



IRENE NEWS

7 September 2015

No 35 - 2015



ACHIEVEMENTS

The following members were on the podium during the week at different races:

Pierre van Ryneveld Dorpsfees 10 km on Wednesday evening:

Jacque van der Waals	1 st Vet lady & 2 nd lady (40:13)
Sonia Scheepers	2 nd Master lady (53:03)
Annatjie Greyvenstein	1 st GGM lady (56:41)

Spirit of Flight 10 km:

Jacque van der Waals	2 nd Vet lady & 4 th lady (39:37)
Ansie Breytenbach	1 st Master lady (42:53)
Louwrens Smit	1 st GM (50:54)
Sandra Steenkamp	1 st Lady walker & 1 st master (58:14)
Elsa Meyer	1 st GM lady walker & 2 nd lady (65:07)
Gerard van den Raad	1 st GGM walker & 4 th man (66:15)

Rustenburg Mountain Race 25 km:

Johan Nel	1 st GM (2:08:37)
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Congratulations!

PERSONAL ACHIEVEMENTS

Angela Pottinger	PB – 21 km
Giuseppe Netto	PB – 10 km

CLUB 10 KM CHAMPIONSHIPS

The 10 km club championships held as part of the Spirit of Flight wasn't well attended due to the bad weather. Congratulations to Nilo Saraiva and Jacque van der Waals who are our 10 km champions of 2015.

The results of the age categories will be published once the full results are available.



CLOVER IRENE SPRING RUN

Our next race is around the corner. It will take place at the Irene Village Mall on 19 September at 06:00.

It is a very popular race on the calendar and we expect 4000+ participants.

As always we cannot present a race of this magnitude without your help. We need helpers in the following areas:

Entries, finish, water points, medal tables, route marshals and traffic marshals.

There isn't much time left so please indicate if you will be able to help on the day and where you prefer to work.



WATER POINTS

We want to give the opportunity again to businesses to man the water points at the Clover race. There is no cost involved. You just have to supply the manpower and you can brand the point as much as you want to. Any business is welcome!

TIME TRIALS

Please take note that the time trials now start at 17:30.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Henk	Moen	07 Sep
Francois	Olivier	07 Sep
Telanie	Venter	07 Sep
Anese	Badenhorst	09 Sep
Dewald	Bezuidenhout	09 Sep
Pierre	Marais	09 Sep
Ndamulelo	Netshimboni	09 Sep
Melvyn	Quan	10 Sep
Catherine	De Villiers	11 Sep
Anna	Booyens	12 Sep
Lyn	de Bruin	12 Sep
Henry	Enslin	12 Sep
Louis	Msomi	12 Sep
Pieter	Saayman	12 Sep
Sandra	Steenkamp	12 Sep
Andries	Strydom	12 Sep
Chiara	van Ingen	12 Sep
Danie	Cornelissen	13 Sep
Jason	Hubner	13 Sep



NOTICE BOARD

League Race

Saturday 12 September The Value Logistics Addicted to Life 21.1 / 10 / 5 km

Race Organisers: Voortrekker Monument Klub

Venue: TUT, Staatsartillerie Road, Pretoria West

GPS: S -25.732633 E 28.161844

	21.1 km	10 km	5 km
Pre entry fees	R 70	R 50	R 30
Race day entry fees	R 80	R 60	
Grand Masters / Disabled Athletes (race day only)	R 30		
Great Grand Masters (race day only)	Free		
Start time	06h00		06h15
Time Limit	03h30		

No pets allowed

Pre-entries at: Run-away-Sports; Running Inn; Post Net Pretoria-West; Outdoor Freedom

www.entrytime.co.za

Wednesday 16 September Lester Mills Memorial Night Race 10 / 5 km

Race Organisers: Tuks Athletics

Venue: University of Pretoria Sports Campus – HPC

GPS: S -25.74538 E 28.24718

	10 km	5 km
Entry fees	R 60	R 30
Grand masters	½ price – only on race day	
Entry fees 70+/ blind runners	Free – only on race day	
Start time	18h30	
Time Limit	??	

Race is not suitable for wheelchair athletes

Pre-entries at: Run-away-Sports; Running Inn; Sweatshop Southdowns; Runners Shop
Tramshed

Thursday 24 September**Great Run Series 3 15 / 6 km**

Race Organisers: Global Athletics Club

Venue: Weskoppies Hospital, Pretoria West

	15 km	6 km
Entry fees	R 80	R 40
70+ and 80+ entry fees	Free	
Start time	07h00	
Time Limit	??	

Goodie bags for the 1st 1000 finishers

2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
Value Log Ou Voetpad		12/09/15	X	X
Capital Classic		10/10/15	X	X
Muller Potgieter		28/11/15	X	X

Masters Athletics Fixture list**Local meetings**

16 October 2015 Rassiebyeenkoms – Bronkhorstpruit

31 October 2015 SWD Champs – Oudtshoorn

14 November 2015 Vrystaat Champs - Bloemfontein

You are regularly informed about league meetings, please support these meetings. Results are taken into consideration when choosing the GN team for SA's

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

<http://www.perth2016.com>***THOUGHT FOR THE WEEK*****Laughter is timeless, imagination has no age and dreams are forever.**



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Photo Corner



It was a very wet start on Saturday at the Spirit of Flight race



Arnold Ossendryver with his daughter Jenna



Johan Saayman



Kerry Trentham



Willem van der Merwe



James Eayrs



Giuseppe Netto



Louwrens Smit



Alan Hyson



Ansie Breytenbach & Jacque van der Waals looking for shelter under a Boeing 707



The Spinathon was a huge success. Marks Mathebula and Louis Visser in action



It was hard work but worth it



Rob Hudson concentrating very hard