

# Irene News

11 August 2014

No 32 - 2014

## Achievements

Congratulations to the following podium winners of the Castle Walk 10 km:

Jan van Wyk	2 <sup>nd</sup> Vet
Ansie Breytenbach	3 <sup>rd</sup> Master lady
Lyn de Bruin	2 <sup>nd</sup> GM lady
Keith Reynolds	2 <sup>nd</sup> Vet walker & 3 <sup>rd</sup> Man
Jaap Willemse	2 <sup>nd</sup> Master walker
Ray Patterson	1 <sup>st</sup> GM walker
Gerard van den Raad	2 <sup>nd</sup> GGM walker
Sandra Steenkamp	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> Master
Lucia Willemse	1 <sup>st</sup> GM lady walker & 3 <sup>rd</sup> Lady
Sune Jordaan	3 <sup>rd</sup> Vet lady walker
Elsa Meyer	2 <sup>nd</sup> GM lady walker
Jeanette Loots	3 <sup>rd</sup> GGM lady walker

Well done to our Trail specialists:

Bennie Roux	1 <sup>st</sup> Man – Wolkberg 2 day run
Dirk Cloete	2 <sup>nd</sup> Vet & 4 <sup>th</sup> Man
Damian Cloete	1 <sup>st</sup> – 4 km Trail run

Congratulations to Marie van Dyk who did extremely well in the 1000 km Challenge for walkers:

1<sup>st</sup> Overall in AGN, 2<sup>nd</sup> Lady National & 3<sup>rd</sup> Overall, 1<sup>st</sup> GM Overall

## Personal achievements

The 2013 AGN rewards were presented at a gala evening held on Friday evening. Congratulations to the following Irene members:

Elsa Meyer	Best lady walker of the year and nominee for the best lady athlete of the year.
Sandra Steenkamp	Nominee best lady walker

Both Elsa and Sandra also received National colours once again – We are proud of you!

After 7 consecutive years we had to let go of the Ladies' super league trophy. Fortunately we received the Walkers league trophy once again.

Congratulations to our walkers for a great effort once again.



## Personalia

Jeanette Loots took a tumble on the last downhill at Saturday's race and broke her arm in the process. We wish her a speedy recovery.

Congratulations to everybody celebrating their birthdays during the week.

Elna	Mee	11-Aug
Aletta	Olivier	11-Aug
Rika	Ziemkendorf	11-Aug
Pieter	Jordaan	12-Aug
Marisa	Oosthuizen	12-Aug
Mark	van Deventer	12-Aug
Marcelle	Badenhorst	13-Aug
Fortunate	Mokoena	13-Aug
Chantelle	Maartens	14-Aug
Dieter	Meyer	14-Aug
Marco	Pretorius	14-Aug
Andre	Grobler	15-Aug
Mpho	Mokwena	16-Aug

## Chairman's bit

Dear Irene,

Following the announcement last week of our Spring "Mandjie dans" on 20 September 2014 in aid of our 20 Year Serious Fun Run event and in support of JUMPING KIDS, we are proud to now also announce that the

sale of the "2015 Race entry fee" raffle tickets, at a mere cost of R100, has now started. For those not yet aware, this raffle is the last big phase of our 20 YSFR fundraising endeavors which offers the fantastic prize of having all your 2015 AGN race entry fees paid for, and as a bonus 2015 entries to Two Oceans, Loskop and Comrades races. Apart from the actual race entry fees, the prize also includes someone taking care of the admin and registrations, meaning you need only collect your entry prior to the race, no mess, no fuss. This is why we are calling it the "VIP Runner" raffle. Another added bonus, if the winner is an IRENE AC member, then your 2015 club registration is also free. Thus, please be on the lookout for the raffle tickets and secure your entry as early as possible.

Yours faithfully, Chris

### **League race**

Thank you to everybody who participated in the league race on Saturday. Thank you also to Stephen and Elna for the food they provided. It was thoroughly enjoyed by everybody.

Our gratitude to Lynette Gough for this month's birthday cake. It was something special.



### **Running Inn specials**

Please see the attachment for some excellent specials. Don't miss out.

## Notice board

Saturday 16 August

Ocean Basket Marcel van't Slot Memorial

Race Organisers: Phobians

Venue: Pretoria Boys High School, Roper Street, Brooklyn

GPS: S25.45'38.25 E 28.13'26.07

	15 km	5 km
Pre-entry fees (11/08/14)	R 50	R 30
Late entry fees	R 60	R 40
Start Time – running	07h00	07h15
Start time - walking	06h50	
Time Limit	02h30	02h00

**T-shirts to the first 1000 15km entries and 500 in the 5km**

Pre-entries at: Run-A-Way Sport, Running Inn, The Sweat Shop Southdowns & Dunkeld West

On-line entries: [www.entrytime.com](http://www.entrytime.com) & [www.sa-active.com](http://www.sa-active.com)

### Useful Links:

[www.raceresults.co.za/flyers.php](http://www.raceresults.co.za/flyers.php) for the latest race pamphlets

[www.agn.co.za/#League](http://www.agn.co.za/#League) for the latest league logs and the league points you earned

[www.agn.co.za/#RW](http://www.agn.co.za/#RW) Agn 2011 RW qualifying standards and selection criteria

[www.wildtrail.co.za](http://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.

<b>2014 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
Spirit of Flight	10 km	06/09/14	x	x
CSIR 10/21	10 & 21.1 km	25/10/14	x	x
Great Run IV	10 km	06/12/14	x	x

## Thought for the week

**Even if you are on the right track, you'll get run over if you just sit there.**



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Photo Corner









