



IRENE NEWS

6 November 2017

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ACHIEVEMENTS

Jaap Willemse
Rhoda van Staden
Elsa Meyer
Gerard van den Raad
Louis Botha
Seanette Botha
Johan Saayman
Louwrens Smit

1st Walker – Oppiebol 21 km
1st Lady walker – Oppiebol 10 km
1st Lady walker – Wonderpark 21 km
1st GGM walker – Oppiebol 21 km
1st Vet – Oppiebol 10 km
1st Vet lady – Oppiebol 10 km
1st Master – Oppiebol 10 km
1st GM – Oppiebol 10 km

PERSONAL ACHIEVEMENTS

Nelius van Rooyen
Jaco van Rooyen
Rosemary Brink
Chantelle Botha
Susan Maree
Rena van Wyk
Monique Prinsloo

PB – Marathon
PB – Marathon
PB – Marathon
PB Marathon
First Marathon
First Marathon
First Marathon

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:30 - Club house

Social evening at 18:30 – Cocktail competition

Saturday:

Kolonnade Retail Park 6/10/21 at 06:00 – Kolonnade Retail Park (League race)

SOCIAL EVENING

Our monthly social evening will take place on Tuesday evening. As always we can look forward to a great evening. There will be a cocktail competition between a few teams. It promises to be great fun. There will be a pair of running shoes to be won in the lucky draw.

LEAGUE RACE

The race on Saturday is the last league race of the year. It is of utmost importance that we have as many members participating as possible. It is make or break for the women's super league and the walkers league.

We call on all our faster ladies and walkers to be there to help us win these two trophies again. As always there will be something to eat afterwards.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Pat	Andrew	06 Nov
Kallie	Coetzee	07 Nov
Ilse	Mills	08 Nov
Jan	van Wyk	08 Nov
John	Van de Venter	09 Nov
Luckson	Mmola	11 Nov
Pierre	Koch	12 Nov
Rita	le Roux	12 Nov



OOM JAN VAN DE VENTER

Oom Jan van de Venter, our oldest member is celebrating his 90th birthday on Thursday. We want to wish him a very happy birthday. May he enjoy good health and happiness with his wife and family in the years to come.

He is quite a remarkable man and the fact that he is still active at this age is just amazing.



Oom Jan as we know him.



In action doing mass aerobics at a race, quite remarkable!

NOTICE BOARD

League Race

Saturday 11 November Kolonnade Retail Park Road Race 21.1/10/6 km

Race Organisers: Run/Walk for Life Athletics Club

Venue: Kolonnade Retail Park, Sefako Magatho (Zambesi) Drive, Montana Park

GPS: S 25 40'39" E 28 15'13"

	21.1 km	10 km	6 km
Entry fee	R 80	R 60	R 40
Start Time	06:00		
Cut-off	03:00		

No pets allowed

Race is wheelchair friendly

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Running Shop Vinko St Sinoville;
Sportmans Warehouse Kolonnade Retail Park

www.enteronline.co.za

Saturday 18 November Tom Jenkins Run/Walk Challenge 21.1/10/5 km

Race Organisers: Arcadia Running Club

Venue: Pretoria Union Buildings, Church Street, Arcadia

GPS: S 27.7402 E 28.2102

	21.1 km	10 km	5 km
Pre- Entry fee	R 100	R 80	R 50
Start Time	06:00		06:20
Cut-off	03:00		

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Tshwane Running Shop

www.enteronline.co.za

Saturday 25 November Muller Potgieter Road Race 21.1/10/5 km

Race Organisers: Voortrekker Monument Klub

Venue: Military Sports Club, Hendrik Potgieter Road, Thaba Tshwane (Valhalla)

GPS: S 25.471160 E 28.081530

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 40
Jardine Joggers & 60+	R 40		
Start Time	06:00		06:15
Cut-off	03:00		

Pre-entries at: Run-away Sport; Postnet Pretoria West; Sportmans Warehouse Atterbury
Value Mart, Centurion, Menlyn Park & Kolonade

www.entrytime.com

2017 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

THOUGHT FOR THE WEEK

You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.



Photo Corner



The start of the Kaapsehoop Marathon



Henry Enslin and Susan Maree in Action



Monique Prinsloo



Rena van Wyk



Chantelle Botha



Chris Marlin



Werner Smit



Nadene Visser and Riaan Prinsloo



Jaco and Nelius van Rooyen both ran PB's



Telanie Venter



Mpho Netshiombo



Time to relax



Time to celebrate



Susan Maree, Monique Prinsloo, Tjaart and Rena van Wyk



Chilene Verheem, Candice van der Spuy, Bets & Chantelle Botha and Corlia Oberholzer



Ilana Ligthelm



The way to relax