

ACHIEVEMENTS

Ansie Breytenbach 1st Vet lady – CSIR 21 km
Sandra Steenkamp 1st Lady walker & 1st master – CSIR 21km
Lucia Willemse 2nd Lady walker – CSIR 21 km
Jaap Willemse 1st Master walker – CSIR 21 km
Gerard van den Raad 1st GM walker – CSIR 21 km
Rika Myburg 1st Vet lady – Arcelor Mittal 21 km
Bennie Roux 1st Man – Diamond Dash trail 10 km

Congratulations!

No results of the CSIR 10 km were received.

PERSONAL ACHIEVEMENTS

None received

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

LIQUIFRUIT RACE 9 NOVEMBER

We require another 200 helpers before Friday to finalize our arrangements. Please send me your names urgently please.

All the helpers will receive a beautiful Crew T-shirt. Sent me your T-shirt size as well.

ARC ACCESS

There was a misunderstanding with the security at the ARC regarding access of club members during the week. It was sorted out with the ARC management so hopefully everything will be back to normal. Apologies for any inconvenience.

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. Send your nominations as per the email sent out last week.

ICENTIVES FOR 2013

Congratulations to all our podium winners who earned prize money during the past year (September 2012 – August 2013). You made us proud. According to the rules set out on page 23 of our Information booklet, you will receive a part of that money from the club. The money will

- 100 % pure fruit juice
- No preservatives
- No sugar added

be paid to you during the next week. If this is the first time that you will receive prize money from the club, please provide me with your banking details a.s.a.p.

The following members will receive prize money this year:

Greg	Barnes	Marisa	Oosthuizen
Theo	Bohnen	Leon	Page
Gustav	Botha	Angela	Pottinger
Ansie	Breytenbach	Jacques	Rossouw
John	Cannon	Bennie	Roux
Dirk	Cloete	Sonia	Scheepers
Marinda	Cloete	Sandra	Steenkamp
Lyn	de Bruin	Emmarie	Theunissen
Enzo	Dlamini	Deirdré	Vrey
Mike	du Bruto	Jan	van de Venter
Annatjie	Greyvenstein	Aletha	van den Bergh
Magriet	Hattingh	Bertha	van den Raad
Tillie	Kamper	Gerard	van den Raad
Jeanette	Loots	Marie	van Dyk
Elsa	Meyer	Fanie	Venter
Melanie	Moen	Rachelle	Visagie
Sheren	Naidoo	Jaap	Willemse
Chris	Oliver	Lucia	Willemse
Kotie	Oliver		

SPORT MASSAGING

Riette Landman will not available this week but will again be on duty next week.

2014 COMRADES ENTRY PROCESS

Runners please note that entry forms are available at local running clubs, provincial sporting federations and the CMA; as well as selected qualifying races which the Comrades team will be attending from September to November. Alternatively, prospective participants may hand deliver or post their completed entry forms and proof of payment to the CMA offices in Pietermaritzburg - P.O. Box 100621, Scottsville, 3209.

Runners may enter as follows:

- Online via the Comrades Marathon website: www.comrades.com
- Through the post by posting your completed entry form with proof of payment to the CMA Office in Pietermaritzburg:
PO Box 100621, Scottsville, 3209

- Comrades Marathon House: by handing the completed entry form together with payment at the CMA office in Pietermaritzburg.

Please note that there will be one entry window period for all athletes, so novice and former Comrades runners alike, are urged to enter early to avoid disappointment. The number of participants in Comrades 2014 has been capped at 18-thousand and there will be no extensions of the entry process.

Online entries can be done via the official CMA website, www.comrades.com. As always, entry to the race is on a first come first serve basis.

2014 ENTRY FEES

Entry fees for 2014 are as follows:

- Local Entries : R350.00
- Rest of Africa : R550.00
- International : R1800.00

Other great news for runners is that the Substitution Rule will once again be a feature of the 2014 Comrades Marathon entry process, the details of which can be found online at www.comrades.com

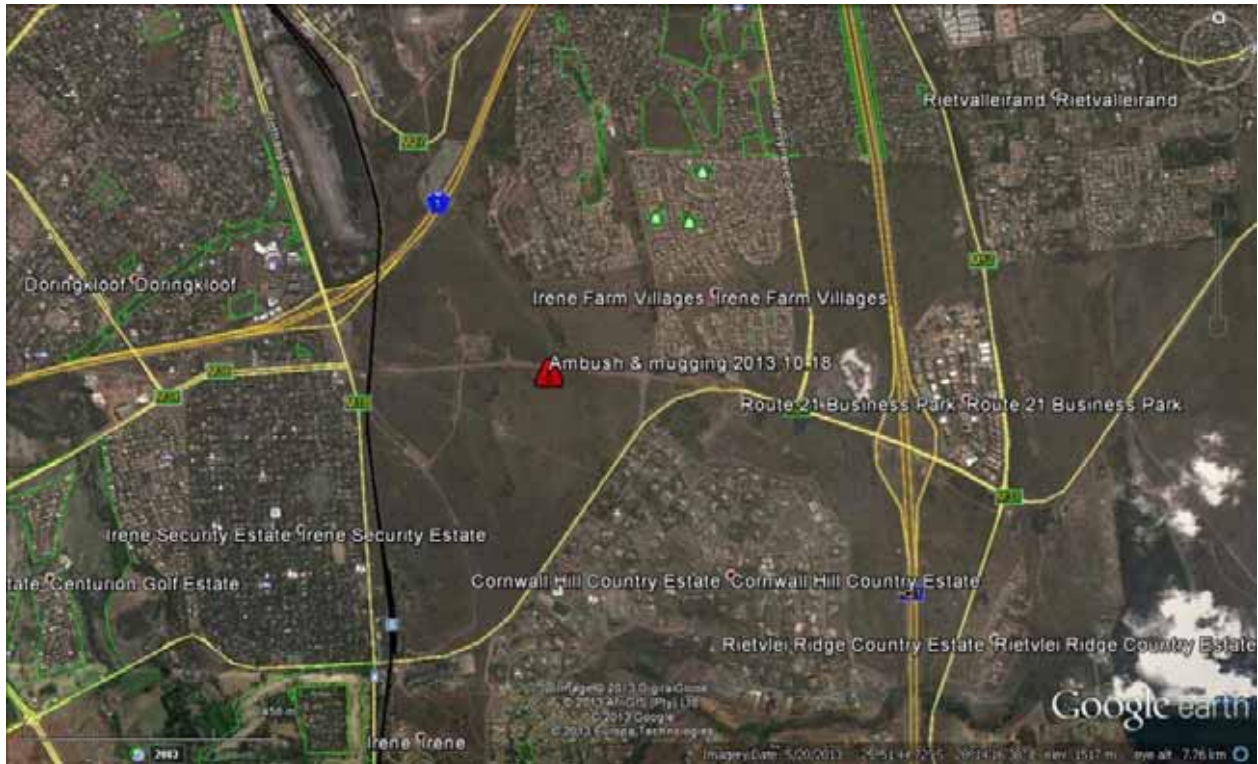
Aspiring runners are urged to enter the great race as early as possible, as entries are strictly on a first come first serve basis. The entry requirements, which are clearly indicated on the entry form, must be strictly complied with at all times or runners may risk losing their place at the start.

PLEASE BE CAREFUL

On Friday afternoon at about 6 pm while I was out running, I was ambushed by four gentlemen of the bush and unwillingly relieved of my wedding band and running watch. This mugging took place in the open area bounded by the N1 freeway, railway line / Irene Main Road, Nelmapius Road / Cornwall Hill and Pierre van Ryneveld. M&T started some development there some years ago leaving several unfinished road and tracks used by joggers, trail bikers and 4x4 enthusiasts. The road where the ambush occurred is that section which would link Alexandra Road with the R21 interchange at Nelmapius Road.

In the process the four beat and kicked me up a bit and left me tied up and unconscious on the side of the road with some stab wounds, broken rib and chipped teeth and another tooth out. I was found by three people on their way home from Irene Village Mall who walked with me back to Irene. They help restore faith in my fellow human beings as did the staff at Unitas Hospital casualty unit, the high care unit where I spent the night, those at the Lyttelton police station where the incident was reported and my family.

Richard



AWAY WEEKEND



Kaapsehoop 2013

Yeah, it 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, pina 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.





Everybody who booked for the away weekend will receive all the info regarding the bookings, directions etc. early in the week.

PERSONALIA

Congratulations to everyone celebrating their birthdays during the week.

RITA	FOURIE	28-Oct
ZIBUSISO	KGANYAGO	28-Oct
KENNET	CHOMA	30-Oct
JOHAN	VISSER	30-Oct
MAGDA	SAAYMAN	31-Oct
LYNETTE	SEPTEMBER	31-Oct
LIEZL	NEL	01-Nov
JACQUES	ROSSOUW	01-Nov
PIETER	WELGEMOED	02-Nov

NOTICE BOARD

Useful Links:

Soaveel Beter™

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.

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 2 November

Interdenominational Fun Run/Walk for Bibles

Race Organisers: Alpha Centurion Runners & Walkers

Venue: Hoërskool Zwartkop, c/o Mopanie & Old Johannesburg Road, Centurion

GPS: S 25.84961 E 28.16509

	10 km	5 km	2 HOUR FUN WALK
Entry fee	R 60	R 50	R 60 pp

Start Time	??	??	8.30 – 10.30
Time Limit	??		

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

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 ^{1/2} 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

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

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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

25 – 30 March 2014 WMA Indoors, Budapest, Hungary

THOUGHT FOR THE WEEK

Do not wait for your ship to come in, swim out to meet it.

Have a wonderful week!

Wynand
082 937 0733



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Photo Corner

Action from the CSIR Race





