



BY AIR MAIL
PAR AVION



Freene News

13 January 2014



No.2-2014

Editorial

A warm welcome to all our new members who received this newsletter for the first time. We are glad to have you with us and trust that you will enjoy every moment as part of our big family. Please become part of it more and more by participating in as many activities as possible.

Make use of our tog bag facilities at the AGN races. It is much safer to leave your belongings under constant supervision at our gazebos than leaving it in your car.

Achievements

Congratulations to the following members who achieved podium positions in the ACE 10 km on Saturday:

Lyn de Bruin – 1st GM lady

Ansie Breytenbach – 1st Lady walker



Ansie and Lyn at the prize giving ceremony

Personal achievements

Monique Espag – First 21 km

Personalia

Congratulations to everybody celebrating their birthdays during the week.

GUSTAV	BOTHA	13-Jan
JOHN	WARD	13-Jan
JOHN	HOFFMAN	15-Jan
BERNIE	RUTHVEN	15-Jan
JOHANN	STANDER	15-Jan
NIEL	DE JAGER	16-Jan
DUNCAN	HAIGH	16-Jan
RACHELLE	PRETORIUS	16-Jan
RONEL	KRAUKAMP	17-Jan
ZELDA	LAMPRECHT	17-Jan
ELANI	SWANEPOEL	17-Jan
HERMIEN	VELLEMAN	17-Jan
XANDER	VISSER	17-Jan
LOUIS	JARDIM	18-Jan
MOHAMED	SHAFIK	18-Jan
NAOMI	HAVENGA	19-Jan
GB	JORDAAN	19-Jan
POTTIE	POTGIETER	19-Jan
JOHANN	VAN DER WALT	19-Jan
CONRAD	WALTERS	19-Jan

Chairman's bit

Dear Irene,

From my side a warm welcome to the start of a great 2014 to all our members, old members who have re-joined, and all our new members all of which we are so thankful for ... This is going to be a great year full of exiting things and festivities planned around our 20th birthday celebrations.

As a start following the great beginning we had to member registrations so far, please allow me to once again convey my sincere thanks to **Giel Cillie**, a great member of our club, who have sponsored R20 000 towards our new member 2014 registration t-shirts. This not only helped to ensure that we could give a better quality shirt, but also for the first time to help that all our members will receive a great quality shirt. Following this, can I please ask our members to look out for communication to follow soon specifically around "sponsorship's" .. Included in the communication will be some more detail on Giel's company and his services.

Please again accept my invitation to contact me anytime [chris@guma.co.za] on any issue, complaint, suggestions and sommer just anything that you feel i/we should know or help with. En onthou, kom ons vier ons klub se verjaarsdag saam deur mekaar te leer ken, mekaar te groet op wedlope, en om altyd ons regte klub klere te dra.

Yours in Irene, Chris



The week behind

Electronic timing

The electronic timing by Racetec went reasonably well on Tuesday. If you have a Racetec chip from a previous event, please use it. If you don't have one then you can purchase one online from their website at www.racetec.co.za or you can buy it on a Tuesday direct from them.

Registration

The registration process is in full swing. We purchased 500 licences from AGN to start with and Zelna had to buy another 150 on Friday. Please register a.s.a.p. to ensure that you get a T-shirt. There are only 700 available.



It was a beehive of activities when the club re-opened on Tuesday

The week ahead

League race

The George Claassen race on Saturday is the first AGN league race of the year. We want to appeal to as many of you to participate. We need as many of you to have an impact on the league. We also need our faster runners to score points in the super league. Obviously we need our walkers to make a clean sweep again in the walkers league.

All finishers within the cut-off time will earn points for their club. See p20 of the 2014 Info booklet for the points tables. The first 25 AGN female finishers and the first 50 AGN male finishers earn points for the super league and all walkers who finish will earn points for the walkers league.

As always there will be something to eat for all members. We will start our 20th anniversary celebrations with having a cake as well. **We need you there!**

See the notice board for the race details.

Information session

The first information session for new members will take place in the lapa at the club house on Tuesday after the time trials. This is the ideal opportunity to get all the info about Irene Athletics Club. All new members are invited to attend. You will just feel more part of the club after this. Don't miss out.

In the mailbox

WASHIE 2014

I am making early accommodation bookings at correctional services in East London, and need numbers & deposits ASAP.

The houses sleeps 6 persons, and costing is approximately R80.00 p/p/per night.

Just a thought/dream: It is our club's 20th anniversary, and would it not be awesome if we could have 20 Irene finishers?

Please forward me your name, tel nr, email address and total nr of beds needed.

An information Bring & Braai at the club to follow soon.

Regards

Johnny van der Walt

081 428 1944

012 311-2690(w)

012 567 6480(h)

Did you know?

Frikkie Loubser and his family are holding a very special record and Comrades. In 1989 Frikkie, his six brothers and one sister ran the Comrades together and also finished together in a time of 10 hours 36 minutes. It is still the record for the biggest family finishing together. They were all members of Ndaba Athletics Club. They all ran again in 1990 but finished in different times. Between them they completed 92 runs and six of them have permanent numbers. Today Frikkie is the only one who is still running. He did his 20th Comrades in 2010 and is planning to do it again this year.



What a finish! Seven brothers and one sister



Frikkie is on the left in the back row

Editorial

If you know about anything special of any member or if you want to share something special about yourself in this column, please send it to info@irenerunner.co.za

Assistance required

We are looking for two containers to use as storage space at the club house. Anybody who can help please?

Something special

This is the way to it! This photo is of Aiden du Toit, 7.5 months old in his full Irene outfit. He completed the 10 km race on Saturday with his father Gerard (see photo corner). Well done to his grandmother who made the outfit.



Notice board

Saturday, 18 January - PWC George Claassen Road Race - 21.1/10/5 km

Race Organisers: PMC.

AGN League race

Venue: PwC Offices, Pretoria (PwC, 32 Ida Street, Menlyn, Pretoria)

	21.1km Walk	21.1km Run	10km Run	10km Walk	5km
Entry Fee	R60		R40		R20
Start Time	05h30	06h00	06h10	06h20	06h30
Cut- off	09h00				

Free T-shirts to the first 1000 finishers, free sweat shirts to first 500 online pre-entries (300 21.1km & 200 10km)
Pre-entries: Run-A-Way Sport, Running Inn, Sweatshop Southdowns

On-line

entries: www.enteronline.co.za and www.saactive.com

Saturday, 25 January - Akasia 3-in-1 - 42.2/21.1/10/5 km

Race Organisers: Akasia Athletics Club

Venue: Wonderpark Shopping Centre, Heinrich Avenue, Karenpark

S 25° 40,264 E 28° 6,703

	42.2km	21.1km	10km	5km
Pre-entry Fee	R80	R60	R40	R25
Race Day Fee	R100	R70	R50	R30
Grand Masters	R40	R30	R20	R20
Entry Fee 70+ / Blind & Wheelchairs	FREE			
Start Time	05h30	05h45	06h00	06h10
Time Limit	5:00hrs			

Pre-entries: Run-A-Way Sports, Running Inn, Sweatshop Southdowns, Dunkeld & Fourways Maxi's Wonderpark
On-line

entries: www.enteronline.co.za and www.saactive.com

Masters athletics fixture list

NWN	22 Feb 2014	Rustenburg
WP	13 – 15 March 2014	Green Point
KZN	14 & 15 March 2014	Durban
GN	8 March 2014	Pilditch
CG	12 April 2014	Germiston
SA's	25 & 26 April 2014	Rustenburg

Thought for the week

Friendship is like a BOOK. It takes years to write but only a few seconds to burn.



It is important to accommodate the children at the club house. Any suggestions in this regard will be more than welcome.



Our Sponsors



SHORT TERM BROKERS

Value. Service. Trust

Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za

We're there
for the long run

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



QUANTITY SURVEYORS

www.caqs.co.za

(012) 663 3300



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 (Action from the ACE race)





Thank you to Diederick Steyn for sending the following two pages of photos taken at Dischem.



