



# IRENE NEWS

20 May 2019

No 20 - 2019



## ACHIEVEMENTS

Well done to the following members who were on the podium at the Race of Hope:

Ansie Breytenbach	1 <sup>st</sup> Master lady – 21 km
Sandra Steenkamp	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> master – 21 km
Danie Labuschagne	1 <sup>st</sup> GM walker & 2 <sup>nd</sup> man
Gerard van den Raad	1 <sup>st</sup> GGM walker – 10 km
Estien van Wyngaard	1 <sup>st</sup> Master lady walker & 3 <sup>rd</sup> lady – 10 km
Annatjie Greyvenstein	1 <sup>st</sup> GGM lady walker – 10 km

Left out last week:

Marie van Dyk                      3<sup>rd</sup> Lady walker – Jackie Mekler 25 km

## PERSONAL ACHIEVEMENTS

None received

## THIS WEEK'S DIARY

### Tuesday:

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

### Saturday:

SuperSpar 5/10/21 at 07:00 – SuperSpar – Hercules **League race**

### Sunday:

Club run @ 06:30 – Club house – All welcome, your distance, your pace.

## COMRADES GOODIE BAGS

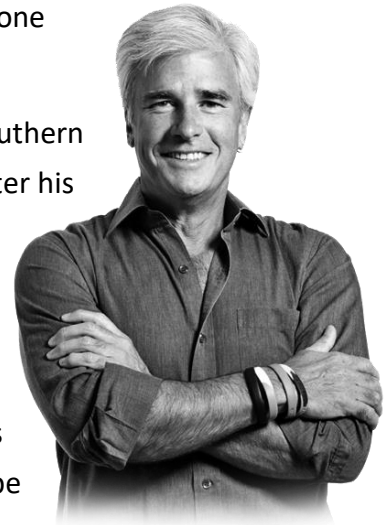
Thank you to all of you who have already contributed towards the goodie bags, it is highly appreciated. We can still do with a few more items please. Cash donations will also do!

## **COMRADES PRE-FUNCTION**

Please take note that our Comrades pre-function will take place at the club house on 1 June at 11:00. Non Comrades runners are also invited.

David Grier will be our motivational speaker on the day. He is someone very special indeed.

David's last challenge was the run from Guantanamo bay on the southern tip of Cuba to the most North eastern point – This was done just after his run from the John O' Groats to Lands End down the UK, then a run from South to North Up Ireland followed by a run along Hadrian's wall. In that same year David Ran from the most northern temple in Kashmir India to the most southern temple in the ocean at Kanyakumari, a distance of some 4008 km and a time span of 93 days becoming one of the first people to complete this deemed to be impossible feat.



David was born on the 16th of January 1960 into a Cape wine farming family in South Africa, here his love of the outdoors, food, wine and adventure began. He set out to take all his passions to the extreme and explore the limits of the human mind and body.

After studying Hotel Management, David set out into the industry, starting the first of a string of successful restaurants. Always pushing the boundaries in the food industry, he slowly began to make his mark in the industry culminating in his most recent restaurant being rated in the top 100 in SA. This led to television, brand exposure and his own range of food products. To date: David has run The Great wall of China 4200km in 93 days, Run the entire coastline of South Africa 3300 km in 80 days, paddled from Africa to Madagascar 500km in 12 days, run the Island of Madagascar South to north 2700km in 67 days, run the entire length of India 4008 km in 93 days.

David is a trustee and ambassador for the 'Cipla Miles for Smiles Foundation', raising funds through adventure for Operation Smile, South Africa, who perform corrective surgery on children born with cleft lips and palates.

He has shaped the experiences of the last four challenges into a series of inspirational talks. His message is of hope and 'making a difference' in people's lives through change, positivity, the right attitude, recognizing opportunity and never giving up.



## LEAGUE RACE

The SuperSpar Skosana Legend race this Saturday is the next league race. Please be there in numbers. We need you, fast or slow, runner or walker, to earn as many league points as possible.

After the race there will be something to eat for all members, ensure that you visit the Carafun.

## PERSONALIA

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

Niel	Marais	20 May
Kate	Mole	20 May
Louwrens	Smit	20 May
Carolina	van der Westhuizen	21 May
Geoff	Brown	23 May
Brian	Marais	23 May
Jessica	Simmonds	23 May
Charmaine	Van Rooyen	23 May
Sibusiso	Sibisi	24 May
Grazyna	Koornhof	25 May
Bertha	Van Den Raad	25 May
Vanessa	McClure	26 May
Donny	Thebus	26 May



Website: [www.csi-euf.co.za](http://www.csi-euf.co.za)

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# JOINT*Eze*<sup>TM</sup>

# MODERN *athlete*



**We offer professional quantity surveying services**

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## NOTICE BOARD

### League race

**Saturday 25 May**

**Superspar Hercules Skosana Legend 21.1/10/5 km**

Race Organisers: Run/Walk for Life

Venue: Superspar Hercules, Moot Street, Hercules

	21.1 km	10 km	5 km
Entry fee	R 90	R 80	R 50
Start Time	07:00		
Cut-off	03:00		

**No Pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-A-Way Sport; Hercules SuperSpar

[www.enteronline.co.za](http://www.enteronline.co.za)

**Saturday 1 June**

**Race of Faith 21.1/10/5 km**

Race Organisers: Run/Walk for Life

Venue: Silver Oaks Crossing, c/o Von Backstrom Boulevard & Solomon Mahlangu Drive,  
Willow Acres

GPS: S25 45 57.57 E 28 21 31.80

	21.1 km	10 km	5 km
Entry fee	R 90	R 80	R 50
Start Time	07:00		07:15
Cut-off	03:00		

**No Pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-A-Way Sports

[www.enteronline.co.za](http://www.enteronline.co.za)

<b>2019 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DISTANCE</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
Skosana Development Run	21.1/10 km	25/05/19	X	X
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

### **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 <sup>th</sup> Summer Universiade	Naples, Italy
20/7/2020 – 1/8/2020	World Masters Athletics Champs Toronto, Canada	

#### **THOUGHT FOR THE WEEK**

**When you truly care for someone, you don't look for faults, you don't look for answers, you don't look for mistakes, instead you fight the mistakes, you accept the faults and you overlook the excuses.**



**PHOTO CORNER (RACE OF HOPE)**



MC du Toit



Andre Fourie



Mthokozisi Mambi



Musa Nkosi





Irene camaraderie



Thea van Helden





Vanessa Botha and Norton Mole



Pieter Coetzee





Riaan Prinsloo and Henry Enslin



Lizl Strauss



***PHOTOS FROM YESTERYEAR (2001)***



Johan Saayman



Ashley Williams and his wife