

Irene News

6 October 2014

No 40 - 2014

Achievements

Sonia Scheepers	10 th lady – Karoo 80 km Ultra
Ansie Breytenbach	1 st Lady & 1 st Master – Karoo 21 km
Bertha van den Raad	2 nd GM lady Karoo – 10 km
Wynand Breytenbach	2 nd GM – Karoo 10 km
Lucia Willemse	3 rd Lady walker & 2 nd GM – Tambo Liberation Walk
Sandra Steenkamp	1 st Master lady walker & 4 th lady – Tambo Liberation Walk
Jaap Willemse	3 rd Master man walker – Tambo Liberation Walk
Elsa Meyer	1 st GM lady walker – Tambo Liberation Walk

Well done!

Congratulations to the following members who have been selected for the AGN walking team to participate in the SA Walking Championships to be held in Cape Town this weekend.

Sandra Steenkamp
Annatjie Greyvenstein
Elsa Meyer
Lucia Willemse
Keith Reynolds
Jaap Willemse
Ray Patterson
Gerard van den Raad

We wish them all the best.

Personal achievements

None received

Personalia

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

Anneli	Bowie	06-Oct
Peter	Brock	07-Oct
Gerna	Horak	07-Oct
Colin	Turner	07-Oct
Grant	Buss	09-Oct
Allister	Gibbons	09-Oct
Freddie	Makoka	09-Oct
Espe	Steyl	09-Oct
Abrie	Stone	09-Oct
Jaap	Willemse	11-Oct
Leon	Page	12-Oct

Chairman's Bit

PROUDLY IRENE. That's all I can say. I am so proud of our 20 YSFR team, both the amazing runners and the awesome support teams. We succeeded big time, apart from EACH team member reaching the 100km mark during the week, we had an amazing total of 20 IRENE members finishing the 80km Karoo marathon. This was truly an amazing celebration of our 20th birthday this year. Hats off however to our charity, JUMPING KIDS who joined us on-route and crawled deep into the hearts of our team and the running community.

Please keep on supporting our fund raising efforts for JUMPING KIDS. We have up to our Liqui Fruit race in November, at which point we hope to hand over an extremely large cheque to them at the prize giving ceremony. Please buy your 2015 race entry RAFFLE tickets from any of our 20 YSFR team members.

Have a great week, and please come and join our 20 YSFR team at our October social tomorrow at the clubhouse for sharing of some great stories and beautiful pictures.

Social evening

We will be having our monthly social evening tomorrow evening. All members and their families are invited. On the menu will be Beef Biryani with Saffron Rice, Tossed Salad and Beetroot at the usual R30.

There will also be a jumping castle for the kiddies and they can enjoy a hotdog at only R5

As usual there will be a lucky draw.

Club gazebo and caravan

With Gerard down in Cape Town with the SA Walking Championships this weekend, we need someone else to take responsibility for the caravan and gazebo at the race on Saturday. Please let me know if you can help out in this regard. We simply cannot afford a scenario of our members not having the club facilities to their avail.

20 Year Serious Fun Run

The Serious Fun Run to Laingsburg in aid of Jumping Kids was a huge success! Everything went according to plan and the runners arrived on time as scheduled. We were really blessed and there were no casualties. We were able to make inroads into various towns, cities and communities where scores of people have grown aware of Irene Athletics Club and Jumping Kids.

Although the relay is something of the past, the goal still 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 an 18 a tax certificate. On this note, we want to thank every club member who has already taken the time to donate. Anyone can donate directly to Jumping Kids Prosthetic Fund, the account details as follows:

Nedbank

Acc: 160 2417 555

Branch Code: 160245

Reference: Name, IRENE, and contact number

We call on all our members to buy at least one of the raffle tickets to support this great cause. The tickets will be available at the club house tomorrow evening and at the race on Saturday.

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.

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

Count your life by smiles not tears. Count your age by friends not years

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Photo Corner (SFR & Karoo Ultra)













