



IRENE NEWS

14 May 2018

No 19 - 2018



ACHIEVEMENTS

Congratulations to the following podium winners:

The Love Run

Nadine Breytenbach	1 st Vet lady – 21 km (1:47:50)
Iain McFadyen (social member)	1 st GGM – 21 km (2:09:00)
Sandra Steenkamp	1 st Lady walker & 1 st master – 21 km (2:14:35)
Elsa Meyer	1 st GGM lady walker & 3 rd lady – 21 km (2:31:22)
Ansie Breytenbach	2 nd Master lady – 10 km (51:32)
Jaap Willemse	1 st GM walker – 10 km (1:08:09)
Gerard van den Raad	1 st GGM walker – 10km (1:11:09)
Annette Muller	1 st Master lady walker – 10 km (1:13:18)
Lucia Willemse	2 nd GM lady walker – 10 km (1:14:39)

Jackie Mekler

Amanda Cloete	9 th Lady – 25 km (2:04:33)
Ansie Breytenbach	1 st Master lady & 10 th lady – 25 km (2:04:42)
Iain McFadyen (social member)	1 st GGM – 25 km (2:20:30)
Sandra Steenkamp	2 nd Lady walker – 25 km (2:40:28)
Elsa Meyer	3 rd Lady walker – 25 km (2:50:50)
Jacquie van der Waals	1 st Vet lady – 10 km (40:57)
Jaap Willemse	3 rd Walker – 10 km (1:01:15)
Lucia Willemse	3 rd Lady walker – 10 km (1:13:16)

Johan Nel	5 th Man – Bo-Karoo 100 km (8:22:00)
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PERSONAL ACHIEVEMENTS

None received

THIS WEEK'S DIARY

Tuesday:

Time Trials at 17:15 (Please note the time)



JOINTeze™

Saturday:

Race for Hope 5/10/25 at 07:00 – The Grove Mall, Cnr Lynwood & Simon Vermooten Rd
League Race

TIME TRIALS

Please take note that the time trials now start at 17:15. This is the winter starting time for the next 4 months.

LEAGUE RACE

The Race for Hope on Saturday at the Grove Mall is the next league race. Please be there in numbers, we need as many members as possible to participate.

All our faster runners are needed for the super league.

As always there will be something to eat afterwards (free of charge).

COMRADES GOODY BAGS (LAST REQUEST)

Our Comrades runners have been spoiled in the past with fantastic goody bags. To do it once again we need your help. Thank you to those of you who have already indicated that you will contribute towards it. However, we still require many more items for the goody bags.

This is an ideal opportunity to advertise your business or service that you render. A small chocolate, packet of chips etc. with your business card attached to it will make the ideal item for the goody bag.

If you work for a company who can supply us with anything, no matter how small, please try your best to get them to donate something.

We work on 180 goody bags.

We need it not later than 31 May, the evening when the goody bags will be packed.

Make use of this opportunity and support our Comrades runners please.

CASH DONATIONS WILL ALSO BE WELCOME.

COMRADES PRE-FUNCTION

Our Comrades pre-function will take place on Saturday, 2 June this year. Save the date. As always it will start round 11:00. The goody bags and jackets will be handed out.

This year **Caroline Wostmann** will be our motivational speaker



PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Blue	Hadlow	14 May
Stephan	van der Walt	14 May
Johan	Van Vuuren	14 May
Lani	Botha	15 May
Diane	Hoffman	16 May
Minnette	Nel	18 May
Francois	Hildebrand	19 May
Zanele	Maseko	19 May
Kiara	Nizetich	19 May
Chilene	Verheem	19 May
Niel	Marais	20 May
Louwrens	Smit	20 May



NOTICE BOARD

Race of Hope 21.1/10/5 km

Race Organisers: Run Walk for Life

Venue: The Grove Mall, Cnr Lynnwood & Simon Vermooten Rd

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

No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sports;

www.entrytime.com

2018 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Race of Hope	21.1/10 km	19/05	X	X
Riana van Niekerk Run/Walk for Bibles	21.1/10 km	30/06	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
11 Augustus 2018	Mpumalanga	Secunda
27 October 2018	SWD	Oudtshoorn
10 November 2018	Free State	Bloemfontein

THOUGHT FOR THE WEEK



Photo Corner (Jackie Mekler)



Lenin Sithole, first Irene member to finish the Jackie Mekler 25 km



Noel Banda at the finish



Leon Page



Joy Nicoll, Marks Mathebula, Candice van der Spuy and Nadene Visser



Ian Louw and Melanie Swart



Bernie Ruthven and Kerry Trentham



Hennie van der Walt



Theuns Strecker, Marisia Koch and Handri Kymdell



Yvonne van Wyk, Johan Engelbrecht and Tjaart van Wyk



Another Irene bus with Travers Snyman in fun mode this time



A few of Irene's "top" athletes



Jacque van der Waals, 1st vet lady



Elsa Meyer and Sandra Steenkamp on the podium



Lucia Willemse



Ansie Breytenbach, 1st master lady with Jackie Mekler



Johan Nel at the Bo-Karoo 100 km