



IRENE NEWS

8 August 2016

No 32 - 2016



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Tshwane Road Race on Saturday:

| | |
|---------------------|---|
| Gerard van den Raad | 1 st Walker – 10 km (1:07:39) |
| Elsa Meyer | 1 st Lady walker – 10 km (1:01:38) |
| Bertha van den Raad | 1 st GGM lady – 10 km (1:23:25) |
| Jaap Willemse | 1 st Walker – 21 km (2:15:09) |

| | |
|---------------------|--|
| Gerard van den Raad | 1 st GGM walker – Zwartkop Lapa 21 km (2:28:00) |
|---------------------|--|

PERSONAL ACHIEVEMENTS

| | |
|--------------------|------------|
| Giuseppe Valitutti | PB - 10 Km |
|--------------------|------------|

Well done!

THIS WEEK'S DIARY

Tuesday:

Castle Walk 5/10 km at 07:00 – Castle Walk Shopping Centre

No time trials

Saturday:

Wierie Road Race 5,10,21 at 06:30 – Makro Centurion (**LEAGUE RACE**)

TIME TRIALS 9 AUGUST

Due to the fact that there is a race on Tuesday morning, there will be no time trials on Tuesday evening. Members are obviously free to go and run on their own.

The club house will be closed.

LEAGUE RACE

The Wierie race on Saturday is a league race. Please be there in numbers. We need as many members as possible to participate. Fast or slow, you can make a difference.

Please note the new venue: Makro Centurion



FAREWELL

Good day fellow Irene members

As some maybe aware, I am immigrating to Australia on the 23rd of August 2016.

I would like to thank the club as well as all the members that held my hand during the transition from a 10km runner to a back to back Comrades finisher.

I will always hold a special place in my heart for Irene running club and appreciate all the great experiences on and off the road.

Wishing you all many happy Km's

Regards,

Paul Theron.

RACE CANCELLED

Please note that the race below is cancelled due to unforeseen circumstances

| Date | Event | Venue | Distance | Club |
|--------------------------|---------------------------------------|--------------------|-------------|---------|
| 28 AUGUST 2016 SUNDAY | Nelson Mandela Sport & Culture Day | Union Buildings | 5, 9.4 & 27 | Arcadia |

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

| | | |
|----------|--------------|--------|
| Willem | Fourie | 08 Aug |
| Danie | Labuschagne | 09 Aug |
| Gillian | Mokoma | 09 Aug |
| Mauritz | Mollentze | 09 Aug |
| Fanie | Venter | 10 Aug |
| Elna | Mee | 11 Aug |
| Margaret | More | 12 Aug |
| Marisa | Oosthuizen | 12 Aug |
| Tshepang | Seabelo | 12 Aug |
| Mark | van Deventer | 12 Aug |
| Nanette | Vermaak | 12 Aug |
| Joanita | Dambisya | 13 Aug |
| Pieter | Erasmus | 13 Aug |
| Dieter | Meyer | 14 Aug |
| Xolani | Mpanza | 14 Aug |



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CLOVER IRENE SPRING RACE – 24 SEPTEMBER

We are looking for businesses, organisations etc. to man some of the water points at this race. It is a great opportunity to advertise and for team building. There will be no cost involved. Everything will be provided except your own branding. There should be 15 – 20 people to hand out the drinks.

Let us know if you are interested.

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**FABER
VERVOER**



NOTICE BOARD

Tuesday 9 August

Castle Walk Woman's Road Race 10/5km

Race Organisers: Fit 2000

Venue: Castle Walk Shopping Centre, c/o Nossob & Swakop Street, Erasmuskloof

| | 10 km | 5 km |
|------------|-------|-------|
| Entry fees | R 100 | R 100 |
| Start time | 07h00 | 07h15 |
| Time Limit | ?? | |

No pets or baby strollers on the 10km race

Pre entries at: Run-Away-Sport; Sweat Shop Southdowns & Dunkeld; The Runners Store;
Curves Castle Walk Centre

www.entrytime.com

League Race

Saturday 13 August

Big on Life Wierie Road Race 21.1/10/5km

Race Organisers: Alpha Centurion Runners Walkers Club

Venue: Makro, Centurion

GPS: S 25 52'1.62 E 28 11'46.00

| | 21.1 km | 10 km | 5 km | 2 km |
|------------|---------|-------|-------|-------|
| Entry fees | R 100 | R 80 | R 40 | R 30 |
| Start time | 06h30 | | 07h10 | 07h10 |
| Time Limit | 03h00 | | | |

No pets or baby strollers on the 10 & 21.1km races

No dogs allowed

Pre entries at: Run-Away-Sport; Running Inn; Sweat Shop; Sportsmans Warehouse; Midas
Wierdapark; Laerskool Wierdapark

www.active.co.za

| 2016 AGN LEAGUE FIXTURE LIST | | | | |
|------------------------------|-------------|-------------|---------------|----|
| | | | | |
| <i>EVENT</i> | <i>DIST</i> | <i>DATE</i> | <i>LEAGUE</i> | |
| | | | RR | RW |
| Wierie | 10/21 | 13 Aug | X | X |
| Andrew Greyling | 10/21 | 17 Sep | X | X |
| King Price Irene Farm | 10/21 | 29 Oct | X | X |
| Tom Jenkins | 10/21 | 19 Nov | X | X |

Masters Athletics Fixture list

| | | |
|-------------|--------------------------|--------------|
| 13 Augustus | Claude Sterley byeenkoms | Pilditch |
| ? Oktober | SWD | Oudtshoorn |
| 12 November | Vrystaat | Bloemfontein |

THOUGHT FOR THE WEEK.

Work until your idols become your rivals.



MUGG & BEAN

 Midstream 0129409229

MODERN

athlete



Photo Corner



The pancake evening on Tuesday evening was a huge success. Arno Smit & Danie Joubert in good spirit



The quality of the pancakes is getting better every year



Louis Visser and Arno Smit at work



Although he has improved a lot, Pieter Olivier still won the prize for making the most flops



You need to concentrate sometime



Clinton Nicholl and Werner Zandberg had another competition going



Louis just making sure that Clinton and Werner are on track



The pancake is nearly touching the roof with James Eayrs waiting to catch it. Good fun!



Luke and Thea Mee stood in for their mother who had to work. They did excellent!



Frances Lezar and Dorette Steyn enjoying the social evening



Time to eat



Everybody enjoyed the fillings



Elaine Cuffe, Samantha Hall, Joy Nicholl, Belinda Skinner (who paid us a visit) and Pat Andrew having a good time



Elsa Meyer did her first race on Saturday with her 70 tag. Can we expect world records at the Masters World Championships in Australia?