



IRENE NEWS

6 June 2016

No 23 - 2016



ACHIEVEMENTS

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

Annatjie Greyvenstein	1 st GGM lady – 10 km (54:32)
Jaap Willemse	1 st Master walker & 3 rd man – 10 km (1:00:37)
Lucia Willemse	1 st GM lady walker – 10 km (1:09:33)
Gerard van den Raad	1 st GGM walker – 15 km (1:39:29)
Elsa Meyer	1 st GM lady walker & 2 nd lady – 15 km (1:35:00)
Ansie Breytenbach	1 st Master lady – Spar Ladies Durban 10 km (44:25)

Well done!



THIS WEEK'S DIARY

Tuesday:

Time trials at 17:15 - Club house

Social evening

Saturday:

Race Against Drugs 5/10 km at 07:30 – Nina Park Spar (see flyer attached)

SOCIAL EVENING

The monthly social evening will take place tomorrow evening after the time trials. 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. Bring the whole family along.

Menu: Beef Bunny Chow. R40

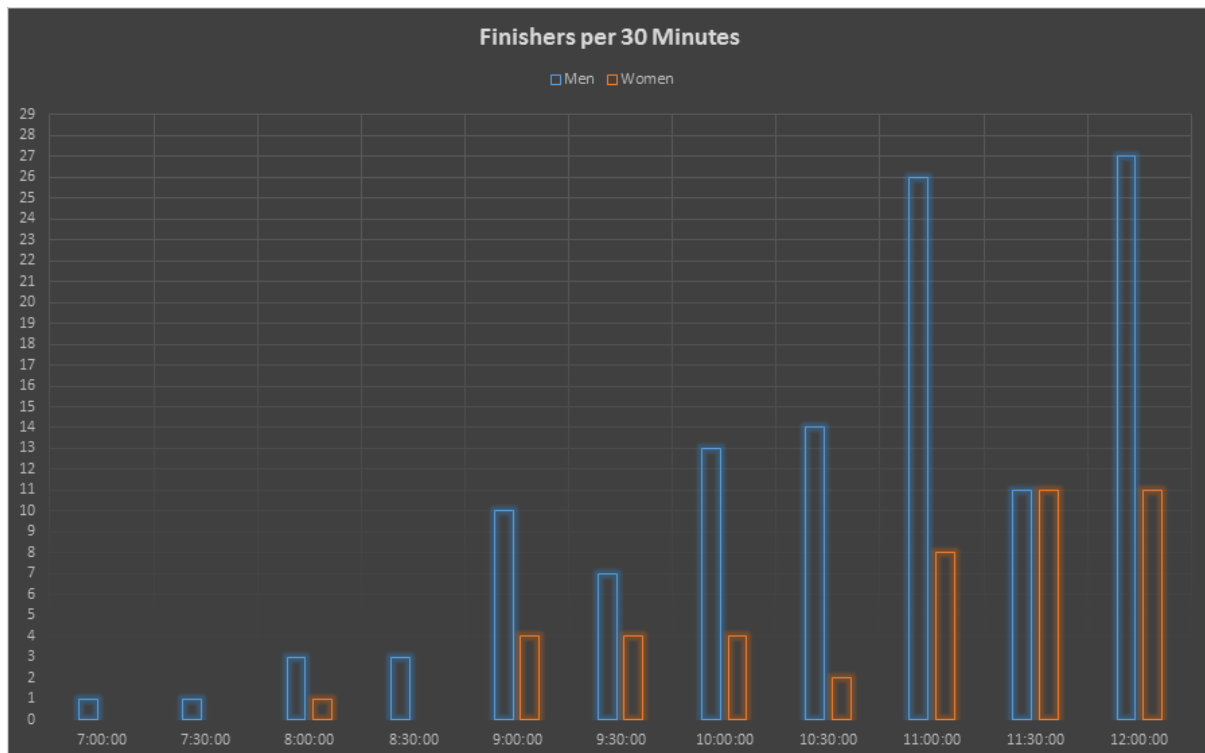
COMRADES STATS

Looking at the stats of the last 6 years we can be very happy with this year's results. Thank you to everyone who made a contribution towards it.

	2011	2012	2013	2014	2015	2016
Entries	264	246	229	275	326	266
Starters	215	217	183	185	226	189
% Starters	81,4%	88,2%	79,9%	67,3%	69,3%	71,1%
Finishers	181	189	128	147	174	161
% Finishers	84,2%	87,1%	69,9%	79,5%	77,0%	85,2%
Silvers	2	3	2	3	3	2
Bill Rowan	18	17	3	12	12	21
Bronze	94	85	55	74	70	78
Vic Clampham	67	84	68	58	89	60
Ave. Finish Time	10:33:28	10:37:53	10:56:21	10:32:51	10:48:04	10:29:37

Other interesting stats (thanks to Johann van der Walt)

Irene Finishers



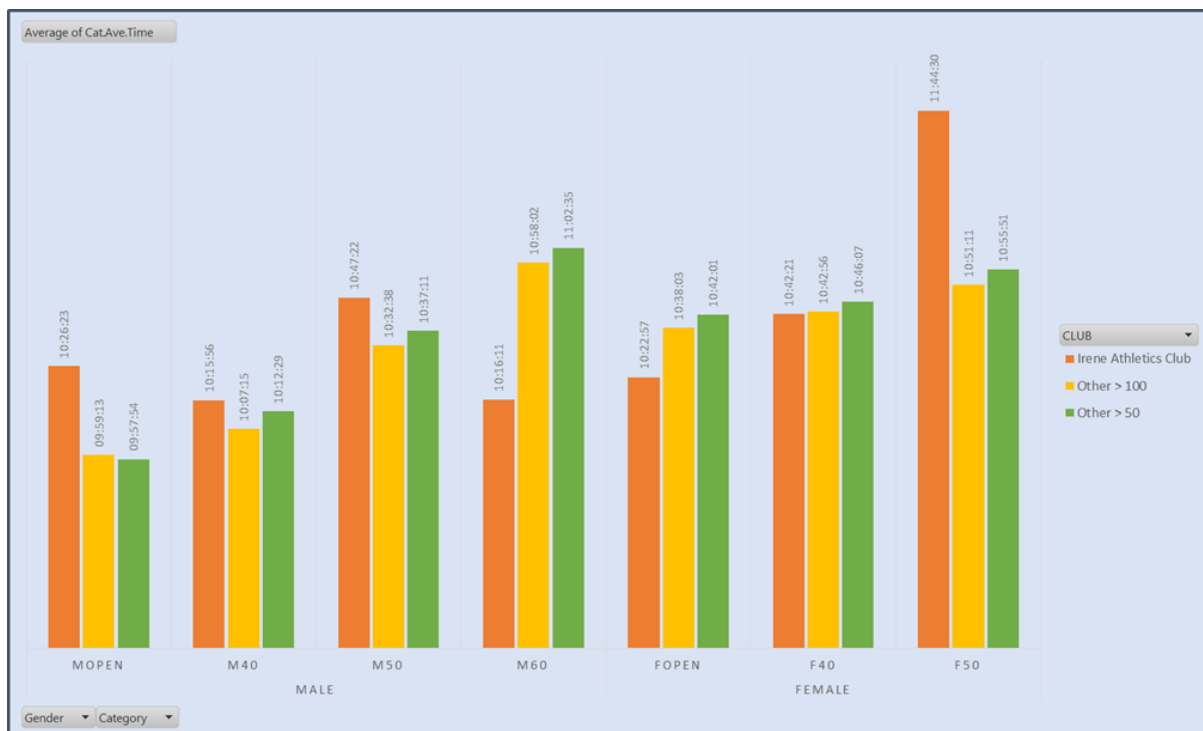
MODERN
athlete

KingPrice[™]
INSURANCE

Club Finishers

Team Vitality - CG	464
Rand Athletic Club	237
(blank)	172
Nedbank Running Club KZN	169
Irene Athletics Club	161
Nedbank Running Club Johannesburg	156
Randburg Harriers	126
Benoni Northerns Athletics Club	126
Jeppe Quondam Athletic Club	120
Nedbank Running Club Gauteng North	111
Sunninghill Striders Running Club	109
Cape Multisport Club	103

Finishing times against other clubs



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PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Hein	Meyer	06 Jun
Anri	Visser	06 Jun
Quintin	Walker	06 Jun
James	Black	07 Jun
Newton	Cockcroft	07 Jun
Greg	Ferreira	07 Jun
Joubert	Krugel	08 Jun
Liza	Smit	08 Jun
Lucia	Willemse	08 Jun
Marius	Booy	09 Jun
Princelle	Dasappa-Venketsamy	09 Jun
Drix	Pretorius	09 Jun
Jacquie	van der Waals	09 Jun
Riaan	Jordaan	11 Jun
Phineas	Mojapelo	11 Jun
Pieter	Wiese	12 Jun



NOTICE BOARD

Thursday 16 June

Rockets Winter Warmer road race 21.1/10/5km

Race Organisers: Alpha Centurion Runners & Walkers

Venue: ACRW club house, Edinburgh Road, Clubview East, Centurion

GPS: S 25 30'13.3 E 28 10'32.4

	21.1 km	10 km	5 km
Entry fees	R 80	R650	R 30
70+ / 80+ / wheelchair & blind runners – race day entries only	Free		
Start time	13h30		13h35
Time Limit	03h00		

No animals

Wheelchair friendly

Pre entries at: Run-Away-Sport; Running Inn; The Runners Store; Sweat Shop Southdowns

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2016 AGN LEAGUE FIXTURE LIST				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
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

We were born to be real, not to be perfect.


MUGG & BEAN
 Midstream - 012 940 9229



Photo Corner (unfortunately no photos available of Saturday's race)



Ansie Breytenbach, first master lady at the Spar Ladies 10 km in Durban yesterday