

Irene News

2 June 2014

No 22 - 2014

Comrades 2014

Comrades 2014 is something of the past and we can look back at yet another successful one as far as our arrangements were concerned. As always it was a race with jubilations and disappointments.

Thank you to Gerard and Bertha van den Raad for their hard work at the support station throughout the day. Also to Audrey Smit who went down to assist them and to Graeme Rennie who spent the entire day at the station to assist as well. They made sure that quite a number of runners were able to finish the race.

We also want to thank Giel Cillié and his wife for their work at the finish. You were great!

Congratulations to Alfred Choma who was the 1st Irene member to finish. Well done to Dirk Cloete and Bennie Roux who also received silver medals. Zelda Breytenbach was the first Irene lady to cross the finish line. Well done to you!

Congratulations to all who finished. Well done also to those who started but for some reason did not finish the race. Don't give up, next year will be another opportunity.

Well done to Giel Cillié who was in charge of our Comrades project.

COMRADES STATISTICS (2013 in brackets)

Finishers 147 (128)

Silver 3 (2)

Bill Rowan 12 (3)

Bronze 74 (55)

Vic Clapham 58 (68)

Congratulations to Dale Rynhoud who finished his 25th Comrades.

Congratulations also to the following members who completed their 10th Comrades and now have permanent numbers:

Charmaine Janse van Rensburg

Lydia Fibiger

Henry Enslin

Izaak van Niekerk

Luckson Mmola
Pierre Botes
Willie du Plooy

Alfred Choma was the first mens novice and Marike Zitzke the first ladies novice. Well done!

The complete results are attached.

Congratulations once again.

Comrades stories

I want to invite you to share your 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

The Willemses were on the podium at the Weskoppies race on Saturday. Jaap was the first walker and Lucia the first lady walker.

Congratulations!

Personal achievements

Congratulations to all the Comrades finishers, especially the novices.

Personalia

Congratulations to everybody celebrating their birthdays during the week.

Erika	de Jager	02-Jun
Sanjeev	Misra	02-Jun
Keith	Reynolds	02-Jun
Wynand	Breytenbach	05-Jun
Greame	Rennie	05-Jun
Gary	Muir	06-Jun
Alicia	Nienaber	06-Jun
Quintin	Walker	06-Jun
James	Black	07-Jun
Zelda	Breytenbach	07-Jun
Newton	Cockcroft	07-Jun

Greg	Ferreira	07-Jun
Joubert	Krugel	08-Jun
Liza	Smit	08-Jun
Lucia	Willemse	08-Jun

Social evening

Our next social evening will take place next week, 10 June. More details next week.

Time trials

Please note that the club house will be open this evening as usual except for the admin counter and the clothing shop. There will also be no timing done.

Come and enjoy a drink and share your Comrades experience with your friends.

Notice board

Monday, 16 June - Winter Warmer Road Race - 21.1 / 10 / 5 km

Race Organisers: Alpha Centurion Runners & Walkers

Venue: ACRW Club House, Edinburgh Road, Clubview East, Centurion

GPS: S 24°50'13.3 E 28°10'32.4

	21.1km	10km	5km
Entry Fee	R70	R50	R30
Entry Fee (GGM)	R35	R25	
Wheelchair & blind athletes	Free		
Start Time	07h30		07h35
Time Limit	??hrs		

No baby strollers or dogs on leashes will be allowed on the 10 and 21.1km

Pre-entries: Running Inn, Run-A-Way Sport, Postnet Quagga Centre, Pretoria West

On-line entries: www.entrytime.co.za

Saturday, 12 July - Afriforum Springbok Vasbyt - 25 / 10 / 5 km

Race Organisers: VTM AK

Venue: Voortrekker Monument Picnic Area

GPS: S 25.77690° E 028.17747°

	25km	10km	5km
Entry Fee	R80	R60	R30

Entry Fee (GM Only on Race Day)	R40	R40	
Wheelchair & blind athletes	Free		
Start Time	07h30	07h40	
Time Limit	04hrs		

10 & 25km is not suitable for baby strollers or wheelchairs
More than half of the race is run on gravel roads and mountain tracks
The fun run is suitable for baby strollers and wheelchairs

Pre-entries: Running Inn, Run-A-Way Sport, Postnet Quagga Centre, Pretoria West

On-line entries: www.entrytime.co.za

Saturday, 19 July - Mooikloof Realtors Winter Road Race - 10 / 5 km

Race Organisers: Wingate Road Runners & Dutch Reformed Church, Garsfontein

Venue: Garsfontein Primary School, Zita Street, Garsfontein

GPS: S 25°47'24,44" E 28°17'43,22"

	10km	5km
Entry Fee	R50	R20
Start Time - Runners	07h00	07h20
Start Time - Walkers	07h15	07h20
Time Limit	02:30hrs	

Pre-entries: Garsfontein DR Church, Emmie Hartmann St, Garsfontein; Garsfontein Primary School

Run-A-way Sport, Running-Inn

On-line entries: www.nggars.co.za

Useful Links:

www.raceresults.co.za/flyers.php for the latest race pamphlets

www.agn.co.za/#League for the latest league logs and the league points you earned

www.agn.co.za/#RW Agn 2011 RW qualifying standards and selection criteria

www.wildtrail.co.za For all your trail running info

<http://www.sportsinjuryclinic.net/symptom-checker> By clicking where it hurts then ticking which symptoms most apply to you we can give you an indication of what injuries may apply.

<i>2014 AGN LEAGUE FIXTURE LIST</i>				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
Race 4 Friendship	10.8 & 19 km	05/07/14	x	x
Castle Walk 10	10 km	09/08/14	x	x
Spirit of Flight	10 km	06/09/14	x	x
CSIR 10/21	10 & 21.1 km	25/10/14	x	x
Great Run IV	10 km	06/12/14	x	x

Thought for the week

Never put a wishbone where your backbone ought to be.

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Photo Corner







