

irene News

10 November 2014

No 45- 2014

Achievements

Congratulations to Bennie Roux who won the Warrior Extreme 24 Hour race. Also to Isabel Roux who was the lady winner of the 6 hour event.

The Kolonnade 21 km race this coming weekend will serve as the SA 21 km championships. Congratulations to the following members who have been selected to the AGN team

Nadine	Breytenbach
Rosemary	Brink
Zelda	Breytenbach
Annemarie	Kruger
Rinaldi	Botes
Rae	Clarihew
Blanche	V Vuuren
Anelle	Vorster
David	Broughton
Dirk	Cloete
Theo	Bohnen
Helene	Liebenberg
Niel	Marais
Riaan	Nieuwoudt
Leon	Page
Victor	Phetoe
Jan	Van Wyk
Sandra	Steenkamp
Sonia	Scheepers
Ansie	Breytenbach
Hennie	Keen
Johan	Nel
Lyn	De Bruin

Well done to the following members who took part in the African Triathlon Championships a week ago.

M35-39 - Jaco van Tonder 5th
F45-49 Maureen Mossop 10th
F45-49 Lorinda Phillips 15th
F45-49 Belinda Skinner 22th
F50-54 Elaine Cuffe 8th

Personal achievements

Jurie Venter PB – Marathon
Telanie Venter PB 21 km

Personalia

Derek Oldnall had a second brain operation on Friday. We pray that the operation was successful and that he will recover fully.

Congratulations to the following members who celebrate their birthdays during the week

Monde	Mnyande	10-Nov
Luckson	Mmola	11-Nov
Theuns	Strecker	11-Nov
Pierre	Koch	12-Nov
Martin	Siebrits	12-Nov
Leo	Erlank	13-Nov
Monique	Espag	13-Nov
Zonah	Prinsloo	13-Nov
Chris	Vermeulen	13-Nov
Elize	Breytenbach	14-Nov
Paddy	Cuffe	14-Nov
Mike	du Bruto	14-Nov
Eddie	Gillmore	14-Nov
Nadia	Saayman	14-Nov
Sonia	Scheepers	14-Nov
Zelna	Black	15-Nov
Letha	Kotze	15-Nov
Tim	Munnik	16-Nov
Arnold	Ossendryver	16-Nov
Pieter	van Heerden	16-Nov
Myrna	van Wyk	16-Nov



Chairman's Bit

Big thank you to all our members for making this past weekend's Liquifruit race a great event yet again. All went well and we had a lot of happy runners afterwards. Also a special warm thank you to our 20 YSFR team, both runners and support crew, for sharing a few minutes with me when we handed over that R100k cheque to JUMPING KIDS which is going to change lives in a big way. I will never forget this amazing journey we had.

It is unbelievable how quickly this year flew past. To each and every member of our great club, my sincere gratitude and appreciation for giving me the opportunity to serve IRENE as Chairman for the past 12 months. Stand out moments is definitely by far all the warm greetings, smiles and chats that I always got from our awesome members. It was indeed an amazing journey we had in 2014, this in celebrating our 20th birthday throughout this year. I thank you for caring along with me, and trying to make our club the best it can be.

I wish our new Chairman and the new 2015 Management Committee all the best for next year. As always, I and all our members will be there to help and support as best we can in our shared vision of IAC being the very best club in South Africa.

Have a great week, and please come and attend our AGM and partake in the many decisions that must be taken.

Annual general meeting

Just a reminder again about our AGM that will take place in the lapa at 18:30 on 11 November. Your presence will be highly appreciated.

Liquifruit race

What a huge success it was! Thank you to each and every one of you who contributed towards it. You made us proud.

There were 4700 finishers on the day.

Feedback from you will be appreciated. There is always room for improvement.

AGN league

We managed to keep our 13th position on the log. Thank you to all of you who participated in the CSIR race.

Geo Cl	<i>Deloitte</i>	<i>Denel</i>	<i>Solomon</i>	<i>Love Run</i>	<i>F'ship</i>	<i>C'walk</i>	<i>SoFlight</i>	<i>Csir</i>	<i>Div 1</i>
Pos	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Club</i>
1	3	2	3	3	2	1	1	1	Vtm
2	1	1	1	1	1	2	2	2	Pmmc
4	1	3	2	2	3	3	3	3	Post Office
5	6	4	4	4	4	6	4	4	Npo
6	5	5	4	5	5	4	5	5	Ace

[illegible]

Super league

Well done to our ladies who are still in 2nd position on the log. You are great!

Geo Cl Pos	Deloitte	Denel	Solomon	Love R	F'ship	C'Walk	SoFlight	Csir	Female	Points Log
	Pos	Pos	Pos	Pos	Pos	Pos	Pos	Pos	Club	
1	1	1	2	2	2	2	1	1	NEW BALANCE	432,5
8	5	4	5	3	3	3	2	2	IRENE	425
3	3	3	3	7	5	4	3	3	MAGNOLIA	400
5	2	2	1	1	1	1	4	4	NEDBANK	384,5
10	9	8	6	5	4	5	5	5	CSIR	368,5
2	3	5	3	4	8	7	6	6	TRANSNET	365
8	7	6	6	6	9	8	8	7	HQH	330
13	8	9	9	8	6	6	7	8	RUNNING INN	317,5
12	11	10	6	9	7	9	9	9	LOVE RUNNING	306,5
4	6	7	10	10	11	10	10	10	PHOBIANS	280,5

Unfortunately our men lost one position and are now in 6th place

[illegible]

1	9	4	4	3	2	2	2	2	PMMC	428
2	2	6	4	6	4	3	3	3	TRANSNET	418
5	3	2	2	2	3	4	4	4	NEW BALANCE	414
14	6	4	6	5	6	6	5	5	TUKS	391
4	5	6	7	7	5	5	5	6	IRENE	384
10	14	10	8	8	7	7	7	7	ACE	380
6	4	2	3	4	8	8	8	8	POST OFFICE	346,5
7	10	14	9	9	9	9	9	9	AURECON	321
	36	22	16	16	12	11	10	10	VTM	278

Congratulations to the following members who scored super league points

Name	Age	Cat	Time	Points
Woman				
10 km				
ANELLE VORSTER	42	vet	00:47:08	18
LIZA MARITZ	35	snr	00:48:24	14
SONIA SCHEEPERS	50	mas	00:52:01	2
21 km				
ANNEMARIE KRUGER	44	vet	01:43:42	19
LYN DE BRUIN	62	gm	01:56:14	3
Men				
10 km				
TONY GOMES	38	snr	00:44:29	21
STEFAN SNYDERS	54	mas	00:46:31	5
21 km				
PHILIP BREYTENBACH	38	snr	01:39:03	7
DANIE CORNELISSEN	45	vet	01:39:11	5,5

Walkers league

Well done to our walkers who are still on top of the log.

[illegible]

2	2	2	1	2	1	2	2	2	RWFL	173,5
3	3	3	3	3	3	3	3	3	PMWC	152
5	6	5	7	7	7	6	5	4	ACRW	122
11	7	6	5	5	5	5	6	5	PHOBIANS	118,5
4	4	4	3	4	4	4	4	6	RWFL B	115
15	16	17	17	14	9	9	7	7	SOLIDARITEIT	97,5
17	11	8	6	6	6	7	9	8	TRANSNET	96,5
6	10	6	9	10	8	8	8	9	IRENE B	85
9	9	11	12	9	10	15	12	10	RUNNING INN	81,5

Walkers tags

Please take note that the "Walker" tags are being phased out. From 1 January 2015 all walkers competing for positions will have to wear a "W" tag on the front and on the back of their running vests.

Lucky draw

A few hundred raffle tickets were sold to raise money for Jumping Kids. One of our members was the winner when her ticket was drawn on Saturday. Congratulations to Rena van Wyk, she is a lucky person indeed.

Thank you to all our members who supported this campaign.

Notice board

Saturday 15 November

Kolonnade Retail Park 10/21km Road Race
Race Organisers: Fit 2000 Pretoria
Venue: Kolonnade Retail Park

GPS: S 25°40'44" E 28°15'14"

	21.1 km	10 km	Fun run
Entry fees	R 70	R 50	R 30
Start time	06h00/ 05h40 SA21	06h20	06h10
Time Limit	03h00	02h10	

T Grand Masters will only receive free entry on race day
SA21km championship entrants must enter through their Province
No SA21km championship entries will be taken at pre-entry venues or at the start on race day

Pre-entries at: Run-A-Way Sport, Running Inn Pretoria, Sweatshop Southdowns, Sportmans Warehouse Kolonnade Retail Park & Centurion Value World

On-line entries: www.entrytime.co.za

Saturday 22 November

Tom Jenkins Run/Walk Challenge
Race Organisers: Arcadia Running Club
Venue: Union Buildings, Pretoria

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Start time	06h30		06h40
Time Limit	03h00		

Pre-entries at: Run-A-Way Sport, Running Inn Pretoria & Bedfordview, Sweatshop Southdowns & Dunkeld

On-line entries: www.enteronline.co.za

Saturday 29 November

Muller Potgieter Road Race - 21.1/10/5 km
Race Organisers: Voortrekker Monument Draf & Stap klub
Venue: Freedom Park, Skietpoort Street, Salvokop
GPS: S 25.763089⁰ E 028.185861⁰

	21.1 km	10 km	5 km
Entry fees	R 70	R 60	R 30
Start time	06h00		06h15
Time Limit	03h00		

Pre-entries at: Run-A-Way Sport, Running Inn, Outdoor Freedom Mall@Reds, Postnet Pretoria West

On-line entries: www.entrytime.co.za

Secure parking at Jopie Fourie Primary School (200m from the start)

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.

2014 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
CSIR 10/21	10 & 21.1 km	25/10/14	x	x
Great Run IV	10 km	06/12/14	x	x

Masters Athletics Fixture list

8 November 2014	Bloemfontein - Free State Champs
20/21 March 2015	WP Champs - Bellville/Greenpoint
20/21 March 2015	KZN Champs - Durban
4 April 2015	GN Champs - Pilditch

SA Masters Championships

1/2 May 2015	KZN - Durban
--------------	--------------

Thought for the week

Some people always throw stones in your path. It depends on you what you do with them – build a wall or a bridge? Remember you are the architect of your life.

Our Sponsors



SHORT TERM BROKERS
Value. Service. Trust
Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za

With you all the way

Short Term Brokers is an authorised financial services provider – FSP no. 10670





QUANTITY SURVEYORS
www.caqs.co.za
(012) 663 3300



Photo Corner



Ready for the start



Waiting for the finishers at the medals tables



What a privilege to run on the ARC premises



Lance James (Lance van der Merwe & James Eayrs)



The American International School of Johannesburg represented 16 countries



The kiddies corner was a beehive of activities



Action at the kiddies corner



The kiddies run has always been a very popular event



Spiderman wasn't so fit this year



Lizelle Bester of Liquifruit with one of the Jumping Kids



You won't get a more colourful stage than this



A R100 000 handed over to Jumping Kids