



IRENE NEWS

7 May 2018

No 18 - 2018



ACHIEVEMENTS

Congratulations to the following members who were on the podium during the week:

Samuel Molefe	1 st Vet & 3 rd man – Robor 42 km (3:20:43)
Ansie Breytenbach	1 st Master lady – Wally Hayward 21 km (1:44:41)
Joey Cloete	2 nd GM lady 0 Wally Hayward 21 km (2:02:17)
Johan Nel	3 rd GM – Wally Hayward 42 km (3:55:08)
Sandra Steenkamp	1 st Lady walker – Wally Hayward 42 km (4:50:59)

No official results received of the Love run.

PERSONAL ACHIEVEMENTS

Mark Forbes	PB – 42 km
Lindie Pretorius	PB – 42 km

Well done!

THIS WEEK'S DIARY

Tuesday:

Time Trials at 17:15 (Please note the time)
No time trials.

Saturday:

Jackie Mekler 5/10/25 at 06:30 – Pretoria Military Sports Grounds, Thaba Tshwane

2018 COMRADES JACKETS

The Comrades jackets will be available on Tuesday for a final fit for size. There will be smaller sizes available as well. Please make use of this opportunity. Orders must be placed by Wednesday.

It is a high-quality jacket and due to the sponsorship by Channel Ink and a subsidy by the club, it will only cost you R100 for this jacket:



BRT Turbo Jacket:

- 90g 100% Polyester
- Reflective tape detail on raglan sleeve
- Reflective print detail on zip
- BRT Branding
- Inseam pockets
- Back vent
- Binding on sleeve hem



Place your order today.

TIME TRIALS

Please take note that the time trials will start at 17:15 on Tuesday. This is the winter starting time for the next 4 months.

JOINT*Eze*[™]



Knowledge Integration Dynamics

COMRADES GOODY BAGS (SECOND REQUEST)

Our Comrades runners have been spoiled in the past with fantastic goody bags. To do it once again we need your help. Thank you to those of you who have already indicated that you will contribute towards it. However, we still require many more items for the goody bags.

This is an ideal opportunity to advertise your business or service that you render. A small chocolate, packet of chips etc. with your business card attached to it will make the ideal item for the goody bag.

If you work for a company who can supply us with anything, no matter how small, please try your best to get them to donate something.

We work on 180 goody bags.

We need it not later than 31 May, the evening when the goody bags will be packed.

Make use of this opportunity and support our Comrades runners please.

CASH DONATIONS WILL ALSO BE WELCOME.

WHAT WE WILL DO FOR COMRADES

This is not a motivational story (well, maybe it is). This is a report of what Comrades mean to us as runners and reading this till the end, just might be motivational to someone. By the way, I am writing this 30 000 feet above the earth in a plane on my way to qualify for Comrades tomorrow morning at the Wally.

I am obsessed with Comrades and are running (hopefully) no 17 this year. I hate training (it makes me tired) and prefer drinking beer, however I just have this passion for Comrades.

I work in the Security industry and non-conventional tasks and hours is for me the norm, rather than the exception.

On Monday night 08 April 2018 at about 20:00 hours, I received a call from the US asking me if I could deploy to a Country in Africa. I said: "Sure, no issue, when?". The answer was: "Tomorrow morning".

So by 11:00 the next morning I was on a plane.

Got there. 38 Degrees Celsius with humidity op 70% plus, I had to train for Comrades. Running out on the road was no option (Risk, security, heat and humidity), so treadmill here I come. Longest run on treadmill was 12,3 Km.

Of course I would be on the treadmill one or two kilometers into my run when a normal Africa City power cut, will force me to a grinding halt. My short temper would conquer, and I would get back to my room, shower and go for a beer.

I knew I was in trouble and there was only Wally left to qualify for Comrades on 1 May.

I told the Boss I needed to get back to SA urgently. They approved.

On Monday 30 Apr I had to be at the Airport at 11:30. I had lots of things to do that morning and we only got back to the Hotel at 10:30. At 11:00 we left the hotel, just to be forced off the road, about a kilometer after leaving the Hotel (I cannot go into this detail as it was job related and part of my job).

At that stage only one thought crossed my mind. I need to get to the Airport because I must qualify tomorrow morning! Not the situation, nor my safety, nothing counted. I must qualify tomorrow morning.

I called the Boss in the US from the side off the road and said I need to get to SA. I am more than willing to fly back the next morning after Wally, but I need to get there.

Well, I am on the plane now. I am going to qualifying tomorrow morning.

Just think what will motivate me on Comrades day?

What have you sacrificed? Cherish it and make it work for you. Or what excuses have you used rather not to compete?

As a afterthought, I have a friend that said he will run a qualifier for me tomorrow. Of course this is a moral debate for another day. Thanks for offering Bud, you will be smiling when you read this.

I have to greet. Seat-belts on. Descending for ORT.

See you on Sunday 10 June 2018 on Old Main Road between Maritzburg and Durbs.

Werner Zandberg

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Mardine	Laubscher	07 May
Clinton	Nicholl	07 May
Hendrik	Barnard	07 May
Haupt	Beneke	9 May
Cuyo	Jacob	9 May
Handri	Kymdell	12 May
Derick	Viviers	12 May



NOTICE BOARD

Saturday 12 May

Jackie

Mekler 25/10/5 km

Race

Organisers: PMMC

Venue: Pretoria Military Sports Ground, Thaba Tshwane (Voortrekker Hoogte)

GPS: S 25 47'15.35 E 28 8'20.22

	25 km	10 km	5 km
Entry fee	R ??	R ??	R ??
Start Time	06:30		06:45
Cut-off	04:00	02:30	01:30

Free t-shirt to the 1st 1 200 on line entries

No wheelchairs No pets

No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sports; Sportmans Warehouse Centurion & Montana Crossing;
Sweatshop Southdowns & Dunkeld West; Tshwane Running Shop

www.enteronline.co.za

2018 AGN LEAGUE FIXTURE LIST

EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Race of Hope	21.1/10 km	19/05	X	X
Riana van Niekerk Run/Walk for Bibles	21.1/10 km	30/06	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
11 Augustus 2018	Mpumalanga	Secunda
27 October 2018	SWD	Oudtshoorn
10 November 2018	Free State	Bloemfontein

THOUGHT FOR THE WEEK



Photo Corner (Wally Hayward)



Kyle and Jeanette Odonnell



Mellany & Jean Hoffman were responsible for an excellent meal



Yolandi Wiese



Relaxing after the race in the Irene "kraal"



Uida Enslin and Magda Willcox



Well done to our trolley pushing team



The finalists for the hat competition



The winners: Jaco van Rooyen 2nd , Linley September 1st and Bernita Bornmann 3rd



Mpho Motaung as we know her



Derek van der Merwe (good to see him back), Annemarie Breytenbach and Rudolph du Toit



Martin Webber looking very happy after his Marathon



Nathan Bezuidenhout and Mark Forbes



Reinhardt van Zyl



Annemarie Breytenbach wasn't present when the hats were judged



Lengosane Modiba



Brothers Dieter and Jacques Meyer



Piet Phalahadi relaxing



Bheki Khumalo



Liezl Strauss



Kobus van Niekerk



Corne Rautenbach



Travers Snyman in vasbyt mode to qualify for Comrades, he made it!



Lufuno Ravhuhali



Ilana Lighthelm and Lani Botha