



IRENE NEWS

25 June 2018

No 25 - 2018



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Run/Walk for Bibles:

Magretha Pierce	2 nd Lady – 10 km (40:24)
Jacque van der Waals	1 st Vet lady & 3 rd lady – 10 km (40:28)
Joey Cloete	1 st GM lady – 10 km (51:55)
Jaap Willemse	1 st GM walker – 10 km (61:35)
Gerard van den Raad	1 st GGM walker – 10 km (68:46)
Danie Labuschagne	1 st GM walker – 21 km (2:22:56)
Sandra Steenkamp	1 st Master lady walker & 3 rd lady – 21 km (2:10:59)
Elsa Meyer	1 st GGM lady walker – 21 km (2:25:08)

The following members are this year's Comrades trophy winners:

First man	Samuel Molefe
First lady	Amanda Cloete
First novice (man)	Lenin Sithole
First novice (woman)	Hestha Conradie
Spirit of Comrades	Linley September
Vasbyt	Mark van Deventer
Last finisher	Thabiso Mashaba

Congratulations!

PERSONAL ACHIEVEMENTS

Tania Thompson	PB – 21 km
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Well done!

Congratulations also to Joey Cloete who was part of the AGN cross country team at the interprovincial cross country championships that took place in Zeerust a week ago.

Ansie Breytenbach has been selected for the AGN team to participate in the SA 21 km championships in Port Elizabeth on 22 July.

THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:15 – Club house

Saturday:

Race of Friendship @ 07:00 – Glenfair Boulevard, Lynwood Manor



Knowledge Integration Dynamics

COMRADES STORIES

All Comrades runner (finishers and non-finishers), are invited to send in their Comrades stories to be published in the newsletter. It usually makes very interesting reading.

LEAGUE RACE

Thank you to all our members who participated in the league race on Saturday. Thank you also to Gerard, Bertha and Corlia for a job well done with the food, it was enjoyed by everyone.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Urshula	Horn	27 Jun
Marie	van Dyk	27 Jun
Geoff	Carter	28 Jun
Belinda	de Bruin	28 Jun
Derek	Oldnall	28 Jun
Sarie	Nel	29 Jun
Danie	Oosthuizen	30 Jun
Maggie	Van Rooyen	01 Jul



NOTICE BOARD

Saturday 30 July

Glenfair Boulevard Race of Faith 21.1/10/5 km

Race Organisers: Run Walk fir Life AC

Venue: Glenfair Boulevard, Cnr Lynwood & Daventry, Lynwood Manor

	21.1 km	10 km	5 km
Entry fee	R 90	R70	R40
Start Time	Run 07:00		07:00

No iPods or listening devices are allowed

Pre-entries at: Placecol Glenfair, Lone Hawk Spur Glenfair

www.enteronline.co.za

Saturday 7 July

Garsfontein Ice Breaker 21.1/10/5 km

Race Organisers: Wingate Road Runners & Dutch Reformed Church Garsfontein

Venue: Garsfontein Primary School, Zita Street, Garsfontein

GPS: S 47°24,44 E 28 17'43,22

	21.1 km	10 km	5 km
Entry fee	R 80	R60	R50
Entry fee 70+	Free		
Start Time	Walk 06:30 Run 07:00		07:15
Cut-off	03:30		

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sport; Garsfontein Church 285 Emmie Hartmann Street

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2018 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
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

BAR NEWS

Well done to everyone that participated in the Comrades race!!

As mentioned in the news letter of 21 May
Prices of all Bar items have increased with R2



Coffee/Tea available



Supper for Tuesday 25 June

Traditional Melkkos @ R30



**To order eggs please w/p me on 0727967122 before or on Wednesday.
 Only X-Large eggs available @ R55/30 eggs**



THOUGHT FOR THE WEEK



PHOTO CORNER



The aches and pains function on Tuesday was well attended



First Irene man Samuel Molefe



First Irene woman Amanda Cloete



First man novice Lenin Sithole



First woman novice Hestha Conradie



Spirit of Comrades winner Linley September



Vasbyt trophy winner Mark van Deventer



Last Irene finisher Thabiso Mashaba (11:59:02)



Hesta van den Heever sharing her Comrades experience



The oldest Irene woman to finish, Judy Faint and her husband



Buks and Cindy van Deventer who started and finished together



Maggie and Dean van Rooyen



The Irene oasis at the Run/walk for Bibles



Danie Joubert made a comeback on Saturday



Jacquie van der Waals and Magretha Pierce did us proud on Saturday