

THIS N THAT

An Email Newsletter From Agape Athletics Club

Editor : Ken Nurden 012 361 6963

www.agape.org.za

Hi

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God Bless
Ken

Birthday Greetings

May our Lord Bless you, not only on your birthday but throughout the coming year.

Laverne Kearns	Sep	5
Martjie De Villiers	Sep	6
Johann Steenekamp	Sep	6
Marelize Visser	Sep	9
Ignis Claase	Sep	11
Kiebet Strauss	Sep	11
Dion Olwagen	Sep	12
Marietjie Venter	Sep	12
Lynn Maartens	Sep	15
Immanda Louw	Sep	16
Henriët Minnie	Sep	17
Erna Maritz	Sep	18
Santa Roberts	Sep	19
Frik Dippenaar	Sep	20
Hannatjie Albertse	Sep	25
Chris Burger	Sep	26
Nicolette Pretorius	Sep	29

Agn Team Selection – SA Cross Country Championships

Congratulations to the following members who have been selected to represent Agn at the cross country championships at Middelburg on Sat 6 Sep. *I notice my name in the list but with my leg brace only due to come off this week there is no way that I will be in a position to take part in this year's championship. Ken.*

Gustav	Brink	Agape
Toine	Van Den Oever	Agape
William	Fourie	Agape
Allan	Kluge	Agape
Jan	Vreken	Agape
Ken	Nurden	Agape
S	Werner	Agape
Christa	Mouton	Agape
Winnie	Koekemoer	Agape

Agn Circular - Subject : Athlete's Representatives

Date : 25 August 2008

It is with great concern that the Board of AGN took note of an alarming number of incidents in Gauteng North where unregistered agents/athletes representatives act on behalf of athletes. According to the rules of ASA all athletes' representatives must be registered with ASA before they can act on behalf of any athlete (SA athletes and foreign athletes). According to ASA, Mr Dewald Steyn, Mr Aaron Raamano and Mr Mohau Molelekoa are at the moment not registered athletes' representatives in South Africa. As soon as ASA inform us of any registered representatives, AGN will inform all clubs.

Clubs are therefore requested not to deal with any agent or representative when dealing with athletics. This includes the following actions:

- Negotiations on behalf of athletes
- Entries of athletes at athletics events
- Payment of prize money to athletes

Please be very careful when dealing with the following individuals.

Regards
Walter Vilakazi
General Manager

Spar Ladies Race Lammie Fourie

The Spar Ladies Race was last Saturday, and I want to say a very big THANK YOU to everyone from Agape who helped. EVERYONE pitched up and EVERYONE was early - and EVERYONE was so willing and got stuck in and did more than was expected of them! I was really proud of Agape and its members once again. The Lord's people are special people!

Judging by the number of medals left over, I estimate there were in the region of 12 500 runners/walkers. When you have two short races (10 Km and 5 Km), the masses arrive at the finish together! Things were hectic at times! Members assigned to the 10 Km race had to help out on the 5 Km side when the pressure was on.

The club's gazebos were prominent at the finish, and advertised the club. They had to be put up the previous afternoon. Our thanks again to faithful Hennie and Marietjie! Thank you to Helge, Faan and Nigel for helping pack up the gazebos at the end of the afternoon.

Agape Club Trailer

Nigel Lowe will be drawing up a reserve list of members who have a tow-bar on their cars and are willing to assist if and when **Hennie** and **Marietjie Venter** are unable to get our club trailer to races.

The first request for assistance is for this coming Saturday's 6th Sept, Spirit of Flight race. **Helge Switala** has the trailer now after the 30th Spar Ladies race. We're looking for someone to take the trailer home after the race [or from Helge (082 884 8053 - Lynwood)] and then get it to Hennie (082 676 6792), probably in Queenswood, during the next week. Please see how any of you might help Hennie to save them another trip and honour their commitment to our Club.

Race Cancelled – Wed 01 Oct

We have been requested by Agn to circulate the following notification of a race cancellation.

Walter,

[Cancellation of Tshwane South College Nite race - 1 October 2008](#)

I have been informed by the CEO that due to internal circumstances they are not able to continue with the above race. (Copy of the letter was faxed to AGN)
Please inform the clubs and RR commission of the situation.

Regards
George Muldner
Centurion Athletic Club

In The Mailbox

Andre Du Toit

Good day Ken,

I have a spare number for the City to City race. My friend entered but now has to attend a conference out of town and will not be able to run.

If you hear of anyone who maybe interested, please pass my contact detail to them, thanks.

Regards / Groete

André L du Toit Tel: +27 12 311 1062 Cell: +27 82 779 4722 Fax: +27 12 311 5600
email: dtoital@telkom.co.za

Race Results

Agn Cross Country Championships

POS	NAME	SURNAME	CLUB	TIME
BOYS 16 (6 KM)				
13	Werner	Cilliers	Agape	00:24:24
MEN 35 (8 KM)				
5	M	Van Der Walt	Agape	00:47:14
MEN 40 (8 KM)				
10	Leon	Klopper	Agape	00:51:08

MEN 50 (8 KM)				
3	Toine	Van Den Oever	Agape	00:35:38
MEN 60 (6 KM)				
2	Allan	Kluge	Agape	00:30:33
3	Lammie	Fourie	Agape	00:32:07
MEN 65 (6 KM)				
2	Jan	Vreken	Agape	00:38:34
WOMEN 40 (4 KM)				
6	Annelie	Jacobs	Agape	00:18:00
9	Marinda	Cilliers	Agape	00:20:53
WOMEN 45 (4 KM)				
6	Marietjie	Venter	Agape	00:22:17
WOMEN 50 (4 KM)				
4	Christa	Mouton	Agape	00:20:10

Race Reports

Notice Board:

Sat 06 Sep Spirit of Flight 10km 5km Fun Run

***** Agn Race Walking League Race *****
***** Agn 10km Race Walking Championship *****
***** Agape 10km Club Championship *****

Race Organisers: Pretoria Military Marathon Club
Race Venue: Swartkop Air Force Base, Valhalla (Old Jhb Rd. northern entrance)

Start Time: 07:00
Entry Fee: 10km – R30
5km – R15

Sat 13 Sep Die Ou Voetpad 10 miler

Race Organisers: Voortrekker Monument Klub and the Dept of Student Development TUT
Race Venue: Tshwane University of Technology, Staatsartillerie Rd, Pta West

	10 miler	5km
Entry Fee	R 35	R 25
70+	Free	
Start Time	07:00	07:05
Cut-off Time	3hrs	

Pre Entries Close 10 Sept 2008 at:
Run-away Sports Postnet Pretoria West, Quagga Centre
Running Inn Varsity Sports

PLEASE DO NOT LITTER IN THE CONSERVATION AREA. KEEP YOUR SACHETS TILL THE NEXT REFRESHMENT STATION.

Sat 20 Sep Csiir 5km / 10km / 21km

***** Road Running League Race *****

Race Organisers: Csir
 Race Venue: Csir International Convention Centre, off Meiring-Naude Rd

	5km	10km	21km
Pre-entry Fee		R 25	R 35
Race Day Entry Fee	R 10	R 30	R 40
70+	Free		
Start Time	06h45	06h30	
Cut-off Time	3hrs		

Pre-entries: Run-A-Way Sport Varsity Sports ... Hatfield Odyssey Sports
 Running Inn

Wed 24 Sep Sabs / Crawford College ... 10km / 21km Race Cancelled

Sat 27 Sep McCarthy Volkswagen 10km / 21km 5km fun run

***** League Race For Walkers *****
***** Agn 21 km Walking Championships *****

Race Organisers: Alpha Centurion, Faranani and Mamelodi Clubs
 Race Venue: Rietondale Park, Soutpansberg Rd.

	21km	10km	5km
Pre - entry fee	R 35	R 25	R 20
Race Day entry fee	R 40	R 30	R 25
Entry Fee 60+	R 25	R 20	As Above
Start Time	06:00	06:30	06:45
Cut-off Time	3hrs	2hrs	1hr 30min

Free T-shirts to the first 850 pre-entries for the 21km and 10km received before 20 Sept 2008 only at the listed McCarthy Volkswagen and Audi dealers ... I've only listed the Pretoria dealers.

McCarthy Volkswagen: Arcadia ... Wonderboom ... Menlyn ... Silver Oaks.
 McCarthy Audi: Arcadia ... Audi Centre, Menlyn

You can also pre-enter at the following Sportsman's Warehouse outlets: Centurion ... Zambezi Drive

Wed 01 Oct Tshwane South College ... 10km Race Cancelled

Sat 11 Oct Chamberlain Capital Classic 5km ... 10km ... 21km

***** Agn Road Running League Race *****

Race Organisers: Phobians, Alpha Centurion and Tuks Athletics Clubs
 Race Venue: Tuks Sports Grounds, "Die Uitspan", Arcadia Str.

	21km	10km	5km
Entry Fee	R 40	R 30	R 15
Entry Fee 70+	Free		
Start Time	06:00		06:15

Cut-off Time	09:00
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T-shirts to the first 2000 entries

Pre-entries before 12noon on Wed 8 Oct at:

Chamberlain ... Centurion, Riviera and Waterkloof Glen

Run-A-Way Sport Running Inn Varsity Sports, Hatfield Odyssey Sport

If you run the 21km in an authentic Scottish, Irish or Greek kilt and make ther 3hr cut-off, you win a R200 voucher redeemable at Chamberlain Centurion

Agape Club Championships		
Date	Dist	Race
06-Sep-08	10km	Spirit Of Flight
11-Oct-08	21km	Pretoria News Classic

AGN - Road Running & Road Walking - League & Championship Races - 2008						
Date issued = 20071203		RUNNING		WALKING		CHAMP
DATE	EVENT	10	15/21	10	15/21	
06-Sep	Spirit of Flight			RW		10 RW
20-Sep	CSIR	RR	RR			
27-Sep	McCarthy Volkswagen			RW	RW	21 RW
11-Oct	Chamberlain Capital Classic	RR	RR			
01-Nov	Exarro					
29-Nov	Montana Crossing			RW	RW	

2008 Cross Country Fixture List

Date	Event	Venue	Time	Organisers	Contact
06-Sep	ASA Champs	Middelburg	08:00	ASA	072 191 0538

Intercessors:	Anita Cilliers	082 928 0767	Jan Maritz	076 272 3994
	Annalie Jacobs	654 8815		

Time Trials:

Centurion 48 Marinda Ave Wednesdays at 17:15
 Contact Marinda 654 5800 (h) 082 720 9017

Rietondale North Street Thursdays 17:00 for 17:15
 Contact Dorothy dorothy@meesterplan.co.za

Gazebo Enquiries

Hennie Venter – 082 676 6792
 Marietjie Venter – 079 243 8253

Your Smile Of The Week

Lammie Fourie

Children's Science Exam

Q: Name the four seasons.

A: Salt, pepper, mustard and vinegar.

Q: Explain one of the processes by which water can be made safe to drink.

A: Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists.

Q: How is dew formed?

A: The sun shines down on the leaves and makes them perspire.

Q: How can you delay milk turning sour?

A: Keep it in the cow.

Q: What causes the tides in the oceans?

A: The tides are a fight between the Earth and the Moon. All water tends to flow towards the moon, because there is No water on the moon, and nature hates a vacuum. I forget where the sun joins in this fight.

Q: What are steroids?

A: Things for keeping carpets still on the stairs.

Q: What happens to your body as you age?

A: When you get old, so do your bowels and you get intercontinental.

Q: What happens to a boy when he reaches puberty?

A: He says good-bye to his boyhood and looks forward to his adultery.

Q: Name a major disease associated with cigarettes

A: Premature death.

Q: How are the main parts of the body categorized? (e.g., abdomen.)

A: The body is consisted into three parts - the brainium, the Borax and the abdominal cavity. The brainium contains the brain; the borax contains the heart and lungs, and the abdominal cavity contains the five bowels, A, E, I, O, and U.

Q: What is the fibula?

A: A small lie.

Q: What does varicose mean?

A: Nearby.

Q: Give the meaning of the term Caesarean Section

A: The Caesarean Section is a district in Rome

Q: What does the word benign mean?

A: Benign is what you will be after you be eight.

God Bless

Ken