



IRENE NEWS

9 November 2015

No 44- 2015



ACHIEVEMENTS

Fanie Naude did his 4th 100 Miler for 2015 two weeks ago when he finished 2nd in the Golden Reef 100 Miler. Well done.

PERSONAL ACHIEVEMENTS

Sone Koen First Marathon
Estelle Jansen van Vuuren First Marathon

Congratulations!

KING PRICE IRENE FARM RACE

Our race was a huge success. Although we were a few helpers short on some water points, everybody did a great job to ensure that the race will be remembered by all. The sponsors were extremely happy with the race and all indications are that the King Price Irene Farm Race will become one of the most popular races in the future. Thank you to everyone who contributed towards the success. You made us proud.

Despite the fact that a few thousand potential participants went to run the Kaapse Hoop race, we still managed to attract 3300 athletes. The dates won't clash again next year and league status has already been awarded to our race that will take place on 29 October 2016.

It is going to be huge!!!



ANNUAL GENERAL MEETING

Please remember about our AGM that will take place on Tuesday evening at 18:30 in the lapa at the club house. You have already received all the documents as stipulated in the IAC constitution. Please read through these documents. All current members are invited to attend the meeting.

AWAY WEEKEND

Our away weekend to Klein Kariba will take place this coming weekend. All members who booked accommodation will received the necessary info within the next day. It is something to look forward to.

YEAR END FUNCTION

Please take note that our year-end function will take place on Saturday 5 December. The annual prize giving will also take place during the function.

Details will follow soon.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Elna	Botes	09 Nov
Tonderai	Sibanda	09 Nov
John	Van de Venter	09 Nov
Monde	Mnyande	10 Nov
Gift	Mathebula	11 Nov
Kim	Mc Ewen	11 Nov
Luckson	Mmola	11 Nov
Theuns	Strecker	11 Nov
Pierre	Koch	12 Nov
Martin	Siebrits	12 Nov
Ancois	Du Preez	13 Nov
Monique	Espag	13 Nov
Zonah	Prinsloo	13 Nov
Chris	Vermeulen	13 Nov
Elize	Breytenbach	14 Nov
Mike	du Bruto	14 Nov
Eddie	Gillmore	14 Nov
Nadia	Saayman	14 Nov
Sonia	Scheepers	14 Nov
Zelna	Black	15 Nov
Uida	Enslin	15 Nov
Letha	Kotze	15 Nov



Special congratulations to our oldest member oom Jan van de Venter who is celebrating his 88th birthday today.

 SHORT TERM BROKERS Value. Service. Trust Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mwweb.co.za	Gold medal service Short Term Brokers is an authorised financial services provider – FSP no. 10670
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NOTICE BOARD

Saturday 14 November

Kolonnade Retail Park 21.1/10/5 km

Race Organisers: Fit 2000 Pretoria

Venue: Kolonnade Retail Park, c/o Sefako Makgatho (Zambesi)/ Enkeldoorn Drive

GPS: S 25 40'44" E 28 15'14

	21.1 km	10 km	5 km
Entry fees	R 70	R 5`0	R 30
Start time	06h00		06h05
Time Limit	03h30	02h00	

Pre-entries at: Run-away-Sports; Running Inn; Sweat Shop Southdowns; Sportsmans Warehouse – Kolonnade Retail Park

www.enteronline.co.za

Saturday 21 November

Tom Jenkins Run/Walk Challenge 21.1/10/5 km

Race Organisers: Arcadia Running Club

Venue: Union Buildings, Church Street, Arcadia

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Start time	06h30		06h40
Time Limit	??h00		

Pre-entries at: Run-away-Sports; Running Inn; Runners Store

www.enteronline.co.za

League Race

Saturday 28 November

Muller Potgieter Road Race 21.1 / 10 / 5km

Race Organisers: Voortrekker Monument Draf & Stap klub

Venue: Military Sport Club, Hendrik Potgieter Road, Thaba Tshwane

GPS: S 25.471160 E 28.081530

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
Jardine joggers & 60+	R 30	R 30	
70+; 80+ and athletes celebrating their birthday (show ID)	Free		
Start time	06h00		06h15
Time Limit	03h00		

Pre-entries at: Run-Away-Sports; Outdoor Freedom Mall@Reds; Running Inn; Postnet Pretoria West; Sportmans Warehouse – Atterbury Value Mart, Centurion Value Mart & Kolonade Retail Park

www.entrytime.co.za

Saturday 12 December

The Wonderful Run 21.1 / 10 / 5 km Race

Race Organisers: Wonderpark Athletic Club

Venue: The Forum, between Wonderpark Mall & Akasia Town Hall, c/o Heinrich & Disotus Avenues, Karenpark

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
Start time	06h00		06h15
Time Limit	03h00		

No wheelchair athletes

Pre-entries at: Running Inn; Runners Store; Sweat Shop, Southdowns; Dunkeld West & Fourways Crossing

www.enteronline.co.za

2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
Muller Potgieter		28/11/15	X	X

Masters Athletics Fixture list

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

You don't need a reason to help people.



Photo Corner (King Price Irene Farm Race)



The start of the first King Price Irene Farm Race



The King Price girls



Not far to go



Happy finishers



The start of the kiddies run



They made it



Some of them needed assistance



The water point at the finish



Deirdre Vrey and Tanja Smit



The “King” himself was there! One of the King Price girls and Wynand van Vuuren from KP



The stage was something special



All the winners were crowned and could sit on the “King’s” lap



King Price is going big



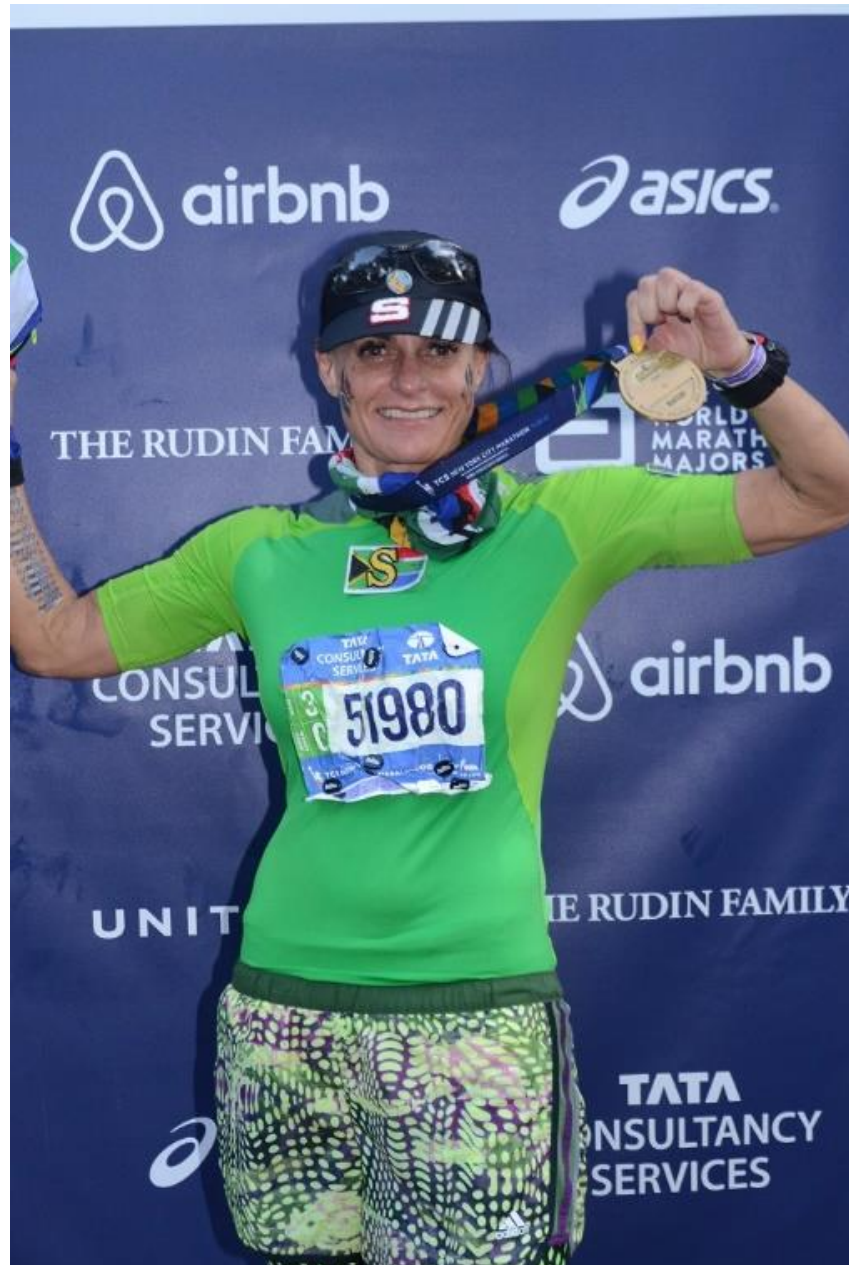
Another example



The dress like a King competition was well supported



Our own André Rudolph in his outfit



A very proud Sone Koen after completing her first Marathon. (The New York City)