



# ***IRENE NEWS***

*5 September 2016*

*No 36 - 2016*



## ***ACHIEVEMENTS***

Congratulations to the following members who were on the podium during the week:

### **Pierre van Ryneveld 10 km Night Race:**

Annatjie Greyvenstein                      1<sup>st</sup> GGM lady – 57:44

### **Spar Ladies 10 km**

Sandra Steenkamp                      3<sup>rd</sup> Lady walker (57:44)  
Annatjie Greyvenstein                      1<sup>st</sup> GGM lady (60:48)

### **Rustenburg 25 km mountain Race**

Johan Nel                      1<sup>st</sup> GM (2:08:43)

### **KPMG Randburg 10 km**

Estelle Jansen van Vuuren                      2<sup>nd</sup> Vet lady (53:21)



## ***PERSONAL ACHIEVEMENTS***

None received

## ***THIS WEEK'S DIARY***

### **Tuesday:**

Time Trials at 17:30 – Club House

Saturday:

Value Logistics 5/10/21.1at 06:00 – TUT

## ***TIME TRIALS***

**Please take note that the time trials will be starting at 17:30 from this week.**

## ***SPRING HANDICAP***

The time trials will be a bit different on Tuesday evening. Please note the following:

***FABER  
VERVOER***



- No watches to be worn
- You must predict your time and write it down in a book before the start
- The time trial will be run the other way around
- You will see your time on new digital clock at the finish
- Write it down the book next to your predicted time
- Please be honest
- The member with the time closest to the predicted time will win a prize

Be part of the fun!

### ***ACCESS TO ARC***

Members must please use the 2016 windscreen sticker in order to get access at the entrance gates. Failure to do so will lead to access denial by the security personnel.

We have just renewed our contact with the ARC and cannot jeopardize our good relationship with the ARC management by disobeying the basic security rules.

It is a privilege to have our facilities in the safe environment of the ARC grounds. Please adhere to the rules to ensure that we can enjoy this for many years to come.

### ***USED RUNNING SHOES***

We are still looking for used but usable running shoes. There is a huge need for it. If you have usable shoes to donate, please hand it in at the club house. Please help a child in need!



**MODERN**  
*athlete*

## ***SOCIAL EVENING***

IRENE

A T H L E T I C S C L U B



# QUIZ NIGHT

Tuesday 6 September 2016

*with Quizmaster Louis*

# R50

**PER TEAM  
MAX 6 persons**

**winner**

**TAKES ALL**

**Winning team receives the sum of entry money**

## Whatever you do



No technological devices allowed

## Big Brother is watching you

And it's the monthly SOCIAL

## SO DINNER IS SORTED

**Time Trial starts at 17:30, afterwards, teams enter in the clubhouse.**

Your team may consist of 6 people or less.

## Bring the whole family along!!!!

## PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Debbie	Pretorius	05 Sep
Charles	Reynolds	07 Sep
Telanie	Venter	07 Sep
Anese	Badenhorst	09 Sep
Dewald	Bezuidenhout	09 Sep
Pierre	Marais	09 Sep
Melvyn	Quan	10 Sep
Alita	Swanepoel	10 Sep



## NOTICE BOARD

### **Saturday 10 September**

### **Value Logistics 21.1/10/5km**

Race Organisers: Voortrekker Monument Draf en Stapklub

Venue: Tshwane University of Technology

GPS Co-ordinates -25.732633, 28.161844

	21.1 km	10 km	5 km
Pre-entry fees	R 80	R 70	R 30
60+ (on the day)	R 30	R 30	
Entry fees 70+ (on the day)	Free	Free	
Start time	06:00	06:00	06:15
Time Limit	03h30		

Pre-entries at: Running Inn (George Storrar Drive), Run-Away Sport (Lynnwood Drive) , Post Net Pretoria-West (Quagga Centre, c/o Church and Quagga Streets) and Outdoor Freedom, (Mall @Reds).

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



**Wednesday 14 September****Lester Mills Memorial Night Race 10/5km**

Race Organisers: Tuks Athletics

Venue: University of Pretoria Sports Campus, High Performance Centre

GPS: S 25.74538 E 28.24718

	10 km	5 km
Pre-entry fees	R 70	R 40
Entry fees 60+ (Race day only)	½ price	½ price
Entry fees 70+ & blind runners (Race day only)	Free	Free
Start time	18h30	18h30
Time Limit	01h30	

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

**Saturday 17 September****Andrew Greyling Road Race 21.1/10/5km**

Race Organisers: Pretoria Marathon Club

Venue: Brooklyn Mall, c/o Veale &amp; Bronkhorst Street, Brooklyn

GPS: X-28.235 Y-25.772

	21.1 km	10 km	5 km
Pre-entry fees	R 90	R 70	R 40
70+ & blind runners & wheelchair athletes (Race day only)	Free		
Start time	06h00		06h10
Time Limit	?		

Pre-entries at: Run-A-Way Sport, Running Inn, Runnershop: Sweatshop Southdowns, Dunkeld, Fourways Crossing; Sportsmans Warehouse Centurion Value World, Atterbury Value Mart, Kolonnade Retail Park

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

**Saturday 24 September**

**Clover Irene Spring Race 21.1/10/5km**

Race Organisers: Irene Athletics Club

Venue: Irene Village Mall, c/o Nellmapius Drive & Van Ryneveld Avenue, Irene

	21.1 km	10 km	5 km
Pre-entry fees	R 80	R 70	R 40
60+	R 50	R 50	
Entry fees 70+	Free	Free	
Start time	06h00 run 05h45 walk/wheelchairs	06h00 run 05h45 walk/wheelchairs	06h10
Time Limit	03h30		

**Pets only allowed on the 5km**

Pre-entries at: Run-A-Way Sport, Runners Stores; Irene Village Total Sport; Sweatshop Bedfordview; Sweatshop Broadacres; Sweatshop Dunkeld; Sweatshop Southdowns

**No Irene member is allowed to participate**

2016 AGN LEAGUE FIXTURE LIST				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			<b>RR</b>	<b>RW</b>
Andrew Greyling	10/21	17 Sep	X	X
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

***THOUGHT FOR THE WEEK.***

**Success is achieved by ordinary people with extraordinary determination.**



## Photo Corner



Some of our invited ladies at the Spar Ladies race on Saturday



Liza Maritz in action at the Spar Ladies



**Photos from the Dawn to Dusk (thanks to Jacqui Burn)**



Linda Krause and Yvonne van Wyk



Schalk Liebenberg with Zelna Black in the background





Annemarie Breytenbach



Rosemary Brink and Joan van Wyngaard





Gerhard Koekemoer



Marisia Koch and Loubser van Wyk





Renette Prinsloo



Joan van Wyngaard and Heleen de Bruin