



IRENE NEWS

12 June 2017

No 23 - 2017



ACHIEVEMENTS

The following members who were on the podium on Saturday at the Nina Park Spar 10 km:

Sandi Cloete	3 rd Lady (46:37)
Jaap Willemse	1 st Master walker & 3 rd walker (60:59)
Gerard van den Raad	1 st GGM walker (65:23)
Rhoda Willemse	1 st Lady walker (61:16)
Elsa Meyer	1 st GGM lady walker & 3 rd lady (65:24)
Lucia Willemse	1 st GM Lady walker (68:48)

Congratulations!

PERSONAL ACHIEVEMENTS

None received

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:15 at the club house

Monthly Social (Aches and pains) at 18:15

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

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



CAPTAIN'S CORNER

Comrades 2017 is done and dusted and some members reached their desired goals and some didn't. This doesn't mean the end but the beginning as we prepare for COMRADES 2018. Yes, you read it properly, preparation work is in progress in the back end already. This would be a great time to focus on your 10km and 21km races where you can improve on your times over these distances.

There are various fun and different races to do over the winter period like trail running, cross country to name a few. Check the trail running websites www.myroadlesstravelled.co.za , www.trailseries.co.za and www.wildseries.co.za as a starting point. League races is also still happening until November 2017 so attend them if you can.

The idea is to stay fit and healthy and when the running season is in full swing you won't feel like you struggling. An important notice I want to ensure everyone understands is that **"the club training program is there for everyone and to assist you in reaching your desired goals"**. Join in at the group training sessions at the clubhouse.

The focus for our training is for the Kaapsehoop marathon. This is the club weekend away in November and it is always lots of fun. Nothing better than mingling with the rest of your club members after a run and make a weekend of it. Bring your family along to be part of the IRENE family.

Should you have any questions about training please drop me a mail at training@irenerunner.co.za or call me on 082 345 5343 and I will assist where possible.

NB: SUMMER BODIES ARE MADE IN WINTER 😊

Happy running and see you on the road or the trails.

Proud IRENE Greetings

Linley

COMRADES STATISTICS

Below are the Irene stats of the last 10 years. Are we going to get more than 3 silver medals next year?

	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Entries	151	162	316	264	246	229	275	326	266	232
Starters	143	140	289	215	217	183	185	226	189	161
% Starters	94,7%	86,4%	91,5%	81,4%	88,2%	79,9%	67,3%	69,3%	71,1%	69,4%
Finishers	123	119	243	181	189	128	147	174	161	126
% Finishers	86,0%	85,0%	84,1%	84,2%	87,1%	69,9%	79,5%	77,0%	85,2%	78,3%
Silver	2	3	3	2	3	2	3	3	2	1
Bill Rowan	11	15	28	18	17	3	12	12	21	12
Bronze	69	53	119	94	85	55	74	70	78	67
Vic Clapham	41	48	93	67	84	68	58	89	60	46
Ave. Finish Time	10:32:24	10:32:46	10:33:19	10:33:28	10:37:53	10:56:21	10:32:51	10:48:04	10:29:37	10:33:48

SOCIAL EVENING

The social evening on Tuesday is going to be very special. It will be the annual “Aches and Pains” after Comrades party. Everybody is invited, whether you ran Comrades or not. Come and be inspired by those who did Comrades this year.

Instead of handing out the trophies at the year-end function this year, the following Comrades trophies will be handed out on Tuesday at the function: First man and woman, first novice man and woman, last Irene finisher, Comrades “vasbyt” and the Spirit of Comrades.

There will be a DJ responsible for great music and curry and rice will be served at only R40 p.p. Don't miss out on a great evening. Bring the whole family along.

DO WHAT WE STARTED LAST YEAR: **WEAR YOUR OLDEST COMRADES T-SHIRT!!**

VACANCY – AGN FINANCIAL OFFICER

There is a vacancy for a financial officer in the AGN office. See the attachment for details.

NOTICE BOARD

League race / New venue

Saturday 24 June

Race of Friendship 21.1/10/5 km

Race Organisers: Run/Walk for Life

Venue: Glenfair Boulevard, c/o Lynnwood & Daventry Roads, Lynnwood

	21.1 km	10 km	5 km
Entry-fee	R 80	R 60	R 40
Start Time	07:00		
Cut-off	?:?:00		

Manually operated wheelchairs are allowed

No animals allowed

Pre-entries at: Run-away Sport; The Runners Store

www.enteronline.co.za

Saturday 1 July**Run & Walk for Bibles 21.1/10/5 km**

Race Organisers: Alpha Centurion Runners & Walkers

Venue: Hoërskool Zwartkop, c/o Mopani & Old Johannesburg Road, Centurion

GPS: S 25 50 58.60 E 28 09 54.32

	21.1 km	10 km	5 km
Entry-fee	R 100	R 80	R 40
GGM ½ price – race day only			
Wheelchair & blind athletes – race day only	Free		
Start Time	07:30		07:35
Cut-off	?:00		

No club gazebos on main field due to irrigation**No animals allowed**

Pre-entries at: Run-away Sport; The Runners Store; Sweatshop Southdowns; Sportmans Warehouse

www.active.com

2017 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
RACE FOR FRIENDSHIP	10/21	24 Jun	X	X
LONG WALK/RUN FOR FREEDOM	10/21	22 Jul	X	X
MARCEL VAN'T SLOT	15	19 Aug	X	X
ADDICTED TO LIFE	10/21	9 Sep	X	X
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

SA MASTERS

Local meetings

12 Augustus 2017	Claude Sterley Memorial	Pilditch
? Sept/? October 2017	SWD	Oudtshoorn
11 November 2017	Free State	Bloemfontein

THOUGHT FOR THE WEEK

It's a slow process, but quitting wont speed it up.



Photo Corner (Silver Lakes prize winners)



Elsa Meyer, Joey Cloete and Susan Maree



Lucia Willemse



Gerard van den Raad



Jaap Willemse



Ian McFadyen



A very happy Louis Visser with his permanent Comrades number