



No 39 - 2014

Editorial

Due to the fact that I am on the road with the 20 Year Serious Fun Run to Laingsburg and have to work on a different computer, this week's newsletter is not up to standard. Please accept my apologies for it. Due to the fact that our Chairman is also on the road, there is no Chairman's bit included.

Apologies that the birthdays for the week are also left out.

Achievements

Congratulations to the following members who were on the podium at the Great Run 10 km on Wednesday:

Ansie Breytenbach	1 st Master lady
Johan Nel	3 rd GM
Sandra Steenkamp	1 st Lady walker
Elsa Meyer	2 nd Lady walker

Well done to the following walkers who earned medals in their respective age categories at the AGN 21 km Championships on Saturday:

Sheren Naido	Gold
Elsa Meyer	Gold
Sandra Steenkamp	Gold
Lucia Willemse	Gold
Angela Pottinger	Gold
Jaap Willemse	Silver
Lynette Gough	Bronze
Marie van Dyk	Bronze

Congratulations also to the following podium winners at the Andrew Greyling 21 km

Sandra Steenkamp	2 nd Lady walker
Lucia Willemse	3 rd Lady walker

Personal achievements

None received

20 Year Serious Fun Run

The relay started as planned at 00:00 on Sunday morning. Chris Koch ran the first 20 km with Johnny van der Walt the second 20 km before the first team took over.

Conditions were very tough with very strong winds causing major dust storms. The second team also had to face a heavy rain storm. Despite this all the runners showed their commitment and fitness and were half an hour ahead of the schedule at the 220 km mark.

Members from Klerksdorp Marathon Club joined us for a nice social evening at the Klerksdorp Dam Holiday Resort which was the first overnight place.

Please follow it on our Facebook page as well as the event Facebook page, Irene 20 Year Serious Fun Run or the website, www.seriousfunrun.weebly.com , or follow the link from the Irene website at www.irenerunner.co.za

Remember that the goal remains to raise as much funds as possible, with a target of at least R250 000, for Jumping Kids Prosthetics Fund. Every donation will make a difference and we want to urge all our club members to represent this cause. All donations are eligible for a 18 a tax certificate.

Time trials Tuesday

The club house will be open on Tuesday but with Stephen our barman also part of the relay, the bar will not be open. Apologies for any inconvenience.

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

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

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

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
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

What lies behind us and what lies before us are tiny matters compared to what lies within us.

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Photo Corner



Ready fo start the epic run to Laingsburg



Gerard van den Raad indicating that the wind is getting stronger



Time to take over



Team building on the road



Taking a well deserved break



Not a pleasant sight if you are running



And then the rain came



The Klerksdorp dam looked more like the sea



Lovely accommodation at the resort



Time to relax after a hard day's work

