



IRENE NEWS

29 May 2017

No 21 - 2017



EDITORIAL

Please take note that next week's newsletter will be sent out a day later due to Comrades.

ACHIEVEMENTS

None received

PERSONAL ACHIEVEMENTS

None received

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:15 at the club house

Saturday:

Race of Faith 5.20/10.23/14.87 at 07:00 – Silver Oaks Crossing

Sunday:

Comrades Marathon

COMRADES PRE-FUNCTION

What a fantastic function we had. Thank you to everybody who contributed towards the success of the day. A big thank you to all our members who contributed towards the goody bags, it was one of the best ever.

COMRADES INFO

The final Comrades info will be sent out separately early during the week.

CARAVAN AT SATURDAY'S RACE

When Gerard and Bertha arrived at the race on Saturday morning, conditions were so bad that they decided not to put up anything and went back home. Apologies for any inconvenience to our members who turned up for the race.

CAPTAIN'S CORNER

Hello Crew,

As you all know it is COMRADES week and the excitement is building. The COMRADES buzz is in the air amongst the participants more than anyone else. The Pre Function lived up to its normal self again and was nothing short of fantastic.

Most athletes are asking the all too familiar questions **"DID I DO ENOUGH, DO I HAVE ENOUGH KILOS TO COMPLETE THE COMRADES"**. Grind it out, bare it and get to the finish line in time. You have put in the training and now it's almost time to put in the effort to complete this iconic event. Not much I can say however start making sure you have your kit ready, the stuff you will be eating on race day, the pacing chart, your race plan and last but not least is make sure you have your champion chip on your shoe.

Go and have fun on race day and enjoy the journey between DBN and PMB.

Enjoy **COMRADES 2017**

IT TAKES ALL OF YOU - ZINIKELE

Proud IRENE Greetings

Linley

RUNNING WATCH

Stephni Janse van Rensburg is looking for a second hand Garmin or Polar watch. Contact her at stephniivr@yahoo.com if you can help.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

| | | |
|---------|---------------|--------|
| Saape | Sekoaila | 29 May |
| Barney | van Heerden | 29 May |
| Anri | Grobler | 01 Jun |
| Keith | Reynolds | 02 Jun |
| Heine | Erasmus | 03 Jun |
| Tebogo | Moloisane | 03 Jun |
| Tebogo | Moloisane | 03 Jun |
| Patrick | Seboane | 03 Jun |
| Adriaan | van der Merwe | 03 Jun |
| Wynand | Breytenbach | 05 Jun |
| Graeme | Rennie | 05 Jun |
| Heiko | Weidhase | 05 Jun |



MODERN
athlete

NOTICE BOARD

Saturday 3 June

Race of Faith 5.20/10.23/14.87 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

| | 14.87 km | 10.23 km | 5.20 km |
|------------|----------|----------|---------|
| Entry-fee | R 60 | R 50 | R 40 |
| Start Time | 07:00 | | 07:10 |
| Cut-off | ?:00 | | |

Only the 5.20 km race is suitable for wheelchair athletes

No dogs allowed

Pre-entries at: Run-away Sport; The Runners Store

Saturday 10 June

Frenus Zietsman Run/Walk against drugs 10 / 5 km

Race Organisers: Mamelodi Athletics Club supported by Run/Walk for Life

Venue: Ninapark Spar, c/o Brits & Grafenheim Street, Nina Park

| | 10 km | 5 km |
|------------|-------|------|
| Entry-fee | R 70 | R 40 |
| Start Time | 07:30 | |
| Cut-off | ?:00 | |

Wheelchair athletes welcome

No dogs allowed

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Ninapark Spar

www.entrytime.com

| 2017 AGN LEAGUE FIXTURE LIST | | | | |
|-------------------------------------|-------------|-------------|---------------|-----------|
| EVENT | DIST | DATE | LEAGUE | |
| | | | RR | RW |
| RACE FOR FRIENDSHIP | 10/21 | 24 Jun | X | X |
| LONG WALK/RUN FOR FREEDOM | 10/21 | 22 Jul | X | X |
| MARCEL VAN'T SLOT | 15 | 19 Aug | X | X |
| ADDICTED TO LIFE | 10/21 | 9 Sep | X | X |
| JACARANDA CHALLENGE | 10/21/42 | 14 Oct | X | X |
| KOLONNADE RETAIL PARK | 10/21 | 11 Nov | X | X |

SA MASTERS

Local meetings

| | | |
|-------------------------|--------------------------------|-----------------|
| 12 Augustus 2017 | Claude Sterley Memorial | Pilditch |
| ? Sept/? October 2017 | SWD | Oudtshoorn |
| 11 November 2017 | Free State | Bloemfontein |

THOUGHT FOR THE WEEK

You didn't come this far to only come this far.



Photo Corner



Packing of the goody bags was fun once again



The “production line” in full swing



Joey Evans busy with his fantastic motivational speech at the comrades pre-function



The function was well attended as always



Comrades winner of 1991 gave some excellent Comrades tips



Brendes Gresse, Joey Evans and Werner Zandberg. It is Joey's Dakar Rally medal on display



Marks Mathebula shaking hands with Nick Bester



Nick Bester, Frances Lezar, Joey Evans and Jamess Eayrs



Nick Bester and Joey Evans also received a Comrades goody bag each from Louis Visser



Irene members and their families enjoying themselves



Wessel Oosthuizen and his family



The jumping castle was a big attraction for the kiddies as always



Part of the Irene Comrades athletes



Our Comrades ladies looking beautiful with their Comrades shirts



These members will all be running with green or double green numbers



Juan Koekemoer, Louis Visser. Jacqui Burn and Cari Snyman will be doing their 10th



Aletha van den Bergh and Danie Cornelissen will be doing their 20th race this year



Keith Reynolds will be doing his 30th Comrades. The first Irene member to achieve this



A few Irene couples that will run Comrades this year



At the age of 73, Johan van Vuuren will be the oldest Irene member to start this year



Anise Breytenbach and Bets Botha having fun after all the formalities



It has become tradition that the ladies have some fun on the jumping castele



Sandra and Kerry Trentham looking very much in love



Our bar ladies, Retha Venter and Mellany Hoffmann kept everybody happy during the day