

IRENE NEWS

2 December 2013

No 48 – 2013

ACHIEVEMENTS

Nadine Breytenbach
Ansie Breytenbach
Sandra Steenkamp
Gerard van den Raad

2nd Lady – Muller Potgieter 10 km
1st Vet lady – Muller Potgieter 10 km
1st Master lady – Muller Potgieter 15 km
1st GM – Sani Pass 42 km

Congratulations!

PERSONAL ACHIEVEMENTS

Amina Mahomed 1st 32 km

Well done!

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

PERSONALIA

Our condolences go to Keobakile Mpolokeng whose fiancée passed away.

Congratulations to everyone celebrating their birthdays during the week.

ISABEL	ERLANK	02-Dec
LENARD	HALL	03-Dec
ARNO	SMIT	03-Dec
THEA	VAN DER MERWE	03-Dec
NEELS	GROBBELAAR	05-Dec
JOHN	MAY	05-Dec
MOTSHABI	MOKOLOBATE	05-Dec
ANDREW	STRUGNELL	05-Dec
JOHANN	WHITE	05-Dec
MARIETJIE	DE WET	06-Dec
WILLIE	DU PLESSIS	06-Dec
MILES	SAXBY	06-Dec
FRIKKIE	LOUBSER	07-Dec
AUDREY	SMIT	07-Dec

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

PURE FRUIT JUICE BLEND

CHAIRMAN'S BIT

Dear Irene,

Sjoe, the first week of December 2013....Where did this year go?? I hope you are also looking forward for the next few weeks in which we all should have a few celebratory functions before we go and enjoy the holidays with our love ones... Just head's up, our planning for this weekend's year end function is going great and our Team is looking forward to host you..... It is going to be a great event Watch out for some more information and a small special request later this week ...

Just on our membership for 2014 and our earlier announcements on "incentives" for bringing back *old Irene members* to join ... YES, you can bring more than one, and YES, for each old member brought back, and extra R50 will be discounted on your membership fee for 2014.... One thing though... only a maximum of 8 [.. R400..] can be brought back with you.... Sorry, we please just have to get at least the AGN licence fee from you. So, watch out for Zelna's information later this week with exact detail on how this great incentive for 2014 will work.

Have a great week, and please come well rested to our Year end prize giving function Saturday.

Yours in Irene, Chris..

MEMBER SUPPORT AND CARE

Thank you to everybody who responded on the request to help Wiseman Ngwarirai with running shoes. We have the best members one can wish for. There were more than one offer and management will ensure that it is properly managed.

THE WEEK BEHIND

There was some confusion at the Muller Potgieter race on Saturday where the start (at the Voortrekker Monument) and finish (at Freedom Park) was about 1.5 km apart. Diederick Steyn and his father took over the responsibilities for the caravan for the weekend and were thrown into the deep side. With the caravan at the end there was no tog bag facility at the start! They quickly solved the problem by putting up a gazebo at the start to collect the tog bags and then transported it to the finish.

Thank you for a job well done.

THE WEEK AHEAD

Year-end Function

Everything is set for a memorable function on Saturday. Thank you to everyone who has booked. There will be about 150 people attending.

Christmas Lights Run

We started it last year and it was a huge success. Please see the attachment with the details of this year's run. It is something not to be missed.

Registrations for 2014

Registrations will hopefully start during the week. We will let you know as soon as it opens.

FROM THE COACH

We are happy to announce that the well-known Dr Jacques Rossouw has been appointed as the Irene coach for next year. Jacques has great plans for the club and I am sure that those who will follow his training programmes and advice will have great success. Attached you will find the programme for December. More specific programmes will start in January. Make sure that you follow this programme during December to be ready for action in the New Year.



OUR SPONSORS

We want to welcome Giel Cillié aboard as a sponsor. Giel is the owner of CAQS, a well-established quantity surveyor firm in Centurion. Giel came up with a substantial sponsorship to enable the club to give T-shirts to members next year.



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.tripsntours.co.za/> For bus tours to Comrades and Two Oceans

<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 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

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 - E 28.30494

	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

Saturday 25 January

Akasia 3 in 1 - 42.2/21.1/10/5km

Race Organisers: Akasia Athletics Club

Venue: Wonderpark Shopping Centre, Heinrich Avenue, Karenpark

S 25° 40,264 E 28° 6,703

	42.2 km	21.1 km	10 km	5 km
Pre-entry fee	R 80	R 60	R 40	R 25
Race day fee	R 100	R 70	R 50	R 30
Entry fee 60+ / Blind & Wheelchairs	FREE			
Start Time	05h30	05h45	06h00	06h10
Time Limit	5:00hrs			

Pre-entries: Run-A-Way Sports, Running Inn, Sweatshop Southdowns, Dunkeld & FourwaysMaxi's Wonderpark On-line entries: www.enteronline.co.za www.saactive.com

Masters Athletics Fixture list

NWN	22 Feb 2014	Royal Bafokeng Stadium, Rustenburg
WP	13 – 15 March 2014	Green Point
KZN	14 & 15 March 2014	Durban
GN	5 April 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

Those who never take risks can only see other people's failures.

Have a wonderful week!

Wynand
082 937 0733



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email : centurionm@coastalhire.co.za

Photo Corner



The start of the 10 km at the Voortrekker monument



A lovely sight with the Monument in the background



Nadine Breytenbach not far from the finish at Freedom Park



Christa Visagie, Pierre Marais and Pieter Olivier at the Freedom Park finish



Fabio Ronchietto, Miles Saxby, Derek Oldnall & Mike Gibbons displaying the front of the T-shirts they received after the race.....



and the back



Ansie Breytenbach and Sandra Steenkamp showing off with their T-shirts



Gerna Horak at the Sani Pass on Saturday. The sign says something different