



IRENE NEWS

5 September 2022

No 34 – 2022



COMRADES 2022

Congratulations to all the Comrades finishers. You made us all proud. Well done to Samuel Molefe, Alfred Matema and Michael Mokwala with their silver medals.

Samuel was the first Irene member to finish with Rosemarie Brink the first Irene lady!

Hats off to Keith Reynolds who finished his 33rd Comrades. Well done to Deon Hoffmann and Hendrik Steynberg who did their 10th race to receive their permanent numbers.

We had 95 starters of which 93 finished in time, a finish rate of 87,4%, the best since 2007.

A great accomplishment by our ladies, those who started, all finished!

The medal count is as follows:

Silver:	3
Bill Rowan:	6
Robert Mtshali	22
Bronze:	26
Vic Clapham:	26

The average finish time was 10:23:05, the best since 2004.

Thank you to all who contributed to a great day!

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.

ACHIEVEMENTS

Congratulations to all our members who finished on the podium at the Spirit of Flight 10 km race on Saturday:

Leon Page	1 st GM
Ansie Breytenbach	1 st Master lady

Keith Reynolds	1 st Walker and 1 st Master walker
Jaap Willemse	2 nd Walker & 1 st GM
Danie Labuschagne	3 rd Walker
Theuns Nieuwoudt	1 st Vet walker
Maryke Gradwell	1 st Lady walker
Estien van Wyngaard	3 rd Lady walker & 1 st GM
Elsa Meyer	1 st GGM Lady walker

Well done!

CLUB 10 KM CHAMPIONSHIPS

Lenin Sithole and Ansie Breytenbach are our Club 10 km champions for 2022 and Keith Reynolds and Maryke Gradwell are our walking 10 km champions.

Congratulations!

JACKETS & GOODIE BAGS

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

GEORGE CLAASSEN RACE 10 SEPTEMBER

The Cara-Fun will be at the race and there will be beer for sale afterwards. Make use of the facility. Entries will be taken on race day from 05:00

TIME TRIALS

Please note that the time trials will start at 17:30 again from now on until the end of April.

COMRADES ACHES AND PAINS FUNCTION

Our monthly social function will take place on Tuesday after the time trials. It will also serve as our Comrades Aches and Pains functions. Trophies will be handed out to our winners and a few Comrades runners will share their stories.

Bring the whole family and share a lovely evening with your fellow club members.

Get motivated for next year's Comrades.

You will also stand a chance to walk away with R2500 cash with the compliments of Mugg & Bean Midstream.

As a special there will also be 2 x R250 Mugg & Bean vouchers.

Please order your curry and rice for the occasion by WhatsApp from Dave before 12:00 on Monday. His number is 082 892 7544.



ACHES AND PAINS PARTY

Tuesday 6 September

Comrades awards to be presented.
Curry and rice on sale for R60.
Please order from Dave before
12 on Monday - 082 892 7544

See you there!

**COME AND SHARE IN EACH OTHERS
GLORY AND HEARTBREAK.**



COACH'S CORNER

"The Perfect Hour" Tempo run

10min easy warm up

10min Steady run (Endurance pace Zone 2)

20min Tempo run (Zone 3-4)

10min Steady run (Endurance pace Zone 2)

10min easy cooldown



THIS WEEK'S DIARY

Tuesday:

Walker's training session @ 16:45. Walkers of all shapes and sizes welcome.

Stretching exercises @ 17:15

Time trials @ 17:30 – Club house.

Comrades Aches and Pains after the time trials

Lucky draw after the Aches and Pains formalities – 1 x R2500 cash and 2 x R250 vouchers to be won with the compliments of Mugg & Bean Midstream

Saturday:

George Claassen 10/21 @ 06:00 – Pick 'n Pay Hyper, Atterbury Road, Faerie Glen

Entries will be available on race day from 05:00

PERSONALIA

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

Telanie	Venter	07 Sep
Koketso	Mokele	08 Sep
Pierre	Marais	09 Sep
Aileen	Campbell	09 Sep
Keri	Vorster	11 Sep



Midstream Tel 012 940 9229

NOTICE BOARD



ARC IRENE RUN/WALK

10 SEPTEMBER'22

ROAD / TRAIL OPTIONS AVAILABLE
2KM, 5KM, 10KM, 15KM OR 21KM

GROUP START REGISTRATION: 06H15 - 07H00
GROUP START 07H00
INDIVIDUAL STARTS AS OF 07H10 - 08H00

ENTER ONLINE AT
WWW.REVOLUTIONTRAILS.CO.ZA

VENUE: IRENE ATHLETICS CLUBHOUSE,
ARC IRENE, NELMAPIUS DRIVE, CENTURION

FOR MORE INFORMATION CONTACT US AT:
083 264 3931 | REVOLUTIONTRAILS@GMAIL.COM





2022

George Claassen Memorial Road Race



46th running of the PwC George Claassen Memorial Road Race
Saturday 10 September 2022



Start times:

21.1km/10km run/walk	6am
5km fun run	6.30am

Cut-off times:

Cut-off time for the 21.1km at the entrance to
Pick n Pay Hyper (9.7km) at 7.30am

Cut-off time at 10am

Race venue:

Pick n Pay Hyper, Faerie Glen Atterbury Rd.

Start/finish:

Pick n Pay Hyper, Faerie Glen cnr Atterbury Rd.
and Selikats Causeway, Faerie Glen, Pretoria

Online entries: www.entryninja.com

Race results: www.raceresults.co.za

ENTRIES WILL BE TAKEN ON RACE DAY FROM 05:00

In Loving Memory Of Kierie van der Schyff



RACES:

21.1 & 10km run @ 6:00 AM
21.1 & 10km walk @ 6:00 AM
5km Fun Run @ 6:15 AM

FOR RACE INFO CONTACT:

082 576 9834
kerk@gwkp.co.za

ZWARTKOP ROAD RACE

22 OCTOBER '22

VENUE

Zwartkop Lapa, Wierda Road (M10)
Centurion
25°15'14.25" S
28°07'28.46" E



**In accordance with the rules of
ASA & AGN**

Presented by 'Gereformeerde
Kerk Wierdapark' in conjunction
with Alpha Centurion Athletics
Club

Participation at own risk.
The organisers accept no
responsibility for any loss,
damage or injuries



GEREFORMEERDE KERK
WIERDAPARK



Our Race Sponsors



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If you want your logo on this page, let us know at info@irenerunner.co.za

THOUGHT FOR THE WEEK

Never look down on anybody unless you are helping them up.

PHOTO CORNER



Keith Reynolds on his way to finish his 33rd Comrades



Roger Brown looking good at Cato Ridge



Holger Hedelt enjoying a beer at Cowies Hill



Kobus van As at Cowies Hill



Norton Mole taking a break at Cowies



Thabo Mokotong looking ready to tackle Cowies Hill



Richard Goodchild receiving family support



At the start of the Spirit of Flight race on Saturday morning



Irene members all over



Johan van Vuuren had the privilege to do the race with his son



Lenin Sithole in action



Johan Engelbrecht looking strong



Geoff and Megan Brown with baby Stuart



Yolanda Oberholzer and Jenny Cairns in good spirit



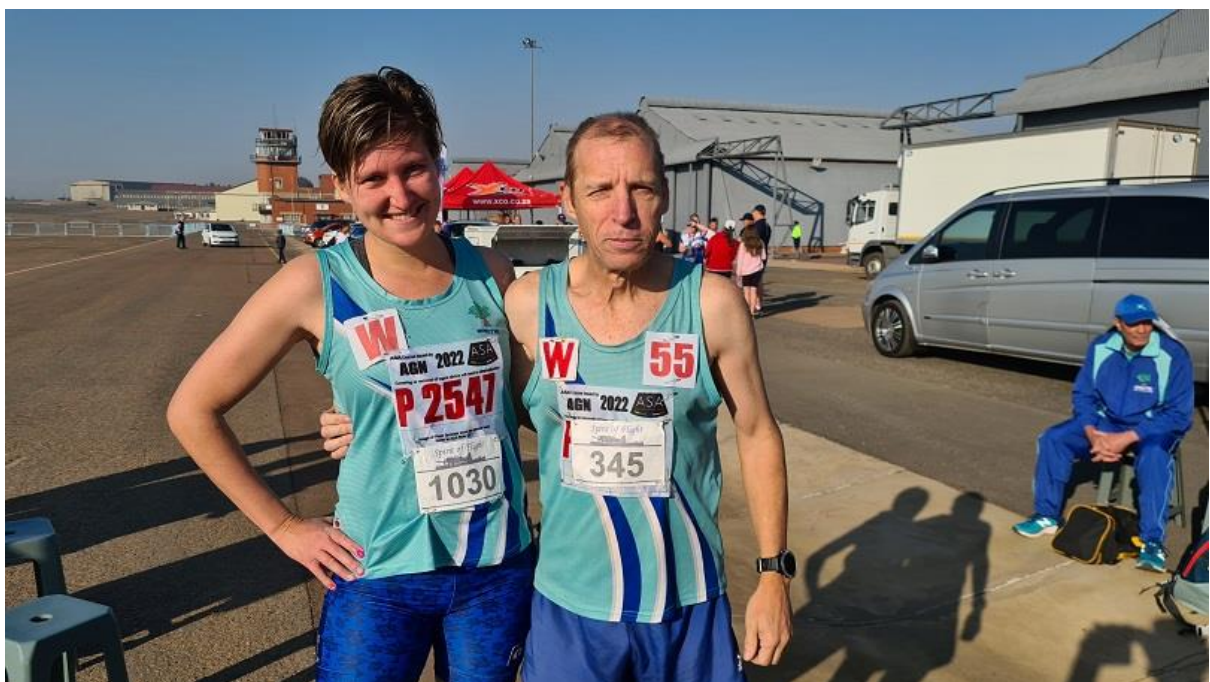
Ian Tait looking full of energy



Lenis Sithole and Cuthbert Mamabolo



The 2022 Club 10 km champions: Ansie Breytenbach and Lenin Sithole



The 2022 Club walking champions: Maryke Gradwell and Keith Reynolds



Irene 1, 2 and 3 on the podium. Jaap Willemse, Keith Reynolds and Danie Labuschagne