



IRENE NEWS

17 June 2019

No 24 - 2019



THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:15 – Club house (everybody starts together at 17:15)

Saturday:

Fara Winter Challenge 5/10 @ 07:00 – Rietondale Park (AGN 10 km Championships)

Sunday:

Club run @ 07:00 – Club house – All welcome, your distance, your pace.

NAMIBIAN TOUR

Please book your place for the Namibian tour a.s.a.p. The original plan was to travel by bus, but it would have been too expensive. It was therefore decided to travel by car with the club sponsoring the fuel at R1250 per person. Members are therefore encouraged to travel together (4 persons per car) to ensure that the fuel costs are covered.

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, 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.

Don't miss out on a very special occasion!



IN THE MAIL BOX

It is not everyday in one's life that everything goes as one wishes to. But with me it has been a rollercoaster as if I have been here for decades.

I wrote this as a token of appreciation to Irene Athletics Club and all its members across the colour line for a warm welcome.

Throughout the races I took part in with my clubmates present, it has always been awesome with their unconditional support and encouragement they displayed.

Indeed you are living to the last letter of the club's six code of conduct. Keep it up.

A big kudu to the management for their tireless efforts in keeping its members on par with other top clubs within the Federation i.e. (AGN).

Your organisational skills are second best to none. Let alone the supportive structures e.g. (gazebos) complimented by the vociferous supporters at the races. All these leaves one with no choice but to perform to the best of your ability in the name of the club.

With this short period I have been here I found a home that I would like to grow with even beyond my running days.

To all Irene members let's grow from strength to strength and make the brand great and popular.

Thank you and all the best.

Matome Ramachela

PERSONALIA

Our club captain, Linley September is going to receive a heart pacemaker during the week. We wish him luck and trust that the operation will be a huge success and that it will allow him to run many more kilometres.

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

Zoe	Dlamini	17 Jun
Evelyn	Modiba	18 Jun
Louise	Dercksen	20 Jun
Rodney	Stocker	20 Jun
Ludwig	Harmse	21 Jun
Christiaan	Swart	21 Jun
Riaan	Lombard	22 Jun
Sepadi	Matlala	22 Jun
Sandile	Sibiya	22 Jun
Johan	Erasmus	23 Jun
Mariette	Stoltz	23 Jun

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MODERN
athlete

Aches & Pains Party

& Comrades Prize Giving

COME AND SHARE YOUR COMRADES
STORIES ABOUT THAT LONG,
FATEFUL FABULOUS DAY!

18TH OF JUNE 2019

**THAI GREEN CURRY, RICE AND SALAD
WILL BE SERVED
AT R50**

**18H30
AFTER
TIME TRIAL**



**WEAR YOUR OLDEST COMRADES
T-SHIRT TO WIN A PRIZE!**

IRENE ATHLETICS CLUB

NAMIBIA TOUR

2-8 OCTOBER 2019

HANGANA HAKE RUN & RIDE

ONLY A: R1 600 or B: R2 460

Including: 1. Entry to the 21/42km

2. 3 Nights camping & 3 nights in chalet (opt. A)
6 Nights in chalet (opt. B)

3. R1250 Fuel contribution per person

4. Celebration dinner Saturday evening

Come celebrate our

25TH
anniversary



Your contribution

1. Extra fuel (if necessary)

2. Meals

3. Own camping gear

We encourage
4 people per car

Booking until end June

Space for 80 people

(1st come 1st serve)

Open for members/spouses/
partners/children



IRENE

NOTICE BOARD

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

League Race

Saturday 29 June

Glenfair Boulevard Race of Friendship 21.1/10/5 km

Race Organisers: Run/Walk for Life

Venue: c/o Lynnwood & Daventry Rd, Lynnwood Manor

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 50
Start Time	07:00		
Cut-off	03:00		

No Pets

No iPods or listening devices are allowed

Pre-entries at: Lone Hawk Spur

www.enteronline.co.za

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

No matter how slow you go, you are still lapping everybody on the couch.

PHOTO CORNER (MORE COMRADES PHOTOS – THANKS TO RENA VAN WYK)



Handri Kymdell



Brian Peters



Marinda Gatherer



Keith Reynolds



Bheki Ndhlovu



Graeme Rennie



Marinus van der Merwe and Joseph Moagi



Rinaldi Botes



Alhasan Jallow



Ben Marais

PHOTOS FROM YESTERYEAR (2002)



Wynand Breytenbach, Werner Zandberg and Dirk Cloete handing over a cheque to Irene Homes



Vanessa McClure, Clinton Nicholl and Joy Dekker



A LiquiFruit race water point in the Centurion Golf Estate



Heinrich Piek