



IRENE NEWS

6 August 2018

No 31 - 2018



ACHIEVEMENTS

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

Annatjie Greyvenstein	1 st GGM lady – Spar Women 10 km (57:25)
Marie van Dyk	3 rd GGM lady – Spar Women 10 km (83:57)
Carolina van der Westhuizen	2 nd Master lady – Skukuza 21 km
Rainer Ludwig	1 st GM – Zwartkop Lapa 10 km (48:58)

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



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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



MODERN
athlete




the sweat shop
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NOTICE BOARD

Thursday 9 August

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	X	X
Clover Irene Spring Race	21.1/10 km	29/09	X	X
CSIR Road Race	21.1/10 km	20/10	X	X
Tom Jenkins	21.1/10 km	17/11	X	X

- **Local meetings**

Oudtshoorn

Bloemfontein

A woman in athletic wear is running on a beach during a vibrant sunset. The sky is a deep orange, and a large flock of birds is silhouetted against the bright horizon. The woman is in mid-stride, her hair flowing, and she is wearing a dark tank top, black leggings with a white stripe, and white sneakers. The overall mood is one of perseverance and determination.

**THE ABILITY TO RUN THE
EXTRA MILE LIES IN
BETWEEN YOUR EARS.**

KEEP GOING.

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