



# **IRENE NEWS**

**9 October 2017**

**No 40 - 2017**



## **ACHIEVEMENTS**

The following members were on the podium at the Chamberlains race on Saturday:

John Cannon	1 <sup>st</sup> GGM – 21 km (2:05:26)
Danie Labuschagne	1 <sup>st</sup> GM walker – 10 km (67:02)
Gerna Horak	1 <sup>st</sup> Master lady walker – 10 km (1:42:20)
Jaap Willemse	1 <sup>st</sup> GM walker – 21 km (2:16:03)
Gerard van den Raad	1 <sup>st</sup> GGM walker – 21 km (2:26:45)
Elsa Meyer	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> GGM – 21 km (2:25:42)
Tania Thompson	1 <sup>st</sup> Master lady walker – 21 km (2:44:04)
Lucia Willemse	1 <sup>st</sup> GM lady walker – 21 km (2:35:54)

Congratulations!

## **OTHER ACHIEVEMENTS**

Congratulations to Elsa Meyer who was crowned as the overall AGN female athlete of 2016. A fantastic achievement indeed.

Congratulations also to our ladies who were crowned as the super league champions of 2016 and our walkers who were the winners of the walkers league A division and joined winners of the B division. You made us very proud!

## **THIS WEEK'S DIARY**

### **Tuesday:**

Time trials at 17:30 - Club house

### **Saturday:**

Jacaranda City Challenge 10/21/42 at 05:45 – SABS Grounds

## **KING PRICE FARM RACE**

We need another 160 helpers to assist at the King Price Farm Race on 28 October. Please reply to this email to make yourself available to help on the day and indicate your work preference.

We cannot present the race without you.

## **AWAY WEEKEND**

Those who booked to be part of the away weekend On 3-5 November can expect something great. Members not staying with the group are also invited to attend the function on Saturday evening.



## **KAAPSEHOOP AWAY WEEKEND**

Join us for the Saturday night party of all party's after the marathon.

Venue: Ingwenyana Lodge White River

Time: 18:30

Cost: R100 club members, R220 non club member

**On the menu:** Soup d'jour with bread and butter. Beetroot with glazed pearl onion salad. Garden salad with condiments and dressing. Traditional Coleslaw. Butter filled Baguettes Chicken peri-peri. Boerewors with sautéed onions. Scotch fillet with sticky BBQ glaze. Pap and Sheba. Potato bakes. Grilled, spiced corn on the cob Marinated grilled baby cabbage.

Hot chocolate brownies and custard. Lemon cheese cake. Melktert. Fresh fruit and ice cream. (Worth it hey?)

Cash bar

Theme



## LEAGUE RACE

The Jacaranda City Challenge this weekend is the next league race. We need you there, slow or fast. This race is going to be crucial for the ladies super league and the walkers league. We need all our faster ladies and all our walkers to participate please.

As always there will be something to eat afterwards.

## NEW CARAVAN

Time is running out to submit your suggestions to name the new caravan. Please help us in this regard.

## WANTED

Is there anyone that has a running pram like this who wants to sell it? Please contact Sunè Jooste at 083 554 2484 if you can help.



## CHAIRMAN'S BALL

Thank you to everybody who attended a fantastic evening. It was a huge success. Well done to Joy Nicholl who organised this glamorous event.

## PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Freddie	Makoka	09 Oct
Yolandi	Wiese	10 Oct
Jaap	Willemse	11 Oct
Amanda	Cloete	12 Oct
Leon	Page	12 Oct
Michael	Mokwala	14 Oct
Paul	Thomaides	14 Oct
Masego	Mathibe	15 Oct
Marike	van Rensburg	15 Oct



## NOTICE BOARD

### League Race

#### **Saturday 14 October**

Jacaranda City Challenge 42.2/21.1/10/5 km

Race Organisers: Agapé Athletics Club & Sportsvendo

Venue: SABS Grounds, 1 Dr Lategan Road, Groenkloof

GPS: S 25 46' 10" E 28 12' 42"

	42.2km	21.1km	10 km	5 km
Pre-entry fee (until 5 October)	R 150	R 80	R 70	R 30
Entry fees 60 – 79	R 80	R 50	R 40	
Late entry fees (13/14 October)	Closed	R100	R 80	
Late entry fees 60 - 79	Closed	R 50	R 40	
Jardine Joggers / 80+ athletes	Free			
Start Time	<b>05:45</b>		06:15	06:30
Time Limit	05h:30	03h00	2h00	

**Free t-shirts to the 1<sup>st</sup> 5000 pre-entries**

**Chip results – no tear-off – no results**

Pre-entries: Run-A-Way Sports; Sweatshop Dunkeld, Bedford & Southdowns, Randburg Runner; Sportmans Warehouse Atterbury value Mart, Centurion Value World & Kolonnade Retail Park; Enter on line: [www.entrytime.co.za](http://www.entrytime.co.za)

#### **Saturday 21 October**

#### **CSIR Race 21.1/10/5 km**

Race Organisers: CSIR Athletics Club

Venue: CSIR, North gate, off Meiring Naude Rd, Brummeria

GPS: S 25 44.874 E 28 16.523

	21.1 km	10 km	5 km
Entry-fee	R100	R 80	R 40
Entry fee 70+	Free		
Start Time	06:00		06:05
Cut-off	03:00		

**No wheelchairs or prams – course unsuitable.** Pre-entries at: Run-away Sport; Sweatshop Centurion. Also at CSIR Wednesday – Friday 18-20 October 17h00 – 19h00 Sports hall, South gate. [www.entrytime.com](http://www.entrytime.com)

**Saturday 28 October**

**King Price Irene Farm Race 21.1/10/5 km**

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Nellmapius Drive, Irene

	21.1 km	10 km	5 km
Entry-fee	R 90	R 70	R 40
Entry fee 60+ (Race day only)	R 50		
Entry fee 70+ (Race day only)	Free		
Start Time	06:00 – run 05h45 - walk		06:00
Cut-off	03:30	02:00	

**There is a kiddies run @ R10 @ 08h00**

**No pets allowed. 21.1km is not wheelchair friendly**

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld, Boardacres & Bedfordview

**IRENE MEMBERS ARE NOT ALLOWED TO PARTICIPATE**

<b>2017 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

**THOUGHT FOR THE WEEK**

**To dream of the person you would like to be is to waste the person you are.**

## Photo Corner



Elsa Meyer – AGN Female athlete of 2016



A proud chairman Louis Visser at the AGN awards function





Jurie Venter in action at the Chamberlain's race



Gert Fourie





Karen Geldenhuys



John Cannon who was on the podium as the winning GGM





Mauritz Mollentze



Marise Pienaar, Chantelle & Bets Botha and Candice van der Spuy





Tania and Glenn Thompson



A very proud Gerna Horak, winning master lady walker in the 10 km



Fun at the Chairman's Ball



Cari and Travers Snyman





Bridget, Lebo, Mpho and Trevor. They all looked so elegant



Dianne du Plessis and her husband



Tania Thompson and her daughter



Jock and Dee Donaldson





It was a fun-filled evening indeed



As always Travers Snyman was the main man on the dance floor





Travers and Bertha van den Raad



This time it is Travers and Mpho Netshiombo