

***IRENE NEWS***  
***11 November 2013***

No 45 – 2013

***ACHIEVEMENTS***

Bennie Roux was invited to run in a 5 day event with former Comrades winner Shaun Meiklejohn in a team. Their main rivals were Nick Bester and Neil Quile. Bennie and Shaun won the battle. Their prize is a trip to the Brazil Fifa World Cup next year.

Well done!

***PERSONAL ACHIEVEMENTS***

Michael Freeman      PB – Marathon

Please let me know about your personal achievements – don't be shy!

***LIQUIFRUIT RACE 9 NOVEMBER***

What a fantastic success! Thank you to each and every one who helped to make the race so successful. You were great!

We had just over 4500 finishers on the 10 and 21 and about 1200 finishers on the 5 km.

Without you it wouldn't have been possible. Thank you, thank you, thank you.

***ANNUAL GENERAL MEETING***

Please take note that our AGM will take place on Tuesday 12 November 2013 at 18:30 in the lapa at the club house. Please make an effort to attend.

***ANNUAL INFORMATION BOOKLET***

All members are invited to advertise your business/service in our annual information booklet that will be handed out to all members next year. It is free of charge and will be done on a first come first serve basis. Please send your ads to me a.s.a.p.

***SPORT MASSAGING***

Riette Landman will be available this week. Please note that she will charge R50 for 15 minutes. Consultations will be free of charge.

***PERSONALIA***

Condolences to Khanyi Stengile who lost her mother last week.

Paul Theron and his family were involved in an armed robbery on Friday night. Fortunately they were very lucky to escape with their lives and with little harm but as you can imagine very traumatized.

Congratulations to everyone celebrating their birthdays during the week.

BASIE	JORDAAN	11-Nov
THEUNS	STRECKER	11-Nov
PIERRE	KOCH	12-Nov
MARTIN	SIEBRITS	12-Nov
BRENDA	ZONDAGH	12-Nov
MONIQUE	ESPAG	13-Nov
KOBUS	HERBST	13-Nov
RITA	GROBLER	13-Nov
RIKA	MYBURG	13-Nov
CHRIS	VERMEULEN	13-Nov
MIKE	DU BRUTO	14-Nov
EDDIE	GILLMORE	14-Nov
NADIA	SAAYMAN	14-Nov
SONIA	SCHEEPERS	14-Nov
ZELNA	BLACK	15-Nov
LETHA	KOTZE	15-Nov
TIM	MUNNIK	16-Nov
ARNOLD	OSSENDRYVER	16-Nov
MYRNA	VAN WYK	16-Nov
JOEY	VAN DER WALT	17-Nov

## ***NOTICE BOARD***

### Useful Links:

[www.raceresults.co.za/flyers.php](http://www.raceresults.co.za/flyers.php) for the latest race pamphlets

[www.agn.co.za/#League](http://www.agn.co.za/#League) for the latest league logs and the league points you earned

[www.agn.co.za/#RW](http://www.agn.co.za/#RW) Agn 2011 RW qualifying standards and selection criteria

[www.wildtrail.co.za](http://www.wildtrail.co.za) For all your trail running info

<http://www.sportsinjuryclinic.net/symptom-checker> By clicking where it hurts then ticking which symptoms most apply to you we can give you an indication of what injuries may apply.

Saturday 16 November

Kolonnade Retail Park Road Roace

Race Organisers: FIT 2000

Venue: Kolonnade Retail Park, c/o Zambesi & Enkeldoorn Avenue, Montana

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

	21.1km	10 km	5 km
Entry fee	R 50	R 40	R 20
Start Time	06h00		06h05/06h10 ?
Time Limit	3 <sup>1/2</sup> hrs		

Pre-entries: Run-A-Way Sports, Running Inn, Sweatshop Southdowns & Dunkeld West & Fourways

Sportmans Warehouse Kollonade Retail Park

Enter on line: [www.enteronline.co.za](http://www.enteronline.co.za)

Saturday 23 November

Tom Jenkins Run/Walk Challenge

Race Organisers: Arcadia Running Club

Venue: Union Building, Arcadia

**AGN LEAGUE RACE**

	21.1km	10 km	5 km
Entry fee	R 50	R 40	R 20
Start Time	06h30		06h40
Time Limit	3hrs		

Pre-entries: Run-A-Way Sports, Running Inn Pretoria and Bedfordview, Sweat Shop Southdowns & Dunkeld

Enter on line: [www.enteronline.co.za](http://www.enteronline.co.za)

Saturday 30 November

Muller Potgieter Road Race -15/10/5km

Race Organisers: Voortrekker Monument Draf & Stapklub

Venue: Voortrekker Monument

S 25.77690° E028.17747°

	15 km	10 km	5 km
Entry fee	R 60	R 50	R 30
Jardine Joggers & Grandmasters	R 30		
Great grandmasters	Free		
Start Time	06h00	06h15	
Time Limit	2:30hrs		

Pre-entries: Run-A-Way Sports, Running Inn Pretoria and Postnet Pretoria West

Enter on line: [www.enteronline.co.za](http://www.enteronline.co.za)

Saturday 7 December

Great Run 10/5 km

Race Global Running Club

Venue: Weskoppies Hospital, Pretoria West

**Only one entrance to the venue**

	10km	5 km
Entry fee	R 40	R 30
Start Time	07h00	07h10
Time Limit	3hrs	

Pre-entries: The Sweat Shop Irene, Dunkeld & Fourways Crossing, Running Inn, Run-Away-Sport and AGN Office, Pilditch Stadium

On-line entries: [www.enteronline.co.za](http://www.enteronline.co.za)

<b>2013 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
Tom Jenkins	10 / 21km	23-Nov	X	X

### **Masters Athletics Fixture list**

NWN	22 Feb 2014	Royal Bafokeng Stadium, Rustenburg
WP	13 – 15 March 2014	Greenpoint
KZN	14 & 15 March 2014	Durban
GN	15 March 2014	Pilditch
CG	12 April 2014	Germiston
SA's	25 & 26 April 2014	Royal Bafokeng Stadium, Rustenburg.

### **International Championships**

25 – 30 March 2014                      WMA Indoors, Budapest, Hungary

### ***THOUGHT FOR THE WEEK***

**Do not regret growing older. It is a privilege denied to many.**

Have a wonderful week!

Wynand  
082 937 0733



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email : centurionm@coastalhire.co.za

**Photo Corner**



Thousands of athletes lining up at the start of the 2013 Liquifruit race



Some of the top athletes in the country took part

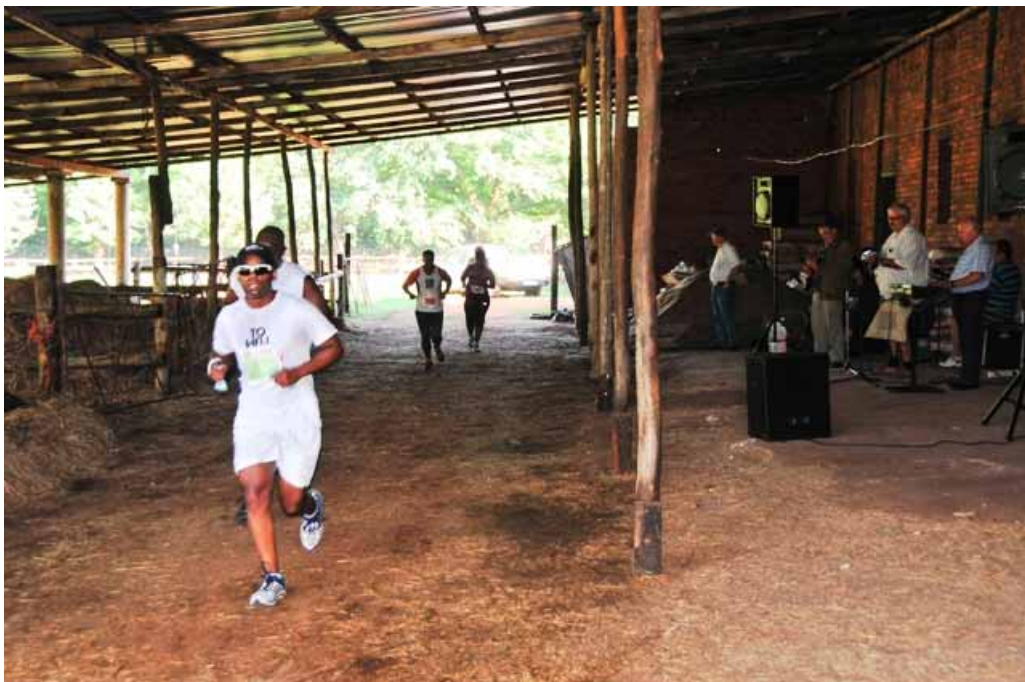


The turnaround point at Southdowns shopping centre





Runners running through the barn at the dairy farm with cattle as spectators and a “boereorkes” performing



Looking at it from another angle. This is something very special and exclusive to this race





What a privilege to have farm animals as spectators



Thousand of medals ready to be handed out





You won't find a stage like this other than at Irene races



Liquifruit brand manager Beverly Wilson in action



Spiderman getting ready to run the kiddies 1 km dash. He injured his hamstring in the process to keep up with the kids



Action at the kiddies corner where parents could leave their youngsters to enjoy the race without worrying about them



The following pictures were taken of some of the helpers at the different water points







