



# IRENE NEWS

28 May 2018

No 21 - 2018



## ACHIEVEMENTS

Congratulations to the following members who were on the podium during the week:

Heleen de Bruin	1 <sup>st</sup> Vet lady & 10 <sup>th</sup> lady – Great Wall of China Marathon
Holger Hedelt	1 <sup>st</sup> Master & 7 <sup>th</sup> man – Knast Marathon, Germany
Joey Cloete	1 <sup>st</sup> GM lady – Hercules Spar 10 km
Gerard van den Raad	1 <sup>st</sup> GGM walker – Hercules Spar 10 km

The following members earned medals in their respective age categories at the AGN 10 km championships (run and walk)

Leon Page	Gold
Mike du Bruto	Gold
Ansie Breytenbach	Gold
Joey Cloete	Gold
Jacquie van der Waals	Silver
Johan Saayman	Bronze
Annatjie Greyvenstein	Gold
Jaap Willemse	Gold
Elsa Meyer	Silver
Retha Knoetze (social member)	Gold

Well done!

## THIS WEEK'S DIARY

### Tuesday:

Time Trials at 17:15

### Saturday:

Race of Faith 5/10/15 at 07:00 – Silver Oakes Crossing, Willow Acres

Comrades pre-function at 11:00 – Club house

### Sunday:

Comrades Church Service at 18:00 – Valleysig NG Church



## ***FUNCTIONS COMING UP***

### **COMRADES PRE-FUNCTION**

**2 June 2018**

The Comrades Pre-function takes place on Saturday 2 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.

The Lunch Menu at R50 per person and R25 per child under 12 years is as follows:

Vegetarian Lasagne

Chicken Cacciatore with Rice/Cauli Rice

Salad

Apple crumble with Custard

Please book by sending a Whats-app to Joy Nicholl 083 284 4884.

The bar will be open.

The guest speaker is **Caroline Wöstmann** who won the Comrades in 2015. Come and be inspired by her story.

Gerrie Strydom will do the blessing.

Goodie bags and Jackets will be handed out.

There will be a jumping castle for the kids.

### **POST COMRADES FUNCTION**

**11 June 2018**

The get together will take place at the Durban Ski Boat club on Monday 11 June after the run 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**

**19 June 2018**

The June social will take place on 19 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

PRE-FUNCTION

*Come  
and be*

**2nd JUNE  
11am**

**Club House  
Lunch R50  
P/PERSON**

*inspired!*

**cash bar**

**guest speaker**

*Winner 2015*

**Caroline Wöstmann**





### **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, 31 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 CHURCH SERVICE**



**Jan de  
Wet**

# **Comradesdiens**



***Almal word hartlik uitgenooi  
om die diens by te woon***

**Navrae: Gideon Adriaanse 083-629-  
6693**

***Kollekte word by die deure opgeneem ten bate van behoeftige instansies***

### **COMRADES SUPPORT STATIONS**

There will be three Irene support stations this year. The first one will be at Cato Ridge, the second one closer to the halfway (position to be confirmed), and the main one at Cowies Hill.

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 5 June at the club house and on Saturday, 9 June at the Comrades Expo. Please note that no packets will be accepted for the first station at the Expo.

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

## **LIFT REQUIRED**

Our German member, Holger Hedelt, is looking for a lift to Pretoria after Comrades, preferably on Tuesday, 12 June. Please let us know if you can assist.

## **PERSONALIA**

Congratulations to everybody celebrating their birthdays during the week:

Minnette	Nel	28 May
Annelie	Grundlingh	28 May
Andre	Visser	28 May
Pieter	Oberholzer	29 May
Barney	Van Heerden	29 May
Anri	Grobler	01 Jun
Keith	Reynolds	02 Jun
Adriaan	van der Merwe	03 Jun



## **NOTICE BOARD**

### **Saturday 2 June**

### **Race of Faith 15/10/5 km**

Race Organisers: Run Walk for Life

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

GPS: S 25 45 57.57 E 28 21 31.80

	15 km	10 km	5 km
Entry fee	R 80	R 70	R40
Start Time	07:00		07:15
Cut-off	??:00	??:00	??:00

**No pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-A-way Sports; Tshwane Running Store; Sweatshop Southdowns; Fitness  
Network Silver Oaks Crossing

[www.entrytime.com](http://www.entrytime.com)



<b>2018 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DISTANCE</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
Riana van Niekerk Run/Walk for Bibles	21.1/10 km	23/06	X	X
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

### **THOUGHT FOR THE WEEK**





### Photo Corner



Heleen de Bruin in action at the Great Wall of China Marathon



Yolandi Wiese also had the privilege to run the Great Wall of China Marathon





Members who did the last Klapperkop run before Comrades



They all enjoyed a breakfast afterwards





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**FIND OUT MORE**



We have a few celebrities amongst us! Michael Mokwala on the Comrades website



**ASIJIKI**  
NO TURNING BACK

**sport and recreation**  
Department:  
Sport and Recreation  
PROVINCE OF KWAZULU-NATAL

**Comrades Marathon - 10.06.2018**  
15 days

Bhekii Khumalo is our second celebrity



Our GM, Master and Veteran champions on Saturday: Joey Cloete, Ansie Breytenbach and Jacquie van der Waals



Gerard and Bertha van den Raad with their granddaughter, Corlia





Johan Saayman



Two Oceans winner and potential Comrades winner Gerda Steyn with Wynand and Ansie Breytenbach