



IRENE NEWS

30 July 2018

No 30 - 2018



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Zwartkop Lapa:

Elsa Meyer	1 st GGM lady walker – 10 km (66:07)
Retha Knoetze (social member)	1 st GM lady walker – 10 km (66:30)
Gerard van den Raad	1 st GGM walker – 10 km (68:41)
Iain McFadyen (social member)	1 st GGM – 21 km (1:54:56)
Sandra Steenkamp	1 st Lady walker & 1 st Master – 21 km (2:09:22)
Keith Reynolds	1 st Walker & 1 st Master – 21 km (2:09:22)
Jaap Willemse	1 st GM walker – 21 km (2:16:07)
Holger Hedelt	8 th Overall – Washie 100 miler (18:44:35)
Rinaldi Botes	3 rd Lady – Washie 100 miler (19:43:45)

Well done also to Pieter van der Westhuizen and Walter Strydom who also completed the Washie in time.

PERSONAL ACHIEVEMENTS

Zoe Scholtz PB 10 km

THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:15 – Club house

Thursday:

Castle Walk 5/10 @07:00 – Castle Walk Shopping Centre

Saturday:

Spar Womans 5/10 @ 14:00 – SuperSport Park



Knowledge Integration Dynamics

SPAR COMPETITION

Thank you to those of you who took part in the competition. We managed to get 178 entries, well done! Congratulations to our winner, Dianne du Plessis who got 54 entries. Bets Botha was second with 29 and Michelle Lubbe third with 28. We salute you! The results of the competition will be announced later.

AWAY WEEKEND – KAAPSEHOOP MARATHON

We managed to book 40 rooms with 2 beds each for the weekend, please see the info below.

Bookings are now open. Due to the high demand for accommodation during that period, rooms not booked and fully paid for by the end of August will be cancelled.



IRENE AWAY WEEKEND 2018 **KAAPSEHOOP 2-4 NOVEMBER**

This year we will be staying at
Nomndeni Lodge, Nelsptuit

The cost is R900 per person sharing for the weekend
2 people per room

Transport. food and race entry at own cost

Only 40 rooms available

Please book your place by email – joy@petretreat.co.za

Payment into club account – Standard bank, 32183186

Proof of payment to joy@petretreat.co.za

See you there!!

www.nomndeni.co.za

WINTER WARMER PROJECT



WINTER WARMER

We would like to call on all our members to help us warm the hearts of the needy this winter. Our plan is to collect non-perishable food over the next three weeks and to hand it out to The NG Church Wespoort to their feeding and outreach project. There will be a box at the clubhouse, where you can leave the non-perishable foods. You can also bring it to the races where I will collect it.



Thank you so much for your generosity.

Bets Botha

LEAGUE RESULTS (GARSFONTEIN ICE BREAKER)

We dropped one position down to 12th place on the log after the Ice Breaker.

<i>Denel</i>	<i>Morula</i>	<i>Race of Hope</i>	<i>Riana van Niekerk</i>	<i>Garsfontein Ice Breaker</i>	<i>Div 1</i>	<i>Points</i>
<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>League</i>
1	1	1	1	1	Vtm	119
2	2	2	2	2	Pmmc	114
4	3	3	3	3	Ace	100
8	5	4	4	4	Hqh	88
3	6	5	5	5	Overkruin	83
11	11	9	8	6	Rwfl	72
6	4	6	6	7	Resbank	70
8	13	10	10	8	Agape	65
13	17	16	13	9	PvR	59
12	8	6	7	9	Aurecon	59
15	8	8	9	9	Pmwc	59
10	11	10	11	12	Irene	56
6	10	10	13	13	Magnolia	54
5	6	13	12	14	Ppmk	47
14	18	15	15	15	Affies	44
16	14	14	15	16	Csir	40
17	15	17	17	17	Arete	36
20	20	20	20	18	Npo	32

SUPER LEAGUE

Well done to our ladies who won at the Ice Breaker and who are now in 2nd position.

Our men moved up 3 positions on the log but are way back in 22nd position.

<i>Wonderpark Akasia</i>	<i>Denel</i>	<i>Morula</i>	<i>Race of Hope</i>	<i>Riana van Niekerk</i>	<i>Garsfontein Ice Breaker</i>	<i>Female</i>	<i>Points</i>
<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>Log</i>
4	4	1	1	1	1	VTM	284
3	1	8	4	3	2	IRENE	248
7	10	3	3	2	3	RUNAVATION	243
1	3	10	5	4	4	MAGNOLIA	241
10	7	2	2	5	5	PMMC	207
20	11	21	13	9	6	RWFL	200
23	18	7	9	7	7	CSIR	195
17	14	6	8	6	8	KPMG	193
25	20	29	18	10	9	FIT PTA	178
	23	33	24	14	10	PHOBIANS	175

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

POS NO	NAME	AGE	TIME	POINTS
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Women 10 km

35	JACQUIE VAN DER WAALS	44	00:41:28	46
137	HESTHA CONRADIE	51	00:50:29	34
216	ZOE SCHOLTZ	37	00:56:12	21
244	LANI BOTHA	44	00:57:12	16

Women 21 km

58	ANSIE BREYTENBACH	54	1:44:47	48
89	ROSEMARY BRINK	43	1:51:11	47
253	MARINDA GATHERER	36	2:08:22	32
318	LINDIE PRETORIUS	35	2:16:05	28
357	NTOMBI MTHETHWA	40	2:20:02	20,50
358	MEGAN BROWN	29	2:20:02	20,50

Men 21 km

40	NOEL BANDA	53	01:40:42	24
74	RIRHANDZU MATHEBULA	37	01:49:05	3



WALKERS LEAGUE

Our walkers were the winners on the day and are still on top of the league log, now leading with 2 points..... well done!

<i>Wonderpark Akasia</i>	<i>Denel</i>	<i>Morula</i>	<i>Race of Hope</i>	<i>Riana van Niekerk</i>	<i>Garsfontein Ice Breaker</i>		<i>Points</i>
<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>L'gue</i>
2	3	3	2	1	1	IRENE	116
1	1	1	2	2	2	RWFL	114
2	2	1	1	2	3	PMWC	113
4	4	7	6	4	4	RWFL B	83
8	5	4	4	6	5	VTM	73
11	6	5	5	7	6	AGAPE	72
9	9	7	7	5	7	ACRW	70
6	14	10	8	8	8	LOVE RUNNING	69
12	8	9	10	9	9	SOLIDARITEIT	68
14	9	6	9	10	10	PPMK	66

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Dianne	Du Plessis	30 Jul
Judy	Faint	31 Jul
Douw	Van Zyl	02 Aug
Michelle	Lubbe	03 Aug
Phillip	Botha	04 Aug
Danni	Marlin	04 Aug
Elsa	Meyer	04 Aug
Guy	Stocker	07 Aug



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NOTICE BOARD

Thursday 9 August

Castle Walk Road Race 10/5km

Race Organisers: Fusion Sports

Venue: Castle Walk Shopping Centre, c/o Nossob & Swakop Street, Erasmuskloof

	10 km	5 km
Entry fees	R 70	R 50
Children under 12		R 30
60+/Children under 5		Free
Start time	07h00	07h15
Time Limit	??	

No pets or wheelchairs on the 10km race

Pre-entries at: Run-Away-Sport; Sweat Shop Southdowns & Dunkeld West & Fourways Crossing; Curves Castle Walk Centre

Saturday 11 August

Wierie Road Race 21.1/10/5/2 km

Race Organisers: Laerskool Wierdapark in conjunction with Denel Athletics Club

Venue: Laerskool Wierdapark, c/o Ruimte Rd & Willem Botha St, Wierdapark

GPS: S 25 51'16.74 E 28 08'21.26

	21.1 km	10 km	5 km	2 km
Entry fee	R 100	R80	R 60	R 30
Entry fee 70+	50% of above			
Start Time	06:30		07:00	07:15
Cut-off	03:00			

Goodie bags to the 1st 3000 finishers No pets No iPods or listening devices

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns; Sportmans Warehouse Centurion; Laerskool Wierdapark

www.enteronline.com & www.wierdas.co.za

2018 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
SMU Half Marathon	21.1/10 km	25/08	X	X
Clover Irene Spring Race	21.1/10 km	29/09	X	X
CSIR Road Race	21.1/10 km	20/10	X	X
Tom Jenkins	21.1/10 km	17/11	X	X

Masters Athletics Fixture list

- **Local meetings**

4 Augustus 2018 FSMA Throws and jumps Pelliespark, UFS

27 October 2018 SWD Oudtshoorn

10 November 2018 Free State Bloemfontein

THOUGHT FOR THE WEEK

**“IF YOU RUN, YOU
ARE A RUNNER.
IT DOESN'T
MATTER
HOW FAST OR
HOW FAR.”**

—JOHN BINGHAM

Health

PHOTO CORNER



Cari Snyman, Pieter van der Westhuizen, Travers Snyman, Walter Strydom and Holger Hedelt before he start of the Washie 100 miler



Walter and Pieter with Rinaldi Botes



Holger Hedelt at the start



Holger at the finish, 18 hours 44 minutes later



Rinaldi at the finish with her husband, Bertus



Pieter and Walter looking in good spirit crossing the finish line



Keith Reynolds and Sandra Steenkamp, overall walker 21 km winners at the Zwartkop Lapa



Linley September and Zoe Scholtz at the Zwartkop Lapa race



Ansie Breytenbach with Stephen Mokoka, winner of the 21 km SA championships in PE on Saturday in a time of 61:44. He was part of the AGN team.