

irene News

28 July 2014

No 30 - 2014

Achievements

Congratulations to the following members who were podium finishers at the Zwartkop race on Saturday:

Jaap Willemse	1 st Walker & 1 st Master – 21 km
Lucia Willemse	1 st GM lady walker
Sheren Naidoo	1 st Vet walker – 10 km
Elsa Meyer	1 st GM lady walker – 10 km
Sandra Steenkamp	1 st Master lady – 21 km
Lyn de Bruin	1 st GM lady – 10 km

Results of the Walk the Talk 20 km that took place on Sunday:

Sandra Steenkamp	1 st Master lady & 2 nd lady
Elsa Meyer	1 st GM lady

Congratulations to Dirk Cloete who won the Namib Desert Challenge over 220 km. He finished 4 hours before his closest rival.



Personal achievements

Myrna van Wyk – PB 10 km

Stefan Mueller did his first International Marathon (Bad Pyrmont, Germany)

Well done!

Personalia

Congratulations to everybody celebrating their birthdays during the week.

Kathryn	Du Plessis	30-Jul
Liza	Maritz	30-Jul
Jan	Uys	31-Jul
Jacqui	Burn	01-Aug
Heidi	Oosthuisen	01-Aug
Douw	Van Zyl	02-Aug
Jan	Henrico	03-Aug
Michelle	Lubbe	03-Aug
Iain	McFaden	03-Aug
Fabio	Ronchietto	03-Aug

Chairman's bit

Dear Irene,

Just 4 days to go to our Irene Golf day this Friday to raise funds for our 20 Year Serious Fun Run event and in support of our great charity, JUMPING KIDS. We are proud to announce that we have secured a FULL playing field of 128 players [the very last 4 ball should hopefully be secured today] which promises to make this 3rd Irene Golf day the best one yet. I want to call on our members to assist, where possible, with the sponsoring of holes and tees, of which 11 is still available. One such sponsorship, with great publicity prospects, is only R2000. With such a big playing field on a great golf course [Centurion Golf Estate] the corporate exposure will be fantastic. This is an opportunity for corporate companies, small businesses and even for those who run a one-man business, make use of this great opportunity, and be sure to spread the word to your contacts. Hole and tee sponsorships can be booked through our club manager, Wynand. For more information, see the newsletter.

The 20 Year Serious Fun run website has all the information and details about the 6-day relay running event. We are confident that with the support and commitment from our team, we will make IRENE, our charity, Jumping Kids, our media partners and all our sponsors very proud.

Have a great week, and enjoy the last few days of July 2014.

Yours faithfully, Chris



Holes available

The highlighted holes have been sponsored, the rest are available. Please support this great cause!

Centurion Country Club						
Hole #	Par	Stroke	Car Display Allowed	Thatched Lapa	Toilet & Water	Special Golf Day Feature
1	5	17	Yes	No	No	Longest Drive
2	4	1	No	No	No	None
3	3	15	No	Yes	No	None
4	4	3	No	No	No	None
5	4	7	No	Yes	Yes	None
6	4	5	No	No	No	None
7	5	13	No	No	No	None
8	3	11	No	No	No	Nearest to the Pin
9	4	9	No	No	No	None
10	4	12	No	No	No	None
11	3	4	Yes	Yes	No	None
12	5	14	No	No	No	None
13	4	8	No	No	No	None
14	4	16	No	No	No	None
15	5	6	Yes	Yes	Yes	Longest Drive
16	4	10	No	No	No	None
17	3	18	No	No	No	Nearest to the Pin
18	4	2	No	No	No	None

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.

In the mailbox

Ons sou gaan kamp vir volgende naweek se Skukuza 21 maar kan a.g.v. onvoorsiene omstandighede ongelukkig nie meer gaan nie.

Die bespreking is by Onder Sabie Ruskamp vanaf Donderdag 31 Aug - Maandag 5 Augustus (bespreking details aangeheg). Ons stel dit graag beskikbaar teen R800. Miskien is daar nog iemand wat dit kan gebruik?

Louwrens en Lynette de Bruyn
079 887 4668

Notice board

Saturday 2 August

5/10/21.1km Road Running Race

Race Organisers: Tshwane Athletics Club

Venue: Medunsa Stadium

S 25°37' 01,3 E 28°00 50,9

	21.1 km	10 km	5 km
Entry fees	R 50	R 40	R 30
Start Time	07h00		?
Time Limit	03hrs		

Pre-entries at Running Inn, Run-a-Way Sport, Sportmans Warehouse

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

Saturday 16 August

Ocean Basket Marcel van't Slot Memorial

Race Organisers: Phobians

Venue: Pretoria Boys High School, Roper Street, Brooklyn

GPS: S25.45'38.25 E 28.13'26.07

	15 km	5 km
Pre-entry fees (11/08/14)	R 50	R 30
Late entry fees	R 60	R 40
Start Time – running	07h00	07h15
Start time - walking	06h50	
Time Limit	02h30	02h00

T-shirts to the first 1000 15km entries and 500 in the 5km

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

On-line entries: www.entrytime.com & www.sa-active.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
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

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

Our Sponsors



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Photo Corner (Zwartkop Lapa)

