



IRENE NEWS

18 June 2018

No 24 - 2018



ACHIEVEMENTS

Congratulations to the following members who earned medals in their respective age categories at the Irene Open Walking Grand Prix on Saturday:

Jaap Willemse	Gold
Annatjie Greyvenstein	Gold
Gerard van den Raad	Gold
Retha Knoetze (social member)	Gold
Lynette Gough	Gold
Marie van Dyk	Gold
Danie Labuschagne	Silver
Elsa Meyer	Silver
Tania Thompson	Silver
Wynand Breytenbach	Silver
Lyn de Bruin	Silver
Magda Wilcocks	Silver

Well done to Danie Labuschagne and his team for organising a great event.

THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:30 – Social evening

Saturday:

Riana van Niekerk Run/Walk for Bibles @ 07:30 – Lewende Woord, Centurion



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.

Don't miss out on a very special occasion!

A photograph of a runner's legs from the knees down, wearing a white sock and red and black running shoes, running on a reddish-brown trail. The background is a sunset sky with orange and yellow clouds.

ACHES & PAINS PARTY

19 June
18h30
R30

 **Come revel in the afterglow**

Butternut soup with corn chowder and bacon served with crusty bread

@ the Clubhouse

COMRADES PRIZEGIVING

COMRADES STORIES

All Comrades runner (finishers and non-finishers), are invited to send in their Comrades stories to be published in the newsletter. It usually makes very interesting reading.

INTERESTING COMRADES STATS (KEITH REYNOLDS)

Green Number Stats 2018 (20 Medals or more)

For the past few years I have had an interest in people who have completed 20 or more Comrades and Actively track some statistics after the run each year.

This year I note the following in terms of key achievements:

1 Quadriple Green awarded to Johann van Eeden (1691)

14 People were awarded triple green

25 People joined the group of 25 Medal holders (they get free entry now)

92 People were awarded double green

There are now 1481 people who have completed comrades on 20 or more occasions.

529 started this year, of which 461 finished.

Inclusive of people moving into the group this year) the Green number breakdown is as follows:

Medals	Total	Finished	Did not Run	Did not Qualify	Did not Start	Did not Finish
40+	17	6	5	2	0	4
30+	114	49	47	10	5	3
25+	306	128	126	14	15	23
20+	1044	279	669	22	36	38

An interesting view is the medal breakdown for the finishers this year.

Medals	Total	Finished	Silver	Bill	Bronze	Copper
40+	17	6	-	1	2	3
30+	114	49	2	6	18	23
25+	306	128	-	16	63	49
20+	1044	279	10	35	126	108

39.61 % of the finishers would not have got their medal if the original time of 11 hours still applied as it was in the years when they started running Comrades (pre 2000).

The fastest person this year with 20 + finishes is Solomon Khumalo 6:39:41 (21 Medals).

IRENE COMRADES STATS

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

	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
Entries	162	316	264	246	229	275	326	266	232	222
Starters	140	289	215	217	183	185	226	189	161	172
% Starters	86,4%	91,5%	81,4%	88,2%	79,9%	67,3%	69,3%	71,1%	69,4%	77,5%
Finishers	119	243	181	189	128	147	174	161	126	150
% Finishers	85,0%	84,1%	84,2%	87,1%	69,9%	79,5%	77,0%	85,2%	78,3%	87,2%
Silvers	3	3	2	3	2	3	3	2	1	3
Bill Rowan	15	28	18	17	3	12	12	21	12	22
Bronze	53	119	94	85	55	74	70	78	67	76
Vic Clampham	48	93	67	84	68	58	89	60	46	49
Ave. Finish Time	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	10:24:56

Our Comrades sponsor



LEAGUE RACE

The Riana van Niekerk Run/Walk for Bibles taking place this Saturday is the next league race. we need you there!

As always there will be something to eat afterwards.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Ludwig	Fuls	20 Jun
Dollen	Mthombeni	20 Jun
Dawie	Roodt	20 Jun
Rodney	Stocker	20 Jun
Christiaan	Swart	21 Jun
Nicole	Hoffman	22 Jun
Riaan	Lombard	22 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

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

Saturday 7 July

Garsfontein Ice Breaker 21.1/10/5 km

Race Organisers: Wingate Road Runners & Dutch Reformed Church Garsfontein

Venue: Garsfontein Primary School, Zita Street, Garsfontein

GPS: S 47'24,44 E 28 17'43,22

	21.1 km	10 km	5 km
Entry fee	R 80	R60	R50
Entry fee 70+	Free		
Start Time	Walk 06:30 Run 07:00		07:15
Cut-off	03:30		

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sport; Garsfontein Church 285 Emmie Hartmann Street

www.enteronline.co.za

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

NO MATTER HOW
SLOW YOU GO, YOU
ARE STILL LAPPING
EVERYBODY ON THE
COUCH.

swel/papersdesk.blogspot.com

JOINTEze™

PHOTO CORNER (Irene Walking Grand Prix)



The start of the 1st Irene Open Walking Grand Prix



Jaap Willemse



Gerard van den Raad



Letha Kotze



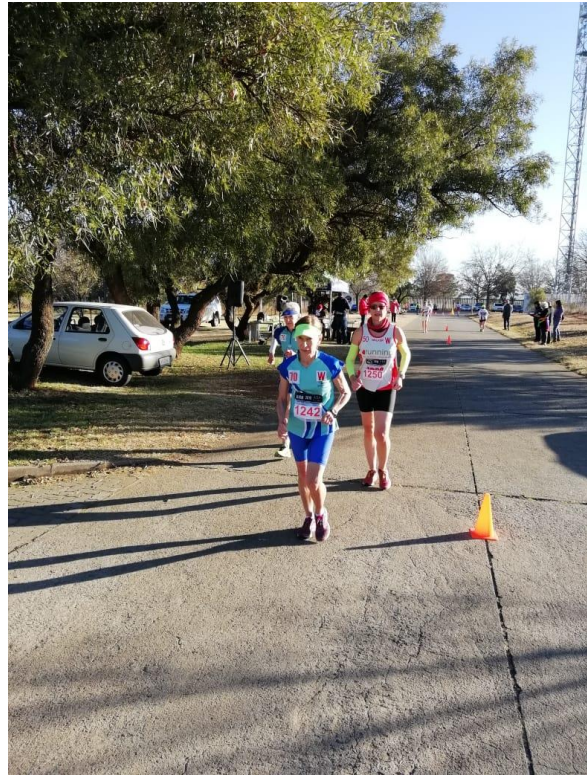
Lyn de Bruin



Danie Labuschagne



Lynette Gough



Annatjie Greyvenstein



The youngest competitor at prizegiving



Marissa Swanepoel unofficially broke the SA 3 km record



Overall winner Wayne Snyman, well known SA Athlete



Rose Kavaliannes recently took part in the Bermuda 21 km as well as the San Diego 21 km



Blanche van Vuuren also received her permanent Comrades number