



# IRENE NEWS

21 May 2018

No 20 - 2018



## ACHIEVEMENTS

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

Jacquie van der Waals	1 <sup>st</sup> Vet lady & 2 <sup>nd</sup> lady – 10 km (41:46)
Jaap Willemse	1 <sup>st</sup> GM walker & 2 <sup>nd</sup> man – 10 km (1:00:53)
Gerard van den Raad	1 <sup>st</sup> GGM walker – 10 km (1:08:22)
Sherene Naidoo	1 <sup>st</sup> Vet walker – 10 km (1:25:19)
Letha Kotze	1 <sup>st</sup> GGM lady walker – 10 km (1:18:43)
Iain McFadyen (social member)	1 <sup>st</sup> GGM – 21 km (1:57:38)
Sandra Steenkamp	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> master – 21 km (2:14:54)
Elsa Meyer	1 <sup>st</sup> GGM lady walker & 2 <sup>nd</sup> lady – 21 km (2:26:20)
Marie van Dyk	1 <sup>st</sup> GM lady walker 21 km (2:54:57)

Letha Kotze 1<sup>st</sup> GGM lady – Colgate 15 km

## PERSONAL ACHIEVEMENTS

Hesta van den Heever	PB – 21 km
Melanie Swart	PB – 21 km
Chris Cloete	PB – 10 km

## THIS WEEK'S DIARY

### Tuesday:

Time Trials at 17:15 (Please note the time)



### Saturday:

Superspar Hercules 5/10 at 07:00 – Superspar Hercules, Moot Street, Hercules  
**AGN 10 km Championships**

## KLAPPERKOP RUN

The last Klapperkop run before Comrades will take place on Sunday, 27 May at the Dros in Waterkloof Ridge. Starting time: 06:30. All Irene members are invited to join the group for a breakfast at the Dros afterwards at 09:00. It will be for your own account.



COMRADES PRE-FUNCTION



# COMRADES

## PRE-FUNCTION

*Come and be*

**2nd JUNE  
11am**

**Club House  
Lunch R50  
P/PERSON**

**inspired!**

cash bar

guest speaker  
**Caroline Wöstmann**

*Winner 2015*

## **AGN 10 KM CHAMPIONSHIPS**

Please take note that the Hercules Superspar race this weekend will also be the 10 km AGN championships.

## **PERSONALIA**

Congratulations to Louisa Koornhof who got married recently. See the photo corner.

Congratulations to everybody celebrating their birthdays during the week:

Carolina	van der Westhuizen	21 May
Brian	Marais	23 May
Geoff	Brown	23 May
Charmaine	Van Rooyen	23 May
Sibusiso	Sibisi	24 May
Nadia	Barnard	25 May
Grazyna	Koornhof	25 May
Bertha	Van Den Raad	25 May
Vanessa	McClure	26 May
Donny	Thebus	26 May



## **NOTICE BOARD**

### **AGN 10km CHAMPIONSHIPS**

**Saturday 26 May**

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

Race Organisers: Run Walk for Life

Venue: Superspar Hercules, Moot Street, Hercules

	10 km	5 km
Entry fee	R 70	R 40
Start Time	07:00	
Cut-off		?:?:00

**Manual operated wheelchairs allowed**

**No pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-A-way Sports; Hercules Superspar

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





<b>2018 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DISTANCE</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
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**



*Photo Corner*



The sidewalls of the gazebos were put to good use on Saturday morning



Gerard and Bertha did an excellent job with the food once again





Rosemary Brink nursing an injury after the race



Annemarie Breytenbach and Derrick van der Merwe



Tracey MacFadyen with her brother who paid a visit



Brian Peters





Guy Stocker



Bets Botha, Phumlani Mabophe, Marks Mathebula, Noel Banda and Chris Cloete





The walking contingent that participated on Saturday



Letha Kotze, 1<sup>st</sup> GGM lady at the Colgate 15 km





Louisa Koornhof on her big day