



IRENE NEWS

15 March 2021

No 11 - 2021



ACHIEVEMENTS

Congratulations to the following members with their achievements at the Two Cities 10 km:

Keith Reynolds	1 st 50 -59 (42:00)
Louwrens Smit	2 nd 60+ (56:44)
Dave Roux	3 rd 60+ (58:43)
Lindie Pretorius	3 rd Lady 30 - 39 (1:01:39)
Thea van Helden	2 nd Lady 40 – 49 (50:27)
Ansie Breytenbach	2 nd Lady 50 – 59 (54:11)
Elsa Meyer	1 st Lady 60+ (1:12:49)

IRENE ULTRA

The Irene 48 km Ultra is going to be a virtual race with a difference! It will be launched soon.
Watch this space!

TIME TRIALS

Thank you to all our members who are now starting together at 17:30. Let's keep it that way.



BAR NEWS

There will be a “bring and braai” on Tuesday evening. There are 12 braai packs available at R50 each but you are welcome to bring your own meat. Potato salad will be available free of charge. Be part of an enjoyable evening!

One is good, two must be better!

2 for R30



2 for R 25

2 for R30



Valid 16 March 2021 only.

CAPTAIN'S CORNER

Running for a reason.

Today, exactly a year to the date of the last official race in Gauteng North (Om-Die-Dorp), a lucky few (150 runners/walkers) took part in the Two Cities run held at the National Botanical Gardens in Pretoria.

Runners and walkers were clearly hungry for competition and there was definitely some strong running and walking on the day. Take for example the lady who finished in 3rd place in around 43 minutes on a tough 2 lap route through the gardens. 43 Mins may not sound

that impressive but when you consider that Judy Bird is only 2 months away for turning 60 you will understand how impressive her run was.

Great to see Irene runners and walkers well represented at the event and making up around 10% of the participants in attendance.

The last few weeks have been really great in terms of running. People are emerging at every possible event. The first two pop-up runs have been really well attended and I am sure we will be seeing more people at future runs.

Time trials are getting busy and people are definitely hanging around for the social after the runs from the club (and “races”).

Looking outside of the club you can take the Pirates race as a classic example – over 5000 people registered to run on the course over the weekends in February (many more that did not register). In Tanzania, you would not have noticed any difference in the field compared to pre-Covid days. The organisers at the Kilimanjaro Marathon ensured sanitation of all athletes twice before and twice after the run. To date, I have not heard any indications of the virus spreading from either of the events mentioned here.

Evan a small fundraiser fun-run held on 13 March had a good turn-out.

We all know by now that Comrades has been cancelled and are waiting to hear any news of a virtual event in its place.

One common theme has emerged as I speak to runners I bump into or are returning from the Covid hibernation is that they stopped running because there were no races to take part in. On the other side of the spectrum quite a number of runners used the lockdown as motivation to break the boredom of lockdown. I for one have never run as much in a year as I have done now and will even say that I am stronger because of it.

Given that we could face lockdown again with wave 3, 4, etc, I believe we need to find a reason to run. May run races for the social aspect, other for the physical challenge.

I believe the question we should ask ourselves at this stage is “what is my reason for running/walking?”

If you don’t have an answer start thinking about what that should be. Perhaps it will simply be for fitness, staying in shape, keeping ready for when we can get back to “normal” events (if that even happens in the foreseeable future). I doubt that we do not only train so that we can be amongst the crowds at an event.

Virtual races are not the same but what better way to challenge yourself. “Racing” alone is probably tougher than at an event as you do not have other runners to chase or avoid being caught. This will teach you mental toughness and a better understanding of your own abilities. You may even surprise yourself when you focus on what you can do instead of

following somebody else.

At the beginning of last year I decided to run a 10km event instead of participating in the walking event. I finished as 2nd placed master. Today I could turn the tables on the same runner as I had grown stronger through the approach I took through the past year.

It did not matter if there was an event or not. Look at setting specific goals for yourself. That could be a new distance, a bit more speed, gradual higher mileage to build endurance, etc. Key is to set yourself any target to work towards as if you were in a normal season.

There are many virtual runs on offer (be careful of scams) that you can participate in as well as a growing number of events that are being creatively put forward as a way around the “rules” that are being imposed on us.

Coming up is the Irene Ultra of 48 km. You can complete the run in a single event or over the 16 day period (average 3km per day). What a nice way to kick off your return to the running/walking community. Bonus is that you will be able to come and run the event (optional) withing the Irene grounds on weekends.

The first challenge as stated above is to find your reason to run. If you don't have one yet, get one and then pursue it. When you reach that goal, set the next one and keep going.

All the best with moving forward.

Stay Safe

Keith

PERSONALIA

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

Yolande	Cowley	16 Mar
Joy-ann	Dekker	16 Mar
Stephen	Sackett	18 Mar
Hestha	Conradie	19 Mar
Egmond	van Niekerk	20 Mar
Johan	Janse van Vuuren	21 Mar



Website: www.csi-euf.co.za

Tel: 011 805 6316

THOUGHT FOR THE WEEK

Only those who dare to fail greatly can ever achieve greatly.



PHOTO CORNER



The group of Irene members who took part in the Two Cities 10 km race on Sunday



Louwrens Smit, Dave Roux and Kobus van Niekerk before the race



Keith Reynolds



Thea van Helden



Ansie Breytenbach



Louwrens Smit



Dave Roux



Michael van der Westhuizen



Maryke Viljoen and Danie Labuschagne



Lindie Pretorius



Ray Patterson and his daughter Lisa



Wynand Breytenbach



Mmakgabo Diangoane



Glen Simmonds



Conrad Langerman and Venita Brown



Blanche van Vuuren and Anne Eckard



Mathabo Mathebula and Ernest Kenoshi