

IRENE NEWS

21 October 2013

No 42 – 2013

ACHIEVEMENTS

| | |
|-----------------------|--|
| Elsa Meyer | Gold medal – World Master Championships 5000m walk |
| Sandra Steenkamp | 1 st Lady walker & 1 st master – Jacaranda Challenge 42 km |
| Lucia Willemse | 1 st Lady walker & 1 st master – Jacaranda Challenge 21 km |
| Jaap Willemse | 1 st Master walker – Jacaranda Challenge 21 km |
| Mike du Bruto | 1 st GM – Jacaranda Challenge 10 km |
| Annatjie Greyvenstein | 1 st GM lady walker – Jacaranda Challenge 10 km |
| Jeanette Loots | 1 st GGM lady walker – Jacaranda Challenge 10 km |

Congratulations!

Well done to Wiseman Ngwarirai and Nadene Breytenbach who are our club Marathon champions.

PERSONAL ACHIEVEMENTS

None received

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

LIQUIFRUIT RACE 9 NOVEMBER

Our annual Liquifruit race is taking place on 9 November this year. We started to hand out flyers two weeks ago and we can all be looking forward to yet another great race. We already have over 460 online entries.

As always it will be a massive team effort from our members that will determine the success of the race. Without the assistance you we just cannot present any race at all. We will require 300 members to help on the day. Please let me have your names if you can assist so that we can plan properly.

All the helpers will receive a beautiful Crew T-shirt.

ANNUAL GENERAL MEETING

Please take note that our AGM will take place on 12 November 2013 at 18:30 in the lapa at the club house.

LOGO COMPETITION

Thank you very much to everybody who submitted their logo designs. There were a few excellent designs.

Kaapsehoop 2013

Yeah, it's time for the Irene Kaapsehoop club weekend... This year we are staying on the Kaapsehoop route at about the 10 km start point! The weekend is about socialising and having fun combined with our favourite sport, road running and walking. Our theme is Caribbean...think grass skirts, beach hats, rasta wigs, coconut bikini tops, shells, pirates, parrots, rum, daiquiris, pine colodas, Bahama Mamas, tropical drinks, beach, bonfires, sun, Bob Marley, beach boys, conga drums etc.

The club is sponsoring the food for the weekend and you only have to bring your drinks and nibbles for in-between. Friday evening we have pasta, Saturday before the race there will be coffee and rusks, at lunch hot dogs and the evening we will have a braai. Sunday there will be a recovery breakfast.

Saturday is packed, starting with the race. The club will have a "supporter" station at the 10 Km mark. Later we will have some games and fun stuff as well as our cocktail competition in the evening. Here is a challenge, I make a mean Camparange cocktail and challenge you...there are great prizes to be won. The competition will be judged by the barman and restaurant manager. Please enter a team with a theme and let Wynand know. There will also be prizes for the best dressed etc.

If there is anybody staying elsewhere that will be joining us either Friday, Saturday or Sunday please let Wynand have your names and numbers for catering purposes.



Party to the sounds of the Caribbean



Dress in your beach gear



Do the Limbo...



Follow the Conga Line...



BEACH BRAAI.....

Enter the Cocktail Challenge !!!



SPORT MASSAGING

Remember that for the next few weeks Riette Landman and an assistant will be at the time trials to do 15 min sport massaging free of charge. Make use of this great opportunity.

SOWETO MARATHON

Please take note that the Soweto Marathon has definitely been cancelled.

COMRADES BUS

See the attachment for info regarding the 2014 Comrades bus.

AGN BOARD AND COMMISSIONS

The following people were selected at a Special AGM held on 10 October:

BOARD AND COMMISSION MEMBERS

| POSITION | NAME | TEL NO | EMAIL ADDRESS |
|---------------------------|---------------------|---------------|------------------------------|
| President | Daan du Toit | 0825724169 | daandutoit@telkomsa.net |
| Vice President | John Mathane | 0836360402 | john.mathane@dha.gov.za |
| Chairperson Cross Country | Buks Meyer | 0828238883 | buksmeyer@vodamail.co.za |
| Chairperson Race Walking | Gerard van den Raad | 0823377680 | bgvdraad@mweb.co.za |
| Chairperson Road Running | Rita van der Merwe | 0836570508 | jjvdm@absamail.co.za |
| Chairperson Track & Field | Hugo Badenhorst | 0836753523 | hugo.badenhorst@solrey.co.za |
| General Manager | Walter Vilakazi | 0721967821 | gm@agn.co.za |
| Additional Members | Bob Marara | 0828359490 | mararatr@eskom.co.za |
| | Corrie Fourie | 0836292644 | corrief@telkomsa.net |
| | James Matshekga | 0825661595 | jamesmatshekga@telkomsa.net |
| | Len Claassen | 0836253698 | claassen@nashuaisp.co.za |

COMMISSION MEMBERS

CROSS COUNTRY

| POSITION | NAME | TEL NO | EMAIL ADDRESS |
|--------------------|----------------|------------|------------------------------|
| Chairperson | Buks Meyer | 0828238883 | buksmeyer@vodamail.co.za |
| Deputy Chairperson | Londy Selala | 0763036411 | margaretlondy@vodamail.co.za |
| Additional Members | Bongani Zondi | 0829684139 | zondi.b@dbe.gov.za |
| | Eunice Leshaba | 0832799924 | |
| | Fundile Booi | 0744322375 | coachfundi@gmail.com |
| | Tebogo Radebe | 0768927772 | tradebe@prestigecol.co.za |

RACE WALKING

| POSITION | NAME | TEL NO | EMAIL ADDRESS |
|--------------------|---------------------|------------|---------------------------|
| Chairperson | Gerard van den Raad | 0823377680 | bgvdraad@mweb.co.za |
| Deputy Chairperson | Chris Britz | 0836504767 | chrisb@khuthele.co.za |
| Additional Members | Marius Bosman | 0823316878 | Marius.bosman@sanofi.com |
| | Melani Moen | 0826543234 | melanie.moen1@gmail.com |
| | Gabriel Makola | 0781694643 | gabrielmakola@yahoo.co.za |

ROAD RUNNING

| POSITION | NAME | TEL NO | EMAIL ADDRESS |
|--------------------|--------------------|------------|------------------------------|
| Chairperson | Rita van der Merwe | 0836570508 | jjvdm@absamail.co.za |
| Deputy Chairperson | Mohau Molelekoa | 0719067144 | mmolelekoa@multichoice.co.za |
| Additional Members | Dennis Moleofe | 0835678218 | dennis.moleofe@bmw.co.za |
| | Enoch Skosana | 0828258001 | enoch.skosana@gmail.com |
| | Minky Adoons | 0765540969 | Fax: 012 734 1626 |
| | Wynand Breytenbach | 0829370733 | info@irenerunner.co.za |

The all occasion beverage

TRACK & FIELD

| POSITION | NAME | TEL NO | EMAIL ADDRESS |
|--------------------|-------------------|------------|-------------------------------|
| Chairperson | Hugo Badenhorst | 0836753523 | hugo.badenhorst@solrey.co.za |
| Deputy Chairperson | Sipho Shawe | 0725254055 | siphoshawe@vodamail.co.za |
| Additional Members | Bebe Ramakgaphola | 0826321350 | www.bebe.co.za@gmail.com |
| | Maidi Mogashoa | 0834314100 | maidi.mogashoa@gmail.com |
| | Jerry Senekal | 0832351689 | jsaclub@ymail.com |
| | Dreyer Campbell | 0835408046 | dreyer.campbell@klofies.co.za |

PERSONALIA

Congratulations to everyone celebrating their birthdays during the week.

| | | |
|------------|------------|--------|
| JOHAN | DE KLERK | 21-Oct |
| ANDRE | OOSTHUISEN | 21-Oct |
| CHARLENE | McALPINE | 22-Oct |
| WILLIE | DU PLOOY | 23-Oct |
| JOYCE | JAKAVULA | 23-Oct |
| ANTOINETTE | REYNOLDS | 23-Oct |
| JURGENS | STRYDOM | 24-Oct |
| LORNA | VAN STADEN | 24-Oct |
| MICHELE | BOTHA | 25-Oct |
| JOHAN | DEKKER | 25-Oct |
| KIRSTEN | STRUGNELL | 25-Oct |
| ADELLE | COERTZE | 26-Oct |
| CARL | LE ROUX | 26-Oct |
| LAUREN | GERATY | 27-Oct |

NOTICE BOARD

Useful Links:

www.raceresults.co.za/flyers.php for the latest race pamphlets

www.agn.co.za/#League for the latest league logs and the league points you earned

www.agn.co.za/#RW Agn 2011 RW qualifying standards and selection criteria

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 26 October CSIR Race 21.1/10/5km

Race Organisers: CSIR Running Club

Venue: CSIR grounds, Meiring Naude Road, Brummeria, Pretoria

GPS: S 25 44.874 E 28 16.523

NEW START VENUE: NORTH GATE, OFF MEIRING NAUDE ROAD

Ample parking at the Innovation Hub – Opposite CSIR

| | 21.1km | 10 km | 5 km |
|----------------------|--------|-------|-------|
| Pre-entry fee | R 50 | R 40 | |
| Late entry fees | R 60 | R 50 | R 20 |
| Start Time | 06h00 | 06h15 | 06h30 |
| Start Time - walkers | 05h50 | 05h55 | |
| Time Limit | 3hrs | | |

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

Enter on line: www.championchip.co.za

Wednesday 30 October

TUT Nite Race 10/5km

Race Organisers: TUT

Venue: TUT Pretoria Campus

| | | | |
|--|-------|------|--|
| | 10 km | 5 km | |
|--|-------|------|--|

| | | | | |
|------------|----|-------|-------|--|
| Entry fee | | R 40 | R 30 | |
| Start Time | | 18:30 | 18:35 | |
| Time Limit | ?? | | | |

Entries at TUT, Pretoria Campus, Building 51, room 118 on race day

Saturday 9 November

Liquifruit Irene Race 21.1/10/5km

Race Organisers: Irene Road Running Club

Venue: ARC Irene Campus, Irene

GPS: S 25 53'31" E 28 11'29"

21.1 & 10km race are pre-entry only

| | 21.1km | 10 km | 5 km | 1 km |
|------------|--------|-------|-------|-------|
| Entry fee | R 50 | R 40 | R 30 | R 10 |
| Start Time | 06:00 | 06:00 | 06:10 | 08:00 |
| Time Limit | 3:30 | | | |

T-shirts to the first 2000 pre-entries on the 21.1 & 10km races

Pre-entries: Run-A-Way Sports, Running Inn – Pretoria & Bedfordview, Sweatshop
Southdowns, Dunkeld & Fourways, Bedford Runner

Enter on line: www.enteronline.co.za

PLEASE NOTE THAT NO IRENE MEMBER IS ALLOWED TO PARTICIPATE

| 2013 AGN LEAGUE FIXTURE LIST | | | | |
|-------------------------------------|-------------|-------------|---------------|-----------|
| EVENT | DIST | DATE | LEAGUE | |
| | | | RR | RW |

| | | | | |
|-------------|-----------|--------|---|---|
| Tom Jenkins | 10 / 21km | 23-Nov | X | X |
|-------------|-----------|--------|---|---|

Masters Athletics Fixture list

| | | |
|------|--------------------|-------------------------------------|
| SWD | 30 Nov 2013 | Oudtshoorn |
| FS | 9 Nov 2013 | Bloemfontein |
| 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

| | |
|----------------------|----------------------------------|
| 16 – 27 October 2013 | WMA Champs, Porto Alegre, Brazil |
| 25 – 30 March 2014 | WMA Indoors, Budapest, Hungary |

THOUGHT FOR THE WEEK

It is not the years in your life that count, it is the life in your years.

Have a wonderful week!

Wynand
082 937 0733



| | |
|--|--|
|  <p>SHORT TERM BROKERS Value. Service. Trust Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za</p> | <p>We're there for the long run</p> <p><small>Short Term Brokers is an authorised financial services provider – FSP no. 10670</small></p> |
|--|--|



**COASTAL
HIRE**

SERVING ALL YOUR EQUIPMENT HIRE NEEDS

| | |
|--|---|
| <p>Hire Control Tel : 012 653 2551 Fax : 012 653 2553</p> | <p>Unit 21, Miracle Retail Park Cnr. Lenchen & Old Johannesburg Rd P O Box 8575 Centurion 0046 email : centurionm@coastalhire.co.za</p> |
|--|---|

Photo Corner



The start of the Jacaranda 10 km



Stephen Mee hard at work at the race on Saturday

Action at the Jacaranda race











David Broughton in action at the Chicago Marathon last Sunday