



# ***IRENE NEWS***

*5 October 2015*

*No 39 - 2015*



## ***ACHIEVEMENTS***

The following members were on the podium during the week:

Johan Nel	1 <sup>st</sup> GM – City to City 50 km (4:15:02)
Mariet Louw	1 <sup>st</sup> GM lady – Graskop 21 km (no time available)
Johan Nel	1 <sup>st</sup> GM – Kromberg 25 km (1:55:35)
Elsa Meyer	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> GM – Jacaranda 94.2 15 km (1:34:26)
Nilo Saraiva	2 <sup>nd</sup> Man – Irene Primary School fun Run

Congratulations!

## ***PERSONAL ACHIEVEMENTS***

None received

## ***VACANCY IN THE CLOTHING SHOP***

After working in the clothing shop for quite a while, Dave de Bruin has now decided to take a break. Anybody interested to take over from him must please contact us on [info@irenerunner.co.za](mailto:info@irenerunner.co.za) for more info. There is a small remuneration attached to it.

It doesn't have to be a club member. It is an ideal opportunity for a retired person who wishes to earn an additional income.



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

Dear Fellow Club Members,

We have started our training sessions at 17h30 and our group sessions are in full swing again. We meet at the club from Mondays to Thursdays. If at all possible, please start the Time Trial (TT) together on Tuesdays. This is where you can catch up with your club mates or meet a new club member/s.

As I mentioned on numerous occasions that the club training program is designed for every one of different running abilities so please do not feel intimidated by it. Attend these sessions as it does help you get through those days where you don't feel like training. The training group is usually a fun place to be and it makes the sessions great.

The morning groups are slowly starting to take shape with a Rhapsody's Group headed up by Dieter Meyer and a Moreleta Group soon to be in full swing. Please engage with me should you want to run in the morning groups and I will facilitate it.

The bathroom key is no longer available as we have lost 2 keys this year alone. Should you want one please purchase your personal one from any locksmith. The key number is **M21B**.

If anyone needs assistance I will be at the club every Tuesday night from 5h15 pm onwards and we can have a chat on what your focus is for the ensuing year.

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

### ***SOCIAL EVENING***

Our monthly social evening will take place on Tuesday evening in the form of our annual pub run. We will run from the club house and stop at the 8 km turning point to enjoy a drink. Please ensure that you take money along for your drink. It promises to be great fun.

Afterwards you can enjoy a great meal for only R35 pp. There will also be a jumping castle for the kids.

You are all invited to come and enjoy the evening with you fellow club members.

### ***LEAGUE RESULTS***

We dropped one position on the log after the Ou Voetpad race. Thank you to everybody who participated.

<b>Global</b>	<b>BHS</b>	<b>Sun</b>	<b>Sol Mah</b>	<b>Jmek</b>	<b>M'Iodi</b>	<b>Gars</b>	<b>A4A</b>	<b>Val Log</b>	<b>Div 1</b>
<b>Pos</b>	<b>Pos</b>	<b>Pos</b>	<b>Pos</b>	<b>Pos</b>	<b>Pos</b>	<b>Pos</b>	<b>Rev Pos</b>	<b>Pos</b>	<b>Club</b>
1	1	1	1	1	1	1	1	1	Vtm
2	3	4	3	3	3	2	2	2	Ace
10	7	5	5	5	5	5	5	5	Resbank
7	4	3	2	2	2	2	3	3	Pmmc
5	9	8	7	6	6	6	6	6	Hqh
3	2	2	3	4	4	4	4	4	Npo
12	10	11	9	8	11	13	13	12	Overkruin
8	8	6	6	7	10	8	9	8	PvR
16	13	9	12	10	8	9	8	8	Agape
17	19	19	19	19	19	19	18	18	Zwakala

11	14	13	11	13	12	11	11	10	Love Running
9	11	9	10	8	7	7	7	7	Csir
18	18	16	14	15	15	14	12	13	Rwfl
13	5	7	12	11	8	10	10	11	Irene
14	16	17	16	18	16	16	16	15	Aurecon
20	20	20	20	20	20	20	20	20	Phobians
19	15	15	17	17	17	17	18	19	Runavation
4	5	11	7	12	13	14	15	14	Post Office
14	17	18	18	16	18	18	17	17	Enduro
6	11	14	14	14	14	12	14	16	Arete

### ***SUPER LEAGUE***

Our ladies shared the top spot at the Ou Voetpad race but are still way in front on the overall log. Well done!

<i>Grt Run 1</i>	<i>BHS</i>	<i>SunRise</i>	<i>Sol Mah</i>	<i>Jmek</i>	<i>M'lodi</i>	<i>Gars</i>	<i>Val Log</i>	<i>Female</i>	<i>Points</i>
<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>Log</i>
1	1	1	1	1	1	1	1	IRENE	349,5
3	2	2	2	3	2	2	2	MAGNOLIA	317,5
16	8	4	3	2	4	3	3	NEDBANK	297,5
14	5	3	4	5	5	4	4	RUNAVATION	294,5
8	6	5	5	4	3	7	5	OVERKRUIN	291,5
5	3	8	7	8	8	8	6	VTM	275
11	9	7	6	6	5	5	7	CSIR	250,5
17	12	9	8	7	7	6	8	PHOBIANS	240
	19	18	11	9	10	11	9	PMMC	225
4	4	11	9	13	12	10	10	TRANSNET	223,5

Our men are still hanging on to the 6<sup>th</sup> position on the log. Keep it there!

<i>Global</i>	<i>BHS</i>	<i>SunRise</i>	<i>Sol Mah</i>	<i>Jmek</i>	<i>M'lodi</i>	<i>Gars</i>	<i>Val Log</i>	<i>Male</i>	<i>Points</i>
<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>Log</i>
3	2	1	1	1	1	1	1	PMMC	394,5
2	1	2	2	2	2	2	2	NEDBANK	389
5	4	4	3	3	3	3	3	ACE	384
1	3	3	4	4	4	4	4	TRANSNET	356,5
12	7	7	5	5	5	5	5	CORR SERV	354
6	5	6	7	7	6	6	6	IRENE	326,5
24	16	11	9	9	9	9	7	VTM	300,5

3	6	8	6	6	8	8	8	RUNAVATION	298
10	8	5	8	8	7	7	9	TUKS	290
	22	15	10	10	10	10	11	AURECON	243,5

Congratulations to the following members who earned super league points:

POS	NAME	AGE	CAT	TIME	POINTS
-----	------	-----	-----	------	--------

**Ladies 10 km**

86	S BOTHA	45	vet	00:50:14	20
----	---------	----	-----	----------	----

**Ladies 21 km**

250	E JANSEN VAN VUUREN	44	vet	02:00:24	5
-----	---------------------	----	-----	----------	---

**Men 10 km**

33	N SARAIVA	35	snr	00:44:29	24
57	L BOTHA	55	mas	00:47:04	3

**Men 21 km**

34	J NEL	61	gm	01:33:24	26
----	-------	----	----	----------	----

**WALKERS LEAGUE**

Our walkers were beaten at the Ou Voetpad race but are still on top of the log. Well done!

Grt Run 1	BHS	Sol Mah	JMek	M'lodi	Gars	A4A	Val Log	Div 1	Points
Pos	Pos	Pos	Pos	Pos	Pos	Pos	Pos	Club	L'gue
1	1	1	1	1	1	1	1	IRENE	157,5
2	2	2	2	2	2	2	2	RWFL	153,5
4	4	4	3	5	4	3	3	PMWC	119
3	3	3	4	3	3	4	4	ACRW	116
6	5	7	7	7	5	5	5	VTM	107
6	10	7	8	9	8	7	6	SOLIDARITEIT	96
8	8	5	5	4	6	9	7	LOVE RUNNING	95,5
10	6	10	8	8	9	8	8	PHOBIANS	92
9	6	6	6	6	7	6	9	AGAPE	83
12	11	10	11	10	11	10	10	NPO	76,5

 <p><b>SHORT TERM BROKERS</b> Value. Service. Trust</p> <p>Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za</p>	<p><b>Gold medal service</b></p> <p>Short Term Brokers is an authorised financial services provider – FSP no. 10670</p>
---	---

## ***PRIZE MONEY***

The following members earned prize money at AGN races in the financial year September 2014 – August 2015. Congratulations!

As you know the club also pays a part of this prize money to all of these athletes. A total of R33180 will be paid out this year. Payments will commence as soon as the banking details are received. Please send it to [info@irenerunner.co.ca](mailto:info@irenerunner.co.ca)

Theo	Bohnen	Susan	Maree
Elna	Botes	Liza	Maritz
Louis	Botha	Elsa	Meyer
Seanette	Botha	Sheren	Naidoo
SP	Botha	Johan	Nel
Ansie	Breytenbach	Theuns	Nieuwoudt
Nadine	Breytenbach	Leon	Page
Wynand	Breytenbach	Ray	Patterson
Zelda	Breytenbach	Victor	Phetoe
Dirk	Cloete	Angela	Pottinger
Lyn	de Bruin	Keith	Reynolds
Mike	du Bruto	Sonia	Scheepers
Lean	du Plessis	Louwrens	Smit
Bridgette	Elk	Stefan	Snyders
Lynette	Gough	Sandra	Steenkamp
Annatjie	Greyvenstein	Jan	van De Venter
Rob	Hudson	Bertha	van den Raad
Sune	Jordaan	Gerard	van den Raad
Tilly	Kamper	Jacquie	van der Waals
Letha	Kotze	Marie	van Dyk
Annemarie	Kruger	Blanche	van Vuuren
Schalk	Liebenberg	Johan	van Vuuren
Jeanette	Loots	Anelle	Vorster
Mariet	Louw	Jaap	Willemse
Rainer	Ludwig	Lucia	Willemse

## ***ATHLETE OF THE YEAR***

The athlete of the year standings as at the end of September are as follows:

<b>MEN</b>		Category	Points
JOHAN	NEL	GM	151
GERARD	VAN DEN RAAD	GGM	141
JAAP	WILLEMSE	M	111
KEITH	REYNOLDS	V	95
NILO	SARAIVA	S	93
MIKE	DU BRUTO	GM	84
LEON	PAGE	M	79
LOUWRENS	SMIT	GM	76

PHILIP	BREYTENBACH	S	72
LOUIS	VISSER	V	71
MARK	VAN DEVENTER	S	62
HENK	BASSON	M	61
TONY	GOMES	S	58
THEUNS	STRECKER	M	56

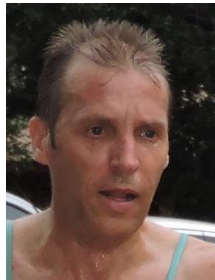
WOMAN		Category	Points
ANSIE	BREYTENBACH	M	242
SANDRA	STEENKAMP	M	161
ELSA	MEYER	GM	158
ANELLE	VORSTER	V	130
ZELDA	BREYTENBACH	V	122
LUCIA	WILLEMSE	GM	120
JACQUIE	VAN DER WAALS	V	109
NADINE	BREYTENBACH	S	103
JOY	NICHOLL	S	88
NADENE	VISSER	V	87
SONIA	SCHEEPERS	M	81
ANNATJIE	GREYVENSTEIN	GGM	73
LYN	DE BRUIN	GM	61
RENATE	LOUW	M	60
LIZA	MARITZ	S	57

There are still two league races left that can have an influence on the final outcome as well as the other races.

Congratulations to all the leaders in the various age categories.



Nilo Saraiva



Keith Reynolds



Jaap Willemse



Johan Nel



Gerard vd Raad



Nadine Breytenbach



Anelle Vorster



Ansie Breytenbach



Elsa Meyer



Annatjie Greyvenstein

## PERSONALIA

Marie Viviers had a back operation last week. We wish her a speedy recovery.

Our condolences to Diederick Steyn and his family. His brother Barend died on Friday after a serious motorbike accident. Barend performed at our February social last year and also at the Christmas function in December.



Congratulations to everybody celebrating their birthdays during the week:

Ferdi	Kotze	05 Oct
Riaan	Kruger	05 Oct
Amanda	Kuun	05 Oct
Pauline	Legodi	05 Oct
Quintin	Louw	05 Oct
Fanie	Stadler	05 Oct
Marike	Zitzke	05 Oct
Gerna	Horak	07 Oct
Colin	Turner	07 Oct
Rena	van Wyk	07 Oct
Chrisna	Heystek	08 Oct
Grant	Buss	09 Oct
Freddie	Makoka	09 Oct
Espe	Steyl	09 Oct
Yolandi	Wiese	10 Oct
Jaap	Willemse	11 Oct
Leon	Page	12 Oct
Amanda	Viljoen	12 Oct





## NOTICE BOARD

### League Race

**Saturday 10 October**  
**21.1/10/5 km**

### Chamberlain Capital Classic Road Race

Race Organisers: Phobians Athletic Club & Alpha Centurion Runners/Walkers

Venue: Phobians Club, Queens Crescent, Lynnwood

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
60 - 69	R 40		
Blind runners / 70+ / 80+ - on race	Free		
Start time	06h00		06h15
Time Limit	03h30		

**Wheelchair athletes welcome. Free t-shirts to the 1<sup>st</sup> 2 000 entries in the 10 and 21.1km races**

Pre-entries at: Run-away-Sports; Running Inn; The Runners Store; Sweatshop Dunkeld, Bedfordview & Southdowns; Various Chamberlains stores

[www.enteronline.co.za](http://www.enteronline.co.za)

**Saturday 17 October**

Jacaranda City Challenge 42.2/21.1/10/5 km

Race Organisers: Agapé Athletics Club & Sportsvendo

Venue: SABS Grounds, 1 Dr Lategan Road, Groenkloof

GPS: S 25 46' 10" E 28 12' 42"

	42.2km	21.1km	10 km	5 km
Pre-entry fee (until 7 October)	R 80	R 60	R 50	R 30
Entry fees 60 – 69	R 40	R 30	R 30	
Late entry fees (16/17 October)	R 100	R 80	R 70	
Jardine Joggers / 70+ athletes	Free			
Start Time	<b>05:45</b>		06:15	06:30
Time Limit	05h:30	03h00	2h00	

Pre-entries: Run-A-Way Sports, Running Inn Pretoria, Sweatshop Dunkeld, Bedford & Southdowns, Randburg Runner; Sportmans Warehouse Atterbury value Mart, Centurion Value World & Kolonnade Retail Park; The Runner's Store

Enter on line: [www.entrytime.co.za](http://www.entrytime.co.za)



<b>2015 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
Capital Classic		10/10/15	X	X
Muller Potgieter		28/11/15	X	X

### **Masters Athletics Fixture list**

#### **Local meetings**

16 October 2015                      Rassiebyeenkoms – Bronkhorstpruit  
 31 October 2015                      SWD Champs – Oudtshoorn  
 14 November 2015                      Vrystaat Champs - Bloemfontein

You are regularly informed about league meetings, please support these meetings. Results are taken into consideration when choosing the GN team for SA's

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

<http://www.perth2016.com>

#### ***THOUGHT FOR THE WEEK***

**Remind yourself that it's okay not to be perfect.**



## Photo Corner



Johan Nel in action at the City to City

The management committee had a planning meeting over the weekend.







A few took the opportunity to do an early morning run



Bold is beautiful (ha-ha)