



# ***IRENE NEWS***

*7 November 2016*

*No 45 - 2016*



## ***ACHIEVEMENTS***

Ansie Breytenbach  
Suné Jordaan  
Johan Nel

1<sup>st</sup> Master lady – Kaapsehoop 21 km (1:35:34) )  
3<sup>rd</sup> Lady walker – Kaapsehoop 21 km  
3<sup>rd</sup> GM – Soweto Marathon (3:30:35)

Congratulations!

Well done to Elsa Meyer who won all three distances she competed in at the World Masters Championships in Australia.

## ***PERSONAL ACHIEVEMENTS***

Phineas Mojapelo  
Magda Nel  
Johan van Vuuren  
Charles Nizetich  
Minnette Nel  
Dianne du Plessis  
Tania Thompson  
Brian Engelbrecht  
Marius van Rensburg  
Hennie Potgieter

PB – 10 km  
PB – 42 km  
PB – 42 km  
First 21 Km  
First 21 km  
First Marathon  
First Marathon  
First Marathon  
First Marathon  
First Marathon



Well done!

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

### **Tuesday:**

Time Trials at 17:30.

### **Saturday:**

TUT 5/10/21 at 06:00 – TUT Campus Pretoria West



## ***MANAGEMENT COMMITTEE 2017***

**You are all aware that the new management committee will be elected at the AGM on Tuesday 15 November. Due to various reasons, 7 of the 2016 committee members will not be available for re-election. All of them have served the club with distinction, some for many years.**

It appears that our members are so satisfied with the way in which the club is managed that they don't seem to bother to take any interest in the 2017 committee that has to be elected. Therefore, only two nominations have been received for the 7 vacant posts. Because the closing date for nominations expired some time ago, the new committee must co-opt members for the 5 remaining vacant positions. This will become an extremely difficult task if members don't want to become involved.

We are blessed with numerous members with the necessary skills who can add value to the club by making themselves available for the 2017 committee. All it requires is your willingness to become involved.

We want to call on you to consider it. Please contact Wynand at 082 937 0733 or [info@irenerunner.co.za](mailto:info@irenerunner.co.za) if you need any more information. This is a serious matter so please consider it seriously. Don't be shy to put up your hand.

At this point in time we require people for the following positions:

Admin Manager  
Sport Manager (Club Captain)  
Logistics Manager  
Social Manager  
Additional member (Social responsibility)



## PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Mark	Adams	07 Nov
Kallie	Coetzee	07 Nov
Ilse	Mills	08 Nov
Jan	van Wyk	08 Nov
Rinus	Benadie	09 Nov
Elna	Botes	09 Nov
John	Van de Venter	09 Nov
Tristan	De Bruin	10 Nov
Monde	Mnyande	10 Nov
Gys	Van Niekerk	10 Nov
Gift	Mathebula	11 Nov
Kim	Mc Ewen	11 Nov
Luckson	Mmola	11 Nov

Theuns	Strecker	11 Nov
Pierre	Koch	12 Nov
Rita	le Roux	12 Nov
Martin	Siebrits	12 Nov
Pieter	van Wyk	12 Nov
Ancois	Du Preez	13 Nov
Onja	Prinsloo	13 Nov
Zonah	Prinsloo	13 Nov



**FABER  
VERVOER**

## NOTICE BOARD

# TUT RACE

**SATURDAY:** 12 November 2016

**21.1 km**  
**10 km**  
**5 km Fun Run**

**VENUE:** TUT Pretoria Campus

**START TIME:** 06h00 – 21.1 km & 10 km  
06h15 – 5 km Fun Run

**ENTRY FEE:** Entries at TUT, Pretoria Campus  
Building 51, room 118 & 124  
before & on race day

- **R80** for 21.1 km
- **R60** for 10 km
- **R40** for 5 km Fun Run
- **R30** for temporary licences (21.1 km & 10 km)

**ENQUIRIES:** Jazz Mnyengeza  
012 – 382 5396

### **Saturday 19 November Tom Jenkins Run/Walk Challenge 21.1/10/5 km**

Race Organisers: Arcadia Running Club

Venue: Union Buildings, Church Street, Arcadia, Pretoria

	21.1 km	10 km	5 km
Entry Fee	R 80	R 60	R 40
Start Time	06:30		06:40
Cut-off	??		

Pre-entries at: Run-A-Way Sport; Running Inn; The Runners Store Tramshed

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

**Sunday 4 December****Forest Hill City Summer Race 10/5 km**

Race Organisers: ??

Venue: Forest Hill City, c/o R55 / N14, Monavoni, Centurion

	10km	5km
Entry Fee	?	?
Start Time	07:00	
Time Limit	02h00	

Pre-entries at: Run-A-Way Sport; Running Inn; The Runners Store Tramshed; Sweat Shop Southdowns

**Friday 16 December****Live Running 25/12.5/5 km**

Race Organisers: Vitalfitness Athletics Club

Venue: Voortrekker Park, c/o Jasmyn &amp; Van Wyk Street, Silverton, Pretoria

	25 km	12.5 km	5 km
Entry Fee	R 70	R 60	R 40
Start Time	06:00		06:30
Cut-off	04h30		

**No wheelchairs**

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

Monday – Friday 08h00 – 17h00 @ BB Silverton Nissan, Pretoria Road, Silverton



**Saturday 17 December****The Wonderful Run 21.1/10/5km**

Race Organisers: Wonderpark Athletics Club

Venue: The Forum (Between Wonderpark Mall &amp; Akasia Town Hall), c/o Heinrich &amp; Disotus Avenue, Karenpark

	21.1 km	10 km	5 km
Entry Fee	R 80	R 60	R 30
Start Time	06:00		06:15
Cut-off	04h00		

Pre-entries at: Running Inn; Sweatshop Southdowns, Dunkeld &amp; Fourways; The Runners Store Tramshed

**2016 AGN LEAGUE FIXTURE LIST**

<b>EVENT</b>	<b>DISTANCE</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
Tom Jenkins	10 / 21.1 km	19/11/16	X	X
Nedbank Skosana Road Race	10 km	10/12/16	X	X

**Masters Athletics Fixture list**

12 November

Vrystaat

Bloemfontein

**African Masters Track & Field Championship**

Cameroon

27 – 29 May 2017

**International Championships**

26 Oct – 6 November 2016 MA Championships, Perth, Australia

<http://www.perth2016.com>

18 – 25 March 2017

World Indoor Championship 2017 in Daegu, Korea

**THOUGHT FOR THE WEEK.****Opportunity may knock once, but temptation bangs on the front door forever.**



### Photo Corner (Kaapsehoop race)



Philip Breytenbach, 1<sup>st</sup> Irene member in the Marathon



Schalk Liebenberg finishing his Marathon with Nadia supporting him. Anchen Cornelissen is looking on





Luckson Mmola had an excellent run as well



Dianne du Plessis did her first Marathon





Hennie Potgieter also did his first Marathon



Magda Nel and Helga Reynecke after finishing the Marathon





Kallie Coetzee and Pieter Saayman



Johan and Marie van Zyl





Andries and Minnette Nel at the start of the 21 km



Jaco de Bruin looking strong





Magda Saayman



Phineas Mojapelo and Ansie Breytenbach



**The following photos were taken at the dress-up party on Saturday night. Some people were hardly recognisable. It was a night of fun and laughter**























