



IRENE NEWS

5 June 2017

No 22 - 2017



COMRADES 2017

Congratulations to all the Comrades finishers. You made us all proud. Well done to Alfred Matema with his silver medal.

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

Hats off to Keith Reynolds who finished his 30th Comrades to his receive his triple green number, the first in our club's history. Congratulations to Danie Cornelissen and Aletha van den Bergh who both received their double green numbers after completing their 20th race. Well done to Gerhard Koekemoer, Juan Koekemoer, Theuns Strecker and Louis Visser who did their 10th race to receive their permanent numbers.

It was a tough day at the office for many runners. We had 161 starters of which 126 finished in time. The medal count is as follows:

Silver:	1
Bill Rowan:	12
Bronze:	67
Vic Clapham:	46

Average finish time: 10:33:48

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, Bets and Chantelle Botha, Rudolph du Toit and Henk Basson 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.

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 (13 June). It will be our 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 to follow.

ACHIEVEMENTS

Jaap Willemse	1 st GM walker – Hercules Spar 10 km
Lucia Willemse	1 st GM Lady walker – Hercules spar 10 km
Elsa Meyer	1 st GGM Lady walker – Hercules Spar 10 km
Jaap Willemse	1 st GM walker & 3 rd man – Race of Faith 15 km
Lucia Willemse	1 st GM lady walker – Race of Faith 15 km
Sandi Cloete	1 st Lady – Back to School 15 km trail run

Congratulations!

PERSONAL ACHIEVEMENTS

Jaap Willemse	PB 10 km
---------------	----------

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:15 at the club house

Saturday:

Frenus Zietsman Run/Walk against drugs 10 / 5 km – Ninapark Spar

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Anri	Visser
Quintin	Walker
James	Black
Newton	Cockcroft
Greg	Ferreira
Liza	Smit
Lucia	Willemse
Piet	Bothma
Riaan	Jordaan



NOTICE BOARD

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

League race / New venue

Saturday 24 June

Race of Friendship 21.1/10/5 km

Race Organisers: Run/Walk for Life

Venue: Glenfair Boulevard, c/o Lynnwood & Daventry Roads, Lynnwood

	21.1 km	10 km	5 km
Entry-fee	R 80	R 60	R 40
Start Time	07:00		
Cut-off	?:?:00		

Manually operated wheelchairs are allowed

No animals allowed

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

www.enteronline.co.za

Saturday 1 July**Run & Walk for Bibles 21.1/10/5 km**

Race Organisers: Alpha Centurion Runners & Walkers

Venue: Hoërskool Zwartkop, c/o Mopani & Old Johannesburg Road, Centurion

GPS: S 25 50 58.60 E 28 09 54.32

	21.1 km	10 km	5 km
Entry-fee	R 100	R 80	R 40
GGM ½ price – race day only			
Wheelchair & blind athletes – race day only	Free		
Start Time	07:30		07:35
Cut-off	?:00		

No club gazebos on main field due to irrigation**No animals allowed**

Pre-entries at: Run-away Sport; The Runners Store; Sweatshop Southdowns; Sportmans Warehouse

www.active.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

The road to success runs uphill.



Photo Corner



Piet Phalahadi and Joseph Moagi looking serious at the Expo the day before the race



Luckson Mmola starting to climb Fields Hill



Ben Marais and Roger Brown at the bottom of Fields Hill



Victor Phetoe looking in good shape



Walter Strydom looking focused



Bridget Mohlala in good spirit



The support station at Camperdown



Silver medalist Alfred Matema at the support station



Dirk Cloete receiving his drinks from Paul Prinsloo and Philip Botha



Philip Breytenbach approaching the station



Nelius van Rooyen receiving some attention from Karin Prinsloo



Amanda Cloete receiving her drinks from Paul



Our German member Holger Hedelt



Martin Webber



Isaiah Tolo relaxing for a while at the station



Keith Reynolds did his 30th Comrades Marathon



The Camperdown station team: Philip & Isaré Botha and Karin & Paul Prinsloo



Festivities at the Durban Ski Boat Club on Monday