



IRENE NEWS

5 December 2016

No 49 - 2016



ACHIEVEMENTS

Podium positions at the Run for Wollies race at Babbas Lodge on Saturday:

Johan Nel	1 st GM – 22 km (1:47:18)
Elsa Meyer	1 st Lady walker & 1 st GGM – 10 km (1:08:37)
Letha Kotze	3 rd Lady walker – 10 km (1:18:50)

Congratulations!

PERSONAL ACHIEVEMENTS

None received

THIS WEEK'S DIARY

Tuesday:

Time Trials at 17:30.

Saturday:

Nedbank Skosana 5/10 at 06:00 – Pretoria Correctional services (**League race**)

REGISTRATIONS 2017

A total of 76 more members have registered during November this year than last year. Make sure that you qualify for your T-shirt. Only the first 500 members will receive a T-shirt. Go to <http://www.irenerunner.co.za/membership.html> to register.

The membership fee for social members has been reduced to R300 and that of the juniors to R100.

LEAGUE RACE

The Nedbank Skosana 10 km race on Saturday is the last league race of the year. We call on our members to support the race to ensure that we win the Ladies Super league and the Walkers league. A big turnout of our faster men can also cause an upset. Please be there!

As always there will be something to eat after the race.



Gold medal service

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

YEAR END FUNCTION

Congratulations to all our trophy winners of 2016. We are proud of you!



Cassie Calaca
Best Supporter



Anne Calaca
Best supporter



Jacquie van der Waals
Most injured athlete of the year



Nadene Visser
Blood Buddy



Candice van der Spuy
Socializer of the year



Susan Maree
Friendliest member



Zelna Black
Dummy of the year



Marks Mathebula
Best attitude and loyalty



Travers Snyman
Last Irene Comrades athlete



Chris Cloete
Last Irene Comrades athlete



Travers Snyman
Comrades vasbyt



Paul Prinsloo
Spirit of Comrades



Dee Donaldson
First Comrades novice – ladies



Piet Phalahadi
First Comrades Novice – men



Nadine Breytenbach
First Comrades Lady



Alfred Matema
First Comrades athlete – men



Ansie Breytenbach
10 km Champion – ladies



Mauritz Oberholzer
10 km club champion – men



Ansie Breytenbach
21 km Champion – ladies



Schalk Liebenberg
21 km Club champion – men



Nadine Breytenbach
42 km Club champion – ladies



Alfred Matema
42 km Club champion – men



Danél Geldenhuys
Beyond Comrades – ladies



Lindie Steenkamp
Beyond Comrades – ladies



Dirk Cloete
Beyond Comrades - men



Letha Kotze
Most league points - ladies



Johan Nel
Most league points – men



Ansie Breytenbach
Most super league points – ladies



Schalk Liebenberg
Most super league points - men



Carla Bruwer
Most improved athlete – ladies



Emile Myburgh
Most improved athlete – men



Trevor Netshiombo
Rookie walker of the year



Tania Thompson
Golden Shoe – ladies



Danie Labuschagne
Golden Shoe – men



Elsa Meyer
Lady walker of the year



Ray Patterson
Male walker of the year



Elsa Meyer
Walker of the year



Gerard van den Raad
Ultra walker of the year



Annatjie Greyvenstein
GGM of the year – ladies



Gerard van den Raad
GGM of the year - men



Elsa Meyer
GM of the year – ladies



Johan Nel
GM of the year - men



Ansie Breytenbach
Master of the year – ladies



Jaap Willemse
Master of the year - men



Joy Nicholl
Veteran of the year – ladies



Tony Gomes
Veteran of the year - men



Nadine Breytenbach
Senior of the year - ladies



Nilo Saraiva
Senior of the year – men



Ansie Breytenbach
Athlete of the year – ladies



Johan Nel
Athlete of the year – men



Elsa Meyer
Achiever of the year



Henk Basson
Chairman's trophy

The year en function was a huge success! Those who missed out missed out big time.

Compliments to Stephen and Elna Mee for a fantastic event. They really excelled themselves. Thank you also to Kerry Trentham for his part. It was just great!!



Please see the complete list of winners below: Members who were not present at the function can collect their trophies and certificates at the admin counter on a Tuesday evening.

	Trophy Winner	Silver Certificate	Bronze Certificate
Best Supporter	Cassie & Anne Calaca		
Most Injured Athlete of the year	Jacque van der Waals		
Bloeier van die Jaar (Blood Buddie)	Nadene Visser		
Socialiser of the Year (Drinkbroer)	Candice van der Spuy		
Friendliest member of the year	Susan Maree		
Dummy of the year	Zelna Black		
Belinda's Bell (Best attitude & Loyalty)	Marks Mathebula		
Last Irene Comrades Athlete	Chris Cloete 11:57:55		
	Travers Snyman 11:57:55		
Comrades Vasbyt	Travers Snyman		
Spirit of Comrades	Paul Prinsloo		
First Comrades Novice			
Ladies	Dee Donaldson	Bernadette Buss	Estelle Jansen van Vuuren
Men	Piet Phalahadi	Ben Marais	Noel Banda
Best Comrades Athlete			
Ladies	Nadine Breytenbach	Joan van Wyngaard	Candice van der Spuy
Men	Alfred Matema	Philip Breytenbach	Piet Phalahadi
10 Km Championships			
Ladies	Ansie Breytenbach	Joy Nicholl	Candice van der Spuy
Men	Mauritz Oberholzer	Sibosiso Mbene	Tony Gomes
21 km Championships			
Ladies	Ansie Breytenbach	Rosemary Brink	Rita le Roux
Men	Schalk Liebenberg	Nelius van Rooyen	Nilo Saraiva
42 km Championships			
Ladies	Nadine Breytenbach	Ansie Breytenbach	Annemarie Kruger
Men	Alfred Matema	Philip Breytenbach	Tony Gomes
Beyond Comrades Athletes			
Ladies	Lindie Steenkamp		
	Danel Geldenhuys		
Men	Dirk Cloete		
Most League Points			
Ladies	Letha Kotze	Lucia Willemse	Annatjie Greyvenstein

Men	Johan Nel	Gerard van den Raad	Jaap Willemse
Most Super League Points			
Ladies	Ansie Breytenbach	Heleen de Bruin	Nadine Breytenbach
Men	Schalk Liebenberg	Nelius van Rooyen	Nilo Savaira
Most Improved Athlete			
Ladies	Carla Bruwer	Rosemary Brink	Candice van der Spuy
Men	Emile Myburgh	Pieter Engelbrecht	Michael Mkwala
Rookie walker of the Year	Trevor Netshiombo		
Golden Shoe - Ladies	Tania Thompson		
Golden Shoe - Men	Danie Labuschagne		
Lady walker of the year	Elsa Meyer		
Man walker of the year	Ray Patterson		
Walker of the year	Elsa Meyer		
Ultra walker of the year	Gerard van den Raad		
GGM of the year			
Ladies	Annatjie Greyvenstein	Bertha van den Raad	
Men	Gerard van den Raad	Johan Janse van Vuuren	
GM of the year			
Ladies	Elsa Meyer	Lucia Willemse	Letha Kotze
Men	Johan Nel	Mike du Bruto	Henk Basson
Master of the year			
Ladies	Ansie Breytenbach	Sandra Steenkamp	Joey Cloete
Men	Jaap Willemse	John Hofmann	Noel Banda
Veteran of the year			
Ladies	Joy Nicholl	Rosemary Brink	Belinda de Bruin
Men	Tony Gomes	Alfred Matema	Dirk Cloete
Senior of the year			
Ladies	Nadine Breytenbach	Candice van der Spuy	Amanda Cloete
Men	Nilo Saraiva	Schalk Liebenberg	Philip Breytenbach
Athlete of the year			
Ladies	Ansie Breytenbach	Elsa Meyer	Lucia Willemse
Men	Johan Nel	Gerard van den Raad	Tony Gomes
			Jaap Willemse
Achiever of the year	Elsa Meyer		
Chairman's Trophy	Henk Basson		

CHRISTMAS LIGHTS RUN



COME AND JOIN US FOR SOME FUN ON THE STREETS OF BROOKLYN AND
RUN A SHORT 6KM TO SEE THE "FAMOUS" XMAS LIGHTS ON LAWLEY
STREET

START AND FINISH AT

"JAN CILLIERS PARK"

BRODERICK STREET, GROENKLOOF

START TIME: 18H30

DATE: WEDNESDAY 14TH DECEMBER

WATER AND BUBBLY WILL BE PROVIDED ON ROUTE

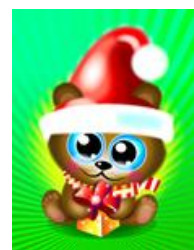
BRING OWN DRINKS FOR AFTERWARDS

KIDS WELCOME, DRESS FOR THE OCCASION (REFLECTIVE BANDS)

PLEASE BRING A SMALL TOY FOR CHARITY

CONTACT: MIKE LUNDIE 0826520314

Email mlundie@optron.com



PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Neels	Grobbelaar	05 Dec
John	May	05 Dec
Willie	du Plessis	06 Dec
Miles	Saxby	06 Dec
Johann	Van Zyl	06 Dec
Marietjie	Wanland	06 Dec
Frikkie	Loubser	07 Dec
Nokwanda	Dlamini	08 Dec
Michelle	le Roux	08 Dec
Paul	Nel	09 Dec
Lungako	Nozigqwaba	09 Dec
Johann	van de Venter	09 Dec
Christa	Visagie	09 Dec
Christa	Visagie	09 Dec
Willie	van Zyl	10 Dec
Annelize	Holtshousen	11 Dec
Wayne	Luyt	11 Dec
Yolandi	Smit	11 Dec



Thank you to Giel Cillié for a fantastic sponsorship towards the Irene T shirts that the first 500 members will receive. It is the 4th year that we have received this sponsorship from Giel as owner of CAQS. You will find him at 10 Lenchen Park, 2029 Lenchen Ave South, Zwartkops x 4, Centurion. (Opposite Glasfit)



NOTICE BOARD

Saturday 10 December

Nedbank Skosana 5/10

Race Organisers: Nedbank AC

Venue: Pretoria Correctional Services

	10 km	5 km
Entry Fee	R 60	R 40
Start Time	06:00	
Cut-off	??	

Pre-entries at: Run-A-Way Sport; Sweat Shop Southdowns; Running Inn; AGN Office

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
Nedbank Skosana Road Race	10 km	10/12/16	X	X

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

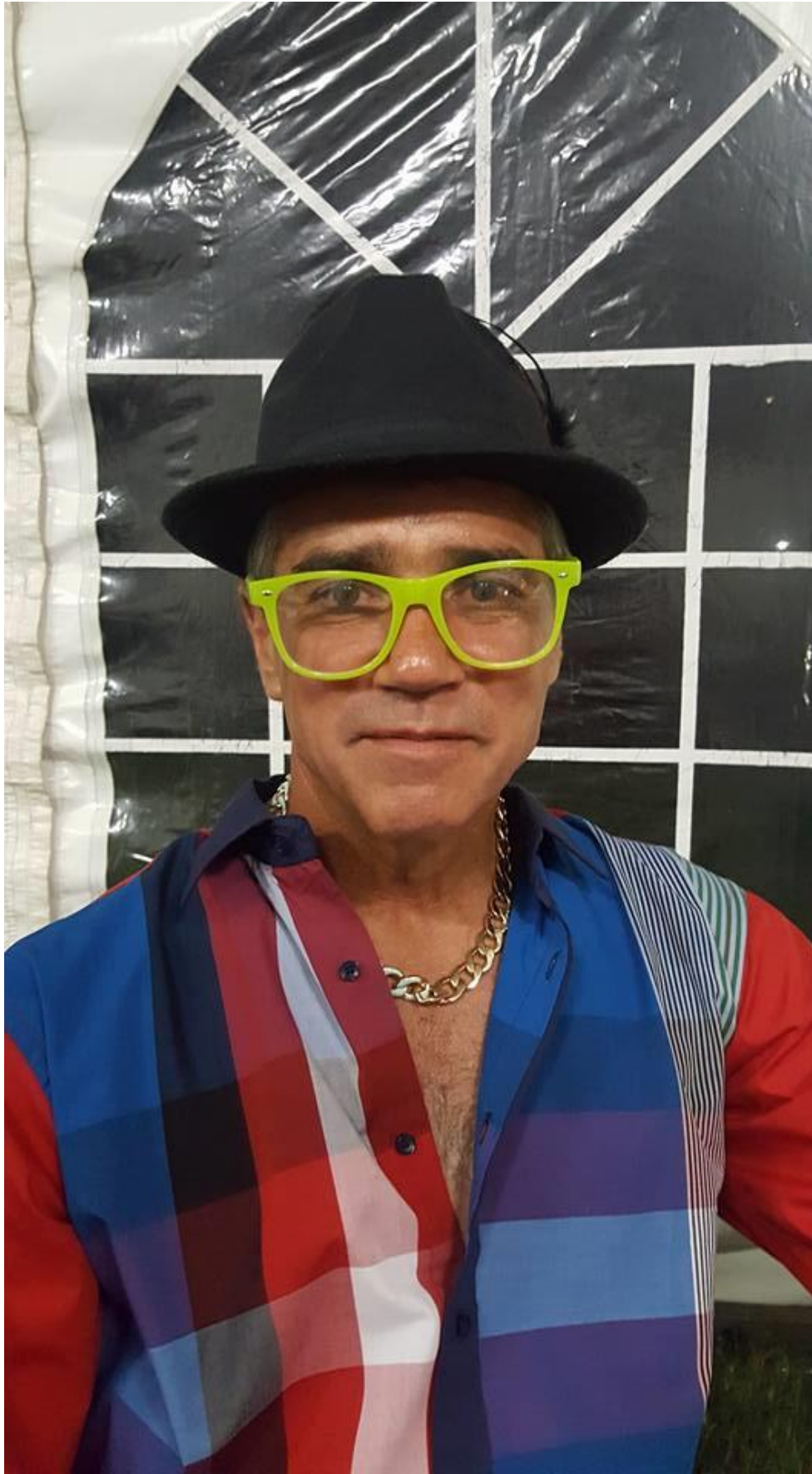
If you want something you've never had, then you've got to do something you've never done.

Photo Corner

The Kitsch and Cool theme at the year end function was a hit!



Louis and Nadene Visser set an excellent example



Pieter Olivier



Joy Nicholl and Candice van der Spuy



Henk "Pope" Basson in trouble



The trophy table



Everybody enjoying themselves



Happy to be members of Irene



Estelle Jansen van Vuuren and her daughter



The most sociable table by far



Joy when Santa finally arrived



Happiness is.....



Elize Dieckmann and Suzelle Engels in good spirit



The two last Irene Comrades athletes, Chris Cloete and Travers Snyman. Time: 11:57:55



Dee Donaldson



Heleen de Bruin



Michael Mokwala



Emile Myburgh



Tania Thompson



Letha Kotze



Belinda de Bruin



Trevor Netshiombo



Female athlete of the year Ansie Breytenbach with her trophies