

IRENE NEWS

No 40 – 2013

7 October 2013

ACHIEVEMENTS

Nadine Breytenbach 1st Lady – Kromberg & Shubert 25 km
Elsa Meyer 1st GM lady walker & 3rd lady – OR Tambo 10 km
Bennie Roux 1st Man – Highveld trail race 12 km

Congratulations!

PERSONAL ACHIEVEMENTS

None received

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

LOGO COMPETITION

We will be celebrating our 20th birthday next year and we plan to have celebrations throughout the year. To start off we need a special 20 year logo to use. We invite all members to take part in a competition to design a logo for us. Use your skills and design something special.

The Irene tree must be part of the logo in some way and obviously the figure 20. Please send your designs to me before 18 October. The management committee will decide on the winning logo and the winner will receive free membership for next year.

I am sure that you will come up with something very special.

Attached you will find the Irene tree logo to assist you.

SPORT MASSAGING

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.

PERSONALIA

Jaco Taljaard had a fall with his bicycle and was seriously injured. He had emergency surgery to repair two bad fractures to his face. We wish him a complete recovery.

Congratulations to everyone celebrating their birthdays during the week.

PETER	BROCK	07-Oct
GERNA	HORAK	07-Oct
DEON	NEL	07-Oct

NATASHA	MYHILL	08-Oct
GRANT	BUSS	09-Oct
ALLISTER	GIBBONS	09-Oct
TEBOGO	MOKOKA	09-Oct
ESPE	STEYL	09-Oct
ABRIE	STONE	09-Oct
FRITZ	LOUW	10-Oct
JAAP	WILLEMSE	11-Oct
LIZLE	LOOTS	12-Oct
LEON	PAGE	12-Oct
RIETTE	SMIT	13-Oct

FOR SALE

I have accommodation for the away weekend in Nelspruit. It is at Harmony Guest House, an apartment for two people at R500 a night. I have booked from the 1st to 3rd have already paid the full amount of R1000. If there is anyone that is interested in taking it over from me please contact Anita on 0722504168.

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 12 October Chamberlain Capital Classic 21.1/10/5km

Race Organisers: Phobians & Alpha Centurion Running Clubs

Venue: Phobians Club, Queens Crescent, Lynnwood

GPS: S 25 45' 64.4" E 28 15' 22.8"

21.1km	10 km	5 km
--------	-------	------

Pre-entry fee	R 60	R 50	R 20
Entry fees 60 – 69	R 30 Race day only	R 25 Race day only	
Entry fees 70+ /blind runners/walker	Free Race day only		
Start Time	06:00	06:00	06:15
Time Limit	3hrs		

Pre-entries: Chamberlain Stores: Centurion, Montana, Riviera, Silver Lakes, Waterkloof Glen

Sport shops: Run-A-Way Sports, Running Inn Pretoria & Bedfordview, Sweatshop Dunkeld & Southdowns

Enter on line: www.entrytime.co.za

Saturday 19 October

Jacaranda City Challenge 42.2/21.1/10/5 km

Race Organisers: Agapé Athletics Club & Sportsvendo

Venue: CSIR Grounds, 1 Dr Lategan Road, Groenkloof

GPS: S 25 46' 10" E 28 12' 42"

AGN LEAGUE RACE

	42.2km	21.1km	10 km	5 km
Pre-entry fee	R 80	R 60	R 50	R 30
Entry fees 60 – 69	R 30	R 20	R 20	
Late entry fees (18/19 October)	R 90	R 70	R 60	
Jardine Joggers	<ul style="list-style-type: none"> • Free pure fruit juice • No preservatives • No sugar added 			
Start Time	06:00		06:30	06:45
Time Limit	05:30hrs	03hrs	2hrs	

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

Enter on line: www.entrytime.co.za

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

2013 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW

SABS Jacaranda City Challenge	10 / 21 / 42km	19-Oct	X	X
Tom Jenkins	10 / 21km	23-Nov	X	X

Masters Athletics Fixture list

Local meetings

19 Oktober 2013

Suid Westelike Distrikte - Oudtshoorn

09 November 2013

Vrystaat - Bloemfontein

World Masters Championships:

World Masters Championships 16 – 27 October 2013 – Porto Alegre - Brazil.

THOUGHT FOR THE WEEK

Act now. There is never any time but now, and there never will be any time but now.

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@mwweb.co.za</p>	<p>With you all the way</p> <p>Short Term Brokers is an authorised financial services provider – FSP no. 10670</p>
---	---




COASTAL HIRE

SERVING ALL YOUR EQUIPMENT HIRE NEEDS

Hire Control
Tel : 012 653 2551
Fax : 012 653 2553

Unit 21, Miracle Retail Park
Cnr. Lenchen & Old Johannesburg Rd
P O Box 8575 Centurion 0046
email : centurionm@coastalhire.co.za

Photo Corner

The following photos were taken at our Pub Run last Tuesday











Liza Smit took on the Impi Challenge



Bennie Roux in the lead