



IRENE NEWS

30 October 2017

No 43 - 2017



KING PRICE IRENE FARM RACE

Unfortunately the weather didn't play along this time and it was a cold and miserable day on Saturday. Despite the weather conditions we still had 2370 finishers. We once again presented a quality race of which we are very proud of.

Thank you to all our members who braved the cold to make it possible. You were the best! You proofed once again that we can always rely on you and that you are the club's biggest asset.

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:30 - Club house

Saturday:

Black Diamond Steve Unlimited Road Race 5/10/21 at 06:00 – Wonderpark Shopping Centre

Oppie Bol Disability Festival Run 21.1/10/5/2.5 km at 06:00 - Toutrek Park, c/o Nico Smith & 14th Avenue, Rietfontein

Please take note that the caravan/gazebo will be at the Oppie Bol race

TRAINING PROGRAMME

Please find the November training programme attached. The monthly Captain's Corner will be in next week's newsletter.

TRANSPORT REQUIRED

Two of our members, Bheki Kumalo and Noel Banda need transport to go to Kaapsehoop this weekend. They have accommodation.

If you have space in your car it will be highly appreciated if you can assist. They don't have to travel together in one vehicle.

SOCIAL EVENING

Our monthly social evening will take place on Tuesday evening. As always we can look forward to a great evening. More details to follow.

PERSONALIA

Condolences to Hendrik Steynberg whose father passed away.

Congratulations to everybody celebrating their birthdays during the week:

Ernst	Gottschalk	30 Oct
Rose	Kavalianneas	30 Oct
Magda	Saayman	31 Oct
Lynette	September	31 Oct
Helen	Short	31 Oct
Ivan	Venter	01 Nov
Bernita	Bornmann	02 Nov
Lotte	Britz	04 Nov
Claudia	Cockcroft	04 Nov
Johan	Engelbrecht	05 Nov
Maite	Mohlala	05 Nov



NOTICE BOARD

Saturday 4 November

BDS Unlimited Road Race 21.1/10/5 km

Race Organisers: Black Diamonds Athletics Club

Venue: Wonderpark Shopping Centre, c/o Brits Rd & Heinrich Ave, Karenpark

GPS: S 25 40,264 E 28 6,703

	21.1 km	10 km	5 km
Pre- Entry fee	R 80	R 60	R 50
Late Entry fee	R 90	R 70	
Entry fee 60+	R 50	R 40	
Entry fee 70+ & blind runners	Free		
Start Time	06:00		06:15
Cut-off	04:30		

No pets allowed Race is wheelchair friendly

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Virgin Active Wonderpark;
Dirtyloli Wonderpark www.entrytime.com

Saturday 4 November**Oppie Bol Disability Festival Run 21.1/10/5/2.5 km**

Race Organisers: Oppie Bol Athletics Club

Venue: Toutrek Park, c/o Nico Smith & 14th Avenue, Rietfontein

The race is not just for people with disabilities – it is for everyone

	21.1 km	10 km	5 km	2.5 km
Entry fee	R 70	R 60	R 30	R 20
Start Time	06:00	06:15	06:30	
Cut-off	03:30			

There is also a 21.1km cycle race @ 05h50 pets allowed

Race is wheelchair friendly

<http://qkt.io/Oppiebol>

League Race**Saturday 11 November****Kolonnade Retail Park Road Race 21.1/10/6 km**

Race Organisers: Run/Walk for Life Athletics Club

Venue: Kolonnade Retail Park, Sefako Magatho (Zambesi) Drive, Montana Park

GPS: S 25 40'39" E 28 15'13"

	21.1 km	10 km	6 km
Entry fee	R 80	R 60	R 40
Start Time	06:00		
Cut-off	03:00		

No pets allowed

Race is wheelchair friendly

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Running Shop Vinko St Sinoville;
Sportmans Warehouse Kolonnade Retail Park

www.enteronline.co.za

Saturday 18 November Tom Jenkins Run/Walk Challenge 21.1/10/5 km

Race Organisers: Arcadia Running Club

Venue: Pretoria Union Buildings, Church Street, Arcadia

GPS: S 27.7402 E 28.2102

	21.1 km	10 km	5 km
Pre- Entry fee	R 100	R 80	R 50
Start Time	06:00		06:20
Cut-off	03:00		

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Tshwane Running Shop

www.enteronline.co.za

2017 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

THOUGHT FOR THE WEEK

What you speak about, you can bring about.



Photo Corner



Athletes braving the cold to enter for the King Price Irene Farm Race



The wind was so strong that we considered it a safety risk to put up the blow-up arch



Gerard and Bertha van den Raad wearing winter clothes at the end of October!



Our new service vehicle was on display at the race



Nelius van Rooyen excelled as the new King Price mascot



The Irene golf course is part of the 21 km route



Runners enjoying the nature



Another beautiful scene



What a privilege to run in such an environment!



Running through Southdowns Estate is also very special



Another tranquil street in Southdowns Estate



Fun at Carla's water point



Working at a water point is more fun than anything else



It is clearly visible that it was a cold day



Thank you to Stephan Craggs for organising this great water point



Sharks supporter Suzelle Engels lost her bet against Linley September and had to wear a WP supporters jersey at the helpers race



The du Plessis kids handing out water at the helpers race



Tebogo Moloisane and Tlou Thema enjoying the helpers race



The helpers race was more fun than anything else



The walkers took it a bit more seriously



An unfit Mike Lundie had a difficult time as the lead bike on the helpers run