

rene News

7 July 2014

No 27 - 2014

Achievements

Congratulations to the following members who were podium finishers at the Race for Friendship on Saturday:

Rob Hudson	1 st Master – 10 km
Mike du Bruto	1 st GM – 10 km
Lyn de Bruin	1 st GM lady – 10 km
Anelle Vorster	3 rd Lady – 21 km
Sandra Steenkamp	1 st Lady walker & 1 st master – 21 km
Lucia Willemse	1 st GM lady walker & 2 nd lady – 21 km
Elsa Meyer	3 rd Lady walker – 21 km
Jaap Willemse	1 st Master walker & 2 nd man – 21 km
SP Botha	1 st GM walker – 21 km

Elsa Meyer was also the 1st GM lady walker & 2nd lady at the Pirates 10 km. well done!

Congratulations also to Amanda Lotheringen who was the 1st Vet lady at the Spur Winter Trail Series race 4.

Personal achievements

None received

Personalia

Condolences to Nicole Haschka whose father passed away on Friday.

Congratulations to everybody celebrating their birthdays during the week.

Rae	Clerihew	07-Jul
Gerrie	Greyling	07-Jul
Andrew	Heuvel	07-Jul
Johan	Olivier	07-Jul
Jaco	Botha	08-Jul
Leanne	Christie	08-Jul
Herbert	Naape	08-Jul

Johan	Roodt	08-Jul
Eliza	Steyl	09-Jul
Martin	Struwig	09-Jul
Riette	Botha	10-Jul
Yvette	van der Westhuizen	10-Jul
Hein	Pheiffer	11-Jul
Dawid	Steenkamp	11-Jul
Bevan	Espag	12-Jul
Rita	Liebenberg	13-Jul

Chairman's bit

Dear Irene,

This week my message is short and sweet – and pertaining to our proud “20 Year Serious Fun Run team and the 1 formal reserve runner. Please help and support the teams’ fund raising efforts of which the Irene Golf day on 1 August 2014 is the first of many events planned to raise money. Please also help and support JUMPING KIDS, our official charity for this event.

Yours faithfully, Chris



League race

Thank you very much to every member who participated in the league race on Saturday. A huge thank you also to Stephen and Elna mee for the food provided and to Sandra Steenkamp for the lovely and delicious birthday cake.



Golf day

I want to appeal to all our members once again to support our golf day to be held on 1 August. The purpose is to raise funds for the relay to Laingsburg in order to raise funds for Jumping Kids. We are so privileged to be able to run/walk but here are many kids without legs. This effort from us can change the world for a kid. Here is another story of one of the jumping kids:



Katie Sepato

Born / 30 November 2007

School / Mashakane Primary School, Gauteng

Lives in / Tshwaraganang Orphanage, Hammanskraal, South Africa

Story

Katie Sepato was abandoned at the Tshwaraganang Orphanage when she was very young. Nobody knows where she is originally from.

In April of 2011, her left foot was amputated at Little Company of Mary Hospital in Pretoria to correct a congenital condition – her left leg was 38 cm shorter than the right.

She received her first Jumping Kids prosthetic in that same year, and has been part of the Jumping Kids family ever since.

Since becoming a Jumping Kid Katie has...

blossomed into a confident, bubbly young lady

gained the ability to walk unaided and to run and play around like any other kid her age

represented the Jumping Kids Prosthetic Fund at the Is Ability Awareness Day (2011) Ro3 Water 4Good Event (2012), StepUp500 Challenge (2013) Warrior Race (2013),

Irene “permanent” numbers

Please note that the permanent number badges for those members with 10 year membership or more, are available at the admin desk on Tuesday evenings.

Knysna 21 km entry

If you need a 21 km entry for the Knysna Half Marathon (Medium T-shirt) contact Theo Burgers on 0836329609

Notice board

Saturday 12 July

Afriforum Springbok Vasbyt 5/10/25 km

Race Organisers: VTM AK

Venue: Voortrekker Monument Picnic area

S 25.77690⁰ E 028.17747⁰

	25 km	10 km	5 km
Entry fees	R 80	R 60	R 30
Entry fees – GM – only on race day at the tables	R 40	R 40	
Start Time	07h30		07h40
Time Limit	04hrs		

10 & 25km is not suitable for baby strollers or wheelchairs
More than half of the race is run on gravel roads and mountain tracks

The fun run is suitable for baby strollers and wheelchairs

Pre-entries at Running Inn, Run-a-Way Sport, Postnet Quagga Centre, Pretoria West

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

Saturday 19 July

Mooikloof Realtors Winter Road Race 5/10 km

Race Organisers: Wingate Road Runners & Dutch Reformed Church, Garsfontein

Venue: Garsfontein Primary School, Zita Street, Garsfontein

GPS: S25⁰47'24,44" E 28⁰17'43,22"

	10 km	5 km
Entry fees	R 50	R 20
Start Time - Runners	07h00	07h20
Start time - Walkers	07h15	07h20
Time Limit	2h30hrs	

Pre-entries at Garsfontein DR Church, Emmie Hartmann St, Garsfontein; Garsfontein Primary School; Run-A-way Sport; Running Inn

On-line entries: www.nggars.org.za

Saturday 26 July

Zwartkop Road Race - 5/10/21.1km

Race Organisers: Gereformeerde Kerk Wierdapark/Alpha Centurion Runners & Walkers

Venue: Zwartkop Lapa, Centurion

S 25°50'14.25 E 28°07'28.46"

	21.1 km	10 km	5 km
Entry fees	R 60	R 40	R 25
Race day entries	R 70	R 50	R 30
GGM / Blind & wheelchair athletes	Free		
Start Time	07h00		07h10
Time Limit	03hrs		

Come early – only one entrance gate
R55 upgraded – use to avoid congestion on R101

Pre-entries at Running Inn, Run-a-Way Sport, Sweat Shop Southdowns & Dunkeld, Sportmans Warehouse Centurion, Wannabee Clothing, UP Campus and Groenkloof Campus

On-line entries: www.enteronline.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
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

Talk health, happiness and prosperity to every person you meet.

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Photo Corner (Race of Friendship)



