been presented every year since 1994, the year when the club was formed.

After a few different sponsors in the first few years, LiquiFruit came onboard and sponsored it for many years until 2014. King Price took over the sponsorship in 2015 and brought a new dimension to the race. It is one of the most popular 10/21 races in the country and runners from all over the country come to participate. The route is quite unique, there just isn't anything like it.

To make it successful again we obviously require the help of our members once again to work on the day. Please send your names and indicate what you want to do on the day.

All the helpers will receive a T-shirt from King Price.

CAPTAIN'S CORNER

Training is in full swing and some members are gearing up for their marathon in November at Kaapsehoop. The improvements thus far have been nothing short of remarkable. The strength and core sessions, I think have also added to these improvements with our Biokineticist who is assisting getting the members ready. These sessions are every Monday evenings from 6pm until 6h30 in the Lapa next to the clubhouse. Suzelle Engels who is a qualified Biokineticist is at these sessions and she does the training sessions and you can chat to her afterwards about any injury concerns you may have. I want to urge everyone one of you to join in at the weekly evening group training sessions at the clubhouse if possible. These sessions are from Mondays to Thursdays from 17h30 onwards. It is in a safe environment and it is **YOUR** club. The IRENE WHATSAPP is also there for you to be part of should you wish to be on the group. Send me your name and surname and I will add you to the group.

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.

Suzelle Engels details is 082 415 5019 and her email is suzelleengels@gmail.com

REMEMBER – IF IT DOESN'T CHALLENGE YOU, IT WON'T CHANGE YOU

Proud IRENE Greetings

Linley

PERSONALIA

It looks like we are in the “falling” season now. The following members injures themselves recently:

Mellany Hoffmann, one of our “Bar moeders, tore ligaments. Pieter Coetzee broke his femur and underwent surgery. Sandra Steenkamp broke a rib and was also hospitalised.

We wish the all a complete and speedy recovery.

It is still not going well with Aletha van den Bergh. Please keep her in your prayers.

Congratulations to everybody celebrating their birthdays during the week:

David	Seaton	03 Oct
Holisizwe	Malise	04 Oct
Joan	van Wyngaard	04 Oct
Ferdi	Kotze	05 Oct
Quintin	Louw	05 Oct
Gerna	Horak	07 Oct
Rena	van Wyk	07 Oct



MODERN
athlete



NOTICE BOARD

Saturday 7 October

Chamberlain Capital Classic 21.1/10/5 km

Race Organisers: Phobian Athletics Club & Alpha Centurion Runners/Walkers

Venue: Phobians Club, Queens Crescent, Lynnwood

GPS: S 25.45'64.4 E 28.15'22.8

	21.1 km	10 km	5 km
Entry-fee	R 90	R 60	R 40
Blind athletes, 70+, 80+ - race day only	Free		
Start Time	06:00		06:15
Cut-off	03:30		

Wheelchair & baby strollers welcome

Pre-entries at: Run-away Sport; Sweatshop Southdowns & Dunkeld

Chamberlains – Centurion, Montana Megastore, Silver Lakes Megastore, Waterkloof Glen & Riviera www.enteronline.co.a

League Race

Saturday 14 October

Jacaranda City Challenge 42.2/21.1/10/5 km

Race Organisers: Agapé Athletics Club & Sportsvendo

Venue: SABS Grounds, 1 Dr Lategan Road, Groenkloof

GPS: S 25 46' 10" E 28 12' 42"

	42.2km	21.1km	10 km	5 km
Pre-entry fee (until 5 October)	R 150	R 80	R 70	R 30
Entry fees 60 – 79	R 80	R 50	R 40	
Late entry fees (13/14 October)	Closed	R100	R 80	
Late entry fees 60 - 79	Closed	R 50	R 40	
Jardine Joggers / 80+ athletes	Free			
Start Time	05:45		06:15	06:30
Time Limit	05h:30	03h00	2h00	

Free t-shirts to the 1st 5000 pre-entries

Chip results – no tear-off – no results

Pre-entries: Run-A-Way Sports; Sweatshop Dunkeld, Bedford & Southdowns, Randburg Runner; Sportmans Warehouse Atterbury value Mart, Centurion Value World & Kolonnade Retail Park; Enter on line: www.entrytime.co.za

Saturday 21 October**CSIR Race 21.1/10/5 km**

Race Organisers: CSIR Athletics Club

Venue: CSIR, North gate, off Meiring Naude Rd, Brummeria

GPS: S 25 44.874 E 28 16.523

	21.1 km	10 km	5 km
Entry-fee	R100	R 80	R 40
Entry fee 70+	Free		
Start Time	06:00		06:05
Cut-off	03:00		

No wheelchairs or prams – course unsuitable

Pre-entries at: Run-away Sport; Sweatshop Centurion

Also at CSIR Wednesday – Friday 18-20 October 17h00 – 19h00 Sports hall, South gate

www.entrytime.com**Saturday 28 October****King Price Irene Farm Race 21.1/10/5 km**

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Nellmapius Drive, Irene

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 40
Entry fee 60+ (Race day only)	R 50		
Entry fee 70+ (Race day only)	Free		
Start Time	06:00 – run 05h45 - walk		06:00
Cut-off	03:30	02:00	

There is a kiddies run @ R10 @ 08h00**No pets allowed. 21.1km is not wheelchair friendly**

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld, Boardacres & Bedfordview

IRENE MEMBERS ARE NOT ALLOWED TO PARTICIPATE

2017 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

THOUGHT FOR THE WEEK

Friendship is a plant that must be watered often.

Photo Corner



Congratulations to Dirk Cloete who did the Karkloof 100 miler a week ago



Sandra Trentham on duty early in the morning to assist our visitors



The registration area was well organized and able to cope with the masses



Ready for action



The lead cars in position



Away they go



The team whose job it was to hand out the King Price flyers



The tog bag team



The water point at the finish



Our finish structure, impressive as always



Super M milk was served at the finish before the medals were collected



They came from all over to participate



Mark Forbes in action at the finish water point



The helpers race was very successful



Rhoda van Staden and her husband manned one of the water points at the helpers race



Iain McFadyen looking fresh after running the 21 km at the helpers race



They obviously enjoyed the helpers race