



No 37 - 2014

Achievements

Well done to Elsa Meyer who was the 1st GM lady and 2nd lady in the Jacaranda Spring Walk.

Congratulations to the following members who were selected to the AGN Cross Country team to participate in the SA Championships held in George on Saturday.

Willem van der Merwe
Rob Hudson
Mike du Bruto
Nadine Breytenbach
Lorinda Phillips
Emmarie Theunissen
Thea van der Merwe

Well done to Emmarie Theunissen and Thea van der Merwe who was part of the 50 - 54 team who won the gold medal.

Personal achievements

Nadene Visser PB – 10 km

Personalia

Congratulations to everybody celebrating their birthdays during the week.

Nkosinathi	Ndlovu	15-Sep
Marie	Rencken	15-Sep
Mine	Van Zyl	15-Sep
Leah	Ledwaba	16-Sep
Riaan	Prinsloo	16-Sep
Martin	Lewis	17-Sep
Derick	van der Merwe	17-Sep
Igna	Havenga	18-Sep
Johan	Geldenduys	19-Sep

Michael	Senning	20-Sep
John	Cannon	21-Sep

Chairman's bit

Dear Irene,

Wow, what a great "spin-a-thon" we had yesterday. 40 bikes, occupied by a bunch of awesome people doing 45 minute sessions in teams, great spinning and lots of old fashioned sweat and even a tear here and there. Yet again our members have shown how great they are and what could be achieved if you care for something. My gratitude goes to Linley and Lynette together with Dorette and Diederick who organised this event with so much enthusiasm. Also a special word of thanks to our 20 YSFR team members for participating and getting others to participate in this special day, which was in support of our charity, JUMPING KIDS.

Most of you heard that Rinaldi's teeth are the "softest" part of her body. Well, Adri has also now proved to be a lady of steel. This duo completed all 4 sessions on the bike – non-stop, all in support of our great cause.

In just two weeks we are off to Laingsburg with our main aim of putting IRENE on the map, and raising as much money as possible for JUMPING KIDS. Please help us where ever you can. Our club is so awesome and we all get so much back... let's all thus diarise the next few weeks and think about those kids we are supporting and to whom our contributions will mean the world.

Have a great and wonderful week, and one more thing, for those not running yet.... it is now time....

Yours faithfully,
Chris



“Mandjiedans”

Don't miss out on this event. If you haven't bought your ticket yet, do it at the club house tomorrow or contact me at info@irenerunner.co.za. The dance takes place on Saturday 21 September.

In the mailbox

Dear Irene member,

You are all aware, and most likely have experienced the situation in a race where the last few kilometres of race is just killing you. Then along comes another Irene or other runner and says “*come on Irene you can do it*” and sometimes it is not even a runner but one of the marshals or spectators.

This support also comes with advice and even an offer of a gel, rehydrate, water etc. which when accepted goes a long way in enabling you to finish the race, which you may have done anyway, but in a more positive and thankful mood.

Well we are now in a race with the last few kilometres ahead, (read days) and we are “walking”. Why are we “walking”? Well firstly because we *will* finish this race! Secondly we are walking because, missing is the support of the club members! Now you will most likely not experience a runner saying “please help me”, no he or she will shout, swear, cry and continue until they either finish or collapse.

Now as you all are aware the Irene Club is presently in a race which is the **20 Year Serious Fun Run** and we are in the last few kilometres and we are walking and it is hurting! Now you may ask why are you walking and why is it hurting?

Please allow me to explain, there are at present 22 runners running from the Club house to Laingsburg some 1250 kms with a fantastic support. These 22 runners will arrive in Laingsburg after 6 days of running 20kms a day and on 7th day run in an 80km Ultra Marathon! The reason for this craziness is twofold, firstly, Irene Club is celebrating their 20th birthday and secondly to raise funds for the chosen charity “jumping kids” which you may have heard these are those kids who require prosthetics.

Now the 22 runners have undertaken to raise the funds for the actual run and together with radio station GrootFM will raise the funds for the kids using the run to Laingsburg. The runners and crew have organised certain events to raise the required funds such the recent golf day, a spin-a-thon and the upcoming “mandjie dans” also a raffle with the prize of the winner being entered for all the major races in 2015. We now have a situation whereby 22 runners and crew are attempting to sell approximately 600 hundred tickets (Irene at present has in excess of 700 members) and we are reaching the last kilometres of the race as the dance is coming Saturday with only having sold approximately 200 tickets. Now I know that as with any race there are other runners also struggling and this understandable, however, we looking for those that can help. Maybe you do not have the time or have a previous engagement, but just the offer to purchase two dance tickets in support, without attending, surely that is be possible and maybe, friends, family would enjoy a night with you as well at a dance. It would really fantastic if you would contact Wynand or Chris and say we want to support and will take two or more tickets. That in itself is the type of support I myself have experienced and I am sure you have as well.

I would also like to add that next year is our 21st birthday and I am sure that a bigger celebration will be planned, I have already heard of some crazy running ideas being thrown around. When planning next year's celebrations the experience and support shown for this year's celebrations will play a very important role. Not only with the club but also with the sponsors.

I joined Irene in January 2014 and for me and my family it has been a fantastic **fun** run. The best and most important part of running is knowing you have support and can give support.

So the question is “does the club have your support”?

Stefan Mueller

Ladies night

Thank you to Frances and all the ladies for a great night! It was a huge success and enjoyed by everyone.

Spin-a-thon

A big thank you to Linley and Lynette September, Dorette Muller and Diederick Steyn for organizing a great event.

Clover Irene Spring Race

Thank you for the fantastic response thus far. However, we can still do with more helpers. Let me know if you can help please.

Notice board

Wednesday 17 September

Lester Mills Memorial Night Race 5/10 km

Race Organisers: Tuks Athletics

Venue: University of Pretoria Sports Campus, High Performance Centre

GPS: S25.74538 E 28.24718

	10 km	5 km
Entry fees	R 55	R 30
Entry fees – grandmasters	$\frac{1}{2}$ price	
Entry fees – Great grandmasters and blind runners	Free	
Start Time	18h30	
Time Limit	01h30	

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

Saturday 20 September

Clover Irene Spring Race 21.1/10/5km

Race Organisers: Irene Athletics Club

Venue: Irene Village Mall, c/o Nellmapius Drive & van Ryneveld Avenue, Irene

GPS: S25.51.683 E 28.16.044

	21.1 km	10 km	5 km
Entry fees	R 60	R 50	R 30
Entry fees Grandmasters	R 30	R 30	
Entry fees Great grandmasters	Free		
Start time	06h00		06h10
Time Limit	03h30		

The route is suitable for wheelchairs

Pre-entries at: Run-A-Way Sport, Running Inn Pretoria and Bedfordview, Sweatshop Southdowns;
Dunkeld and Fourways, Centre Management – Irene Village Mall

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

Irene members are not allowed to participate

Wednesday 24 September

Great Run Series III - 10/6km

Race Organisers: Global AC

Venue: Weskoppies Hospital, Pretoria West

	10 km	6 km
Entry fees	R 50	R 30
Start Time	07h00	
Time Limit	02h30	

Pre-entries at: Run-A-Way Sport, Running Inn, Sweatshop Southdowns; Dunkeld and Fourways, AGN
Office

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

Saturday 27 September

Andrew Greyling Road Race - 21.1/10/5km
Race Organisers: Pretoria Marathon Club
Venue: Brooklyn Mall, c/o Veal & Bronkhorst Street, Brooklyn

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Start time	06h00	06h10	06h30
Time Limit	03h30		

No wheelchairs unless arranged with organiser before the event

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

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

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

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.

<i>2014 AGN LEAGUE FIXTURE LIST</i>				
<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	Rassies Blitsbyeenkoms – Bronkhorstspuit
? October 2014	Claude Sterley – Pilditch
15 October 2014	Rassie Blitsbyeenkoms - Bronkhorstspuit
25 October 2014	SWD - Oudtshoorn
8 November 2014	Bloemfontein - Free state

SA Masters Championships

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

Thought for the week

You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you

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



Photo Corner (Ladies night and Spin-A-Thon)











