



IRENE NEWS

9 May 2016

No 19 - 2016



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Jackie Mekler:

Estelle Jansen van Vuuren	2 nd Vet lady – 10 km (49:58)
Elsa Meyer	2 nd lady walker – 25 km
Lucia Willemse	3 rd Lady walker – 25 km

Estelle Jansen van Vuuren	3 rd Vet lady - Adrienne Hersch 10 km (53:52)
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Congratulations!

PERSONAL ACHIEVEMENTS

Ronel Jooste	PB – 32 km
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Well done!

THIS WEEK'S DIARY

Monday:

Training session at 17:30 – Club house

Tuesday:

Time trials at 17:30 - Club house

Information session – 18:30

Wednesday:

Long run at 17:30 - Ridgebacks

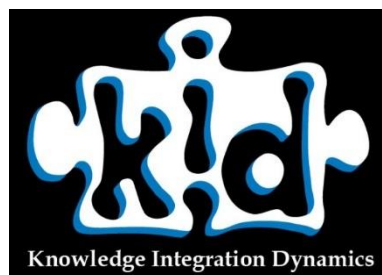
Morning run from Rhapsody's – 04:30 – 15 km hilly route

Thursday:

Training session at 17:30 - Club house

Friday:

Morning run from Rhapsody's – 04:30 – 12 km easy route



Saturday:

The Love Run 5/10/21 – Hatfield Christian Church

TIME TRIALS

Please take note that the time trials now start at 17:15. This will be the starting time until the end of August.

INFORMATION EVENING

Please take note that there will be an information evening for all our new members on Tuesday evening after the time trials. All our new members are invited to come and find out more about your new club and what it has to offer. Don't miss out!

COMRADES GOODY BAGS

We want to call on all our members one more time to donate something towards the Comrades goody bags. Make use of the opportunity to advertise your business/service. Cash donations will also be welcome. We can use the cash to buy an item(s) for the bag. We work on 230 bags.

COMRADES PRE-FUNCTION

Please take note that our Comrades pre-function will take place on Saturday 21 May at 11:00 at the club house. This is an occasion not to be missed.

The body warmers and backpacks will be handed out on the day.

COMRADES BACK PACKS

You still have until Tuesday to place your orders for the Comrades Backpack. Only R100 for a quality bag.

COMRADES CHURCH SERVICE



Comrades Service

**22 May
at 18:00
at
NG Valleisig**



Jan de Wet



*All are invited to attend the service for some
spiritual inspiration*

Enquiries: Gideon Adriaanse 083-629-6693

Kollekte word by die deure opgeneem

COMRADES SUPPORT STATIONS

Please take note that our big support station will be at Cowies Hill as in the past. We will also have a smaller station at Cato Ridge.

NEW COMRADES SPONSORS

We want to welcome Faber Vervoer and Avanade as new sponsors. We are privileged to have them aboard. Together with Short Term Brokers who has been a sponsor for 10 years now, we can indeed count our blessings.

**FABER
VERVOER**

 **avanade**[®]
Results Realized

 SHORT TERM BROKERS Value. Service. Trust Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za	Gold medal service <small>Short Term Brokers is an authorised financial services provider – FSP no. 10670</small>
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LEAGUE RACE

The Love Run taking place this weekend is the next AGN league race. Please be there in big numbers. Whether you are fast or slow, we need you there to score at least one point.

We also want all our fast runners to score points for the super league.

As usual there will be something to eat to all our members after the race (free of charge).

FORD LEAGUE RESULTS

We are in 16th position after the Ford race. This is an indication that we need as many members as possible to participate at the league races.

Ace pos	Bestmed Pos	Overkruin Pos	Ford Pos	Div 1 Club	Points League
1	1	1	1	Vtm	79
2	2	2	2	Ace	77
5	3	3	3	Pmmc	66
9	5	4	4	Resbank	58,5
3	10	5	5	Npo	58
11	7	6	6	Overkruin	52
8	8	8	7	Csir	49
6	4	8	8	PvR	48
4	10	12	9	Hqh	44
14	8	7	9	Love Running	44

9	12	11	11	Ppmk	38,5
7	6	8	12	Agape	38
18	17	12	12	Bmw	38
15	15	14	14	Aurecon	33
16	13	14	15	Rwfl	31
13	16	14	16	Irene	29
12	17	18	17	Zwakala	19
19	14	17	18	Enduro	16
17	19	19	19	Arete	13
20	20	20	20	Black Diamond	7

SUPER LEAGUE

Congratulations to our ladies who are on top of the log. The challenge now is to stay there!

<i>Bestmed</i>	<i>Ford</i>	<i>Female</i>	<i>Points</i>
<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>Log</i>
2	1	IRENE	145
1	2	RUNAVATION	140,5
13	3	TUKS	139
3	4	MAGNOLIA	137
6	5	VTM	131
4	6	LOVE RUNNING	129
5	7	NEDBANK	119
7	8	MONACO	115,5
9	9	PMMC	109,5
14	10	RUN AT OUT	108

Our men moved up a few positions and are in 9th position. Well done but let's go for top 5!

<i>Bestmed</i>	<i>Ford</i>	<i>Male</i>	<i>Points</i>
<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>Log</i>
1	1	NEDBANK	148
2	2	CORR SERV	141
4	3	PMMC	140
7	4	TRANSNET	124,5
10	5	ACE	124
8	5	RUNAVATION	124
3	7	FARANANI	122
12	8	HQH	109,5
16	9	IRENE	107
17	10	TUKS	99

Congratulations to the following members who earned super league points:

POS	NAME	AGE	TIME	adjusted Time - 10/9,6	POINTS
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Ladies

10 km

114	S MAREE	55	0:46:14	0:48:10	15
118	B LE ROUX	54	0:46:35	0:48:31	13
145	E JANSEN VAN VUUREN	44	0:48:06	0:50:06	8
146	H DE BRUIN	38	0:48:07	0:50:07	7

21 km

156	N BREYTENBACH	30	01:33:33	01:43:21	15
157	A CLOETE	31	01:33:34	01:43:22	14
260	J VAN WYNGAARD	39	01:39:36	01:50:02	5
262	R BRINK	41	01:39:43	01:50:09	4
270	A LOTTERINGEN	46	01:39:56	01:50:24	2

Men

10 km

23	D CLOETE	48	0:37:38	0:39:12	35
35	H ENSLIN	17	0:39:28	0:41:07	26

21 km

22	S LIEBENBERG	30	01:16:19	01:24:18	38
23	N VAN ROOYEN	28	01:16:23	01:24:23	37
60	N BANDA	50	01:23:43	01:32:29	13

The routes were short and therefore the time have been adjusted for calculation purposes.

THE LOVE RUN

As The Love Run, a league race, takes place on 14th May, the same day as the South African Masters Championship at Pilditch, our Helper's Race, which takes place on Sunday 15th May, will be open to all the masters athletes taking part at Pilditch, runners and walkers alike. The details are as follows:

DATE: Sunday 15 May 2015

- VENUE: Hatfield Christian Church.551 January Masilela Drive, Waterkloof Glen.
- DIRECTIONS: Enter at Corobay St or January Masilela Drive, and drive up to the Hatfield Christian School sports field area. Entries can be purchased from 6:30 at the Love Run Gazebo on the School Sports Field.
- TIME: 7:00
- DISTANCE: 10km
- COST: R60.00
- START: Gary St Gate.

Kind Regards,

Winnie Koekemoer

winnie.koekemoer@gmail.com

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0123615023

CHILDRENS BLANKETS PROJECT



**BE PART OF THE
BLANKETS FOR
CHILDREN CHALLENGE!**



A member of our club has deposited R200.00 into the IAC bank account towards our "Blankets for Needy Children" project. He has challenged every member of the IAC to improve on this and deposit any higher amount in the below bank account, by Friday 13 May. The winner will be announced in the Newsletter.



**Standard Bank
Acc no: 032183186
Branch: 012645
Reference: Your Name &
Blankets**



PERSONALIA

Sandra Steenkamp is to undergo surgery on Monday. We wish her a speedy recovery.

Congratulations to everybody celebrating their birthdays during the week:

Haupt	Beneke	09 May
Sheren	Naidoo	09 May
Pehr	Lodhammar	10 May
Werner	Zandberg	10 May
Sarah	Munnik	11 May
Handri	Kymdell	12 May
Derick	Viviers	12 May
Anita	Marais	13 May
Blue	Hadlow	14 May
Johan	Van Vuuren	14 May
Lani	Botha	15 May
Liezl	Harper	15 May
Murray	Steenkamp	15 May



NOTICE BOARD

League race

Saturday 14 May

The Love Run 21.1/10/5km

Race Organisers: Love Running

Venue: Hatfield Christian Church, c/o January Masilela Drive & Garsfontein Road, Menlyn

	21.1 km	10 km	5 km
Pre-entry fees	R 70	R 60	R 50
Race day entry fees	R 90	R 80	R 50
Entry fees 70+	Free	Free	
Start time	07h00 run 06h45 walk	07h15 run 06h45 walk	07h30
Time Limit	When last athlete crosses the finish line		

T-shirts to the 10/21.1km races in shops/dealerships only while stocks last

Pre-entries at: Run-A-Way Sport, Running Inn, Sweatshop Southdowns; Audi Centre, Arcadia; McCarthy VW Wonderboom; Audi Centre Menlyn; McCarthy VW Menlyn; McCarthy VW Silver Oaks

www.mccarthyvw.co.za www.mccarthyaudi.co.za

Saturday 21 May**Race of Hope 21.1/10/5km**

Race Organisers: Run Walk for Life

Venue: The Grove Mall, c/o Lynnwood & Simon Vermooten, Equestria

	21.1 km	10 km	5 km
Pre-entry fees	R 70	R 60	R 30
Start time	07h00		
Time Limit	03h00		

No animals**All distances are wheelchair friendly**www.enteronline.co.za**Saturday 28 May****Cosmo Run10/5km**

Race Organisers: Run Walk for Life

Venue: Pretoria National Botanical Gardens, Cussonia Avenue, Silverton

	10 km	5 km
Entry fees	R 70	R 50
Start time	08h00	
Time Limit	??	??

No animals**Baby joggers at own risk**www.cosmoweldin.co.za/enter-online

2016 AGN LEAGUE FIXTURE LIST				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
The Love Run	10/21	14 May	X	X
Race 4 Faith	10/15	4 Jun	X	X
Zwartkop	10/21	30 Jul	X	X
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 and 14 May	SA Masters Championships	Pilditch
13 Augustus	Claude Sterley byeenkoms	Pilditch
? Oktober	SWD	Oudtshoorn
12 November	Vrystaat	Bloemfontein

THOUGHT FOR THE WEEK

Beauty is not in the face; beauty is a light in the heart.



Photo Corner (Jackie Mekler)



Annemarie Breytenbach with her daughter Sonika



Jurie Venter and Werner Smit looking strong



Brett Muir



Shaun Smee



Elmon Mhlanga



Xiangjian (Lewis) Jia



Tobie Schalkwyk



A beautiful ladies bus



And another one



Estelle Jansen van Vuuren on the podium with Jackie Mekler