



# ***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



## ***CAPTAIN'S CORNER***

Dear Fellow Club Members,

With Kaapsehoop lying in wait for those aspiring marathoners who want to qualify early for the ULTRAS I hope you getting fit and ready for the race. The festivities afterwards promise to be loads of fun. I see very few members at the training sessions so I gathered you are all training hard and doing your quality sessions on your own. 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**.

The Chairman's Ball is on the 8<sup>th</sup> 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 [training@irenerunner.co.za](mailto:training@irenerunner.co.za) 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**

**007<sup>5</sup>**

## ***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



## ***NOTICE BOARD***

### **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](http://www.enteronline.co.za)

### **Saturday 15 October**

### **SABS Jacaranda City Challenge 42.2/ 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](http://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 LIST**

<i><b>EVENT</b></i>	<i><b>DIST</b></i>	<i><b>DATE</b></i>	<i><b>LEAGUE</b></i>	
			<b>RR</b>	<b>RW</b>
King Price Irene Farm	10/21	29 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

**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.**



**MUGG & BEAN**

Midstream 0129409229

**MODERN**  
***athlete***



**FABER**  
**VERVOER**



**SPAR**



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### Photo Corner



Congratulations to Rita Jordaan who completed the Berlin Marathon last Sunday