

Irene News

20 October 2014

No 42 - 2014

Achievements

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

Mike du Bruto	1 st GM – 21 km
Jaap Willemse	1 st Master walker – 21 km
Elsa Meyer	1 st GM lady walker – 21 km
Bertha van den Raad	1 st GGM lady – 10 km
Gerard van den Raad	1 st GGM walker 10 km
Sune Jordaan	1 st Vet lady walker – 10 km
Jeanette Loots	1 st GGM lady walker

Well done!

Please note that Jaap Willemse earned a gold medal at the SA Walking Championships and not bronze as was reported last week.

Personal achievements

Chris Cloete	PB - 21 km
Stephni Janse van Rensburg	PB - 10 km

Congratulations!

Personalia

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

Stanley	Macmillan	20-Oct
Johan	de Klerk	21-Oct
Andre	Oosthuisen	21-Oct
Charlene	Mc Alpine	22-Oct
Anne	Calaca	23-Oct
Willie	du Plooy	23-Oct
Joyce	Jakavula	23-Oct
Elmon	Mhlanga	23-Oct
Antoinette	Reynolds	23-Oct

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Jurgens	Strydom	24-Oct
Michele	Botha	25-Oct
Johan	Dekker	25-Oct
Kirsten	Strugnell	25-Oct
Adelle	Coertze	26-Oct
Chrisna	Fourie	26-Oct
Carl	Le Roux	26-Oct

Chairman's Bit

Unbelievable, just 10 weeks to go to Christmas 2014. Where did this year go? I am sure most of us can't wait for that much deserved December holiday and time off to just relax and rest and spend time with your family and friends. There is however still some very exciting Irene events left on the calendar, which I know many of us are looking forward to. First up is the Kaapse Hoop away weekend on 1 November, followed by our Liquifruit race the 8th, then the Annual General Meeting on 11 November, thereafter the Tom Jenkins "bus run", and the much anticipated year end function on 6 December, which will be in the form of the traditional Chairman's Ball. We can also look forward to the last few 20 Year Birthday cakes. Please ensure that you are part of these events and enjoy the great Irene spirit with our fellow members.

There are also just 3 weeks left until we hand over a, hopefully, extremely large cheque to JUMPING KIDS. Please ensure that you buy that raffle ticket for the 2015 free AGN race entries and also your free 2015 Irene membership. Time is running out and this is one thing that you simply cannot miss out on. I sincerely thank all our members who have already bought a ticket – you have made a big difference to someone's life already, thank you so much.

Have a great week – and remember to enjoy the lovely Jacarandas on your training runs.

Regards, Chris

League race

The CSIR race this weekend is the next league race. We need as many as possible of our members to support it, fast and slow, runners and walkers. As usual there will be something to eat afterwards.

Andre and Vanessa will be responsible for the birthday cake this month. We can all look forward to that as well on Saturday.

Please note that the CSIR race is a pre-entry race.

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.

We invite our members to take a booklet and assist in selling these tickets to friends and family who are members of other clubs as well.

New club clothes

On Friday we invited all members to vote in a poll regarding proposed new club clothes. If you have not voted yet, please do so today, the poll will be taken down by end of business. Follow: <http://freeonlinesurveys.com/app/showpoll.asp?gid=553347&sid=lwkuftvy6mi14b5553347&new=True> to vote, make your selection and scroll to the bottom of the page to submit vote.

In the mailbox

Kaapsehoop akkommodasie vir 6 persone @ R300 per person per nag x 2=R3600)
Dit is 3 kamers met 2 beddens in elke kamer. Daar is ook 'n kombuis
As jy belangstel, kan jy vir Lizelle le Roux kontak by lizelleleroux@hotmail.com 082 545 9294

The Road Running Commission is supporting 2 runs in townships for development, and I want to ask if there are any Club or runner that have old medals that would like to donate it for this cause.

They can contact either myself Rita van der Merwe 0836570508 j.vandermerwe@esteq.com or Enoch Skosana 0828258001 enoch.skosana@gmail.com

They can bring it to races and leave it at the Irene tent, ask for Wynand Breytenbach

Notice board

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 8 November

Irene Liqui Fruit 21.1/10/5/1 km
Race Organisers: Irene Athletics Club
Venue: ARC Irene Campus, Irene
GPS: S 25 53' 31" E 28 11' 29" – ENTRANCE 1
GPS: S 25 52' 52" E 28 12' 13" – ENTRANCE 2
GPS: S 25 53' 49" E 28 13' 29" – ENTRANCE 3

	21.1km	10km	5 km	1 km
Entry fees	R 60	R 50	R 30	R 10
Entry fees 70 +		R 10		
Start Time	06:00		06:10	08:00
Time Limit	03h:30	02h00		

Free T-shirts to the first 1 000 on the 21.1 and 10km (each distance)

The 21.1km is not wheelchair friendly

Pre-entries: Run-A-Way Sports, Running Inn Pretoria, Sweatshop Dunkeld, Fourways, Southdowns & Bedfordview, The Runner's Store @ The Tramshed

Enter on line: www.enteronline.co.za

No Irene members is allowed to participate in the race

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		

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

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

Never frown, even when you are sad, because you never know who is falling in love with your smile.

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Photo Corner (Action from the Jacaranda race)



Linley September selling a raffle ticket to Jacqui Burn



Chris Vloete celebrating his PB on the 21 km



Philip Breytenbach filling in his details on the raffle ticket he bought



Esme Cilliers showing the two raffle tickets she bought from Johnny van der Walt



Joy, Chris, Diederick and Candice all did the 42 km



Bertha van den Raad showing her hidden talents!