



# IRENE NEWS

22 August 2022

No 33 – 2022



## EDITORIAL

Due to the Comrades taking place next Sunday, there will be no newsletter next week.

## ACHIEVEMENTS

Keith Reynolds	1 <sup>st</sup> Walker and 1 <sup>st</sup> Master walker – Phobians 15 km
Ansie Breytenbach	1 <sup>st</sup> Lady walker and 1 <sup>st</sup> Master walker – Phobians 15 km
Elsa Meyer	1 <sup>st</sup> GGM Lady walker – Phobians 15 km

Well done!

## COMRADES PRE-FUNCTION

What a fantastic function we had! Thank you to everybody who contributed towards the success of the day. A big thank you also to all our members who contributed towards the goodie bags, it is one of the best ever.

## JACKETS & GOODIE BAGS

The jackets and goodie bags not collected on Saturday will be available at the club house on Tuesday evening.

The same applies to the 10/20 year badges.

## COMRADES INFO

### Support stations

There will be two Irene support stations on the route this year and one at the finish. The first one will be at Cato Ridge at about 30 km. The station will be manned by Wynand & Ansie Breytenbach, tel 083 937 0733. Look out for the Irene tear drops.

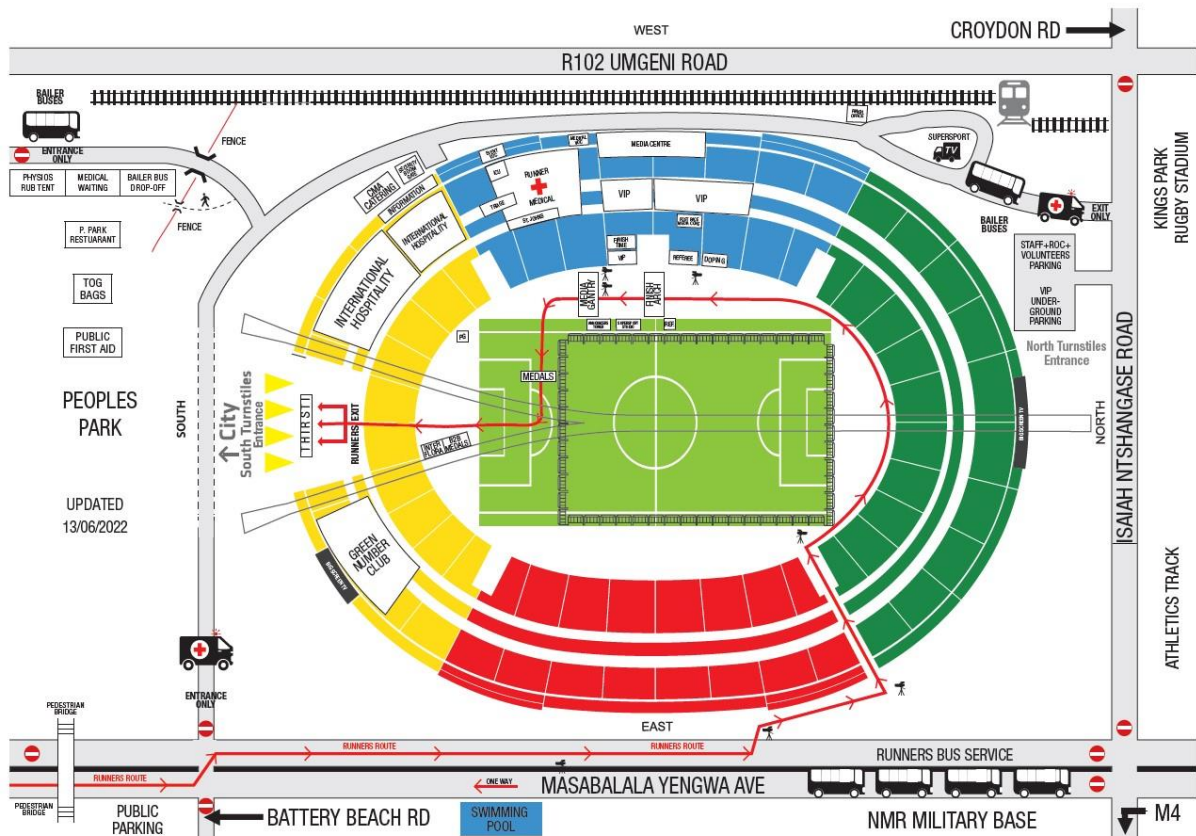
The main station will be at Cowies Hill at 71 km. It will be manned by Dave Roux (082 892 7544), with the assistance of Johan van Vuuren and Wynand & Ansie Breytenbach. Supporters are welcome to stop here to lend a hand. Please see the attached map below. Due to road closures for the runners, you may need this map.



### ***Finish Area***

There has been a lot of talk about the finish this year. The gazebos will be situated outside the stadium in the Peoples Park, see map below. No seats have been allocated to clubs inside the stadium as in the past. We rented a 6m x 5m aluminium marquee and 4m x 4m grass space with 20 chairs and 2 trestle tables. Look out for the Irene tear drops. No food and drinks are allowed to be taken into this area. Everything must be bought inside.

Maryke Gradwell (082 780 3984) and her husband, Ty, will be in charge. They will assist you to buy food and drinks if you are too tired. You can make arrangements in advance with them if you like. There will also be towels and space blankets available.



We want our runners to make use of the support stations. Please leave your special drinks with them. You can still hand it in on Tuesday at the time trials or on Saturday morning, 27 August at 12:00 just outside the main entrance of the Comrades Expo. Please mark you packs clearly with your name, Comrades number and station where you will require it.

Everybody is welcome to attend the quick get together at 12:00 at the Expo on Saturday. Apart from handing in your “muti” it is a last time opportunity to wish your fellow club members good luck.

### **POST FUNCTION**

The ski boat club is not available this year. We will get together on Monday at Joe Cools, 137 O R Tambo Parade, Durban Central. Table booked for 11am for Irene. Please contact Joy at 083 284 4884 to book your place if you haven’t done so yet.

### **CLUB 10 KM CHAMPIONSHIPS**

The Spirit of flight 10 km on 3 September will serve as our Club 10 km championships.



TEAM IRENE



2022

# COMRADES START LINE



ALFRED MATEMA  
SAMUEL MOLEFE  
ANDRE FOURIE  
HOLGER HEDELT  
DAVID HOLLIDAY  
MAKOMANE MOKWALA  
AMANDA CLOETE  
MICHEL ENGELBRECHT  
NOEL BANDA  
ROGER BROWN  
ROSEMARY BRINK  
KEITH REYNOLDS  
JOHAN SNYMAN  
NORTON MOLE  
MANQOBA MSOMI  
BHEKI NDHLOVU  
JOSEPH NDOU  
SIBUSISO SABELA  
DIRK CLOETE  
HENDRIK BASSON  
HENRY ENSLIN  
LYDIA FIBIGER  
MARK FORBES  
SHANE GIBSON  
JP LABUSCHAGNE  
BRIAN MARAIS  
MARTIN STRUWIG  
KOBUS VAN AS  
THEA VAN HELDEN  
IGNATIUS VAN ROOY  
LUZAAN WIESE  
ALHASAN JALLOW  
LESEDI LETWABA  
THABO MOKOTONG  
VANESSA MOLE  
MUSA NKOSI  
JANSON PONTING  
KEVIN RODWELL  
MARK VAN DEVENTER  
WERNER ZANDBERG  
LINLEY SEPTEMBER  
CARI SNYMAN  
MAUREEN MOSSOP  
CAROLINA VAN DER WESTUIZEN

RIAAN PRINSLOO  
GRAEME RENNIE  
HELEEN DE BRUIN  
WILLEM DU TOIT  
RIAAN LOMBARD  
CUTHBERT MAMABOLO  
MELANI SWART  
ADRI VAN DEN HEEVER  
ETIENNE VAN HEERDEN  
JURIE VENTER  
WERNER SMIT  
DEON HOFFMANN  
BELINDA HUDSON  
BRIGHTON MABASA  
MUSA MDLALOSE  
BRETT MUIR  
RIAAN MYBURGH  
JACQUES PELSER  
BRIAN PETERS  
LINDIE PRETORIUS  
MATOME RAMACHELA  
JACOB RAMAIFO  
KGABO DIANGOANE  
MARK ADAMS  
RICHARD GOODCHILD  
JOHN MARITZ  
NAAS STEENKAMP  
HENDRIK STEYNBERG  
ALTA STRUWIG  
TJAART VAN WYK  
YOLANDI SMIT  
LEXANNE GROVE  
JAYDENE HILLS  
NTOMBI MTHETHWA  
RENETTE PRINSLOO  
ANDRE ELLIS  
CHRIS CLOETE

JOY-ANN DEKKER  
RHENIER DE BEER  
WILLIE ELLIS  
SONJA DU TOIT  
DALEEN LABUSCHAGNE  
JOHAN VAN DE VENTER  
DIRK VAN ROOY  
ARNE VORSTER  
GLENHAM SIMMONDS  
JESSICA SIMMONDS  
JEFFREY MALETO  
VIKO MAZWI  
ELMON MHLANGA  
LENGOSANE MODIBA  
TEBOGO MOKOKA  
ANDRE NORTJE  
MARLENE PADAVATTAN  
LUFUNO RAVHUHALI  
MICHAEL VAN DER WESTHUIZEN

Good  
luck  
Irene.

*We are Proud*

*You don't have to go fast,  
you just have to go!*

WE WISH YOU ALL OF THE BEST. START SLOW AND FINISH FAST

## **COACH'S CORNER**

"The Perfect Hour" Tempo run

10min easy warm up

10min Steady run (Endurance pace Zone 2)

20min Tempo run (Zone 3-4)

10min Steady run (Endurance pace Zone 2)

10min easy cooldown



## **THIS WEEK'S DIARY**

### **Tuesday:**

Walker's training session @ 16:30. Walkers of all shapes and sizes welcome.

Stretching exercises @ 17:00

Time trials @ 17:15 – Club house.

Lucky draw @ 18:30 – 1 x R250 voucher to be won with the compliments of Mugg & Bean Midstream

### **Saturday:**

Race for Peace @ 07:00 – Lynnridge Mall

### **Sunday:**

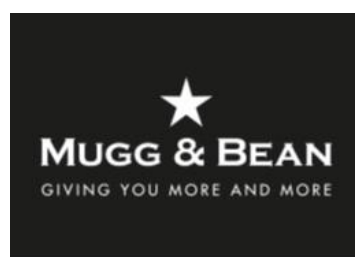
Comrades Marathon

## **PERSONALIA**

Our condolences to Glenn Thompson and his Family. His brother was killed in an accident.

Congratulations to the following members who celebrate their birthdays during the next two weeks:

Christiaan	Visser	23 Aug
Jurie	Venter	26 Aug
Deon	Hoffmann	26 Aug
Elsa	Taylor	28 Aug
Lientjie	Oelofse	29 Aug
Theuns	Nieuwoudt	30 Aug
Tjaan	Kruger	02 Sep
Lydia	Fibiger	04 Sep



Midstream Tel 012 940 9229

## NOTICE BOARD

A promotional poster for the ARC Irene Hybrid Run/Walk event. The poster features a collage of three photographs: two runners on a dirt path on the left, a runner carrying a baby in a carrier on the right, and a 'Revolution Trails' logo at the bottom left. The central text area contains event details. The 'Vitality' logo is in the bottom right corner. The background is a light yellow with white geometric lines.

**ARC IRENE HYBRID RUN/WALK**  
**27 AUGUST'22**

GROUP START REGISTRATION: 06H15 - 07H00  
GROUP START 07H00  
INDIVIDUAL STARTS AS OF 07H10 - 08H00

**ROAD OR TRAIL OPTIONS AVAILABLE**  
2KM, 5KM, 10KM, 15KM OR 21KM

**ENTER ONLINE AT**  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://WWW.REVOLUTIONTRAILS.CO.ZA)

VENUE: IRENE ATHLETICS CLUBHOUSE,  
ARC IRENE, NELMAPIUS DRIVE, CENTURION

FOR MORE INFORMATION CONTACT US AT:  
083 264 3931 | [REVOLUTIONTRAILS@GMAIL.COM](mailto:REVOLUTIONTRAILS@GMAIL.COM)

**Revolution Trails**

**Collagen For Athletes**

**Vitality**

**No Dogs**

### Saturday 27 August

Race for Peace

Lynnridge Mall, 1 Jacobson Drive,

Lynnwood Ridge

5, 10, 21 km

07:00

Daan du Toit 082 572 4169

Corlien Meyer 079 493 9030





## Pretoria Military Marathon Club

presents

**10km Run/Walk & 5km Fun Race**

to be hosted at

**Airforce Base Zwardkop, Valhalla**  
(Old Johannesburg Road, Northern Entrance)

**3 September 2022**  
**at 06:30**

Special Medals  
for the first 1 500 finishers!



**Athletics**  
Gauteng North

Entries accepted at the venue  
on the race day from  
05h00 in the morning.

Entry Fee R120 for 10km  
Fun Run R60 for 5km  
Temp Licence R40

**ENQUIRIES:**

Vuyani Kilani 074 839 8994 Vusi Lerefolo 061 493 4543 Aluta Gaothuse 083 259 9741

The race will serve as our 10 km club championships



2022

George Claassen Memorial Road Race



46<sup>th</sup> running of the PwC George Claassen Memorial Road Race  
Saturday 10 September 2022



**Start times:**

21.1km/10km run/walk	6am
5km fun run	6.30am

**Cut-off times:**

Cut-off time for the 21.1km at the entrance to  
Pick n Pay Hyper (9.7km) at 7.30am

Cut-off time at 10am

**Race venue:**

Pick n Pay Hyper, Faerie Glen Atterbury Rd.

**Start/finish:**

Pick n Pay Hyper, Faerie Glen cnr Atterbury Rd.  
and Selikats Causeway, Faerie Glen, Pretoria

**Online entries:** [www.entryninja.com](http://www.entryninja.com)

**Race results:** [www.raceresults.co.za](http://www.raceresults.co.za)



## Our Race Sponsors



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Software Solutions

If you want your logo on this page, let us know at [info@irenerunner.co.za](mailto:info@irenerunner.co.za)

### THOUGHT FOR THE WEEK

Be yourself, because an original is worth more than a copy.

## PHOTO CORNER



Goodie bags packing



The contents of the Comrades goodie bags, something special





Part of the crowd at the Comrades pre-function



Previous Comrades T-shirts as part of the decorating in the club house





Ansie Breytenbach, Retha Knoetze and Estien van Wyngaard received their traditional “National colours Irene Jackets” at the function. Congratulations!



Some of the “Team Irene” members





Joy Dekker, Johan Engelbrecht and guest speaker Bruce Fordyce



Keith Reynolds and Bruce Fordyce having fun