



IRENE NEWS

22 June 2015

No 24 - 2015



ACHIEVEMENTS

The following members did us proud at the Winter Warmer on Tuesday:

Jacquie van der Waals	1 st Vet lady & 2 nd lady – 10 km (41:45)
Wynand Breytenbach	3 rd Walker – 10 km (72:08)
Johan Nel	1 st GM – 21 km (1:38:14)
Ansie Breytenbach	1 st Master lady – 21 km (1:41:20)
Gerard van den Raad	1 st Walker & 1 st GGM – 21 km (2:27:31)
Theuns Nieuwoudt	1 st Vet walker & 3 rd man – 21 km (2:36:55)
Sandra Steenkamp	1 st Lady walker & 1 st Master – 21 km (2:10:13)

PERSONAL ACHIEVEMENTS

None received

Please send me the info about all your personal achievements, don't be shy.

SPECIAL GENERAL MEETING

Please remember our special General Meeting scheduled for 23 June. Please diarize it.

COMRADES STORIES

No 1

This was my first Comrades and I was so terrified of this huge challenge but at the same time I could not wait for the day to arrive feeling excited about it. From Pinetown I felt very nauseous and my right knee was very painful but I continued wanting to experience what Comrades was all about. My dearest husband had my snack pack, etc and we arranged to meet at Kloof, bottom of Botha's Hill and again at Camperdown. I saw him in Kloof where I still did not need anything and continued on my journey. Bothas Hill came and went and I never spotted them at Camperdown unfortunately they were caught in bad traffic congestion and the first place they could once again get to me was once I was over Polly Shorts and seeing them was just what I needed at that time. I just want to say a **BIG THANK YOU** to Bertha and Gerhard who so endlessly give of themselves and their time to support us runners/walkers - Bertha I so appreciated you jogging along side me a little way it meant the world to me and I felt very encouraged to finish this big journey, Wynand thank you for telling me that I can do it and also to the Irene gentleman (sorry I do not know your name) who came to me from the Irene tent and took my hand whilst I was running and asked if I needed anything it was so appreciated. Just seeing the people showing so much care just

made me want to finish the journey I started, and yes.....I finished in 11h41. I might have been running on my own but I was not alone, God our Heavenly Father ran by my side the whole way strengthening me when I was weak so I give Him all the honour and glory for my Comrades finish. I look forward to trying this journey again next year with my same running partner, our Heavenly Father and my dearest husband.

Keep running - Carol Sanders

No2

Ek wou nie hierdie jaar n brief skryf nie, want ek het leeg gevoel omdat ek nie comrades klaar gemaak het nie. Hierdie sou my laaste comrades wees. By Umlaas rd, die “20km to go” merk is ek gestop. Die skoot het geklap net toe ek daar aankom. Dit sou my nog n minuut gevat het om oor die “cut off” te gaan. My gemoed het so skielik vol geraak en die trane wou kom. Ek was so teleurgesteld. Ek het maar gou die trane gesluk en saam met die ander op n hupie gaan sit en wag vir die bus. Ek weet ek sou kon klaar maak EN betyds. Al sou dit met sekondes wees.

My ouers het my hierdie jaar ingewag by die einde. Ek het al gesien hoe ek met groot blydskap daar sou aankom. En die ergste is dat ek niemand daavor kan blameer nie. Ek het net nie hard genoeg met myself gewerk nie. Ek was SO reg vir hierdie jaar. So goed gevoel. My Pb op n 10 en 21.1 en n 50km behaal. Ek het met te veel selfvertroue op my vermoëns staat gemaak en gedink dat dit alles net gaan uitwerk soos ek dit verwag. Dit was my grootste fout!

By die werk gekom het ek in my binneste met my kop laag aan almal erken dat ek n “failure” was. Natuurlik het die storie met n lang verduideliking gekom. Al het hulle nie so gedink nie en my nog steeds as n hero gesien en geprys, is dit nie hoe ek gevoel het nie.

Ek het nou Comrades in al sy manifestasies ondervind. My eerste en tweede jaar het ek klaargemaak en my back to back gekry. Wat n absolute prestasie! Daar is geen dwelms wat jou so hoog kan sit nie! En dit hou vir maande!...

My derde jaar het ek “gebail”. Ek was bly dat ek gestop het. Dit was opwindend. En om al die ander te sien langs die pad sit en wag vir bussies daai jaar. Ek het nie sleg gevoel daarvoor nie. Dit het nie saak gemaak dat ek nie n medalje gekry het nie. Dit was MY besluit om te stop.

Die vierde jaar het ek besluit om nie te hardloop nie aangesien ek n krisisesvolle jaar gehad het, maar het Comrades gevolg op TV van die begin tot die einde. Niemand was welkom om te kom kuier as hulle nie bereid was om Comrades saam met my te kyk nie. My hart was in heimwee en ek het myself belowe die volgende jaar is ek daar!...

Dit is snaaks hoe daardie klein nikswerd koper medalje, kleurloos en plein nou so vermis en waardevol uitsien, nou dat my versameling van comrades medaljes stil staan.

Die vermiste medalje en die vernedering van my falng is so groot dat ek net besluit het dat Comrades my nie gaan onder kry nie. Ek móét nog n medalje by die ander voeg. Dus more begin ek weer oefen.... (met nuwe planne en doelwitte!).

Amanda Kuun.

PERSONALIA

Condolences to Mike du Bruto and his family. His mother passed away last Thursday.

Holger Hedelt had surgery done to his knee last week. We wish him a speedy recovery and trust that he will be back for Comrades next year.

Congratulations to everybody celebrating their birthdays during the week.

Nicole	Hoffman	22-Jun
Riaan	Lombard	22-Jun
Stephanie	Steenkamp	23-Jun
Carel-Louis	Booyesen	24-Jun
Shaun	Shrives	24-Jun
Rhenier	de Beer	27-Jun
Urshula	Horn	27-Jun
Amanda	Lotheringen	27-Jun
David	Mentz	27-Jun
Marie	van Dyk	27-Jun
Geoffrey	Carter	28-Jun
Belinda	de Bruin	28-Jun
Derek	Oldnall	28-Jun
Shaun	Pieterse	28-Jun



NOTICE BOARD

Saturday 27 June

Run & Walk for Bibles 21.1/10/5 km

Race Organisers: ACRW

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 fees	R 80	R 60	R 30
Entry fees – Great Grandmasters	½ price		
Entry fees - Wheelchair & blind athletes	Free		
Start time	07h30		07h35
Time Limit	??h00		

Wheelchairs athletes welcome

Pre-entries at: Running Inn; Run-away-Sports; Sweatshop Southdowns

www.entrytime.co.za

Saturday 4 July

Hatfield Race for Friendship 21.1/10/5 km

Race Organisers: Run/Walk for Life

Venue: The Fields, c/o Hilda & Burnett Streets, Hatfield

GPS: S 25 45'0" E 28 14'0"

	21.1 km	10 km	5 km
Entry fees	R 60	R 50	R 30
Entry fees – 5km with dog on leash			R 50
Start time	07h30		07h40
Time Limit	03hrs		

Wheelchairs athletes welcome

Free t-shirts to the 1st 300 pre-entries at The Fields

Pre-entries at: The Fields Centre Management Office; Run-away-Sports;

www.entrytime.co.za and www.enteronline.co.za



SIZWE MEDICAL FUND
Caring for the health of the nation

2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
Mooikloof Realtors Winter Road Race	10 km	18/07/15	X	X
A4A Women's Rights Run/Walk	10 km	08/08/15	X	X
Value Log Ou Voetpad		12/09/15	X	X
Capital Classic		10/10/15	X	X
Muller Potgieter		28/11/15	X	X

Masters Athletics Fixture list

Local meetings

- 18 July 2015 Claude Sterley meeting – Pilditch - **only if sponsored**
- 16 October 2015 Rassiebyeenkoms – Bronkhorstpruit
- 31 October 2015 SWD Champs – Oudtshoorn
- 14 November 2015 Vrystaat Champs - Bloemfontein

You are regularly informed about league meetings, please support these meetings. Results are taken into consideration when choosing the GN team for SA's

SA Masters Championships

- 15/16 May 2015 Nelson Mandela Metropolitan University – Port Elizabeth

International Championships

- 4 – 16 August 2015 WMA Championships, Lyon, France

<http://www.lyon2015.com>

- 26 Oct – 6 November 2016 MA Championships, Perth, Australia

<http://www.perth2016.com>

THOUGHT FOR THE WEEK

Spending time with children is more important than spending money on children.



Photo Corner (Winter Warmer)







