



# IRENE NEWS

11 October 2021

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## **WHERE HAVE ALL THE ATHLETES GONE?**

Following the first stage of lockdown that started approximately 18 months ago people were saying they took a break as the conditions for them running or walking simply made it too difficult. Then on 1 May 2020 we were allowed out for 3 hours in the morning only. Eventually that changed and we were able to train any time outside of the curfew.

Throughout the year I heard many people say they found it difficult to train as there were no real goals (races) to aim at or they trained but did not bother with virtual races as they did not see the point.

The Pirates came up with a unique idea of marking the route and you could run any time on a weekend to earn your medal. They had on excess of 5000 entries.

In Gauteng North, exactly a year after the last official race there was an opportunity to participate at the Botanical gardens with a limited field. Quite a number of our club athletes took part, but the organizers could not even fill the available quota with participants.

Following the first road walking event at the Oval where we had “die blou trein” in great numbers I had hope that we were starting to get back on track.

The Wally hayward Marathon followed along the lines of the Pirates race and opened up the route in weekends for the entire month of May, making it the best attended event in Gauteng North this year.

To keep things ticking over and people prepared for when we could attend “normal” events again, Irene initiated a series of Pop-up-Runs and the big 5 challenge.

It was awesome to be out at Irene grounds when the Spar Ladies event took place a few weeks ago. You started to feel like events were back on track.

Next up we had the AGN Running Championships over 10km on 2 October. The event organizers posted that 250 slots would be available. They did not even reach 150 entries. On the day, partly due to expected rain, only 112 Athletes finished the event. Where Irene would usually have been seen in multiple categories on the podium, we only had 1 participant from the club on the day.

On 3 October, Phobians hosted an Inter Club Challenge (an unofficial running of the Chamberlains race). Approximately 100 people representing at least 5 clubs attended. We doubled our numbers from the AGN Champs and had 2 Irene runners out on the course.

On the same afternoon, the RAC Tough One entries opened. 1500 slots were taken up within a few hours.

On 9 October and the walkers had their turn to show up at the Grand Prix held at the Irene Oval.

A small field of around 14 athletes set out on the 10 km Race with around the same number participating in the 5km event.

With this in mind, I am left with many questions.

If people are so hungry for events, then why is the attendance at events so low? I fear that if the numbers don't pick up soon there won't be any event in Gauteng North as sponsors or clubs will not see any point in hosting events that are not well attended. I make this differentiation as some of the Gauteng Central events are well attended and there are not enough places for people to participate. Same applies to an event such as the Cape Town Marathon.

The next question to ask is what is happening in Gauteng North that is so different that we cannot get anywhere near the numbers that they are pulling in on events in other provinces? I have seen countless advertisements for sanctioned races all over the country but sadly very little in Gauteng North. Is it that the Social Media and other channels are not being used effectively or is it that many people are still "afraid" to go to any events in the province?

I do see various posts from members on social media about events they have participated in. I encourage all to share information on upcoming events that they come across, so that we can get the word out and put Gauteng North events back on the map.

The sooner we all start looking out for events and attending them, the sooner we will start experiencing the great "Green Machine" in action and see Irene filling the steps on the podiums again.

From the club management side, we have initiated the full training program again.

Monday -> Speed

Tuesday -> Time Trail

Wednesday -> Long Slow Run

Thursday -> Hills

Friday -> Rest

Saturday -> Easy run

Sunday -> Long slow distance (Club Run)

Come join us whenever you can and keep an eye out for updates such as the venue for the Sunday Morning Runs, Pop-up Runs, etc.

Looking forward to seeing more of you more often.

Keith Reynolds (Club Captain)

## **IRENE OPEN 10 KM RACE WALKING GRAND PRIX 9 OCTOBER**

Aan al ons Irene klublede.

Ek wil vandag diep uit hierdie ou kliphart aan die Voorsitter en Bestuur van Irene AC dankie sê vir die vertroue in ons as Stappers deur toestemming te gee dat ons, onder uiters uitdagende omstandighede, die Irene GP mag aanbied. Ek bedank ook elke Irene lid vir die hulp, raad, motivering, aanmoediging en deelname aan gister se GP.

Die byeenkoms was 'n reuse sukses en het een van die grootste inskrywingstal tot nog toe in AGN gelok! Dit ten spyte daarvan dat ons op 'n "gelykbreek" konsep gewerk het, sonder medaljes of prysgeld. Al die stappers het die wedloop gedoen uit liefde vir Stap. Elke stapper, beampte en werker het die byeenkoms met passie en oorgawe geniet.

Irene AC het weereens, en getrou aan ons tradisie van puik byeenkomste, ons gasvryheid gewys. Stappers uit Mpumalanga, Sentraal Gauteng en Noord-Wes het hierheen gereis om saam met Gauteng-Noord en die Irene trein te kom stap! Almal het dit met oorgawe geniet.

Ek het vandag breëbors en vol trots by die Irene Ovaal gepronk! Ek, en ek glo elke Irene stapper en klublid, was vandag voorwaar trots daarop om deel van die Irene Span te mag wees!

Ons Irene Ope 10km Stap Grand Prix is moontlik gemaak deur 'n anonieme borg vanuit die klub. Ek wil graag vir daardie persoon of persone sê: Baie dankie. DIT IS LEKKER OM 'n KLUB LID TE WEES! Met sulke klublede sal Irene AC hierdie moeilike tye ook oorwin. Ons is ongetwyfeld een van die voorste klubs in Gauteng en moontlik selfs in die groter atletiek en stap familie. Dit was lekker om die spreekwoordelike "Irene vlag" te swaai!

Ek wil ook graag langs hierdie weg vir die President en Raad van AGN, en spesifiek die Voorsitter van die Stapkommisie van AGN bedank vir hul reuse finansiële hulp en die beskikbaar stel van hul tegniese bronne. Sonder hulle hulp en steun sou ons nie die byeenkoms kon aanbied nie!

Ons stappers, ook die wat die wat by die see rondhang, walvisse kyk of in laeveld kuier en in gees saam gestap het, het pragtig gestap en 'n voorbeeld vir almal gestel deur ons sportmangees en kameraderie. Ek is trots op ons Irene lede.

Ons stappers het ook agter die skerms baie hard gewerk. Van hulle het moeg gewerk, maar steeds trots en met 'n glimlag, by die wegspringpunt aangemeld... Dankie!

Die hele Isi vd Schyf familie het die sanitasie, ablusies en gasvryheid op hulle geneem. Getrou aan die Irene tradisie het hulle almal met 'n eet en drinkdingetjie bederf. Dit was een van die min kere waar die beamptes selfs op hul poste met 'n sop of koffie en beskuit bederf (lees "omgekoop") was.

Daar was die beroemde Irene Rondtetellers, een van die sleutel sukses faktore by 'n meer-rondte byeenkoms, wat 'n ongeëwenaarde vertoning op die tafel geplaas het. Ons rondtetellers gee tans die pas aan met hul ongeëwenaarde akkuraatheid en foutlose

uitvoering. Ek kan sonder twyfel dit stel dat ons die beste rondtetellers in die land het, en hierby sluit ek ook byeenkomste op Nasionale Vlak in.

Een van die bepalende sukses faktore was die harde werk en lang ure wat Jaap en Lucia ingesit het. Jaap se kennis, kalmte, bestuursvaardighede en die ontsluit van die AGN Stakommissie is prysenswaardig terwyl Lucia se heerlike huisgebakte worsrolletjies, een van haar vele take, die innerlike van al die tegniese beampies en werkers versterk het.

Dan is daar al ons stappers. Ons beginners soos Janine het foutloos gestap, die spoedvrate soos Keith en Sandra het gekook en daar was pragtige PBs oa deur Maryke. Belangrik was die wat nie kon deelneem nie maar nogtans mooi wense gestuur het en verskoning aangebied het. Ons het 'n pragtige en hegte Irene AC familie geword! Ons het geleer om energie van mekaar te tap en mekaar op te tel en aan te moedig. Ons het ook geleer om mekaar se teleurstellings te deel... Dit is wat ons een groot "familie" maak. Ek is trots op ieder'en-elk-en-inkelte.

Dankie vir elke boodskappie van bemoediging en aanmoediging. Dit het moeë lywe aangespoor, voor die tyd met beplanning en voorbereiding asook tydens die wedloop.

Ek vra verskoning as ek bydraes nie genoem het nie. Sommer net dankie aan almal wat ons hande sterk gemaak het.

Vrede en Vreuge vir almal.

Danie.

### TRAIL RUN

Please support the trail run on Saturday. It is the place to be on a Saturday morning.

**ARC IRENE HYBRID RUN/WALK**

CHOOSE BETWEEN  
A ROAD RUN/WALK  
OR A TRAIL RUN/WALK

REGISTER AND START ANYTIME  
FROM 06H00 TILL 08H00

ONLINE PRICE FOR ROAD AND TRAIL RUNS:  
5km-R75 / 10km-R95 / 15km-R115 / 21km-R135  
(Under 13 yrs & over 60 yrs only pay R30 (no surcharge applies)  
ON-THE-DAY ENTRIES CARRIES A R25 SURCHARGE

2km, 5km & 10km: Start between 06h00 till 08h00  
15km & 21km: Start between 06h00 till 07h00

ALL FINISHERS RECEIVES A MEDAL  
ALSO QUALITY FOR VITALITY POINTS

ENTER @  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://WWW.REVOLUTIONTRAILS.CO.ZA)

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

For more information contact us at:  
083 264 3931 | revolutiontrails@gmail.com

COLLAGEN FOR ATHLETES

20/20 VISION CARE

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## **PERSONALIA**

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

Jaap	Willemse	11 Oct
Amanda	Cloete	12 Oct
Leon	Page	12 Oct
Marle	van der Walt	14 Oct
Michael	Mokwala	14 Oct
Elize	Oosthuizen	16 Oct
Keneiloe	Sibisi	17 Oct



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## **MEMBERS CORNER**

Good day,

My name is Fanna Njomo, a Master's in Digital Business student registered with the Faculty of Commerce, Law and Management at the University of the Witwatersrand. To fulfil the requirements of the master's program, I am undertaking a research project to investigate the perceived impact of video-on-demand services adoption on subscription TV services in South Africa under the supervision of Dr Fanny Saruchera. This research project aims to investigate why subscribers are switching to video-on-demand services such as Netflix and others and the impact it has on traditional subscriptions services in South Africa.

As part of the project, I would like to invite you to participate in completing an online survey questionnaire. The questionnaire consists of approximately 20 questions and will take between 5 and 10 minutes to complete. Responses will be recorded and stored anonymously for high confidentiality. All responses will be anonymous. Please answer the questionnaire completely and honestly

The online survey can be found at:

[https://wits.eu.qualtrics.com/jfe/form/SV\\_eh5wsdPpT7Ua9me](https://wits.eu.qualtrics.com/jfe/form/SV_eh5wsdPpT7Ua9me)

If you request any additional information about the study, contact me on the details provided below. If you have any concerns or complaints regarding the ethical procedures of this study, you are welcome to contact the University Human Research Ethics Committee (Non-Medical), telephone +27(0) 11 717 1408 or email hrecnon-medical@wits.ac.za. Clicking on the link and continuing, you are consenting to participate in the survey.

Thank you,

**Researcher:**

Fanna Njomo, 2359136@students.wits.ac.za, 082 551 4160

**Supervisor:**

Dr Fanny Saruchera, fanny.saruchera@wits.ac.za

**THOUGHT FOR THE WEEK**



**Find yourself**



**JOINTEZE™**



**PHOTO CORNER**



Puma had a nice setup at the club on Tuesday



Quite a number of our members made use of the opportunity to “test run” the new Puma shoes



The start of the time trials



The lucky Koornhof family. This time it was Grazyna jnr who won the shoes

Some of the Irene members who participated in to 10 km Grand Prix



Jaap Willemse, Maryke Gradwell and Ansie Breytenbach



Elsa Meyer



Sandra Steenkamp



Keith Reynolds



Irene members on a casual training run on Sunday morning