

Irene News

13 October 2014

No 41 - 2014

Achievements

The following members were on the podium at the Chamberlain race on Saturday:

Nadine Breytenbach	2 nd Lady – 10 km
Anelle Vorster	3 rd Lady & 1 st Vet – 10 km
Sheren Naidoo	1 st Vet walker – 10 km
Tillie Kamper	1 st GM lady walker – 10 km
Jeanette Loots	1 st GGM lady walker – 10 km
Ansie Breytenbach	1 st Master lady – 21 km
SP Botha	1 st GGM walker – 21 km
Marie van Dyk	1 st GM lady walker – 21 km

Well done!

Congratulations to the following members who earned medals in their respective age categories at the SA Walking Championships held in Cape Town on Saturday.

Sandra Steenkamp	Gold
Annatjie Greyvenstein	Gold
Elsa Meyer	Gold
Lucia Willemse	Gold
Keith Reynolds	Gold
Ray Patterson	Gold
Gerard van den Raad	Gold
Jaap Willemse	Bronze



Sandra Steenkamp

Well done also to Sandra Steenkamp who was chosen as the best masters athlete at the Championships.

Personal achievements

Petro Smit	PB – 10 km
Yolandi Smit	PB – 10 km

Congratulations!

Personalia

Congratulations to André and Heidi Oosthuizen with the birth of baby Lenischje on 21 September.

Eddie Gillmore is going to have surgery to his knee during the week. We wish him well.

Magda Koch's daughter Ilze has been diagnosed with Guillian-Barré syndrome and is currently in ICU. We pray that she will recover completely.

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

Henk	Fourie	13-Oct
Riette	Smit	13-Oct
Frans	Strydom	13-Oct
Revesh	Deepraj	14-Oct
Marthinus	Geldenhuys	14-Oct
Herda	Roodt	14-Oct
Belinda	Booyens	15-Oct
Carol-Anne	Sanders	15-Oct
Marike	van Rensburg	15-Oct
Christelle	van der Watt	16-Oct
Neil	Kennedy	17-Oct
Henry	Enslin	18-Oct
Mathilda	Marais	18-Oct
Hermo	Terblanche	18-Oct
Mpho	Motaung	19-Oct



Chairman's Bit

The 2014 Management Committee will have its last Management meeting for 2014 this week. As per previous invitations, are all members invited to please let me know if there are any issues, problems, suggestions or just some good news that needs to be tabled and/or discussed in the meeting. As always, the committee will strive to serve our members' needs as best we can and to make decisions in the interest of all our great members. We will also soon invite our members to submit new nominations for members to serve on the new 2015 Management Committee.

It is just three weeks to go to our greatly anticipated "Kaapse Hoop away weekend" in Nelspruit - it is great to see that our members are mostly all on the road again, and that the Irene spirit on the road is back to its normal self. Please keep on greeting each other, and let the smiles and friendliness which we are so well known for in the running community, be our focus always.

Have a great week. Train hard and be safe on the roads...

Regards, Chris

Club gazebo and caravan

Thank you to Willem de Klerk who stood in for Gerard on Saturday and who did an excellent job.

Raffle tickets

We call on all our members to buy at least one of the raffle tickets to support the great cause of Jumping Kids. The tickets will be available at the club house tomorrow evening and at the race on Saturday.

In the mailbox

If anyone is interested in accommodation in Nelspruit for the weekend of the Kaapsehoop Marathon

Room available (max 2 adults) at Mariu Guest House

Cost: R800 per night

Check-in: 31 October

Check-out: 2 November

They can let me know before the end of the week at saloshnee2011@gmail.com

Notice board

Saturday 18 October

Jacaranda City Challenge 42.2/21.1/10/5 km

Race Organisers: Agapé Athletics Club & Sportsvendo

Assisted by Armscor Athletics Club

Venue: SABS Grounds, 1 Dr Lategan Road, Groenkloof

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

	42.2km	21.1km	10 km	5 km
Pre-entry fee (until 7 October)	R 80	R 60	R 50	R 30
Entry fees 60 – 69	R 40	R 30	R 30	
Late entry fees (17/18 October)	R 100	R 80	R 70	
Jardine Joggers	Free			
Start Time	06:00		06:15	06:30
Time Limit	05h:30	03h00	2h00	

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

Enter on line: www.entrytime.co.za

Friday 24 October:

Irene Primary School Moonlight Fun Run 3km / 8Km

Venue: Irene Primary School: C/O Schorman & Bruce St, Irene

	8 km	3 km
Entry Fee	R 50	R 30
Start Time	18:00	17:30

Saturday 25 October

CSIR Road Race - 21.1/10/5km

Race Organisers: CSIR Running Club

Venue: CSIR, North gate, off Meiring Naude Road, Brummeria
GPS S25°44'874 E28°16'523

AGN LEAGUE RACE
THE 10 & 21.1KM RACES ARE PRE-ENTRY RACES ONLY

	21.1 km	10 km	5 km
Entry fees	R 60	R 50	R 20
Start time	06h00		06h05
Time Limit	03h00		

Parking at the Innovation Hub
GPS S25°44'57.54 E28°16.05.72

No wheelchairs or prams allowed – course unsuitable

T-shirts to the 1st 2 000 finishers

Pre-entries at: Run-A-Way Sport, Running Inn, Sweatshop Southdowns

On-line entries: www.csirrunner.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
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Pre-entries at: Run-A-Way Sport, Running Inn Pretoria & Bedfordview, Sweatshop Southdowns & Dunkeld

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

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				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			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

15 October 2014	Rassie Blitsbyeenkoms - Bronkhorstspuit
25 October 2014	SWD Champs - Oudtshoorn
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
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Thought for the week

Whatever your excuse is, it is time to stop believing it.

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Photo Corner (Action from the Chamberlain race)



Good to see Anelle Vorster back in action



There is some excellent talent amongst our new members



Miné van Zyl is getting stronger and stronger



Petro Smit finishing with a PB



Fanna Njomo smiling from ear to ear



Johnny van der Walt used the opportunity to sell raffle tickets



A bleeding Arno Smit wearing a kilt.



A strong finish by SP Botha



Dawie and Lindie Steenkamp had the opportunity to run a 21 km in France recently