

IRENE NEWS

6 August 2018 No 31 - 2018



ACHIEVEMENTS

Congratulations to the following members who were on the podium over the weekend:

1st GGM lady – Spar Women 10 km (57:25) 3rd GGM lady – Spar Women 10 km (83:57)

2nd Master lady – Skukuza 21 km

1st GM – Zwartkop Lapa 10 km (48:58)

Annatjie Greyvenstein Marie van Dyk Carolina van der Westhuizen

Rainer Ludwig

No results of the walkers received.

PERSONAL ACHIEVEMENTS

None received

THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:15 – Club house (Social evening)



Thursday:

Castle Walk 5/10 @07:00 – Castle Walk Shopping Centre

Saturday:

Wierie 2/5/10/21 @ 06:30 - Laerskool Wierdapark





SOCIAL EVENING

Do not miss a fun-filled evening! remembers to write your name down in the Lucky draw book. Maybe you will be the lucky winner of a pair of Asics running shoes.

Pub Quiz

Tuesday 7 August, 19h00 after time trial.

A broad range of general knowledge questions will be asked.

COME JOIN US FOR A FUN FILLED EVENING!

6 Members per team.

R50 entry fee per team.

Winning team takes the cash.

Dinner will be pita pockets filled with chicken and tzatziki: R40

AWAY WEEKEND - KAAPSEHOOP MARATHON

We managed to book 40 rooms with 2 beds each for the weekend, please see the info below.

Bookings are now open. Due to the high demand for accommodation during that period, rooms not booked and fully paid for by the end of August will be cancelled.



IRENE AWAY WEEKEND 2018 KAAPSEHOOP 2-4 NOVEMBER

This year we will be staying at

Nomndeni Lodge, Nelspruit

The cost is R900 per person sharing for the weekend 2 people per room

Transport. food and race entry at own cost
Only 40 rooms available

Please book your place by email - joy@petretreat.co.za

Payment into club account – Standard bank, 32183186

Proof of payment to joy@petretreat.co.za

See you there!!

www.nomndeni.co.za

WINTER WARMER PROJECT



WINTER WARMER

We would like to call on all our members to help us warm the hearts of the needy this winter. Our

plan is to collect non-perishable food over the next three weeks and to hand it out to The NG Church Wespoort to their feeding and outreach project. There will be a box at the clubhouse, where you can leave the non-perishable foods. You can also bring it to the races where I will collect it.



Thank you so much for your generosity.

Bets Botha

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Guy	Stocker	07 Aug
Danie	Labuschagne	09 Aug
Marisa	Oosthuizen	12 Aug
Nanette	Vermaak	12 Aug









NOTICE BOARD

<u>Thursday 9 August</u>

Castle Walk Road Race 10/5km

Race Organisers: Fusion Sports

Venue: Castle Walk Shopping Centre, c/o Nossob & Swakop Street, Erasmuskloof

	10 km	5 km	
Entry fees	R 70	R 50	
Children under 12		R 30	
60+/Children under 5		Free	
Start time	07h00	07h15	
Time Limit	??		

No pets or wheelchairs on the 10km race

Pre-entries at: Run-Away-Sport; Sweat Shop Southdowns & Dunkeld West & Fourways Crossing; Curves Castle Walk Centre

Saturday 11 August

Wierie Road Race 21.1/10/5/2 km

Race Organisers: Laerskool Wierdapark in conjunction with Denel Athletics Club

Venue: Laerskool Wierdapark, c/o Ruimte Rd & Willem Botha St, Wierdapark

GPS: S 25 51'16.74 E 28 08'21.26

	21.1 km	10 km	5 km	2 km
Entry fee	R 100	R80	R 60	R 30
Entry fee 70+	50% of above			
Start Time	06:30		07:00	07:15
Cut-off	03:00			

Goodie bags to the 1st 3000 finishers No pets No iPods or listening devices

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns; Sportmans Warehouse Centurion; Laerskool Wierdapark

www.enteronline.com & www.wierdas.co.za

2018 AGN LEAGUE FIXTURE LIST							
EVENT	DISTANCE	DATE	LEAGUE				
			RR	RW			
SMU Half Marathon	21.1/10 km	25/08	Х	Х			
Clover Irene Spring Race	21.1/10 km	29/09	Х	Х			
CSIR Road Race	21.1/10 km	20/10	Х	Х			
Tom Jenkins	21.1/10 km	17/11	Х	Х			

Masters Athletics Fixture list

• Local meetings

27 October 2018 SWD Oudtshoorn

10 November 2018 Free State Bloemfontein

THOUGHT FOR THE WEEK

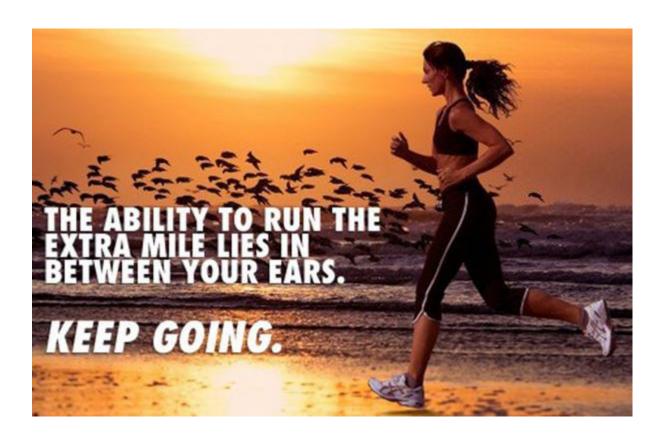
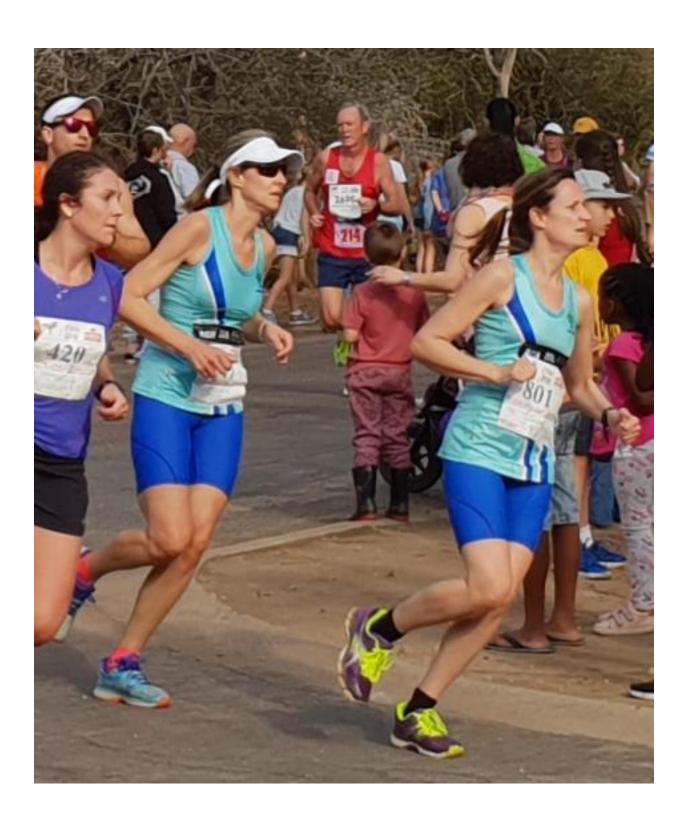


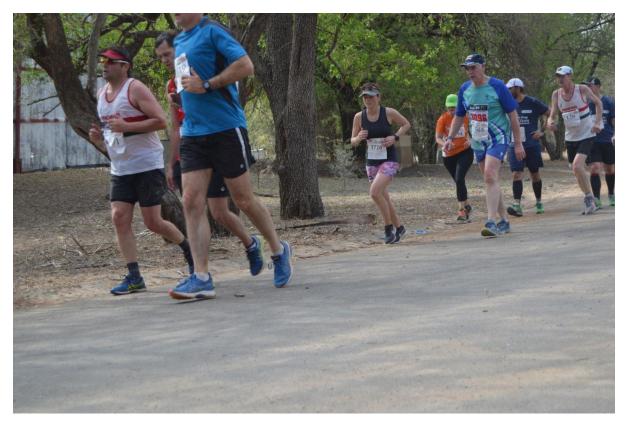
PHOTO CORNER (Action at the Skukuza)













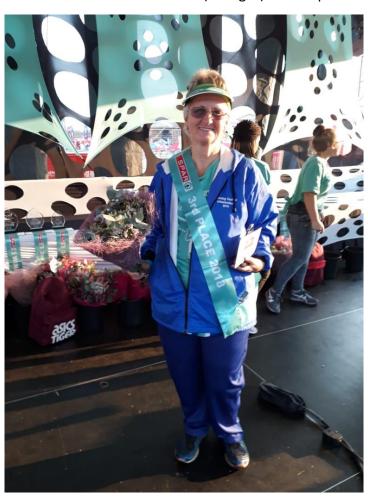
Carolina van der Westhuizen on the podium with Bruce Fordyce



The masses at the Spar Women's Challenge



Chantell and Bets Botha with Chilene Verheem (far right) at the Spar Women's Challenge



Marie van Dyk on the podium