



IRENE NEWS

4 June 2018

No 22 - 2018



EDITORIAL

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

ACHIEVEMENTS

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

Joey Cloete	1 st GM lady – 10 km
Elsa Meyer	1 st Lady walker & 1 st GGM – 10 km
Tania Thompson	1 st Master lady walker & 2 nd lady – 10 km
Gerard van den Raad	1 st GGM walker & 2 nd man – 10 km
Jaap Willemse	1 st GM walker

THIS WEEK'S DIARY

Tuesday:

Time Trials at 17:15

Saturday:

Race cancelled

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 goodie bags, it was one of the best ever.

FUNCTIONS COMING UP

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 SUPPORT STATIONS

The detailed info regarding our support stations will be sent out separately not later than Tuesday.

If you want to leave your special “muti” at any of these stations, you can still hand it in on 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.

RACES CANCELLED

Please take note the races scheduled for 9 and 16 June have both been cancelled.

COMRADES INFO SESSION

All Comrades runners, especially the Novices who want more information about Comrades 2018 are invited to attend a last minute info session on Tuesday evening. It will start at 18:15 in the Lapa at the club house. Linley September, our club captain will be in attendance.

CAPTAIN'S CORNER

Comrades buzz is here and most of you are asking the all too familiar questions “**DID I DO ENOUGH, DO I HAVE ENOUGH KILOS 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. We have done the hard work, put in the efforts as best as we could. Now is the time to focus on race day and prepare for the journey that lies ahead.

Your commitment and determination shown during this time have been fantastic. The friendships formed at these sessions have been phenomenal. This coupled with the fun and laughter added, made the sessions a refreshing experience. The group training session was

great to be part of. Our Sunday morning runs at Klapperkop was awesome and everyone couldn't wait for these sessions. Finally, the favourite hill sessions you so loved 😊 will come in handy on the 10th of June. Grind out those hills do whatever you need to do to conquer them, just do it.

Remember to start slow and finish strong and practice that smile at the finish for your photo. It's going to be a mind-blowing experience you will talk about for years to come.

THANK YOU TO EACH AND EVERYONE WHO ATTENDED THE TRAINING SESSIONS. IT MEANT A LOT TO ME. YOU ARE AN AMAZING BUNCH OF INDIVIDUALS AND YOU MADE MY JOB SO MUCH EASIER. IT'S BEEN A PLEASURE TO BE PART OF YOUR JOURNEY AND LOOKING FORWARD TOO MANY MORE AND THE STORIES AFTERWARDS.

ASIJKI - NO TURNING BACK

Enjoy COMRADES 2018

PROUD IRENE GREETINGS

Linley

082 345 5343

JACKETS & GOODIE BAGS

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

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Wynand	Breytenbach	05 Jun
Graeme	Rennie	05 Jun
Heiko	Weidhase	05 Jun
Heinrich	Bezuidenhout	06 Jun
Quintin	Walker	06 Jun
Greg	Ferreira	07 Jun
Warrick	Pierce	08 Jun
Liza	Smit	08 Jun
Lucia	Willemse	08 Jun
Piet	Bothma	10 Jun
Edmund	De Beer	11 Jun
Riaan	Jordaan	11 Jun
Phineas	Mojapelo	11 Jun



NOTICE BOARD

League race / New venue

Saturday 23 June

Race of Faith 21.1/10/5 km

Race Organisers: Alpha Centurion Runners & Walkers

Venue: Lewende Woord Centurion, Adam Tas Street, Clubview

GPS: S 25 50'29.0 E 28 10'04.8

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R50
Entry fee 70+ - race day only	½ price		
Start Time	07:30		07:35
Cut-off	??:00	??:00	??:00

1st 200 online entries will receive a free t-shirt

Goodie bags to participants

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sports; Sweatshop Southdowns & Dunkeld; Lewende Woord Centurion; Kerksondermure

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2018 AGN LEAGUE FIXTURE LIST

EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
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

THOUGHTS FOR THE WEEK

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

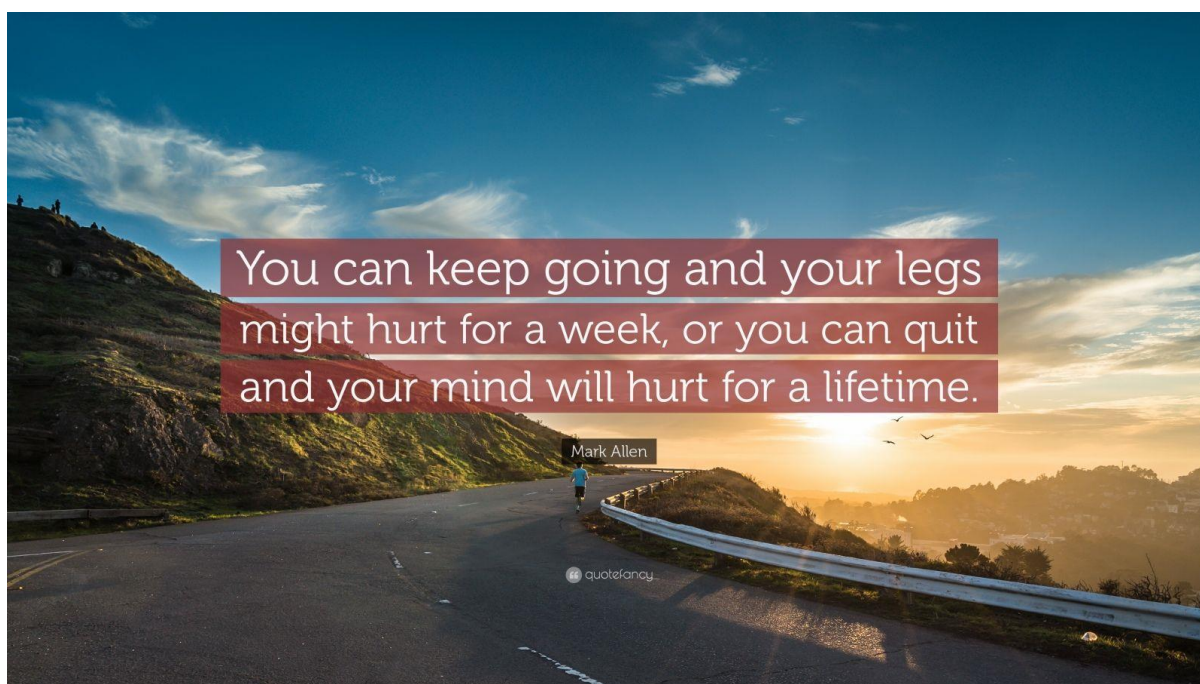


PHOTO CORNER



The goodie bags items ready for packing



The packing team



The team ins action



Ian Louw showing what the team had to do



Rena van Wyk, Rosemary Brink and Mpho Motaung showing how it is done



Rosemary Brink, Tania Thompson, Suzelle Engels, Nadene Visser and Dianne du Plessis



Our 2018 Comrades goodie bags



Jaap Willemse receiving his Irene "South African" jacket from Chairman Louis Visser



Gerard van den Raad receiving a token of appreciation for serving for 14 years on the management committee



Caroline Wostmann in action



The attendance was excellent!



Caroline receiving a goodie bag from Louis



Lani Botha of Channel Ink, our new Comrades sponsor



Vanessa Botha and Norton Mole



Our clothing lady, Rensia Koster, behind the counter



Lining up for an excellent plate of food



Bheki Ndlovu enjoying his food



A few members of Dieter Meyer's morning training group



Our Comrades runners



They will be running with green numbers



They will be going for their green numbers: Cari Snyman, Norton Mole, Jacqui Burn and Blanche van Vuuren



A number of couples running Comrades this year