

IRENE NEWS

3 October 2016 No 40 - 2016



EDITORIAL

With no official race taking place in AGN over the weekend there is not much to report about. Please see the info regarding the Chairman's Ball taking place on Saturday. You just have to be there!

ACHIEVEMENTS

There were no podium winners on any official race over the weekend.

PERSONAL ACHIEVEMENTS

None received

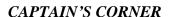
THIS WEEK'S DIARY

Tuesday:

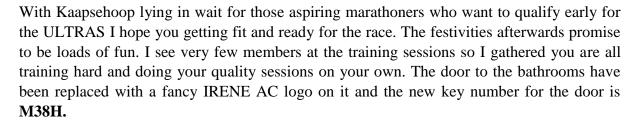
Time Trials at 17:30 – Pub Run

Saturday:

Chamberlain 5/10/21 at 06:00 – Phobians



Dear Fellow Club Members,



The Chairman's Ball is on the 8th of October at Shelanti in Jean Avenue. The cost is R150PP with a 3 course meal. It is a great venue and a nice evening out with your partner. Come and support the event and book your place.

Happy running and see you on the road.

Should you have any questions about training please drop me a mail at <u>training@irenerunner.co.za</u> or call me on 082 345 5343 and I will assist where possible.

Proud IRENE Greetings, Linley



CHAIRMAN'S BALL

Only 3 days left to book for the Chairman's Ball to be held at Shelanti on 8 October. It is going to be something very special. Only 100 seats available. Miss out and you miss out big!





IRENE ATHLETICS CLUB

CHAIRMAN'S BALL with LIVE COMEDY SHOW

R150_{pp}

CASH BAR

OCT 8 7:00 PM

SHELANTI
CHAPEL & VENUE

263 JEAN AVE. CENTURION

BLACK TIE

0075



SOCIAL EVENING

The social evening will be the annual pub run. We will all start together at 17:30. Destination to be confirmed where we will have a drink together, run back to the club house to enjoy a lovely meal at a very low price.

AGM – ELECTION OF MANAGEMENT COMMITTEE

You are reminded to submit your nominations for the 2017 Management Committee.

See the table below regarding the availability of the current committee:

Chairman	Louis Visser	Available
Administration Manager	Zelna Black	Not Available
Financial Manager	Johan van Vuuren	Available
Logistics Manager	Gerard van den Raad	Not Available
Social Manager	Elna Mee	Not Available
Sport Manager (Club Captain)	Linley September	Not Available
Communication Manager	Petro Smit	Not available
Additional Member (Walkers)	Ray Patterson	Not Available
Additional Member (Events)	Henk Basson	Available
Additional Member (Apparel)	Frances Lezar	Available
Additional Member (Social Responsibility)	Lindie Steenkamp	Not available
General Manager	Wynand Breytenbach	Appointed

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

David	Seaton	03 Oct
Joan	van Wyngaard	04 Oct
Riaan	Kruger	05 Oct
Quintin	Louw	05 Oct
Christo	van der Merwe	05 Oct
Gerna	Horak	07 Oct
Rena	van Wyk	07 Oct
Grant	Buss	09 Oct
Freddie	Makoka	09 Oct



Saturday 8 October Chamberlain Capital Classic 21.1/10/5km

Race Organisers: Phobians

Venue: Phobians Club, Queens Crescent, Queenswood

	21.1 km	10 km	5 km
Entry fees	R 90	R 60	R 40
Entry fees 70+	Free	Free	
Start time	06h00	06h00	06h15
Time Limit		??	

Pre-entries at: Run-A-Way Sport, Runner's Store; Sweatshop Dunkeld; Sweatshop Southdowns; Running Inn; Natural Runner; Megastore Centurion; Montana; Silver Lakes; Waterkloof Glen; Riveria

www.enteronline.co.za

Saturday 15 October SABS Jacaranda City Challenge42.2/ 21.1/10/5km

Race Organisers: Agapé Athletics Club

Venue: SABS, Groenkloof

	42.2	21.1 km	10 km	5 km
Pre Entry Fees	R100	R70	R60	R40
Entry fees 60 -79	R60	R40	R30	R40
Entry fees 80+	Free	Free	Free	Free
Start time	05:45	05:45	06:15	06:30
Time Limit		5 hrs 30 mins		

Pre-entries at: Run-A-Way Sport, Runners Store; Sweatshop Bedfordview; Sweatshop Dunkeld; Running Inn; Randburg Runner; Sportsmans Warehouse Atterbury Value Mart, Kolonnade Retail Park & Centurion Value World

www.entrytime.com

Saturday 22 October

CSIR 21.1/10/5km

Race Organisers: CSIR Athletics Club Venue: CSIR North Gate, off Meiring Naude Road, Brunneria, Pretoria GPS: S 25 44'57.54 E 28 16'05.72

	21.1 km	10 km	5 km
Entry Fee	R 100	R 80	R 40
70+ and 80+	Free	Free	
Start Time	06:00		06:05
Cut-off	03h00		

No prams or wheelchairs Parking at the Innovation Hub opposite the CSIR

Pre-entries at: Run-A-Way Sport; Running Inn; Sweatshop Southdowns

2016 AGN LEAGUE FIXTURE LIS	ST			
EVENT	DIST	DATE	LEAGUE	
			RR	RW
King Price Irene Farm	10/21	29 Oct	Х	Х
Tom Jenkins	10/21	19 Nov	Х	Х

Masters Athletics Fixture list

? Oktober SWD Oudtshoorn

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.

Life is like a coin, you can spend it any way you wish, but you can only spend it once.













We go the distance

Short Term Brokers is an authorised financial services provider – FSP no. 10670

Photo Corner



Congratulations to Rita Jordaan who completed the Berlin Marathon last Sunday