



IRENE NEWS

30 May 2016

No 22 - 2016



ACHIEVEMENTS

For the first time in many years we had an individual podium finisher at Comrades! Johan Nel made us proud when he was the first Grand Master to finish in a time of 8:07:41. Well done Johan on a fantastic achievement.

Johan started running again last year after a break of many years. He finished 4th in his category last year and decided to give it a go this year. His hard work and dedication paid off on Sunday and we salute him.



Congratulations to all the Comrades finishers. You all made us proud. Well done to Alfred Matema and Philip Breytenbach who both got silver medals.

Alfred was the first Irene member to finish with Nadine Breytenbach the first Irene lady. Well done!

Congratulations to Rodney Stocker and Mark van Deventer who both received their double green numbers after completing their 20th race. Well done to Clinton Nicholl, Linley September, Pierre du Bruyn and Grant Buss who did their 10th race to receive their permanent numbers. Keith Reynolds finished his 29th race, amazing!

We had excellent results compared to last year. There were more entrants and finishers last year due to the 90th Comrades vibe. Except for the silver medals there was a significant improvement on the other medals, see below. Last year's figures are in brackets.

Silver: 2 (3)

Bill Rowan: 21 (12)

Bronze: 78 (70)

Vic Clapham: 60 (89)

Total: 161 (174)

Average finish time: 10:29:37 (10:48:04)

More stats and info next week.

It was a very successful Comrades overall. The support stations were excellent and the same applied to the finish station. Thank you to Paul and Karin Prinsloo and their team, Johann and Chantél van der Walt and Giel and Karina Cillié for a job well done. The feedback from the runners was excellent.

All Comrades runners are invited to share their Comrades stories with us. Please send in your Comrades experience for publication in the newsletter. It can be good or bad, we can all learn from it.

A big thank you to our Comrades sponsors!



THIS WEEK'S DIARY

Tuesday:

Time trials at 17:15 - Club house

Saturday:

Race of Faith 5/ 10/ 15km at 07:00 – Curro Hazeldean Independent School, 1 Silverlakes Road, Silver Lakes

TIME TRIALS

The normal time trials will take place on Tuesday. Please note that the admin desk will be closed. The bar will be open as normal.

SOCIAL EVENING

The next social evening will take place next week. It will be more of a Comrades aches and pains evening. Please attend and bring your family along. Come and share your Comrades stories with your fellow club members. Everybody is invited.

More info in the next newsletter.

LEAGUE RACE

The race this Saturday is the next league race. Please be there in numbers. As always there will be something to eat for all our members.

Please find the details of the race in the "Notice Board"



PERSONALIA

Condolences to Dieter Meyer whose mother passed away last week

Congratulations to everybody celebrating their birthdays during the week:

| | | |
|-----------|---------------|--------|
| Willem | De Klerk | 31 May |
| André | Rudolph | 1 Jun |
| Keith | Reynolds | 2 Jun |
| Heine | Erasmus | 3 Jun |
| Patrick | Seboane | 3 Jun |
| Adriaan | van der Merwe | 3 Jun |
| Wynand | Breytenbach | 5 Jun |
| Stephanie | de la Pierre | 5 Jun |
| Graeme | Rennie | 5 Jun |
| Heiko | Weidhase | 5 Jun |



NOTICE BOARD

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

www.enteronline.co.za

| 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



Alfred Matema looking relaxed going through Camperdown



Philip Breytenbach looking even more relaxed



Nadine Breytenbach had an excellent run



Piet Phalahadi receiving attention at the Cowies support station



Michael Mokwala's turn



The support station at Cowies



Looking good after 72 km – Joan van Wyngaard



Sithembele Sihunuza looking good with 18 km to go



Mark Naicker in action



Gerhard Koekemoer at the Cowies station



John Ward looking in good shape



Nadene Visser being supported by her children



Heiko Weidhase enjoying a refreshment at the station



Charlene and Izaak van Niekerk looking different



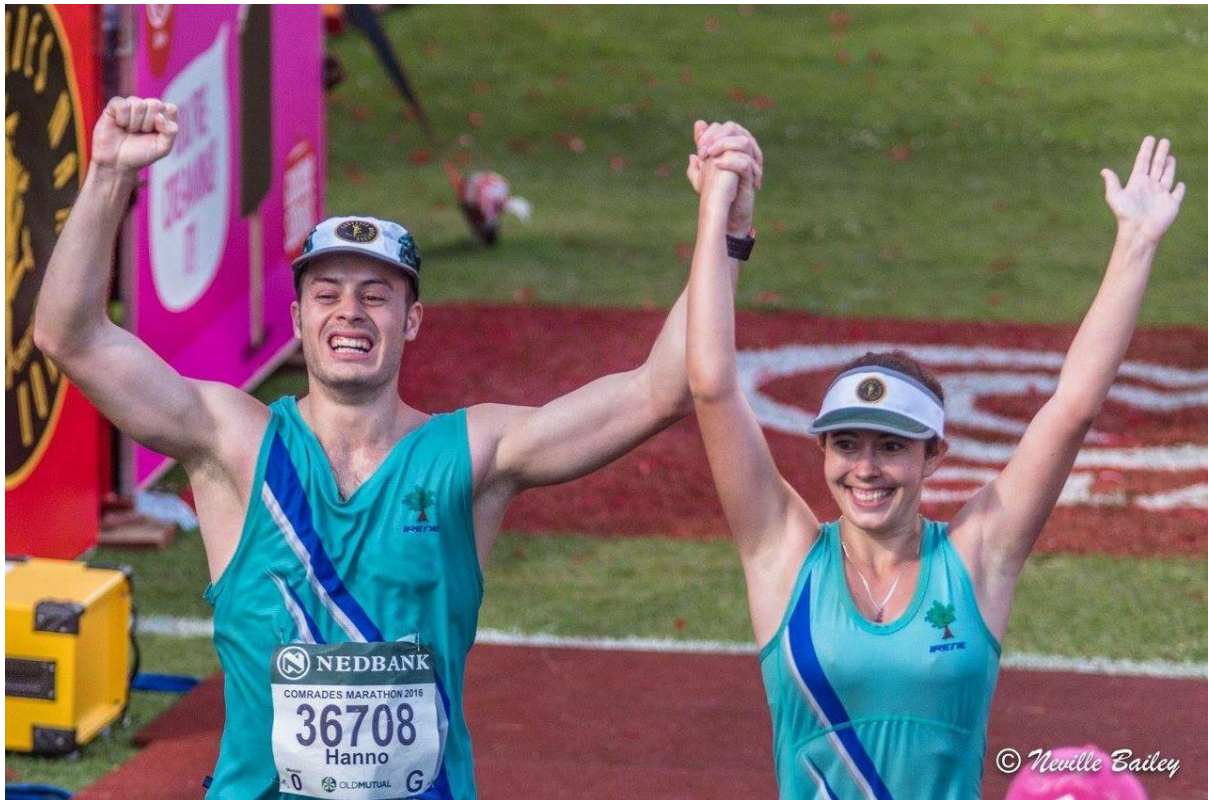
Norton Mole and Mark van Deventer sharing a joke



A very happy Brad Mitchell at the finish



Vicky and Jaco du Toit



The way to finish, a jubilant Hanno and Nadia Barnard



Daleen Labuschagne, Cari Snyman, Rosemary Brink and Belinda de Bruyn at the post function



Anton de Klerk and Pieter Erasmus with their spouses



The Calaca family at the post function



Werner Zandberg looking far too serious for a man who had a good Comrades



Club captain Linley September wearing his green number shirt with pride