

rene News

18 August 2014

No 33 - 2014

Achievements

Congratulations to the following podium winners at the Marcel van't Slot 15 km:

Victor Pethoe	2 nd Master
Rob Hudson	3 rd Master
Sheren Naidoo	2 nd Vet walker
Jaap Willemse	1 st Master walker
Lucia Willemse	1 st GM lady walker & 3 rd lady
Elsa Meyer	2 nd GM lady walker

Personal achievements

None received

Personalia

Congratulations to everybody celebrating their birthdays during the week.

Johann	Stadler	18-Aug
Maria	Bruyns	19-Aug
Roland	Hallquist	19-Aug
Daleen	Rynhoud	19-Aug
Johannes	Makgetlha	20-Aug
Jenny	Rabe	20-Aug
Gawie	Le Roux	21-Aug
Bongani	Mhlanga	21-Aug
Salomon	Botha	22-Aug
Vicki	Du Toit	22-Aug
Mike	Lundie	22-Aug
Rudolph	Krause	23-Aug
Maureen	Van Der Westhuizen	23-Aug
Marita	Malan	24-Aug

Chairman's bit

Dear Irene,

The past three weeks saw a surprising rise in our membership numbers, as just over 20 new members joined our club in this short time. We welcome all these new members with open arms, and we trust that they already feel at home in our great IRENE family. I want to encourage new members to participate in as many club activities as possible and to make use of all our facilities at races and at the club house.. In case some of our new members missed a "briefing" session from one of our "elders", we as IRENE members always greet one another on the road, we are friendly and full of smiles, and we are very proud of our club colors.

With a bearing on the 20 Year Serious Fun Run event; tickets for our 20 September "mandjie dans" are now being sold. Be sure to buy yours as soon as possible and be part of this great event. The members of the Serious Fun Run team and support crew will be selling the tickets. Please look out for information on further fundraising events which will follow soon. All these efforts will go towards our target of raising R250 000 for our charity, JUMPING KIDS.

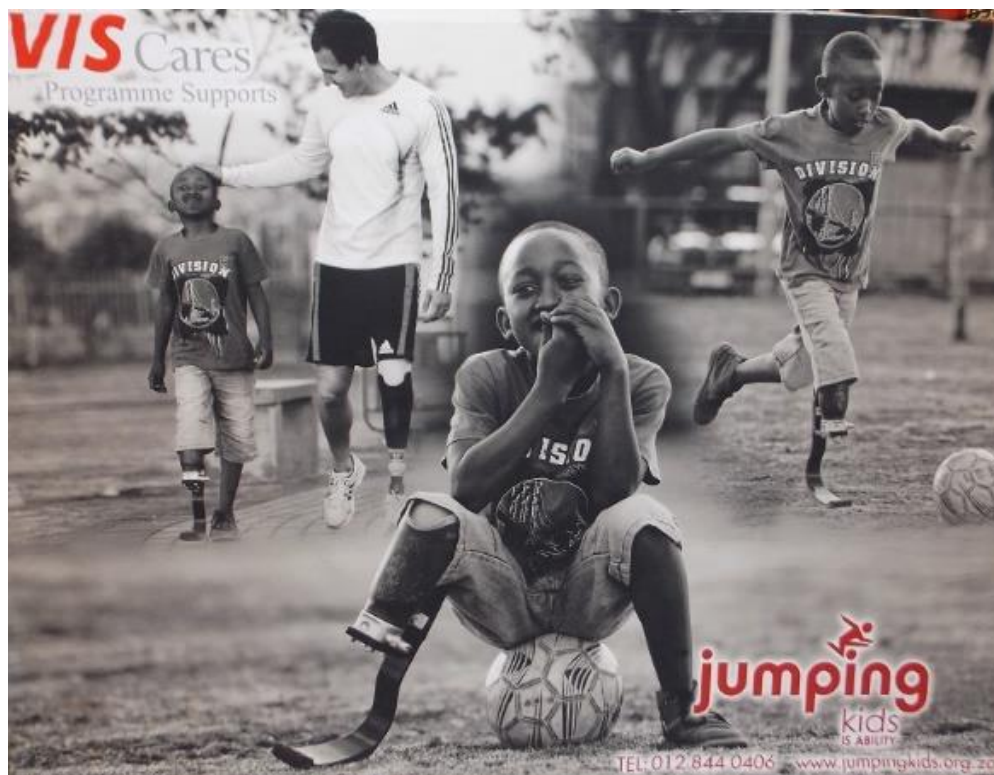
Yours faithfully,
Chris

Running Inn specials

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

Fund raisers

Below are the two posters of our next fund raising events. Start spreading the word to your friends from other clubs. The raffle prize is a very exciting one. By supporting this, you will be making a difference to a child's life.



Kom dans saam
Saterdag, 20 Sept. 2014



LENTE
Mandjiedans

ten bate van



ACPP Saal, Pretoria Wes

Bring your
picnic basket
(Beverages
strictly from
cash bar)

Kids u/ 12 enter free
(floor seating)

KINDER SPEELAREA

BESKIKBAAR



SEE OUR WEBSITE FOR MORE
seriousfunrun.weebly.com



This is it:

THE
ONCE-IN- A LIFETIME CHANCE
to be a **VIP RUNNER**

WIN ALL YOUR 2015 AGN RACE ENTRIES
booked and paid for + entries to



THE ADMIN of entering
& the entry fees
taken care of by IAC.

**R100 PER
ENTRY**

If you're an IAC member
Prize includes free 2015
club membership

Notice board

Saturday 23 August

Re/Max Jowic Wierie Road Race 21.1/10/5/2 km
Race Organisers: Alpha Centurion Runners/Walkers
Venue: Centurion Mall, Heuvel Avenue, Centurion

	21.1 km	10 km	5 km	5 km
Entry fees	R 70	R 60	R 30	R 20
Start Time	06h30		07h00	07h10
Time Limit	03h00			

Goodie bags to the first 2 000 pre-entries only
Free Spur kiddies meal voucher for every 2 & 5km event entrants

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

On-line entries: www.entrytime.com & www.centurionmall.co.za & www.wierdas.co.za

Saturday 30 August

Spar Ladies Race 10/ 5km
Race Organisers: Athletics Gauteng North
Venue: Supersport Park, c/o South & West Streets, Centurion

LIMITED TO 25 000 ENTRIES
PRE-ENTRY RACE ONLY

	10 km	5 km
Entry fees	R 70	R 70
Start Time	14h00	
Time Limit	??	

T-shirts and goodie bags to the first 25 000 entries

Pre-entries at: Various Spar Stores
Supersport Park from 26 – 30 August if available

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

Saturday 6 September

Spirit of Flight 10 / 5 km

Race Organisers: PMMC

Venue: Air Force Base Zwartkop, Old Johannesburg Road, Northern Entrance, Valhalla

GPS: S25.47'58.75 E 28.09'51.49

LEAGUE RACE

	10 km	5 km
Entry fees	R 50	R 20
Start Time – running	07h00	07h15
Start time - walking	06h50	
Time Limit	02h00	01h30

Saturday 13 September

Ou Voetpad Berg 10 Myler

Race Organisers: VTM Club

Venue: Tshwane University of Technology, Staatartillerie Road, Pretoria West

GPS: S25.732633 E 28.161844

	10 miler (16km)	10 miler (9.6km)	3 Miler (5km)
Entry fees	R 70	R 60	R 30
Entry fees (GM & Disabled athletes) race day only	R 30	R 30	
Entry fees (GGM) race day only	Free	Free	Free
Start time	07h00		07h15
Time Limit	03h00		

10 miler is not suitable for baby strollers or wheelchairs

Pre-entries at: Run-A-Way Sport, Running Inn, Postnet Pretoria West

On-line entries: www.entrytime.com

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
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

Masters Athletics Fixture list

23 August 2014	Claude Sterley - Pilditch
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
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Thought for the week

Life is not about the people who act true to your face, it's about the people who remain true behind your back

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Photo Corner



