



IRENE NEWS

7 August 2017

No 31 - 2017



ACHIEVEMENTS

The following members were on the podium at the Spar Woman's 10 km race on Saturday:

Annatjie Greyvenstein	1 st GGM lady (55:10)
Elsa Meyer	3 rd GGM lady (63:57)
Sandra Steenkamp	4 th Lady walker (58:00)

Congratulations!

Well done to our German club member Holger Hedelt who was one of 41 finishers who ran 1300 km in 19 stages.

PERSONAL ACHIEVEMENTS

None received

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:15 - Club house

Saturday:

Wierie 5/10/21 at 06:30 – Laerskool Wierdapark

SPAR INCENTIVE

After discussions with some of the SPAR management members over the weekend, we realised that winning the R50 000 prize wasn't the only prize. The effort that we put in as a club won us a lot of goodwill that cannot be measured in monetary value.

Thank you once again to everybody who was part of this great effort.



PERSONALIA

Dorette Steyn spent a few days in ICU. We wish her a speedy recovery

Congratulations to everybody celebrating their birthdays during the week:

Danie	Labuschagne	09 Aug
Alroy	Dirks	11 Aug
Marisa	Oosthuizen	12 Aug
Nanette	Vermaak	12 Aug
Nanette	Vermaak	12 Aug
Pieter	Erasmus	13 Aug



NOTICE BOARD

Wednesday 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
60+ / Children under 12		R 30
Toddlers 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; The Runners Store; Curves Castle Walk Centre

www.entrytime.com



SPAR



Saturday 12 August**Wierie Road Race 21.1/10/5 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
Entry-fee	R 90	R 70	R ??
70 – 79	50% of entry fee		
80+, wheelchairs, blind runners	Free		
Start Time	06:30		07:00
Cut-off	03:00		02:00

No animals allowed

No baby strollers on the 10 & 21.1.km races

Free t-shirts to 1st 100 entries @ Midas Wierdapark

Goodie bags to 1st 3000 finishers

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Sportmans Warehouse; Midas Wierdapark; Laerskool Wierdapark

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

Saturday 19 August**Roman's Pizza Phobians 15/5 km**

Race Organisers: Phobians Athletics Club

Venue: Pretoria Boys High School, Roper Street, Brooklyn

	15 km	5 km
Entry fees	R 80	R 40
70+ / Blind runners / Wheelchair athletes – race day only	Free	
Start time	07h00 Run 06h50 Walk	07h15
Time Limit	2h30	02h00

No pets

5km Baby strollers welcome

Pre entries at: Run-Away-Sport; Sweat Shop Southdowns & Dunkeld; The Runners Store;
Tshwane Running Shop

www.entrytime.com & www.sa-active.com

Saturday 26 August

SMU Half Marathon 21.1/10/5 km

Race Organisers: Tshwane AC in partnership with Sefako Makgatho Health Sciences University

Venue: SMU Sport Complex, Garankuwa, Soshanguve

GPS: S 25 37.8 E 28 1.22

	21.1 km	10 km	5 km
Entry-fee	R 80	R 60	R 30
60+	R 30	R 20	
70+ (ID requested on registration)	Free		
Start Time	07:00		07:10
Cut-off	?:00		

Pre-entries at: Run-away Sport; The Runners Store

Wednesday 30 August

Pierre van Ryneveld Night Race 10/5 km

Race Organisers: Pierre van Ryneveld Athletics Club

Venue: PvR Community Church, 14 Baltimore Rd, Pierre van Ryneveld, Centurion

	10 km	5 km
Entry fees	R 70	R 40
Start time	18h30	18h35
Time Limit	02:00	

Please wear reflective gear

Pre entries at: Run-Away-Sport; The Runners Store

AGN 10km Championships

Saturday 2 September

Spirit of Flight Race 10/5km

Race Organisers: Pretoria Military Marathon Club

Venue: Airforce Base Zwartkop, Old Johannesburg Rd – Northern entrance, Valhalla

GPS: S 25 47'58.75 E 28 09'51.49

	10 km	5 km
Entry fees	R 70	R 50
Start time	06h30	
Time Limit	02:00	01:30

Pre entries at: Run-Away-Sport; Sweat Shop Southdowns; The Runners Store

21.1km AGN Race Walk Championship

Saturday 16 September

Brooklyn Road Race 21.1/10/5 km

Race Organisers: Pretoria Marathon Club

Venue: Brooklyn Mall, c/o Veale & Bronkhorst Streets, Brooklyn

	21.1 km	10 km	5 km
Entry-fee	R 100	R 80	R 40
70+, wheelchairs, blind runners	Free (race day only)		
Start Time	06:00		06:10
Cut-off	03:00		02:00

No animals allowed

Baby strollers welcome on the 5km race

Wheelchair athletes welcome in all races

Free t-shirts to 1st 100 on line entries

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld & Fourways Crossing;
Runners Store

www.enteronline.co.za

2017 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
MARCEL VAN'T SLOT	15	19 Aug	X	X
ADDICTED TO LIFE	10/21	9 Sep	X	X
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

SA MASTERS

Local meetings

12 Augustus 2017

? Sept/? October 2017

November 2017

Claude Sterley Memorial

SWD

Free State

Pilditch

Oudtshoorn11

Bloemfontein

THOUGHT FOR THE WEEK

The angry people are those people who are most afraid.

Photo Corner



Lucia Willemse, Elsa Meyer, Ansie Breytenbach and Annatjie Greyvenstein before the start of the Spar Woman's race



The Trentham family



Everybody had great fun on Saturday



Magda Willcox and Uida Enslin



Rena van Wyk ready for action



Annemarie Breytenbach having fun with Stephan Olieman



Holger Hedelt after completing 1331 km



Rose Magolego did the Foskop 21 km in Phalaborwa