



SOCIAL EVENING

The social on Tuesday after the time trials will be the last Tuesday social evening for the year.

It will be a relaxing braai evening. Braai packs will be provided at R45 each with all the necessary salads etc. Everybody will braai his or her own meat. The idea is to create an opportunity to relax around the fires just to have a good time with your fellow club members.

Bring the whole family along!



CAPTAIN'S CORNER

Dear Fellow Club Members,

The training attendance has been very weak but I do understand this time of the year and with Comrades fever over members don't really want to train. This is where the hard training starts again as you have to build your base to get ready for the new season of qualifying for Two Oceans or Comrades 2017. For those going to Kaapsehoop to qualify good luck and make sure you stick to your racing plan. Pace yourself properly, eat whatever you have practised and stay hydrated. If it gets hot, make sure you have lots of liquids. After the Kaapsehoop marathon take enough time to rest and recover well. There is no rush in getting back on the road. If you had a bad day, make notes and see what you could have done better and likewise if you had a good day make notes so you know what works for you.

GOOD LUCK

The door to the bathrooms have been replaced with a fancy IRENE AC logo on it and the new key number for the door is **M38H**.

Thank you to all those members who helped at the **KING PRICE RACE** and ensured we deliver a successful race once again.

Lastly, **IRENE ATHLETICS CLUB** is your club and it would be great if you could attend the AGM and vote for the people you want to see lead this club. I urge one and all to attend the AGM on the 15th of November starting at 18h30 at the Lapa next to the clubhouse.

Happy running and see you on the road.

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

AWAY WEEKEND

Get ready to be a movie star on Saturday evening after the Kaapsehoop race!

We want our members who have booked somewhere else to join the party on Saturday evening at the Kwanyoni Lodge.

Are you one of those who booked somewhere else? Let me know if you want to be part of an unforgettable function on Saturday evening.





This menu for only R80 pp. Subsidized with more than 50% by the club

VOLUNTEERS REQUIRED

We run a trail run, called the GEM trail series and are looking for +- 30 marshals to volunteer and assist us on the day. Just some important details

Date: Saturday 26 November. Venue: Monte de Dios in Pretoria

Time: 06:00 till 14:00

Contact Rayne-Mari Muir if you are interested to help: 084 910 1148 or r.muir@jukwaa.net

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Magda	Saayman	31 Oct
Lynette	September	31 Oct
Bernita	Bornman	02 Nov
Maite	Mohlala	03 Nov
Iselotte	Britz	04 Nov
Claudia	Cockcroft	04 Nov
Johan	Engelbrecht	05 Nov
John	Tadman	05 Nov
Cindy	Wiseman	05 Nov
Pat	Andrew	06 Nov
Pierre	Gourdain	06 Nov



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NOTICE BOARD

Saturday 19 November Tom Jenkins Run/Walk Challenge 21.1/10/5 km

Race Organisers: Arcadia Running Club

Venue: Union Buildings, Church Street, Arcadia, Pretoria

	21.1 km	10 km	5 km
Entry Fee	R 80	R 60	R 40
Start Time	06:30		06:40
Cut-off	??		

Pre-entries at: Run-A-Way Sport; Running Inn; The Runners Store Tramshed

www.enteronline.co.za

Sunday 4 December**Forest Hill City Summer Race 10/5 km**

Race Organisers: ??

Venue: Forest Hill City, c/o R55 / N14, Monavoni, Centurion

	10km	5km
Entry Fee	?	?
Start Time	07:00	
Time Limit	02h00	

Pre-entries at: Run-A-Way Sport; Running Inn; The Runners Store Tramshed; Sweat Shop Southdowns

Friday 16 December**Live Running 25/12.5/5 km**

Race Organisers: Vitalfitness Athletics Club

Venue: Voortrekker Park, c/o Jasmyn & Van Wyk Street, Silverton, Pretoria

	25 km	12.5 km	5 km
Entry Fee	R 70	R 60	R 40
Start Time	06:00		06:30
Cut-off	04h30		

No wheelchairs

Pre-entries at: Run-A-Way Sport; Running Inn; Sweatshop Southdowns; The Runners Store Tramshed

Monday – Friday 08h00 – 17h00 @ BB Silverton Nissan, Pretoria Road, Silverton

Saturday 17 December**The Wonderful Run 21.1/10/5km**

Race Organisers: Wonderpark Athletics Club

Venue: The Forum (Between Wonderpark Mall & Akasia Town Hall), c/o Heinrich & Disotus Avenue, Karenpark

	21.1 km	10 km	5 km
Entry Fee	R 80	R 60	R 30
Start Time	06:00		06:15
Cut-off	04h00		

Pre-entries at: Running Inn; Sweatshop Southdowns, Dunkeld & Fourways; The Runners Store Tramshed

2016 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Tom Jenkins	10 / 21.1 km	19/11/16	X	X
Nedbank Skosana Road Race	10 km	10/12/16	X	X

Masters Athletics Fixture list

12 November

Vrystaat

Bloemfontein

African Masters Track & Field Championship

Cameroon

27 – 29 May 2017

International Championships

26 Oct – 6 November 2016 MA Championships, Perth, Australia

<http://www.perth2016.com>

18 – 25 March 2017

World Indoor Championship 2017 in Daegu, Korea

THOUGHT FOR THE WEEK.**Even if you are on the right track, you'll get run over if you just sit there.**

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Photo Corner (The King Price Farm Race)



Early morning traffic in Nellmapius Drive



The registration team hard at work



Ready for action



Away they go



What a beautiful sight



Due to flooding the Dairy Farm was entered from Nellmapius Drive



This is a very special route



Lovely farm area



The swan doesn't seem to be bothered at all



On their way to the barn



Running through the barn with the Boereorkes playing



Pit Smit and his men



Coming out of the barn



Time to get back on the paved route again



Lots to appreciate on the route



A lonely spectator



Guess who are having fun?



More spectators, this time in Southdowns



On the way back with the finish in sight



At the finish line



The “King” was carried for 5 km



Helpers at the finish water point in good spirit



The stage was a popular place for taking photos



The finalists of the dress like a king competition



The winner of the selfie competition



Henk Basson in action after the race. Many people don't realise what it takes to present a race like this

Helpers Race



What a great helpers race with 116 participants



Tony Gomes and Johan Nel



Our members also had special spectators



James Eayrs had a tough day at the office



They had time to pose for a photo



It looked more than a normal race than a helpers race



The shield that the Irene Triple Challenge finishers received