

irene News

25 August 2014

No 34 - 2014

Achievements

It was a good day for our members at the Wierie race on Saturday. Congratulations to the following podium winners:

Leon Page	1 st Master – 10 km
Louwrens Smit	2 nd GM – 10 km
Myrna van Wyk	2 nd Vet lady – 10 km
Ansie Breytenbach	1 st Master lady 10 km
Bertha van den Raad	1 st GGM lady – 10 km
Jan van Wyk	3 rd Master – 21 km
Zelda Breytenbach	1 st Vet lady & 2 nd lady – 21 km
Elsa Meyer	1 st GM lady walker – 10 km
Sheren Naidoo	3 rd Vet walker – 21 km
Jaap Willemse	1 st Master walker – 21 km
Sandra Steenkamp	1 st Lady walker & 1 st master – 21 km
Lucia Willemse	1 st GM lady walker & 3 rd lady – 21 km
Angela Pottinger	3 rd Master lady walker – 21 km
Marie van Dyk	2 nd GM lady walker – 21 km

Personal achievements

Arno Smit	PB – 21 km (improved by 23 minutes)
Renate Louw	PB – 10 km
Tjaart van Wyk	PB – 10 km and 21 km

Well done!

Personalalia

Vanessa White is having an operation this morning. We wish her well.

Congratulations to everybody celebrating their birthdays during the week.

Charlene	van Niekerk	25-Aug
Deon	Hoffmann	26-Aug
Flip	Olivier	26-Aug

Bruce	Paveley	26-Aug
Jurie	Venter	26-Aug
Willem	van Biljon	27-Aug
Elsa	Taylor	28-Aug
Willem	van der Merwe	28-Aug
Esme	Cilliers	29-Aug
Ananda	Ludick	29-Aug
Gerald	Kroukamp	30-Aug
Sune	Jordaan	31-Aug
Rainer	Ludwig	31-Aug
Dorette	Muller	31-Aug

Chairman's bit

Dear Irene,

This coming Friday and Saturday will see the running of Dawn to Dusk, a 24 and 12 hour circuit race in Akasia. Many of our members will be participating in teams or individually, some doing 100 milers and others anything from 40 km to as much as possible within the allocated time periods. Irene will once again have quite a big camp setup as of Friday, with our own Irene caravan, and some additional caravans with lots of gazebos and place for seating for our members and supporters. I want to encourage our non-running members to drop by on the day to support whenever they have time to do so.

There is also the SPAR ladies' race on Saturday which should see many of our ladies participating. I wish all our ladies, as well as all our Dawn to Dusk runners good luck and a great weekend full of great and enjoyable running.

Yours faithfully,
Chris

Running Inn specials

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

Dawn to Dusk

The caravan will be at the race, with its normal facilities from Friday 14:00 till the end of the race on Saturday.

The following will also be available:

Gas braai

Marmite en biltong sandwiches

Sweets

Paper plates

Serviettes

Limited first aid kit

Instant soup

Pot and pan to prepare breakfast

Drinks will be for sale

Please bring your own comfortable chair, cutlery, food and supplements

Time trials 2 September

Spring is in the air and as always the first time trial in September is very special and different. We request all our members to start at the same time (17:30)

Spring is in the air

**Come and join in the fun at our
Annual Spring Handicap time trial
Tuesday 2 September 2014
17:30**

**No watches allowed. Predict your time and win a Prize!
There will be cocktails and something to eat on sale afterwards**

Wear something bright and colourful!!

See you there!!

Lucky draw prizes

We have run out of prizes for our lucky draw at our social evenings. If you are in a position to assist us in this regard it will be highly appreciated

League results

The results of the Castle Walk race have been received. Thank you to all of you who participated in the race. There were no changes to any of the log positions.

General league

[illegible]

Walkers league

[illegible]

2	2	2	1	2	1	2	RWFL	135,5
3	3	3	3	3	3	3	PMWC	117
4	4	4	3	4	4	4	RWFL B	108
11	7	6	5	5	5	5	PHOBIANS	87,5
5	6	5	7	7	7	6	ACRW	87
17	11	8	6	6	6	7	TRANSNET	77
6	10	6	9	10	8	8	IRENE B	74
15	16	17	17	14	9	9	SOLIDARITEIT	71
13	12	16	12	15	13	10	LOVE RUNNING	65,5

Super League – Men

<i>Geo Cl</i> <i>Pos</i>	<i>Deloitte</i> <i>Pos</i>	<i>Denel</i> <i>Pos</i>	<i>Solomon</i> <i>Pos</i>	<i>L Run</i> <i>Pos</i>	<i>F'ship</i> <i>Pos</i>	<i>C'Walk</i> <i>Pos</i>	<i>Male</i> <i>Club</i>	<i>Points</i> <i>Log</i>
3	1	1	1	1	1	1	NEDBANK	340
1	9	4	4	3	2	2	PMMC	329
2	2	6	4	6	4	3	TRANSNET	322
5	3	2	2	2	3	4	NEW BALANCE	320
4	5	6	7	7	5	5	IRENE	301
14	6	4	6	5	6	6	TUKS	297
10	14	10	8	8	7	7	ACE	294
6	4	2	3	4	8	8	POST OFFICE	272
7	10	14	9	9	9	9	AURECON	254
15	12	11	12	11	10	10	RUNNING INN	232

Super League – Ladies

<i>Geo Cl</i> <i>Pos</i>	<i>Deloitte</i> <i>Pos</i>	<i>Denel</i> <i>Pos</i>	<i>Solomon</i> <i>Pos</i>	<i>Love R</i> <i>Pos</i>	<i>F'ship</i> <i>Pos</i>	<i>C'Walk</i> <i>Pos</i>	<i>Female</i> <i>Club</i>	<i>Points</i> <i>Log</i>
5	2	2	1	1	1	1	NEDBANK	338,5
1	1	1	2	2	2	2	NEW BALANCE	335
8	5	4	5	3	3	3	IRENE	326,5
3	3	3	3	7	5	4	MAGNOLIA	302
10	9	8	6	5	4	5	CSIR	297,5
13	8	9	9	8	6	6	RUNNING INN	280,5
2	3	5	3	4	8	7	TRANSNET	271
8	7	6	6	6	9	8	HQH	248
12	11	10	6	9	7	9	LOVE RUNNING	240
4	6	7	10	10	11	10	PHOBIANS	203

Congratulations to the following members who earned super league points:

NAME	AGE	CAT	TIME	POINTS
Ladies				
N BREYTENBACH	37	snr	00:46:20	21
A BREYTENBACH	50	mas	00:52:24	2
Men				
P BREYTENBACH	38	snr	00:41:42	34
M VAN DEVENTER	37	snr	00:43:31	23

Bar – New arrangements

Please note that Arno will end his services at the bar on Tuesday. We want to thank him and Petro for a job well done. It will be a cash bar only on Tuesday.

As from September our catering/social manager Stephen Mee will take over the duties.

Fund raising events

All members are requested to support our current three fund raising events i.e. the mandjiedans, lucky draw and spin-a-thon. Get your friends and family involved as well. As you all know it is for a great cause.

Spar ladies

As mentioned the caravan will be at the Dawn to Dusk this weekend. We need someone to put up the gazebo at the Spar ladies on Saturday. Please help us in this regard.

Our men won't be handing out the goody bags as in the past. The job will now be done by Tukkies students.

Irene ladies day

To all Irene ladies,

Kindly keep the evening of 10 September open for the annual Irene Ladies function. Come and enjoy an evening of fun at the Barnyard in Parkview. Tickets at a special price of R100. Free pizza and wine! More details to follow soon.

Notice board

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

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	½ 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
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

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

Great minds discuss ideas; average minds discuss events; small minds discuss people.

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Photo Corner



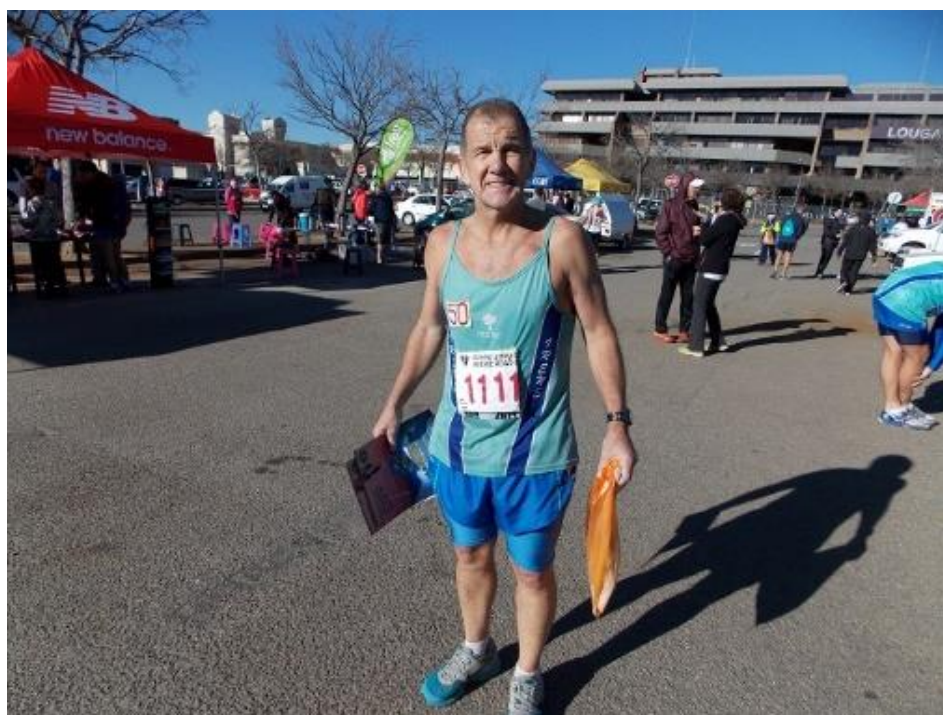
Zelda Breytenbach & Annemarie Kruger. Annemarie has also been selected to the AGN Marathon team



Watch out! Andre is back on the road



Pieter Olivier busy handing out flyers



Johnny van der Walt looking relaxed after his race



Arno Smit celebrating his PB on the 21 km. Frikkie Loubser helped him with the achievement

Podium winners



Elsa Meyer



Bertha v d Raad



Ansie Breytenbach



Myrna van Wyk



Louwrens Smit



Leon Page



Zelda Breytenbach



Marie van Dyk



Sandra Steenkamp



Jaap Willemse



Sheren Naidoo



Jan van Wyk



Angela Pottinger



Lucia Willemse

