



IRENE NEWS

27 May 2019

No 21 - 2019



ACHIEVEMENTS

Well done to the following members who were on the podium at the Skosana Race:

Amanda Cloete	3 rd Lady – 21 km
Thea van Helden	1 st Vet lady – 21 km
Ansie Breytenbach	1 st Master lady – 21 km
Sandra Steenkamp	1 st Lady walker & 1 st master – 21 km
Elsa Meyer	1 st GGM lady walker & 2 nd lady – 21 km
Sunet Eybers	1 st Vet lady – 10 km
Jaap Willemse	1 st GM walker - 10
Gerard van den Raad	1 st GGM walker – 10 km
Letha Kotze	1 st GGM lady walker – 10 km

Congratulations to the following members who have been selected for the AGN team to participate in the Inter Provincial Cross Country Championships in Middelburg on 1 June:

Maryke Geldenhuys
Sunet Eybers
Ansie Breytenbach
Joey Cloete
Mike du Bruto

PERSONAL ACHIEVEMENTS

Francois Thiebaut	PB – 21 km
Allan Soundy	PB – 21 km

THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:15 – Club house (Everybody starts together at 17:15)

Thursday:

Packing of Comrades goodie bags @ 18:00 – Club house

Saturday:

Race of Faith 5/10/15 at 07:00 – Silver Oaks Crossing
Comrades pre-function @ 11:00 – Club house

Sunday:

Club run @ 06:30 – Club house – All welcome, your distance, your pace.

Comrades Church Service @ 18:00 – 14 Baltimore Road, Pierre van Ryneveld.

FUNCTIONS COMING UP**COMRADES PRE-FUNCTION****1 June 2019**

The Comrades Pre-function takes place on Saturday 1 June at 11 am at the club house. It is not just for Comrades runners and promises to be fun for all club members and their families.

Lunch at R50 per person and R25 per child under 12 years.

The bar will be open.

The guest speaker is David Grier, see his CV on the next page. Come and be inspired by what he has to say.

Goodie bags, Comrades shirts and tog bags ordered will be handed out.

There will be a jumping castle for the kids.

POST COMRADES FUNCTION**10 June 2019**

The get together will take place at the Durban Ski Boat club on Monday 10 June from 10am

This is a great get together where everyone can share their experiences while they are all still fresh in their minds

Please bring own meat for a braai. Salads, pap and sous will be supplied. There is a cash bar.

ACHES AND PAINS PARTY**18 June 2018**

The June social will take place on 18 June at the club house.

This will take the form of the aches and pains party and there will be many festivities as well as food on sale. Please make a note to be there!

COMRADES GOODIE BAGS

Thank you to all our members (and non-members) who promised items for the goodie bags. Please ensure that it is delivered not later than Thursday, 30 May.

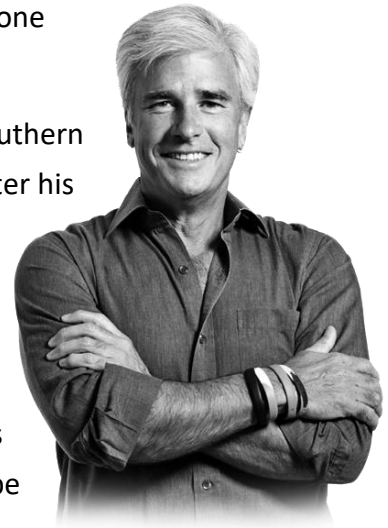
As always, we require a few helpers to pack the goodie bags on Thursday evening at 18:00 at the club house. Come and be part of the fun, there will be a drink on the house and pizza to eat.

COMRADES PRE-FUNCTION

Please take note that our Comrades pre-function will take place at the club house on 1 June at 11:00. Non Comrades runners are also invited.

David Grier will be our motivational speaker on the day. He is someone very special indeed.

David's last challenge was the run from Guantanamo bay on the southern tip of Cuba to the most North eastern point – This was done just after his run from the John O' Groats to Lands End down the UK, then a run from South to North Up Ireland followed by a run along Hadrian's wall. In that same year David Ran from the most northern temple in Kashmir India to the most southern temple in the ocean at Kanyikumari, a distance of some 4008 km and a time span of 93 days becoming one of the first people to complete this deemed to be impossible feat.



David was born on the 16th of January 1960 into a Cape wine farming family in South Africa, here his love of the outdoors, food, wine and adventure began. He set out to take all his passions to the extreme and explore the limits of the human mind and body.

After studying Hotel Management, David set out into the industry, starting the first of a string of successful restaurants. Always pushing the boundaries in the food industry, he slowly began to make his mark in the industry culminating in his most recent restaurant being rated in the top 100 in SA. This led to television, brand exposure and his own range of food products. To date: David has run The Great wall of China 4200km in 93 days, Run the entire coastline of South Africa 3300 km in 80 days, paddled from Africa to Madagascar 500km in 12 days, run the Island of Madagascar South to north 2700km in 67 days, run the entire length of India 4008 km in 93 days.

David is a trustee and ambassador for the 'Cipla Miles for Smiles Foundation', raising funds through adventure for Operation Smile, South Africa, who perform corrective surgery on children born with cleft lips and palates.

He has shaped the experiences of the last four challenges into a series of inspirational talks. His message is of hope and 'making a difference' in people's lives through change, positivity, the right attitude, recognizing opportunity and never giving up.



COMRADES CHURCH SERVICE

RUNNING THE RACE OF FAITH

WHEN YOU'RE TOO TIRED TO RUN
ISAIAH 40:29-31

RUN FOR CHRIST



COMRADES MARATHON SERVICE

Pierre van Ryneveld Geloofsfamilie
14 Baltimore Rd, Pierre van Ryneveld, Centurion
2 June 2019
18H00

Contact: Henk van Rensburg
082 336 7555 | henk@pvr.co.za



Come in your Comrades / Club clothes. Coffee will be available after the service.

COMRADES SUPPORT STATIONS

There will be three Irene support stations this year. The first one will be at the bottom of Fields Hill (21 km), the second one closer to the halfway (position to be confirmed), and the main one at Camperdown.

Members are invited to hand in their special muti that they want to collect at these stations. It can be handed in on Tuesday evening at the club house, on Saturday at the pre-function, Tuesday 4 June at the club house and on Saturday, 8 June at the Comrades Expo.

The packets must be clearly marked with your name, Comrades race number and station where you will need it.

COMRADES SHIRTS AND TOG BAGS

Please ensure that you pay the outstanding amounts before Saturday if you haven't done so yet. Sent the proof of payment to info@irenerunner.co.za. Use the normal club account for this purpose: Standard Bank, account number 032183186.

PERSONALIA

Congratulations to the following members who celebrate their birthdays during the week:

Annelie	Grundling	28 May
Joseph	Kgodumo	29 May
Pieter	Oberholzer	29 May
Barney	van Heerden	29 May
Werner	Grundling	30 May
Roz	Henson	30 May
Keith	Reynolds	02 Jun



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NOTICE BOARD

Saturday 1 June

Race of Faith 21.1/10/5 km

Race Organisers: Run/Walk for Life

Venue: Silver Oaks Crossing, c/o Von Backstrom Boulevard & Solomon Mahlangu Drive,
Willow Acres

GPS: S25 45 57.57 E 28 21 31.80

	15 km	10 km	5 km
Entry fee	R 90	R 80	R 50
Start Time	07:00		07:15
Cut-off	03:00		

No Pets

No iPods or listening devices are allowed

Pre-entries at: Run-A-Way Sports

www.enteronline.co.za

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2019 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Race of Friendship	21.1/10 km	29/06/19	X	X
Zwartkop Road Race	21.1/10 km	27/07/19	X	X
Spirit of Flight	10 km	31/08/19	X	X
Brooklyn Road Race	21.1/10 km	07/09/19	X	X
Capital Classic	21.1/10 km	05/10/19	X	X
Freedom of Expression	21.1/10 km	02/11/19	X	X

Masters Athletics Fixture list

South Africa

10 August 2019	Mpumalanga	Secunda
? October 2019	Rassies	Bronkhorstspuit
25/26 October 2019	SWD	Oudtshoorn
8/9 November 2019	Free State	Bloemfontein

South African Championships

April/May 2020	Central Gauteng	Herman Immelman
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Africa Championships

2021	Nairobi, Kenya
2023	South Africa

International Championships

28/9-6/10 2019	30 th Summer Universiade	Naples, Italy
20/7/2020 – 1/8/2020	World Masters Athletics Champs	Toronto, Canada

THOUGHT FOR THE WEEK

The best index to a person's character is (a) how he treats people who can't do him any good, and (b) how he treats people who can't fight back.

PHOTO CORNER (SKOSANA RACE)



Martin Struwig, Wessel Oosthuizen and Riaan Lombard at the start



Kobus van As



Wessel Oosthuizen



Geoff Brown



It was good to see Dirk Cloete back on the road after his back operation. Where there is a will there is a way.



Mike Gibbons



Stanley Macmillan



Anton de Klerk, Martin Struwig and Pieter Erasmus



Marlé van der Walt



Alan Hyson



Megan Brown



Lesedi Letwaba



Bertha van den Raad celebrated her 75th birthday ensuring that everybody had something to eat after the race. Thank you Bertha and God bless.



Thea van Helden was on the podium for the first time ever. Well done Thea!

PHOTOS FROM YESTERYEAR (COMRADES PRE-FUNCTION 2001)



Ensuring that there is enough to eat. Notice that the club house had windows in those days.



Everybody enjoying themselves



Chairman Dirk Cloete



Club captain Wynand Breytenbach



Guest speaker Ann Chester, the first and only Irene Comrades gold medallist (1998)



The Irene Comrades team of 2001