

# rene News

22 September 2014

No 38 - 2014

## Achievements

Ansie Breytenbach      1<sup>st</sup> Master lady – Lester Mills 10 km  
Zelda Breytenbach      2<sup>nd</sup> Vet lady – SA Marathon Championships

Congratulations!

Well done to Zelda Breytenbach, Nadine Breytenbach and Annemarie Kruger who was part of the AGN ladies team who finished third in the SA Marathon Championships.

Nadine Breytenbach was also part of the AGN 30 - 34 team who finished second in the SA Cross Country Championships the previous week.

Well done to Lindie Pretorius who ran the Cape Town Marathon in aid of Jumping Kids, and managed to raise more than R6000.

## Personal achievements

Chris Marlin      PB – 10 km  
Mala Suriah      1<sup>st</sup> Marathon

Well done!

## Personalia

Congratulations to everybody celebrating their birthdays during the week.

Hennie	Nolte	22-Sep
Danie	Taljaard	22-Sep
Maureen	Van Der Westhuizen	23-Sep
Merchandt	Le Maitre	25-Sep
Juanca	Lewis	26-Sep
Peter	Niksch	26-Sep
Lindie	Pretorius	26-Sep
Teresia	Stander	26-Sep
Kobus	Weppenaar	26-Sep

Mieke	Macmillan	27-Sep
Evan	Reynolds	27-Sep
Martie	van der Walt	27-Sep
Ashley	Williams	28-Sep

## **Chairman's bit**

Dear Irene,

What a wonderful and hugely successful Clover Irene Spring race on Saturday morning, followed by an awesome "mandjie" dance Saturday evening. I want to sincerely thank each and every IRENE member who have contributed in making these events successful. The race itself on Saturday just once again proved to the running community that Irene Athletics Club is in a class of its own.

In less than 6 days our 20 Year Serious Fun Run team will start our momentous journey to Laingsburg. We desperately call on everybody to make a donation to Jumping kids, see information on our website: [www.seriousfunrun.weebly.com](http://www.seriousfunrun.weebly.com). Our team is ready and fit and I know that each and every member of the team will do us proud.

Yours faithfully,  
Chris

## **Incentive scheme**

As most of you are aware, the Club awards cash incentives to our podium winners in AGN races, determined according to certain formulas. The details of the incentive scheme are thoroughly discussed in the information booklet distributed during registration at the beginning of the year.

Our financial year ended in August and we are in the process of paying out the prize money to the qualifying members.

Congratulations to all of you. You made us proud week after week during the past year and we salute you for it. Attached you will find a list of all the winners and their respective amounts earned.

## **Clover Irene Spring Race**

The race was a huge success. The feedback received was very positive. Thank you to each and every one of you who contributed towards the success. You were awesome on the day.

There were more than 3000 finishers on the day. The sponsors are very happy and we can all look forward to a promising future of the Clover Irene Spring Race.

The only negative aspect of the race was that a few Irene members took part in the race despite the rule that no Irene member was allowed to participate. Those few really let the club and their fellow members down.

## League results

The position of the club remains unchanged after the Spirit of Flight race. Thank you to all our members who participated in the race.

Geo Cl	<i>Deloitte</i>	<i>Denel</i>	<i>Solomon</i>	<i>Love Run</i>	<i>F'ship</i>	<i>C'walk</i>	<i>SoFlight</i>	<i>Div 1</i>	<i>Points</i>
Pos	Pos	Pos	Pos	Pos	Pos	Pos	Pos	Club	League
1	3	2	3	3	2	1	1	Vtm	150
2	1	1	1	1	1	2	2	Pmmc	148
4	1	3	2	2	3	3	3	Post Office	137
5	6	4	4	4	4	6	4	Npo	120
6	5	5	4	5	5	4	5	Ace	117
8	4	7	6	6	6	5	6	Resbank	115
15	17	17	14	12	9	8	7	Agape	91,5
14	10	6	9	9	9	10	8	PvR	88,5
7	7	9	7	7	8	8	9	Csir	87,5
9	7	11	8	7	7	7	10	Aurecon	83
3	11	8	10	11	12	12	11	Overkruin	81
17	11	9	11	10	11	11	12	Enduro	79,5
13	15	12	11	14	13	13	13	Irene	71
10	13	14	11	12	14	13	14	Phobians	65
12	15	15	15	15	16	15	15	Hqh	58,5
19	18	18	18	17	15	16	16	RWFL	52
11	14	16	17	18	17	17	17	Zwakala	40,5
16	7	13	16	16	18	18	18	Arcadia	40
18	19	19	19	19	19	19	18	Arete	40
20	20	20	20	20	20	20	20	Fsb	15

## Super league

Congratulations to our ladies who moved up from 3<sup>rd</sup> to 2<sup>nd</sup> position on the log. Our men remain in the 5<sup>th</sup> position, now joint with Tuks.

Ladies

Geo Cl	<i>Deloitte</i>	<i>Denel</i>	<i>Solomon</i>	<i>Love R</i>	<i>F'ship</i>	<i>C'Walk</i>	<i>SoFlight</i>	<i>Female</i>	<i>Points</i>
Pos	Pos	Pos	Pos	Pos	Pos	Pos	Pos	Club	Log
1	1	1	2	2	2	2	1	NEW BALANCE	384
8	5	4	5	3	3	3	2	IRENE	376,5
3	3	3	3	7	5	4	3	MAGNOLIA	350

5	2	2	1	1	1	1	4	NEDBANK	338,5
10	9	8	6	5	4	5	5	CSIR	337,5
2	3	5	3	4	8	7	6	TRANSNET	318
13	8	9	9	8	6	6	7	RUNNING INN	317,5
8	7	6	6	6	9	8	8	HQH	291
12	11	10	6	9	7	9	9	LOVE RUNNING	274
4	6	7	10	10	11	10	10	PHOBIANS	248

#### Men

<i>Geo Cl</i>	<i>Deloitte</i>	<i>Denel</i>	<i>Solomon</i>	<i>L Run</i>	<i>F'ship</i>	<i>C'Walk</i>	<i>SoFlight</i>	<i>Male</i>	<i>Points</i>
<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>Log</i>
3	1	1	1	1	1	1	1	NEDBANK	383
1	9	4	4	3	2	2	2	PMMC	379
2	2	6	4	6	4	3	3	TRANSNET	368
5	3	2	2	2	3	4	4	NEW BALANCE	367
4	5	6	7	7	5	5	5	IRENE	346
14	6	4	6	5	6	6	5	TUKS	346
10	14	10	8	8	7	7	7	ACE	338
6	4	2	3	4	8	8	8	POST OFFICE	303
7	10	14	9	9	9	9	9	AURECON	286
	36	22	16	16	12	11	10	VTM	256

Congratulations to the following members who earned super league points:

A VORSTER	42	00:43:33	23
A BREYTENBACH	50	00:45:22	20
M BOTHA	33	00:46:58	15
A LOTHERINGEN	40	00:47:47	11
S SCHEEPERS	50	00:48:50	1

B ROUX	36	00:35:47	38
W NGWARIKAI	30	00:38:34	21
A JALLOW	33	00:40:08	7
J HENRICO	34	00:40:16	5
M VAN DEVENTER	38	00:40:27	2

## Walkers league

Well done to our walkers who remain on top of the log

<i>Geo Cl</i>	<i>Deloitte</i>	<i>Denel</i>	<i>Solomon</i>	<i>Love Run</i>	<i>F'ship</i>	<i>C'Walk</i>	<i>SoFlight</i>	<i>Div 1</i>	<i>Points</i>
<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>L'gue</i>
1	1	1	1	1	1	1	1	IRENE	156,5
2	2	2	1	2	1	2	2	RWFL	153,5
3	3	3	3	3	3	3	3	PMWC	136
4	4	4	3	4	4	4	4	RWFL B	115
5	6	5	7	7	7	6	5	ACRW	104
11	7	6	5	5	5	5	6	PHOBIANS	103,5
15	16	17	17	14	9	9	7	SOLIDARITEIT	86
6	10	6	9	10	8	8	8	IRENE B	85
17	11	8	6	6	6	7	9	TRANSNET	83
15	14	12	14	13	11	11	10	VTM	74

## Notice board

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](http://www.enteronline.co.za) & [www.greatrun.co.za](http://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](http://www.enteronline.co.za)

Saturday 11 October

Chamberlain Capital Classic Road Race 21.1/10/5km  
Race Organisers: Phobians Marathon Club  
Venue: Phobians Club, c/o Queens Crescent & Kings Highway, Lynnwood  
GPS: S25 45'64.4" E28 15'22.8"

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Start time	06h00		06h15
Time Limit	03h00		

**Baby strollers welcome**

**Free t-shirts for the first 2 000 entries (10 & 21.1km)**

**Grandmasters pay half-price 10 & 21.1km on race day only**

**Great grandmasters and blind runners free on race day only**

Pre-entries at: Run-A-Way Sport, Running Inn, Sweatshop Southdowns; Bedfordview; & Dunkeld and Chamberlain Stores

On-line entries: [www.enteronline.co.za](http://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](http://www.entrytime.co.za)

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 1<sup>st</sup> 2 000 finishers**

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

On-line entries: [www.csirrunner.co.za](http://www.csirrunner.co.za)

Useful Links:

[www.raceresults.co.za/flyers.php](http://www.raceresults.co.za/flyers.php) for the latest race pamphlets

[www.agn.co.za/#League](http://www.agn.co.za/#League) for the latest league logs and the league points you earned

[www.agn.co.za/#RW](http://www.agn.co.za/#RW) Agn 2011 RW qualifying standards and selection criteria

[www.wildtrail.co.za](http://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>	
			<b>RR</b>	<b>RW</b>
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
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**Thought for the week**

Your attitude determines your altitude



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## Photo Corner



On duty to do the 10 km registrations



Final preparations before the rush started



The ladies who assisted the Triple Challenge entrants



The "Ask me" crowd. They fulfilled a very important job





It was a huge crowd



It just went on and on



The lovely route was enjoyed by all



There was prizemoney for the wheelchair athletes as well





Our new blowup finish structure was used for the first time. What a hit!



Impressive from all angles



Ready and waiting at the water tables at the finish



Ready for action at the medal tables





The stage was very special as always



The three kids from Jumping Kids who did the 5 km. What a special moment for them