

IRENE NEWS

4 November 2013

No 44 – 2013

ACHIEVEMENTS

Ansie Breytenbach
Piet van Loggerenberg
Dale Rynhoud
Nadine Breytenbach
Lean du Plessis
Sandra Steenkamp
Lucia Willemse
Gerard van den Raad
Jaap Willemse

1st Vet lady & 3rd lady – Kaapsehoop 21 km
1st Master – Kaapsehoop 10 km
2nd Vet – Kaapsehoop 21 km
5th Lady – Kaapsehoop 42 km
3rd Junior – Kaapsehoop 21 km
1st Lady walker – TUT 10 km
3rd Lady walker – TUT 10 km
2nd Walker – TUT 10 km
3rd Walker – TUT 10 km

Congratulations!

PERSONAL ACHIEVEMENTS

Nadine Breytenbach	PB – Marathon
Johann Jonck	PB – Marathon
Nadene Visser	PB – Marathon
Jan van Wyk	PB – Marathon
Theuns Strecker	PB – Marathon
Justin Woolvin	PB – Marathon
Myrna van Wyk	PB 21 km
Nadia Saayman	First Marathon
Anese Badenhorst	First Marathon
Willie du Plessis	First 21 km
Lean du Plessis	First 21 km

I know there were a few other PB's at Kaapsehoop but I don't have the details.

Congratulations to all of you!

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

LIQUIFRUIT RACE 9 NOVEMBER

Thank you for the excellent response last week but we still require 80 more helpers for the water points. We have to finalize it by Tuesday. Please let me have your name if you haven't submitted it yet.

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

ARC ACCESS

Please report any problems you may experience at the gates to me a.s.a.p.

SOCIAL EVENING

Our monthly social will take place on Tuesday evening. Bring the whole family to enjoy a lovely evening with your fellow club mates. There will also be a great meal at only R25 pp. The menu :

Beef Curry

Rice

Naan Bread

Sambols

This time you might be the winner of the running shoes!

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.

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.

AWAY WEEKEND

Thank you to everybody who attended the away weekend for a great time. It was one of the best club away weekends we have ever had. A big thank you to André and Vanessa for a job well done. Also to Liquifruit for sponsoring the T-shirts and articles for the goody bags. See the photo corner for some photos.

PERSONALIA

Magriet Hattingh is going to have surgery during the week and will be out of action for quite some time. We wish her a complete recovery.

Our condolences go to Martie van der Walt, wife of Hennie with the loss of her father.

Congratulations to everyone celebrating their birthdays during the week.

CLAUDIA	COCKCROFT	04-Nov
JOHAN	ENGELBRECHT	05-Nov
JOHAN	WASSERMAN	05-Nov
PAT	ANDREW	06-Nov
ANTON	DU PLESSIS	06-Nov
PIERRE	GOURDAIN	06-Nov
MELANIE	SAAYMAN	06-Nov
MARK	ADAMS	07-Nov
TILLIE	KAMPER	07-Nov
ILSE	KLAASSENS	08-Nov
JAN	VAN WYK	08-Nov
SANDY	NEL	09-Nov
JAN	VAN DE VENTER	09-Nov
BASIE	JORDAAN	11-Nov
THEUNS	STRECKER	11-Nov

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 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
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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 TM	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

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

Masters Athletics Fixture list

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

Being a good person does not depend on your religion or status in life, your race or skin colour, political views or culture. It depends on how good you treat others.

Have a wonderful week!

Wynand
082 937 0733

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Photo Corner

Action from Kaapsehoop – on the road and off the road









