



IRENE NEWS

3 June 2019

No 22 - 2019



ACHIEVEMENTS

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

Leon Page	1 st Gm – 10 km
Danie Labuschagne	1 st GM walker & 3 rd man – 10 km
Gerard van den Raad	1 st GGM walker – 10 km
Letha Kotze	1 st GGM lady walker – 10 km
Sandra Steenkamp	1 st Lady walker & 1 st master – 15 km
Elsa Meyer	1 st GGM lady walker & 3 rd lady – 15 km

Sunet Eybers Gold medal – Inter Provincial cross country champs

PERSONAL ACHIEVEMENTS

Yolande Cowley PB – 10 km

THIS WEEK'S DIARY

Tuesday:

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

Saturday:

Festival of Running @ 08:00 – SuperSport Park

Sunday:

Comrades Marathon @ 05:30



Thermopower Furnaces S.A. (Pty) Ltd



EDITORIAL

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

STRENGTH TRAINING

Please take note that there will be no Monday strength sessions during June and July. It will resume in August.

CAPTAIN'S CORNER

Comrades 2019 buzz is here and most of you are asking the all too familiar questions **"DID I DO ENOUGH, DO I HAVE ENOUGH MILEAGE TO COMPLETE THE COMRADES, WHAT MORE CAN I STILL DO TO COMPLETE THE RACE"**.

Well, the honest answer is nothing you can do that will make a difference now. You must go with what you got, plan your race strategy, make sure your accommodation, transport and whatever else is all in place. Your Champion chip is on your shoe and your club clothes for the race is packed. You done the hard work so trust your fitness and your ability. Get rid of all the negative thoughts and think positive and focus, focus, focus. Grind out those hills but don't let it break you down and don't let it conquer you. Do whatever you need to do to conquer them like saying things like **"I WILL NOT BE BEATEN BY YOU"**, sing your favourite song to get your mind off the challenge. I don't care what you do to motivate yourself to get over those hills you **JUST HAVE TO GET OVER THEM**. Don't quit at any time, get to the finish.

Remember to start slow and finish strong. It's going to be a mind-blowing experience you will talk about for years to come. You are going to be fantastic and you will triumph.

Sizonqoba - Together We Triumph

PROUD IRENE GREETINGS

Linley

082 345 5343

LEAGUE RESULTS

The results after the Race Against Drugs are as follows:

General League: We dropped one position and are now 9th on the log.

Walkers league: From joint 1st we are now in the 2nd position.

Super league women: Our ladies are on top of the league, 4 points ahead of Magnolia.

Super league men: Our men jumped up from 14th to 9th position!

Thank you to all our members who participated on the day. It is important that we take part in the league races.

Congratulations to the following members who earned super league points on the day:

	NAME	AGE	TIME	POINTS
Women 10 km				
	S EYBERS	45	0:43:09	48
	A BREYTENBACH	55	0:48:07	45
	C JOHNSTONE	27	0:49:18	43
	A VLOK	41	0:52:50	38
	C FROST	38	0:59:52	17
Women 21 km				
	M SWART	40	1:51:55	40
	S MAPONOPONO	38	2:10:29	26
	Y VAN WYK	46	2:11:54	25
	C ATKINS	52	2:17:53	11
Men 21 km				
	N BANDA	54	1:30:10	31
	M DU TOIT	39	1:40:17	19

PERSONALIA

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

Patrick	Seboane	03 Jun
Wynand	Breytenbach	05 Jun
Graeme	Rennie	05 Jun
Tsiko	Ravhuhali	05 Jun
Heinrich	Bezuidenhout	06 Jun
Esther	le Roux	06 Jun
Quintin	Walker	06 Jun
Sonja	du Toit	07 Jun
Greg	Ferreira	07 Jun
Joubert	Krugel	08 Jun
Lucia	Willemse	08 Jun
Leon	Meyer	09 Jun
Andre	October	09 Jun
Drix	Pretorius	09 Jun
Jacquie	van der Waals	09 Jun
Princelle	Dasappa	09 Jun
Pieter	Bothma	10 Jun



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MODERN
athlete

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 goodie bags, it was one of the best ever. The list is just too long to mention each one individually.

Thank you to Thea van Helden who got a donation from 1st Principles Distilleries and who went out of her way to put up a great promotion on the day.

Also to Corlia Oberholzer from who organised the promotion by the Milk Board.



SHIRTS, TOG BAGS & GOODIE BAGS

The shirts, tog bags and goodie bags not collected yet will be available at the club house on Tuesday evening.

SOCIAL EVENING

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!

NOTICE BOARD

Saturday 15 June

Executive Mayor Race (Morula ½ marathon) 10/5 km

Race Organisers: Morula Athletics Club

Venue: Giant Stadium, R80 Road to Soshanguve

	10 km	5 km
Entry fee	R 60	R 50
Entry fee 70+	Free – race day only	
Start Time	07:00	07:15
Cut-off	03:30	

No Pets

No iPods or listening devices are allowed

No wheelchair athletes

Pre-entries at: Run-A-Way Sports; Tshwane Running Store; Sportsman's Warehouse
Atterbury & Kolonnade

www.entrytime.com

AGN 10km Championships

Saturday 22 June

Fara Winter Challenge 10/5 km

Race Organisers: Faranani Athletics Club

Venue: Rietondale Park, c/o van der Merwe & Soutpansberg Rd, Rietondale

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

No Pets

No iPods or listening devices are allowed

Pre-entries at: Run-A-Way Sports; Tshwane Running Store; Sweatshop Southdowns

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



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REGISTERED QUANTITY SURVEYORS • GEREISTREERDE BOUREKENAARS

Members: GJ Cillie B.Sc (QS) UP, PrQS, PMAQS, MRICS | Guillaume Cillie B.Sc (QS) Hons UP, PrQS

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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

THOUGHTS FOR THE WEEK

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

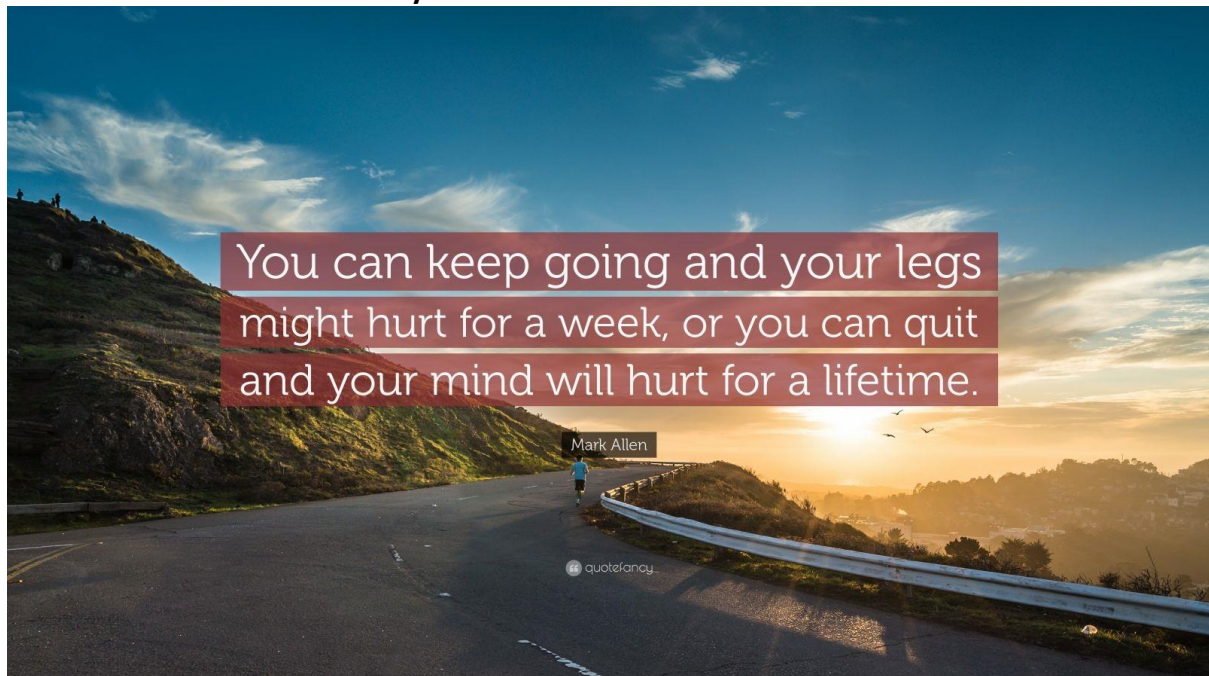


PHOTO CORNER



The goodie bag "packing crew" at work



The packing of the goodie bags each year is such a fun occasion



The end result – 170 goody bags ready to be handed out



There was an excellent turnout at the pre-function on Saturday



A glorious day it was indeed



Enjoying the talk of David Grier



Danie Labuschagne receiving his Irene “National colours jacket” from Louis Visser



Guest speaker David Grier with Wynand Breytenbach



Comrades runners with their new shirts



They will all be running with green numbers

PHOTOS FROM YESTERYEAR (2002)



Dirk Cloete in action at Comrades 2002



Comrades supporters