



IRENE NEWS

23 May 2016

No 21 - 2016



EDITORIAL

Please take note that the next newsletter will be sent a day later due to Comrades.

ACHIEVEMENTS

Congratulations to the following members who were on the podium at The Grove:
Please take note that the both the 10 km and 21.1 km were 400 meters too long.

Ansie Breytenbach	1 st Master lady – 10 km (47:41)
Elsa Meyer	1 st Lady walker & 1 st GM – 10 km (1:05:08)
Danie Labuschagne	3 rd Walker – 10 km (1:05:53)
Iain McFadyen	1 st GM – 21 km (1:50:39)
Jaap Willemse	1 st Master walker & 3 rd man – 21 km (2:10:08)
Gerard van den Raad	1 st GGM walker – 21 km (2:20:00)

Liza Maritz also earned 2 gold medals at the SA Masters Championships the previous weekend.

Congratulations!

THIS WEEK'S DIARY

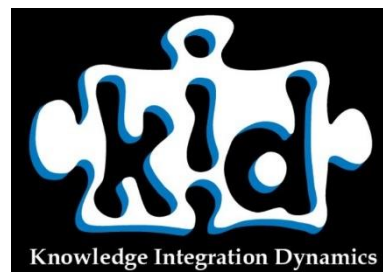
Tuesday:

Time trials at 17:15 - Club house

Saturday:

Run/Walk 2 / 4 / 8 km at 07:00 – Brooklyn Primary School

Please note that the caravan will be there.



COMRADES PRE-FUNCTION

Thank you to all our members who contributed towards the very successful function we had on Saturday. It was a great occasion indeed. We are blessed with many members who really care for our club.

CAPTAIN'S CORNER

Dear Fellow Club Members,

Comrades 2016 - IZOKUTHOBA – IT WILL HUMBLE YOU! Saturday we had a fantastic day and the goody bags and the jacket we received was awesome. Once again IRENE ATHLETICS CLUB proved that we are the club of choice. With all the hard work that went into this function all I want to say is **THANK YOU, IRENE YOU ROCK.** Next week Sunday for those doing Comrades, we are going to have a race of a lifetime. You are ready and have put in the hard and long mileage. Not much you can do to prepare you further running wise. Only thing you need to do is ensure you packed everything you will need for race day and for afterwards.

Remember the message from the man who preached yesterday. If everything starts getting tough remember you want to reach your **Jerusalem.**

See you all at the race on Sunday. If you have any last minute questions you want to ask me please give me a call on 082 345 5343.

Proud IRENE Greetings

Linley

COMRADES INFO

The final info regarding the Comrades arrangements will be sent out early during the week. This will include all the maps to get to the various places and the layout of the finish. Please look out for it.

You can hand in your special “Comrades muti” on Tuesday at the time trials or at the Expo on Saturday. More details about it in the special info email. Make sure that it is clearly marked.

SOCIAL RESPONSIBILITY

Dear Irene Club members

If you have not yet supported The Blankets for Children Project you are welcome to bring with a good quality blanket to the clubhouse on Tuesday. Or deposit money into the Irene Athletics Club account with reference “your name” and “blankets”

Thank you for your support!!

Greetings

Lindie



PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Nico	Kruger	23 May
Julia	Schmidt	23 May
Frances	Lezar	24 May
Nomfundo	Nozigqwaba	24 May
Nadia	Barnard	25 May
Grazyna	Koornhof	25 May
Zune	Spence	25 May
Brtha	Van Den Raad	25 May
Hannelie	Collatz	26 May
Vanessa	McClure	26 May
Donny	Thebus	26 May
Mary-Ann	Henning	28 May
Minnette	Nel	28 May
Stefan	Snyders	29 May
Barney	van Heerden	29 May



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NOTICE BOARD

All distances are wheelchair friendly

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Saturday 28 May

Run/Walk 2 / 4 / 8 km

Race Organisers: Run Walk for Life

Venue: Brooklyn Primary School, c/o MacKenzie & Pienaar Streets, Brooklyn

	2 km	4 km	8 km
Entry fees	R 10	R 30	R 40
Start time	07h15	07h00	
Time Limit	02h00		

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League Race

Saturday 4 June

Race of Faith 10/15/5.5km

Race Organisers: Run Walk for Life

Venue: Curro Hazeldean Independent School, 1 Silverlakes Road, Silver Lakes

	15 km	10 km	5.5 km
Entry fees	R 60	R 50	R 30
Start time	07h00		07h10
Time Limit	02h00		

No animals

5.5km is wheelchair friendly

Pre entries at: Run-Away-Sport; Running Inn

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2016 AGN LEAGUE FIXTURE LIST				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
Race 4 Faith	10/15	4 Jun	X	X
Zwartkop	10/21	30 Jul	X	X
Wierie	10/21	13 Aug	X	X
Andrew Greyling	10/21	17 Sep	X	X
King Price Irene Farm	10/21	29 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

Masters Athletics Fixture list

13 Augustus	Claude Sterley byeenkoms	Pilditch
? Oktober	SWD	Oudtshoorn
12 November	Vrystaat	Bloemfontein

THOUGHT FOR THE WEEK



Photo Corner



Packing the goodie bags is always a lot of fun



The "production line" in full operation



Zelna Black making sure everything is ready before the collection starts



Johan van den Heever delivered the spiritual message



Chairman Louis Visser addressing the crowd



Dirk Cloete was the quest speaker



Part of the huge turnout



Everybody listening to what Dirk has to say



It was great to have so many people present



Lindie Steenkamp looking into her “crystal ball”



The runners who were still present at the photo session



Our novices



Our lovely ladies who will start on the 29th



Our men looking ready for action



Four of the eight runners who will be doing their 10th Comrades



They will be running in green numbers



Joseph Moagi will be running in a double green number



The husband and wife teams