

irene News

4 August 2014

No 31 - 2014

Achievements

None received

Personal achievements

Congratulations to Nadine Breytenbach and Zelda Breytenbach who have both been selected for the AGN Marathon team to participate in the SA Marathon Championships.

Personalia

Congratulations to everybody celebrating their birthdays during the week.

Danni	Marlin	04-Aug
Elsa	Meyer	04-Aug
Celeste	Janse van Vuuren	05-Aug
Riaan	Nieuwoudt	07-Aug
Willem	Fourie	08-Aug
Louis	Piso	09-Aug
Fanie	Venter	10-Aug

Chairman's bit

Dear Irene,

We had a fantastic IRENE golf day this past Friday. It is without a doubt our most successful golf-day to date and my sincere gratitude goes to our project leader Diederick Steyn, who, together with a phenomenal team managed to organize the fund raising event in just over 6 weeks, what an amazing achievement. Thanks to all our contributing members, whether it is by means of buying a four-ball, sponsoring a whole or sponsoring prizes and even to those who just showed up and participated in the great day. Photos of the event will be in the newsletter, but also see our 20 Year Serious Fun Run webpage for more.

Our next fundraising event is the Spring "Mandjie dans" on 20 September 2014. Please book this date and be part of yet another great IRENE event.

Have a great week and enjoy the somewhat warmer weather.

Yours faithfully, Chris

League race

The Castle Walk race this Saturday is our next league race. Please support it. We need as many of our members as possible to participate. Every finisher will earn at least one point. We also need our faster runners to earn points for the super league.

As always there will be something to eat and we will cut and enjoy the next birthday cake. Don't miss out.

Social evening

The social evening on Tuesday evening will be something special. Danie Joubert's men's' team will show us how to bake pancakes. They are getting better each year.

The pancakes will be for sale with various fillings to choose from. It promises to be a great evening. Bring the whole family along. Don't miss out!

Cinnamon Sugar Pancakes 3 for R10!

Filled Pancakes R10 Each!

Running Inn specials

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

Golf day

Congratulations to all our members who were involved in the golf day on Friday. It was a huge success. See the Photo corner for a few photos.

Notice board

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.

<i>2014 AGN LEAGUE FIXTURE LIST</i>				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			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

Either you control your attitude or it controls you.

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Photo Corner



