

# **IRENE NEWS**

**18 November 2013**

No 46 – 2013

## **ACHIEVEMENTS**

Lucia Willemse  
Deirdré Very  
Jaap Willemse  
Elsa Meyer  
Annatjie Greyvenstein

1<sup>st</sup> Lady walker – Kolonnade Retail Park 21 km  
3<sup>rd</sup> Lady walker – Kolonnade Retail Park 21 km  
2<sup>nd</sup> Walker – Kolonnade Retail Park 21 km  
2<sup>nd</sup> Lady walker – Kolonnade Retail Park 10 km  
3<sup>rd</sup> Lady walker – Kolonnade Retail Park 10 km

Congratulations!

## **PERSONAL ACHIEVEMENTS**

Jan van Wyk PB – 10 km

Deon Hoffman and Chris Koch both managed to complete the Sky Run Lite (63 km) in atrocious conditions. The long race was cancelled due to these conditions.

Well done!

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

## **ANNUAL GENERAL MEETING**

Despite the bad weather the AGM was well attended last Tuesday. Please take note of the following decisions that were taken at the meeting:

- Following the poll that was done earlier during the year the name of the club has now been changed officially to Irene Athletics Club.
- The traditional green shorts will be phased out and be replaced by blue shorts only. No other colour shorts will be allowed.
- The new 20 year celebration logo was chosen. It was sent in by Joy Nicholl and designed with the assistance of Max Lange. This logo will be used next year as part of our 20<sup>th</sup> year celebrations. It won't replace the existing logo on our running clothing.



- A new management committee was elected. Congratulations to the new members of the committee and thank you to the outgoing members for a job well done. Your committee for 2014 is:



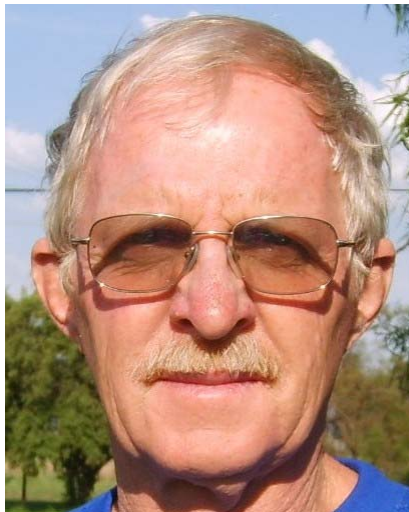
Chris Koch  
Chairman



Zelna Black  
Admin Manager



Claudia Cockcroft  
Financial Manager



Gerard van den Raad  
Manager Logistics



Joy Nicholl  
Club Captain



Frances Lezar  
Ladies Captain



Sandra Steenkamp

Walkers Captain



Diederick Steyn

Junior Captain



Magda Saayman

Additional Member – Green Leaf



Giel Cillié

Additional Member  
Comrades & Two Oceans projects



Petro Smit

Additional Member  
Marketing & Communication



Wynand Breytenbach

General Manager





Elna & Stephen Mee – Social Managers

### ***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 before Friday 22 November.

This is your last opportunity!

### ***TOM JENKINS CHALLENGE***

The Tom Jenkins race this Saturday is the last league race of the year. This is the one race where we want as many members to participate as possible for three reasons:

- To earn as many league points as possible
- To run together in the 10 km “bus” with the drinks trolley to win the trophy again
- To win the trophy for the best spirit as well.

Please note that because of the nature of the race all finishers will be awarded 4 league points, irrespective of finishing time. Nobody will therefore sacrifice anything by running a bit slower to stay with the bus and be part of the great fun.

More info will be sent out during the week. It is the challenge of our four captains to mobilize as many of our members as possible.

### ***PERSONALIA***

Congratulations to Willie and Mathilda Marais with the birth of their baby son.  
Danie Joubert had an operation done to his elbow. We wish him a speedy recovery.

Congratulations to everyone celebrating their birthdays during the week.

KUMARAN	NAIDOO	18-Nov
ANBAN	PILLAY	18-Nov
JEANNIE	SNYMAN	18-Nov
CARLA	VAN DEN RAAD	18-Nov
MICHAEL	RUDOLPH	19-Nov
ANITA	SWARTS	19-Nov
PIET	VAN LOGGERENBERG	20-Nov
CHARMAINE	JANSE VAN RENSBURG	21-Nov
JOLANDE	JANSE VAN RENSBURG	21-Nov
TANYA	SNYMAN	21-Nov
LIEZL	VILJOEN	21-Nov
LORINDA	PHILLIPS	22-Nov
ISABEL	KOCH	23-Nov
KEOBAKILE	MPOLOKENG	23-Nov
ILANA	RICHTER	23-Nov
MARK	SANDERS	23-Nov
ANITA	FABER	24-Nov
MARA	HAIGH	24-Nov
FANIE	NAUDE	24-Nov
LOYISO	NDLOVU	24-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 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)

Saturday 21 December  
25/12.5/5km

Live running health awareness run & walk

Race Organisers: Vital Fitness

Venue: Voortrekker Park, c/o Jasmyn Ave & Brandwag St, Silverton™

S 25.73286 E28.30494

	25 km	12.5 km	5 km
Entry fee	R 50	R 40	R 30
Race day entry fee	R 60	R 50	R 40
Start Time	06h00		
Time Limit	3:00hrs		

Pre-entries: Run-A-Way Sports, Running Inn, Sweatshop Southdowns



Saturday 11 January

Atheletics Club Eersterust Road Race – 21.1/10/5km

Race Organisers: ACE Eersterust

Venue: Eersterust Soccer Stadium, Eersterust

S 25°42' 54.12" E 28° 18'25.79"

	21.1 km	10 km	5 km
Entry fee	R 60	R 50	R 30
Entry fee 60+	R 30	R 20	
Start Time	06h00		
Time Limit	3:00hrs		

Free T-shirts to the first 1500 pre-entries for the 10 & 21.1km

Pre-entries: Run-A-Way Sports, Running Inn, Sweatshop Southdowns

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*

**Live your life and forget your age.**

Have a wonderful week!

Wynand  
082 937 0733

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email : centurionm@coastalhire.co.za

***running inn***

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**Tel: 012 362 7322**

### Photo Corner

Elsa Meyer recently took part in the World Master Athletics Championships in Brazil. She did us proud with three gold medals, a fantastic achievement!





Shaun Meiklejohn and Bennie Roux in action during their 5 day challenge



Gerna Horak & Deirdré Vrey at the Liquifruit race