

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 1st Vet lady & 2nd lady – 10 km (41:46)

Jaap Willemse 1st GM walker & 2nd man – 10 km (1:00:53)

Gerard van den Raad 1^{st} GGM walker -10 km (1:08:22) Sherene Naidoo 1^{st} Vet walker -10 km (1:25:19)

Letha Kotze 1st GGM lady walker – 10 km (1:18:43)

lain McFadyen (social member) 1st GGM – 21 km (1:57:38)

Sandra Steenkamp 1st Lady walker & 1st master – 21 km (2:14:54) Elsa Meyer 1st GGM lady walker & 2nd lady – 21 km (2:26:20)

Marie van Dyk 1st GM lady walker 21 km (2:54:57)

Letha Kotze 1st GGM lady – Colgate 15 km

PERSONAL ACHIEVEMENTS

 $\begin{array}{lll} \mbox{Hesta van den Heever} & \mbox{PB} - 21 \mbox{ km} \\ \mbox{Melanie Swart} & \mbox{PB} - 21 \mbox{ km} \\ \mbox{Chris Cloete} & \mbox{PB} - 10 \mbox{ km} \end{array}$

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





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	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





2018 AGN LEAGUE FIXTURE LIST						
EVENT	DISTANCE	DATE	LEAGUE			
			RR	RW		
Riana van Niekerk Run/Walk for Bibles	21.1/10 km	23/06	Х	Х		
Ice Breaker	21.1/10 km	07/07	Х	Х		
SMU Half Marathon	21.1/10 km	28/08	Х	Х		
Clover Irene Spring Race	21.1/10 km	29/09	Х	Х		
CSIR Road Race	21.1/10 km	21/10	Х	Х		
Tom Jenkins	21.1/10 km	17/11	Х	Х		

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



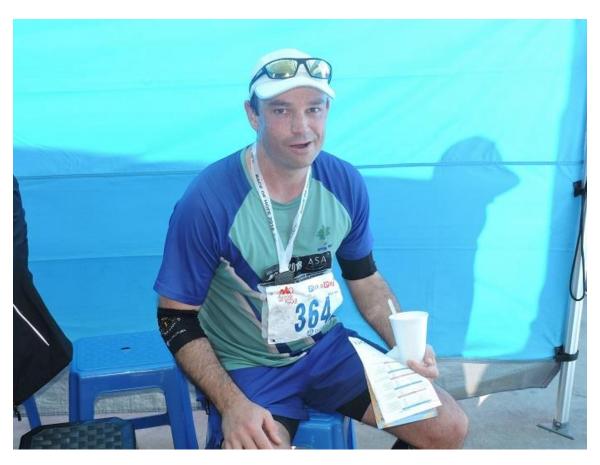
Annemarie Breytenbach and Derrick van der Merwe



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, $\mathbf{1}^{\mathrm{st}}$ GGM lady at the Colgate 15 km



Louisa Koornhof on her big day