

rene News

8 September 2014

No 36 - 2014

Achievements

Congratulations to the following podium winners at the Spirit of Flight 10 km

Mike du Bruto	1 st GM
Johan Nel	2 nd GM
Ansie Breytenbach	1 st Master lady
Annatjie Greyvenstein	1 st GM lady
Jaap Willemse	1 st Man & 1 st Master walker
Sandra Steenkamp	1 st Lady walker and 1 st Master
Elsa Meyer	1 st GM lady walker
Lucia Willemse	2 nd GM lady walker

Well done also to Sandra Steenkamp who was the 2nd Master lady in the Gauteng Marathon on Sunday.

Personal achievements

Well done to the following members who ran their 10 km PB's on Saturday.

Renata Louw
Jan van Wyk
Myrna van Wyk
Renette Prinsloo
Yolande Janse van Rensburg
Tjaart van Wyk
Rena van Wyk
Bennie Roux

Personalia

Congratulations to everybody celebrating their birthdays during the week.

Anita	Joao	08-Sep
Charles	Koekemoer	08-Sep
Anese	Badenhorst	09-Sep
Pierre	Marais	09-Sep
Vezamafa	Mogashoa	09-Sep

Melvyn	Quan	10-Sep
Catherine	De Villiers	11-Sep
Annetjie	Booyens	12-Sep
Lyn	de Bruin	12-Sep
Elrica	Gillmore	12-Sep
Pieter	Saayman	12-Sep
Sandra	Steenkamp	12-Sep
Danie	Cornelissen	13-Sep
Marisia	Koch	14-Sep
Wessel	Oosthuizen	14-Sep
Pieter	Venter	14-Sep

Chairman's bit

Dear Irene,

Firstly, a sincere thank you to our Saturday "Race Venue" Team who have excelled themselves yet again. I am referring to Oom Gerard and Tannie Bertha [supported by Oom Koos] for the caravan set-up, Stephen and Elna for the great boerie rolls and bakers of our September 20 year birthday cake. We are privileged indeed to have you as members of our club. Thank you for serving your fellow club members without any complaints.

I want to call on all our members to support our "mandjie dans" and raffle. Tickets are currently available. It is all in support of our 20 YSFR team and our charity JUMPING KIDS. We are all getting so much in return for our relatively small annual membership fees. Let us see this as an opportunity to express our gratitude. If you are unable to attend the occasion then buy a ticket or two as a donation please. Any other donations or sponsorships are also extremely welcome and would help so much in our great cause.

Have a great week.

Yours faithfully,
Chris

Club championships – 10 km

Congratulations to Bennie Roux and Anelle Vorster who are our 10 km Club champions.

Training programme

Attached you will find the training programme that will take you to the Kaapsehoop race.

Research study

Attached you will find details of a study to be done amongst females. Have a look at it and decide for yourself if you want to be part of it.

Mandjiedans

Don't miss out on this event. If you haven't bought your ticket yet, do it at the club house tomorrow or contact me at info@irenerunner.co.za

In the mailbox

The telephone lines of Andri Smuts Physiotherapists are out of order. They can be contacted on 072 769 0820

Notice board

Saturday 13 September

Ou Voetpad Berg 10 Miler

Race Organisers: VTM Club

Venue: Tshwane University of Technology, Staatartillerie Road, Pretoria West

GPS: S25.732633 E 28.161844

	10 miler (16km)	10 miler (9.6km)	3 Miler (5km)
Entry fees	R 70	R 60	R 30
Entry fees (GM & Disabled athletes) race day only	R 30	R 30	
Entry fees (GGM) race day only	Free	Free	Free
Start time	07h00		07h15
Time Limit	03h00		

10 miler is not suitable for baby strollers or wheelchairs

Pre-entries at: Run-A-Way Sport, Running Inn, Postnet Pretoria West

On-line entries: www.entrytime.com

Wednesday 17 September

Lester Mills Memorial Night Race 5/10 km

Race Organisers: Tuks Athletics

Venue: University of Pretoria Sports Campus, High Performance Centre

GPS: S25.74538 E 28.24718

	10 km	5 km
Entry fees	R 55	R 30
Entry fees – grandmasters	½ price	
Entry fees – Great grandmasters and blind runners	Free	
Start Time	18h30	
Time Limit	01h30	

Pre-entries at: Run-A-Way Sport, Running Inn, Sweat Shop Southdowns

Saturday 20 September

Clover Irene Spring Race 21.1/10/5km

Race Organisers: Irene Athletics Club

Venue: Irene Village Mall, c/o Nellmapius Drive & van Ryneveld Avenue, Irene

GPS: S25.51.683 E 28.16.044

	21.1 km	10 km	5 km
Entry fees	R 60	R 50	R 30
Entry fees Grandmasters	R 30	R 30	
Entry fees Great grandmasters	Free		
Start time	06h00		06h10
Time Limit	03h30		

The route is suitable for wheelchairs

Pre-entries at: Run-A-Way Sport, Running Inn Pretoria and Bedfordview, Sweatshop Southdowns;
Dunkeld and Fourways, Centre Management – Irene Village Mall

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

Irene members are not allowed to participate

Wednesday 24 September

Great Run Series III - 10/6km

Race Organisers: Global AC

Venue: Weskoppies Hospital, Pretoria West

	10 km	6 km
Entry fees	R 50	R 30
Start Time	07h00	
Time Limit	02h30	

Pre-entries at: Run-A-Way Sport, Running Inn, Sweatshop Southdowns; Dunkeld and Fourways, AGN Office

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

Saturday 27 September

Andrew Greyling Road Race - 21.1/10/5km

Race Organisers: Pretoria Marathon Club

Venue: Brooklyn Mall, c/o Veal & Bronkhorst Street, Brooklyn

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Start time	06h00	06h10	06h30
Time Limit	03h30		

No wheelchairs unless arranged with organiser before the event

Pre-entries at: Run-A-Way Sport, Running Inn, Sweatshop Southdowns; Southdowns & Fourways

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

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

Thought for the week

Maybe . . . it is true that we don't know what we have until we lose it, but it is also true that we don't know what we have been missing until it arrives.

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Photo Corner



Derek van der Merwe and Annemarie Breytenbach taking a well deserved break



A smiling Renata Louw after running a PB



Eliza Steyl looking well and fit after having a baby a few months ago



As always the food was of a high standard



"Spring is in the air" was the theme of the September birthday cake



Pierrette Whitmore and Elaine Cuffe, two of the "Mad cows" responsible for the cake



Johan Nel and Mike du Bruto, second and first Grand masters respectively



A familiar sight, Sandra Steenkamp and Elsa Meyer on the podium