



IRENE NEWS

16 May 2016

No 20 - 2016



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Love Run:

Ansie Breytenbach	1 st Master lady – 10 km (49:19)
Johan Nel	3 rd GM – 21 km (1:37:34)
Roelof Beukes	4 th Walker – 10 km
Tania Thompson	1 st Master lady walker & 4 th lady – 10 km
Johan Nel	1 st GM – Nylstroom – Warmbad 28 km (2:11:26)

Congratulations!

The following members earned medals in their respective age categories at the SA Masters Championships that took place at Pilditch over the weekend:

Elsa Meyer	2x Gold – 5000m walk & 20 km walk
Annatjie Greyvenstein	2x Gold – 5000m walk & 20 km walk
Ray Patterson	2x Gold – 5000m walk & 10 km walk
Gerard van den Raad	2x Gold – 5000m walk & 20 km walk
Lucia Willemse	1x Gold, 1x Silver – 20 km walk & 5000m walk
Retha Knoetze	1x Gold, 1x Silver – 10 km walk & 5000m walk
Jaap Willemse	1x Gold, 1x Bronze – 20 km walk & 5000m walk
Danie Labuschagne	2x Silver – 5000m walk & 10 km walk
Joey Cloete	1x Gold, 1x Silver, 1x Bronze-shot put, discuss & weight throw

PERSONAL ACHIEVEMENTS

None received

THIS WEEK'S DIARY

Monday:

Training session at 17:15 – Club house

Morning run from Rhapsody's – 04:30 – 10 km easy

Tuesday:

Time trials at 17:15 - Club house



Psychologist talk – 18:15

Wednesday:

Long run at 17:15 - Ridgebacks

Morning run from Rhapsody's – 04:30 – 12 km easy

Thursday:

Training session at 17:15 - Club house

Friday:

Morning run from Rhapsody's – 04:30 – 12 km easy

Saturday:

Race of Hope 5/10/21 at 07:00 – The Grove Mall

Morning run from Rhapsody's – 04:30 – 15 km easy

TIME TRIALS

Please take note that the time trials now start at 17:15. This will be the starting time until the end of August.

SPORT PSYCHOLOGIST

The last Comrades talk by Maretha Claasen will take place on Tuesday after the time trials. Don't miss this one.

COMRADES GOODY BAGS

Thank you to all our members who responded. As always the response was excellent.

The bags will be packed on Thursday evening at 18:00. We need a few volunteers to assist. As always it will be a lot of fun. There will be something to drink. Please confirm if you will be there.

COMRADES ACCOMMODATION

Sun Tide Illovo Sands. Slaap 4 (2 Volwassenes + 2 kinders). Selfsorg eenheid. Alle geriewe beskikbaar, net kos om gekoop te word. Koste = R250 per dag. Volle periode R1750.

jan.reynierse.snr@live.co.za

COMRADES SUPPORT STATIONS

Please take note that our big support station will be at Cowies Hill as in the past. We will also have a smaller station at Cato Ridge.

We require at least two members to assist Giel Cillié on Saturday 28 May to put up the gazebos at the finish. Please let confirm if you can help.



COMRADES PRE-FUNCTION



**IRENE
COMRADES**
PRE-FUNCTION



• BE A PART OF IT •

SATURDAY 21 MAY

@ THE CLUBHOUSE

MORE THAN A PEP TALK ;-)

**GET YOUR GOODY BAG AND
ENJOY A FAMILY FUN DAY**

**MENU: CHICKEN KORMA WITH SAFFRON RICE
• SERVED WITH PRAWN CRACKERS, SALADS AND SAMBALS •**

ONLY R40 - R5 OF EVERY MEAL TOWARDS OUR COMMUNITY OUTREACH PROJECT

**11:00 - ARRIVAL
11:30 - WELCOMING
11:35 - SPIRITUAL MESSAGE
11:50 - STATISTICS**

**11:55 - COMRADES TALK
12:25 - CHAIRMAN'S MESSAGE
12:35 - GOODY BAGS
13:00 - LUNCH**

PHOTO SESSION AFTER LUNCH - THEN SPEND THE AFTERNOON AT YOUR LEISURE



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IT WILL HUMBLE YOU



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COMRADES CHURCH SERVICE

Comrades Service

22 May
at 18:00
at
NG Valleisig



Jan de Wet

*All are invited to attend the service for some
spiritual inspiration*
Enquiries: Gideon Adriaanse 083-629-6693
Kollekte word by die deure opgeneem



PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Diane	Hoffman	16 May
Stephen	Mee	19 May
Kiara	Nizetich	19 May
Grant	Young	19 May
Niel	Marais	20 May
Louwrens	Smit	20 May
Carolina	van der Westhuizen	21 May
Sibonelo	Cele	22 May





MUGG & BEAN
Midstream - 012 940 9229




SOCIAL RESPONSIBILITY


The Blankets for Children Project has been extended! Please support this worthy cause!




**BE PART OF THE
BLANKETS FOR
CHILDREN CHALLENGE!**



A member of our club has deposited R200.00 into the IAC bank account towards our “Blankets for Needy Children” project. He has challenged every member of the IAC to improve on this and deposit any higher amount in the below bank account, by Friday 20 May. The winner will be announced in the Newsletter.



**Standard Bank
Acc no: 032183186
Branch: 012645
Reference: Your Name &
Blankets**



NOTICE BOARD

Saturday 21 May

Race of Hope 21.1/10/5km

Race Organisers: Run Walk for Life

Venue: The Grove Mall, c/o Lynnwood & Simon Vermooten, Equestria

	21.1 km	10 km	5 km
Pre-entry fees	R 70	R 60	R 30
Start time	07h00		
Time Limit	03h00		

No animals

All distances are wheelchair friendly

www.enteronline.co.za

Saturday 28 May

Cosmo Run10/5km

Race Organisers: Run Walk for Life

Venue: Pretoria National Botanical Gardens, Cussonia Avenue, Silverton

	10 km	5 km
Entry fees	R 70	R 50
Start time	08h00	
Time Limit	??	??

No animals

Baby joggers at own risk

www.cosmoweldin.co.za/enter-online

League Race

Saturday 4 June

Race of Faith 10/15/5.5km

Race Organisers: Run Walk for Life

Venue: Curro Hazeldean Independent School, 1 Silverlakes Road, Silver Lakes

	15 km	10 km	5.5 km
Entry fees	R 60	R 50	R 30
Start time	07h00		07h10
Time Limit	02h00		

No animals

5.5km is wheelchair friendly

Pre entries at: Run-Away-Sport; Running Inn

www.enteronline.co.za

2016 AGN LEAGUE FIXTURE LIST				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
Race 4 Faith	10/15	4 Jun	X	X
Zwartkop	10/21	30 Jul	X	X
Wierie	10/21	13 Aug	X	X
Andrew Greyling	10/21	17 Sep	X	X
King Price Irene Farm	10/21	29 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

Masters Athletics Fixture list

13 Augustus	Claude Sterley byeenkoms	Pilditch
? Oktober	SWD	Oudtshoorn
12 November	Vrystaat	Bloemfontein

THOUGHT FOR THE WEEK



Photo Corner (The Love Run)



Louis Visser and Pieter Olivier in a serious conversation



Lindie Steenkamp and Pat Andrew



Guess who saw the camera?



Dries Strydom with his wife and baby



Mark van Deventer is back!



Linley September and Heinrich Piek at the finish



Louis Msomi



Maureen Mossop



Seena Azmuth



Dawie Steenkamp



Father and son, Rod and Guy Stocker



Telanie and Jurie Venter



Dendré Theunissen



Zelna Black



Jacqui Burn



Roelof and Ansie Breytenbach sharing an umbrella at the prize giving