

Irene News

21 July 2014

No 29 - 2014

Achievements

Congratulations to the following members who were podium finishers at the Mooikloof Realtors 10 km race on Saturday:

Piet van Loggerenberg	1 st GM
Lyn de Bruin	1 st GM lady
Bertha van den Raad	1 st GGM lady
Sandra Steenkamp	1 st Lady walker

Personal achievements

None received

Personalia

Former Irene member Johan Serfontein, father of Cindy van Zyl, passed away last week after suffering a heart attack. He was 66 years old. Our condolence go to Cindy and her family.

Congratulations to everybody celebrating their birthdays during the week.

Grenville	Swanepoel	21-Jul
Trevor	Netshiombo	22-Jul
Charles	Nizetich	22-Jul
Jennifer	Prinsloo	22-Jul
Reven	Rampurtab	22-Jul
Frans	Snyman	22-Jul
Linda	Krause	23-Jul
Saloshnee	Naidoo	23-Jul
Esta	Scheepers	23-Jul
Hudivhamudzimu	Ravele	25-Jul
Heinrich	Botha	26-Jul
Rea	de Klerk	26-Jul
Marulette	Erasmus	26-Jul

Paul	Nel	26-Jul
Cari	Snyman	26-Jul
Cindy	van Zyl	26-Jul
Martin	Williams	26-Jul
Jaco	Du Toit	27-Jul

Chairman's bit

Dear Irene,

Some of us had the privilege to meet some of the kids from JUMPING KIDS, our charity for our 20 Year Serious Fun Run. It was an eye opener and reaffirmation of the great and worthy cause we have chosen to support. With just over two (2) months to go to our relay event to Laingsburg, we once again call on all our members to spread the word about our charity event. We have set a target of raising R250 000 for Jumping Kids and at this stage, it is all guns blazing to reach our goal.

On a different note, I see that many of our members are slowly but surely "waking up" from our winter sleep and starting to run again. Let's all keep on motivating and inspiring one another to hit the road and experience the camaraderie and friendship which IRENE is known for.

Have a great week.

Yours faithfully, Chris

Zwartkop lapa race

Although it is not a league race, there will be soup for all Irene members at the race on Saturday to keep you warm. We want to thank Stephen and Elna for this initiative.

Gibba's race

Remember to enter for the race Gibba Gibson is organizing in Brits on 4 October to celebrate his recovery after the accident he was involved in. Frances Lezar will sell entries for it on Tuesday evening.

Car battery for sale

We have a spare car battery for sale. Please contact Gerard van den Raad at 082 337 7680 for more details if you are interested.

Tracksuits wanted

We are looking for used tracksuits for two of our less privileged members (sizes XL and Small) if you can help in this regard please let me know.

Irene permanent number badges.

These badges will be available on Tuesday evenings and at the caravan on Saturdays

Goody bags - Away weekend

We are looking for items for goody bags (110 bags) for members who will be attending the away weekend at the beginning of November. Please let us know if you can help in this regard.

Namib Desert Challenge

By the time you read this message I will hopefully be done with the first stage of the Namib Desert Challenge. 5 Days, starting on Monday 21 July and 220 km of grueling desert running. In my post-race report I will write about my journey the past 26 months of 2 Knee operations, hard work, miracle healing and lots of perseverance. I attached my 2012 race report and hope to inspire someone to chase after your goals, believe what's inside of you and not what others think you can achieve. Turn challenges into training "sessions". You can send messages of support via WhatsApp to 0827721602 and follow my progress on FB or on www.namibdesertchallenge.com.

Regards,

Dirk Cloete

Jumping Kids

Thank you to our team who participated in the 67 minutes for Madiba challenge on Friday to raise money for Jumping Kids. It was a tough challenge but our team, consisting of Chris Koch, Joy Nichol, Diederick Steyn, Henk Moen and Johnny van der Walt, did extremely well. See the photo corner for photos of the action.

In the mailbox

Washie 2014

Wat 'n voorreg om weereens deel van die ondersteuningspan, vir Irene lede, te kon wees! Daar is maar net een Klub en dit is IRENE!!

Baie geluk aan Travers, Fanie (met jou eerste) en Johnny (met jou permanente nommer)!

Die Washie is en bly elke keer 'n belewenis. Die oggend voor die wedloop, al die voorbereidings met die klere, eet en drinkgoed, (daar moet voorsiening vir enige weersomstandigheid gemaak word, so dit is 'n hele trek wat elke keer saamgaan), die opbou en afwagting voor die wedloop begin en dan die atmosfeer tydens die wedloop. Daar is glad nie tyd vir moeg word nie. Veral nie as jou hardloper so goeie tyd van 21uur 10min hardloop nie. Al die emosies wat jy beleef as jy elke keer jou hardloper sien en jy besef hy geniet die hardloop of kry nou swaar, ens. Dit is onbeskryflik.

Die band wat daar gevorm word tussen die hardlopers en die ondersteuners bly vir ewig.

Ek is baie bevoorreg om deel daarvan te kan wees.

Johnny nou werk ons vir die brons tekkie!

Koue Vrystaat Groete
Annie Ferreira

Lift required

Naomi Havenga is looking for a lift and a place to sleep to enable her to do the Kaapsehoop race. Please contact her at havenga.naomi@gmail.com if you can assist.

Notice board

Saturday 26 July Zwartkop Road Race - 5/10/21.1km
Race Organisers: Gereformeerde Kerk Wierdapark/Alpha Centurion Runners & Walkers
Venue: Zwartkop Lapa, Centurion
S 25°50'14.25 E 28°07'28.46"

	21.1 km	10 km	5 km
Entry fees	R 60	R 40	R 25
Race day entries	R 70	R 50	R 30
GGM / Blind & wheelchair athletes	Free		
Start Time	07h00		07h10
Time Limit	03hrs		

Come early – only one entrance gate
R55 upgraded – use to avoid congestion on R101

Pre-entries at Running Inn, Run-a-Way Sport, Sweat Shop Southdowns & Dunkeld, Sportmans Warehouse Centurion, Wannabee Clothing, UP Campus and Groenkloof Campus

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

Saturday 9 August Castle Walk Road Race - 5/10 km
Race Organisers: Fusion Sports & Fit 2000
Venue: Castle Walk Shopping Centre, c/o Nossob & Swakop Street, Erasmuskloof
GPS: S25°47'24,44" E 28°17'43,22"

LEAGUE RACE

	10 km	5 km
Entry fees	R 40	R 30
Start Time	07h00	07h15
Time Limit	??	

Goody bags to all finishers & a chocolate to all pre-entry WOMAN

Pre-entries at: Run-A-Way Sport, Running Inn, The Sweat Shop Southdowns & Dunkeld West & Fourways Crossing

Castle Walk Shops: Engen, Curves, Coco Bistro/ Stationers, DFC

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				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
Castle Walk 10	10 km	09/08/14	x	x
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

Thought for the week

You can tell how big a person is by what it takes to discourage him.

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Photo Corner (our team in action)



We are so privileged to have normal legs



Photos taken at the race on Saturday

