



IRENE NEWS

19 June 2017

No 24 - 2017



ACHIEVEMENTS

Nelius van Rooyen 3rd Man – 15 km Big Red Barn Trail Run

The following members earned medals in their respective age categories at the Inter Provincial Cross Country Championships held at Bronkhorstspuit:

Mike du Bruto	Gold
Carolina van der Westhuizen	Silver
Joey Cloete	Silver

Congratulations!

PERSONAL ACHIEVEMENTS

None received

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:15 at the club house

Saturday:

Race for Friendship at 07:00 – Glenfair Boulevard (**League race**)

LEAGUE RACE

The Race of Friendship at the Glenfair Boulevard on Saturday is the next league race. Please be there in numbers, we need you!

As always there will be something to eat (free of charge) to all Irene members after the race.

Attached you will find the league points tables. Have a look at it to see how many points you can earn.

COMRADES STORIES

Attached you will find two Comrades stories. It makes excellent reading. Please feel free to share your story with us.



ACHES AND PAINS FUNCTION

The “aches and pains” function was a huge success. Thank you to everybody who contributed towards the success of it.

The Comrades prizegiving was done at the occasion. Congratulations to the following members:

Last Irene Comrades Athlete	Nomonde Thamaga	11:59:49	
Comrades Vasbyt	Kerry Trentham		
Spirit of Comrades	Rudolf du Toit		
First Comrades Novice			
Ladies	Carolina van der Westhuizen	Silvia Oliveira	Lotte Britz
Men	Roelof Blignaut	Martin Webber	Bheki Ndlovu
Best Comrades Athlete			
Ladies	Nadine Breytenbach	Amanda Cloete	Joan van Wyngaard
Men	Alfred Matema	Dirk Cloete	Philip Breytenbach

SOCIAL RESPONSIBILITY PROJECTS

My heart feels warm as I think back of what our members has contributed to our social responsibility projects so far. Thank you, good people! I hope that you will enjoy reading about the activities and keep on supporting our future initiatives.

2016 Christmas – 72 children’s gifts and R600 in cash was collected at the ‘lights run’ in December and handed over to the staff of the ‘light house’ in Danville.

2017 Irene Ultra – two Irene bunnies handed out sweets at the Irene race and encouraged the 5km runners to keep on going with this good habit and return. Below is one of the Irene buddies!



2017 Easter Egg Project – runners and schools donated generously and the following people benefitted:

- Children from all ages at a children’s home (7 residences on the grounds) and;
- Around 50 senior citizens and their caregivers.

Future projects:

Benefitting Senior Citizens and Animals:

It is getting cold and senior citizens and animals needs our help. More about this very soon...

- Supporting senior citizens with blankets;
- Supporting animals

Getting the young active:

We will be visiting two neighbouring schools before the next Irene race to hand out a few free entries to the race.

Box project:

We will ask members to pack one shoe box per family with non-perishable foods and sweets for families in need. Boxes will be collected at the clubhouse in October and November. More about this later in the year.

Lights run collection of gifts for children – will continue as this has become a tradition...

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Jeremy	Short	19 Jun
Dawie	Roodt	20 Jun
Ludwig	Harmse	21 Jun
Christiaan	Swart	21 Jun
Nicole	Hoffman	22 Jun
Riaan	Lombard	22 Jun
Sepadi	Matlala	22 Jun
Johan	Erasmus	23 Jun



NOTICE BOARD

League race / New venue

Saturday 24 June

Race for 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

Saturday 8 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 25 47 24,44 E 28 17 43,22

	21.1 km	10 km	5 km
Entry-fee	R 80	R 60	R 40
GGM ½ price – race day only			
70+ (only temporary license if applicable)	Free		
Start Time	06:30 – Walk 07:00 – Run		07:15
Cut-off	03:30		

No animals allowed

Pre-entries at: Run-away Sport; The Runners Store; Garsfontein Church (285 Emmie Hartmann Street)

www.nggars.org.za

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

Sports is life with the volume turned up.

Photo Corner (Aches and Pains)



Louis Visser introducing Silvia Oliveira to present her talk about her Comrades experience



Roelof Blignaut and his family



Linley September busy with his talk



The members enjoyed the talk tremendously



Jan van Vuuren receiving the prize for wearing the oldest Comrades T-Shirt



Another group of members enjoying the talks



Nomonde Thamaga sharing her experience as the last Irene member to finish



Kerry Trentham receiving the Comrades "Vasbyt" trophy



Rudolph du Toit receiving the Spirit of Comrades trophy



Carolina van der Westhuizen was the first Irene novice lady



Roelof Blignaut was the first Irene novice man



Joan van Wyngaard was the third Irene lady



Nadine Breytenbach receiving the trophy for the first Irene lady to finish



The Irene Comrades cake done by Mareli Erasmus



Rosemary Brink and Dee Donaldson



Joy Nicholl and Judy Faint



Silvia Oliveira and Frances Lezar