



No 44- 2014

.Achievements

The following members were on the podium at the Kaapsehoop race in Nelspruit:

Ansie Breytenbach	1 st Master lady & 3 rd lady – 21 km
Marcelle Badenhorst	1 st Lady walker 10 km

On the local front the new Amakhosikazi 10 km took place. The following members finished in podium positions:

Leon Page	1 st Master
Bertha van den Raad	1 st GGM lady
Gerard van den Raad	1 st GGM walker
Elsa Meyer	1 st GM lady walker & 2 nd lady
Lynette Gough	1 st Master lady walker

The results were received of the CSIR race. The following members did us proud there:

Stefan Snyders	1 st Master 10 km
Mike du Bruto	2 nd GM 10 km
Sonia Scheepers	2 nd Master lady 10 km
Bertha van den Raad	2 nd GGM lady 10 km
Gerard van den Raad	1 st GGM walker 10 km
Annemarie Kruger	2 nd Lady 21 km
Lyn de Bruin	1 st GM lady 21 km
Johan Nel	2 nd GM 21 km
Johan Janse van Vuuren	2 nd GGM 21 km
Sandra Steenkamp	1 st Lady walker
Lucia Willemse	2 nd Lady walker 21 km

Sandra Steenkamp was the 2nd Master lady in the Soweto Marathon.

Congratulations to all of you!.

Personal achievements

Well done to all our members who did PB'S on Saturday. I know there were more than just the following names received:

Arno Smit	42 km (more than an hour)
Chris Cloete	42 km
Nadene Visser	42 km
Lindie Steenkamp	42 km
Chris Marlin	42 km
Kirsten Strugnell	21 km
Petro Smit	21 km

Paul Theron did his 1st Marathon and so did Tjaart van Wyk.

Well done to all of you!

Personalia

It is with regret that I have to announce the death of Stephen Loock. Stephen was a former member of the club who ran 10 Comrades Marathons in Irene colours. He was diagnosed with cancer last month and it spread rapidly. He was 42. Our condolences go to his wife Petro, their children and the rest of the family. Funeral arrangements will be made known later during the week.

Sandra Steenkamp is having surgery to her finger this morning. We wish her a speedy recovery.

Congratulations to the following members who celebrate their birthdays during the week

Eretha	Robertson	03-Nov
Claudia	Cockcroft	04-Nov
Johan	Engelbrecht	05-Nov
Chloe'	Munnik	05-Nov
Tamryn	Munnik	05-Nov
Johan	Wassermann	05-Nov
Pat	Andrew	06-Nov
Pierre	Gourdain	06-Nov
Melanie	Saayman	06-Nov
Mark	Adams	07-Nov
Tillie	Kamper	07-Nov
Ilse	Mills	08-Nov
Jan	van Wyk	08-Nov
Sandy	Nel	09-Nov
John	Van de Venter	09-Nov

Chairman's Bit

Dear Irene,

My sincere thank you to Stephen, Elna, Diederick and the team for all the arrangements surrounding the hosting of yet another great Irene Kaapse Hoop away weekend in Nelspuit. Apart from the lovely stay at the



venues and a hugely successful Halloween party, our members made us proud with many PB's on the road. A special mention must go to "Uncle Fester", or known to most of us as Arno Smit who managed to improve his marathon PB by an awesome 66 minutes to 3:48. Congratulations to all the other Irene members who achieved new PB's.

Now we can look forward to again host a good and professional Liquifruit race this Saturday which is set to again be amongst the top 5 races of the year in its category. Let's show the running community our very best at the various points/places where we are serving Irene on Saturday morning. Please remember that a smile and friendliness to each and every athlete running on Saturday is the easiest way to show how proud we are of our great club and why we are regarded as one of the best clubs in South Africa.

Have a great week. Don't forget our monthly social tomorrow at the club, please come and enjoy the evening and hear some great stories about some awesome PB's set over the weekend.

Regards, Chris

Social evening

Our monthly social evening will take place tomorrow evening after the time trials. Bring the whole family along and enjoy a lovely evening together. On the menu will be *Chili con Carne*, *Tortilla Chips* and *Greek Salad* at the usual price of R30 pp.

The usual lucky draw will also take place.

Annual general meeting

Just a reminder again about our AGM that will take place in the lapa at 18:30 on 11 November. You still have one week to submit your nominations for the 2015 management committee.

Liquifruit race 11 November

Thank you to everybody who responded to the request for helpers on the day. The response was excellent. However, we still require another 60 helpers. Please let me know if you can assist.

Walkers tags

Please take note that the "Walker" tags are being phased out. From 1 January 2015 all walkers competing for positions will have to wear a "W" tag on the front and on the back of their running vests.

Notice board

Saturday 8 November

Irene Liqui Fruit 21.1/10/5/1 km
Race Organisers: Irene Athletics Club
Venue: ARC Irene Campus, Irene
GPS: S 25 53' 31" E 28 11' 29" – ENTRANCE 1
GPS: S 25 52' 52" E 28 12' 13" – ENTRANCE 2

GPS: S 25 53' 49" E 28 13'29" – ENTRANCE 3

	21.1km	10km	5 km	1 km
Entry fees	R 60	R 50	R 30	R 10
Entry fees 70 +		R 10		
Start Time	06:00		06:10	08:00
Time Limit	03h:30	02h00		

Free T-shirts to the first 1 000 on the 21.1 and 10km (each distance)

The 21.1km is not wheelchair friendly

Pre-entries: Run-A-Way Sports, Running Inn Pretoria, Sweatshop Dunkeld, Fourways, Southdowns & Bedfordview, The Runner's Store @ The Tramshed

Enter on line: www.enteronline.co.za

No Irene members is allowed to participate in the race

Saturday 22 November

Tom Jenkins Run/Walk Challenge
Race Organisers: Arcadia Running Club
Venue: Union Buildings, Pretoria

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Start time	06h30		06h40
Time Limit	03h00		

Pre-entries at: Run-A-Way Sport, Running Inn Pretoria & Bedfordview, Sweatshop Southdowns & Dunkeld

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

Saturday 29 November

Muller Potgieter Road Race - 21.1/10/5 km
Race Organisers: Voortrekker Monument Draf & Stap klub
Venue: Freedom Park, Skietpoort Street, Salvokop
GPS: S 25.763089⁰ E 028.185861⁰

21.1 km	10 km	5 km
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Entry fees	R 70	R 60	R 30
Start time	06h00		06h15
Time Limit	03h00		

Pre-entries at: Run-A-Way Sport, Running Inn, Outdoor Freedom Mall@Reds, Postnet Pretoria West

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

Secure parking at Jopie Fourie Primary School (200m from the start)

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				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			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

8 November 2014	Bloemfontein - Free State Champs
20/21 March 2015	WP Champs - Bellville/Greenpoint
20/21 March 2015	KZN Champs - Durban
4 April 2015	GN Champs - Pilditch

SA Masters Championships

1/2 May 2015	KZN - Durban
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Thought for the week

You cannot talk yourself out of something you behaved yourself into.

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Photo Corner (Kaapsehoop away weekend)













