



IRENE NEWS

10 June 2019

No 23 - 2019



COMRADES 2019

Congratulations to all the Comrades finishers. You made us all proud. Well done to Alfred Matema and Michael Mokwala with their silver medals.

Alfred was the first Irene member to finish with Hestha Conradie and Rosemarie Brink the first Irene ladies! They finished together in exactly the same time, quite a unique achievement. Well done!

Congratulations to our veteran ladies team who finished in 4th position in the team competition. They were Hestha Conradie, Rosemary Brink, Rinaldi Botes and Joan van Wyngaard.

Hats off to Keith Reynolds who finished his 32nd Comrades. Well done to Johan Nel, Hennie van der Walt, Marinus van der Merwe, Musa Nkosi, Theo Bohnen and Mfundo Hadebe who did their 10th race to receive their permanent numbers.

We had 140 starters of which 122 finished in time, a finish rate of 87,14%, the best for an uprun since 2007. The medal count is as follows:

Silver:	2
Bill Rowan:	15
Bronze:	56
Vic Clapham:	49

The average finish time was 10:31:41, the best for an uprun since 2007.

It was a very successful Comrades overall. The support stations were excellent and the same applied to the finish. Thank you to Louis and Nadene Visser, Emgee van der Merwe and his team, Wynand and Ansie Breytenbach and Werner van der Merwe and his dad for a job well done. The feedback from the runners was excellent.

All Comrades runners are invited to share their Comrades stories with us. Please send in your Comrades experience for publication in the newsletter. It can be good or bad, we can all learn from it.



THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:15 – Club house (Thanks to Buks van Deventer the club house will be open)

Saturday:

Executive Mayor's Race @ 07:00 – Giant Stadium, Shoshonguwe

Sunday:

Club run @ 06:30 – Club house – All welcome, your distance, your pace.

CLUB GAZEBO

Please note that there will be no Cara-Fun or gazebo at the race this Saturday.

SOCIAL EVENING

The next social evening will take place next week (18 June). It will be our Comrades aches and pains evening. Please attend and bring your family along. Come and share your Comrades stories with your fellow club members. Everybody is invited.

STRENGTH TRAINING

Please take note that there will be no Monday strength sessions during June and July. It will resume in August.

PERSONALIA

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

Phineas	Mojapelo	11 Jun
Pieter	Wiese	12 Jun
Yvonne	Van Wyk	13 Jun
Cindy	Frost	15 Jun
Mauritz	Oberholzer	16 Jun



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NOTICE BOARD

Saturday 15 June

Executive Mayor Race (Morula ½ marathon) 10/5 km

Race Organisers: Morula Athletics Club

Venue: Giant Stadium, R80 Road to Soshanguve

	10 km	5 km
Entry fee	R 60	R 50
Entry fee 70+	Free – race day only	
Start Time	07:00	07:15
Cut-off	03:30	

No Pets

No iPods or listening devices are allowed

No wheelchair athletes

Pre-entries at: Run-A-Way Sports; Tshwane Running Store; Sportsman's Warehouse
Atterbury & Kolonnade

www.entrytime.com

AGN 10km Championships

Saturday 22 June

Fara Winter Challenge 10/5 km

Race Organisers: Faranani Athletics Club

Venue: Rietondale Park, c/o van der Merwe & Soutpansberg Rd, Rietondale

	10 km	5 km
Entry fee	R 80	R 50
Start Time	07:00	
Cut-off	??	

No Pets

No iPods or listening devices are allowed

Pre-entries at: Run-A-Way Sports; Tshwane Running Store; Sweatshop Southdowns

2019 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Race of Friendship	21.1/10 km	29/06/19	X	X
Zwartkop Road Race	21.1/10 km	27/07/19	X	X
Spirit of Flight	10 km	31/08/19	X	X
Brooklyn Road Race	21.1/10 km	07/09/19	X	X
Capital Classic	21.1/10 km	05/10/19	X	X
Freedom of Expression	21.1/10 km	02/11/19	X	X



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REGISTERED QUANTITY SURVEYORS • GEREISTREERDE BOUREKENAARS

Members: GJ Cillie B.Sc (QS) UP, PrQS, PMAQS, MRICS | Guillaume Cillie B.Sc (QS) Hons UP, PrQS

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Masters Athletics Fixture list

South Africa

10 August 2019	Mpumalanga	Secunda
? October 2019	Rassies	Bronkhorstspuit
25/26 October 2019	SWD	Oudtshoorn
8/9 November 2019	Free State	Bloemfontein

South African Championships

April/May 2020	Central Gauteng	Herman Immelman
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Africa Championships

2021	Nairobi, Kenya
2023	South Africa

International Championships

28/9-6/10 2019	30 th Summer Universiade	Naples, Italy
20/7/2020 – 1/8/2020	World Masters Athletics Champs	Toronto, Canada

THOUGHTS FOR THE WEEK

Running is mind over matter. If your head doesn't mind, your body doesn't matter.

PHOTO CORNER



Relaxed at the Expo before the race



The support station at the bottom of Fields Hill



Alfred Matema passing the support station at Camperdown



Alta Struwig trying her best to convince husband Martin to carry on



Gerhard Potgieter taking a break at Camperdown



Danie Cornelissen had a tough one this year



Ernst Gottschalk receiving some special attention from Nadene Visser



With only one Marathon to his credit this year, Werner Zandberg did it again!



Marinda Gatherer looking as fresh as a daisy



Mark van Deventer still had time for a few jokes



Louis Visser with John Ward



Who said Comrades was a serious affair? Lizl Strauss thought otherwise



Louis Visser waiting for the next Irene runner to show



Thea van Helden had fun all day long



Travers Snyman with his wife Cari



Themba Mathebula enjoying the break at Camperdown



Kgabo Diangoane looking strong and ready for the last 24 km



Some of the runners and supporters at the post function at the Durban Ski Boat Club



Hestha Conradie, Rosemary Brink and Rinaldi Botes



Johan Nel received his permanent number