



IRENE NEWS

11 June 2018

No 23 - 2018



COMRADES 2018

Congratulations to all the Comrades finishers. You made us all proud. Well done to Samuel Molefe, Philip Breytenbach and Alfred Matema with their silver medals.

Samuel was the first Irene member to finish with Amanda Cloete the first Irene lady. Well done!

Hats off to Keith Reynolds who finished his 31st Comrades. Congratulations to Victor Phetoe who received his double green number after completing his 20th race. Well done to Cari Snyman, Blanche van Vuuren, Jacqui Burn and Norton Mole who did their 10th race to receive their permanent numbers.

We had 172 starters of which 150 finished in time, a finish rate of 87,2%, the best since 2007. The medal count is as follows:

Silver:	3
Bill Rowan:	22
Bronze:	76
Vic Clapham:	49

Average finish time: 10:24:56, the best since 2004.

It was a very successful Comrades overall. The support stations were excellent and the same applied to the finish. Thank you to Jean and Mellany Hoffmann, Bets Botha and her team, Rudolf du Toit and Annemarie Breytenbach and Kristen Jurgens 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.

TIME TRIALS

There will be no time trials this week, the club house will be closed.

SOCIAL EVENING

The next social evening will take place next week (19 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.

THIS WEEK'S DIARY

Tuesday:

No time trials, club closed

Saturday:

Irene Walking Grand Prix (more details during the week)



PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Pieter	Wiese	12 Jun
Yvonne	Van Wyk	13 Jun
Cindy	Frost	15 Jun
Mauritz	Oberholzer	16 Jun
Evelyn	Modiba	18 Jun



NOTICE BOARD**League race / New venue****Saturday 23 June****Run/Walk for Bibles 21.1/10/5 km**

Race Organisers: Alpha Centurion Runners & Walkers

Venue: Lewende Woord Centurion, Adam Tas Street, Clubview

GPS: S 25 50'29.0 E 28 10'04.8

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R50
Entry fee 70+ - race day only	½ price		
Start Time	07:30		07:35
Cut-off	?:00	?:00	?:00

1st 200 online entries will receive a free t-shirt**Goodie bags to participants****No pets****No iPods or listening devices are allowed**

Pre-entries at: Run-A-way Sports; Sweatshop Southdowns & Dunkeld; Lewende Woord Centurion; Kerksondermure

www.active.com**2018 AGN LEAGUE FIXTURE LIST**

EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Riana van Niekerk Run/Walk for Bibles	21.1/10 km	23/06	X	X
Ice Breaker	21.1/10 km	07/07	X	X
SMU Half Marathon	21.1/10 km	28/08	X	X
Clover Irene Spring Race	21.1/10 km	29/09	X	X
CSIR Road Race	21.1/10 km	21/10	X	X
Tom Jenkins	21.1/10 km	17/11	X	X

Masters Athletics Fixture list

- **Local meetings**

4 Augustus 2018	FSMA Throws and jumps	Pelliespark, UFS
27 October 2018	SWD	Oudtshoorn
10 November 2018	Free State	Bloemfontein

THOUGHT FOR THE WEEK



PHOTO CORNER (Comrades)



Gathering at the Expo the day before



Ansie and Annemarie Breytenbach



Mauritz Oberholzer and Nadine Breytenbach at Camperdown



Lourens van Aardt



First Irene members to finish, Samuel Molefe



Victor Phetoe who ran his 20th



Holger Hedelt, our German member



Johan Dekker ran for a charity organisation



Renette Prinsloo and Uida Enslin waiting for their husbands



Michael Mokwala receiving special attention at the Cowies support station



Noel Banda arriving at the Cowies support station



Keith Reynolds ran his 31st Comrades Marathon



A jubilant Hesta van den Heever



The post function on Monday was a very nice function indeed



Travers Snyman, Werner van der Merwe and Cari Snyman



A few of the finishers who attended the function



Supporters who attended the function



A proud Jacqui Burn with her Green Number