



IRENE NEWS

15 November 2021

No 47 – 2021



ANNUAL GENERAL MEETING

A successful AGM was held on Tuesday evening last week. Thank you to all the members who attended.

MANAGEMENT COMMITTEE

The following members will serve on the 2022 management committee:



Johan Engelbrecht
Chairman



Maggie van Rooyen
Admin



Johan van Vuuren
Finances



Gerard vd Raad
Logistics



Keith Reynolds
Club Captain



Zoë Scholtz
Communications



Joy Dekker
Social



Blanche van Vuuren
Ladies Captain/Apparel



Rosemary Brink
Events



Venita Brown
Social Responsibility



Danie Labuschagne
Walkers Captain



Wynand Breytenbach
General Manager

Congratulations to the all the committee members who were re-elected and especially to Venita Brown, Joy Dekker and Blanche van Vuuren who are new members to the team. Both Joy and Blanche have served on the committee before. Zoë Scholtz will serve in a different portfolio next year. We wish them well and trust that they will serve the Club with passion and dedication.

We trust that the whole committee will receive the support of all our members to ensure that 2022 will be an outstanding year with all its challenges.

ACHIEVEMENTS

At a gala evening on Friday, the following members received their National Masters Athletics colours:

Ansie Breytenbach – Road running and race walking
Estien van Wyngaard – Race walking
Danie Labuschagne – Race walking
Gerard van den Raad – Race walking
Annatjie – Greyvenstein – Race walking
Retha Knoetze – Race walking

Ansie and Estien were first recipients. Congratulations to them all!

Well done to Annatjie Greyvenstein who was crowned as the SA Master athlete of the year.

AGN MASTER CHAMPIONSHIPS

The AGN Masters Athletics Championships took place at Pilditch on 11 – 13 November. The Irene walkers did us proud with their achievements. Congratulations to the following members who earned medals in their different age categories:

Sandra Steenkamp – 3 x Gold
Elsa Meyer – 3 x Gold
Keith Reynolds – 3 x Gold
Danie Labuschagne – 2 x Gold
Gerard van den Raad – 2 x Gold
Isi van der Schyff – 2 x Gold
Retha Knoetze – 2 x Gold
Estien van Wyngaard – 2 x Silver
Jaap Willemse – 1 x Silver
Annatjie Greyvenstein – 1 x Silver
Lucia Willemse – 1 x Silver
André Smuts 1 x Silver

Elsa Meyer broke the world record in the 5000 meter. We trust that it will be recognised.

The 10 km walk item was staged at the Irene Oval with Jaap Willemse and Danie Labuschagne playing a key role in organising it. We thank them for a job well done as usual.

The following letter was received from AGN:

Dear Danie and Jaap,

Hereby a huge thank you from the GNMA Committee for organising and staging the **10km racewalk at Irene Oval**. You certainly relieved me from a huge work-load. Here I must include Anneline, who was a real star at the amount of organising/work she put into this event.

A special thanks to **Wynand Breytenbach** for the unselfish way in which he and the **Irene Club** support their members and the racewalking community in advancing the sport of racewalking. You're a star, Wynand!

A 10km is not usually included in the Gauteng North Masters Championship program, but we decided to do so for a couple of reasons, at, of course, the risk of not knowing how many athletes would enter. We were disappointed at the number of entrants, but, in hindsight, it was all worth the while, considering that some participants could use this result for the Virtual SA Championship presented by KZN Masters Athletics, and, the cherry on the cake, Elsa Meyer set a new world record for her age category of 75-79 yrs. Sandra Steenkamp also broke the championship record for age category 60-65.

Danie & Jaap certainly do know how to arrange and present any racewalking event, especially at **The Oval, Irene**. From the marking of the road, to the judging, to the officials, to the time-keepers, lap-counters and all other necessary participants, it ran like a well oiled machine.

Please carry our thanks and appreciation to the **Irene Village Board** for allowing us to use this superb venue free of charge.

With great thanks and appreciation,

Sporting love,

From the GNMA Committee.

Walker representative,

Winnie Koekemoer

BAR NEWS

On the menu will be Bobotie and yellow rice @ R50.

To ensure that you will not be disappointed, place your order via WhatsApp and send it to Dave at 0828927544

As usual there will be fires for those who want to braai.



TRAIL RUN

It is the place to be on a Saturday morning.



ARC IRENE HYBRID RUN/WALK
20th NOVEMBER '21
STAGGERED STARTS BETWEEN 06H00 TILL 08H00
ROAD OR TRAIL RUN
2KM, 5KM, 10KM, 15KM OR 21KM
ENTER ONLINE AT
WWW.REVOLUTIONTRAILS.CO.ZA
VENUE: IRENE ATHLETICS CLUBHOUSE, ARC IRENE, NELMAPIUS DRIVE, CENTURION

FOR MORE INFORMATION CONTACT US AT:
083 264 3931 | REVOLUTIONTRAILS@GMAIL.COM

Logos: REVOLUTION TRAILS, COLLAGEN FOR ADULTS, CEBE, 2020 VISION CARE

PERSONALIA

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

Uida	Enslin	15 Nov
Letha	Kotze	15 Nov
Carmen	Janse van Rensburg	15 Nov
Myrna	van Wyk	16 Nov
Francois	de Klerk	20 Nov
Charmaine	Janse van Rensburg	21 Nov
Jolande	Janse van Rensburg	21 Nov

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NOTICE BOARD



Photo: Elnor van Zyl

Official ACN Sanctioned Race

3RD RUNNING OF THE / 3DE AANBIEDING VAN DIE

VOORTREKKER MONUMENT

HALF MARATHON, 10KM & 5KM FUN RUN / PRET DRAF

"THE TOUGHER ONE"



VOORTREKKER MONUMENT
DRAF & STAP KLUB

GREEN RACE

**Water available at water station,
bring your own container or bottle.**

DISTANCES: 21.1 km, 10km race and a 5km fun run

DATE: Saturday, 27 November 2021

START: 21.1km - from 06:00 to 06:10

10km - from 06:10 to 06:20

5km - 06:25

Mat to mat timing on

10 & 21.1km only

VENUE: Voortrekker Monument,
Eeufees Rd, PTA



Athletics
Gauteng North



VOORTREKKERMONUMENT

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JOU DEUR:
BROUGHT
TO YOU BY:



BECS Services (Pty) Ltd

In association with BECS Environmental (Pty) Ltd

GENERAL INFORMATION / ALGEMENE INLIGTING

ENTRY FEES

21.1km: R120 | 10km: R100 | 5km: R50

Temporary License: R40

Only 1000 entries - 10 & 21.1km

Only 500 entries - 5km

NO PRIZE MONEY

- Guarded parking available
- Ample toilet facilities
- COVID-19 screening before race
- Water station
- Medal at finish
- NO TOG BAG AREA AND NO CLUB TENTS DUE TO COVID-19 REGULATIONS

- **ONLINE PRE-ENTRIES ONLY, at www.entryninja.com. THERE WILL BE NO RACE-DAY ENTRIES.**
- Online entries close 21 November 2021 at 20:00.
- Entry collection at the Voortrekker Monument on Friday 26 November from 13:00 to 18:00 or on race day as from 04:30 until 05:55.
- 2021 ASA license numbers or a temporary license number is compulsory on the 10 & 21.1km.
- Temporary license can be purchased online with pre-entry.
- Late entries, entries and/or temporary licenses on race day will not be available.
- Time limit – 3 hours. This is a venue imposed time limit. All athletes with 3km or more to go and 25 minutes or less remaining (08:50), will be diverted to the finish.
- No animals allowed.
- The Safety at Sports and Recreational Events Act 2 of 2010 will be strictly adhered to.
- The organizing club is obliged to pay 10% (VAT excl.) of the entry fee to AGN as a levy.

VERY IMPORTANT INFORMATION

- Runners must adhere to all COVID protocols, including wearing of face masks or buffs, and social distancing.
- All entrants **MUST** complete the questionnaire, or you will not be granted access to the venue on race day.
- We ask for your cooperation in this regard, as non-adherence will cause delays and crowding at the entrance.
- Please arrive early.



An AGN Green Race. No plastic sachets or paper cups at water station. Water will be available at the water station, bring your own container or bottle.

RACE RULES / WEDLOOP REËLS

- The race is run in accordance with AGN and ASA rules.
- All athletes indemnify the national, provincial and regional bodies, sponsors, and organizers of the race against any claims of whatsoever nature, which may arise due to participation in the race. The organizers are indemnified from any claims should the race not take place. If the race is cancelled due to bad weather, political unrest or any other reason whatsoever, all paid entry fees will be forfeited.
- Age restriction: 10 km – 14 years. Half Marathon - 16 years.
- No iPod's or listening devices.
- Pirate/non-registered participants will be removed by the referees and organizers assisted by security. This rule will be strictly enforced at the start, during the race and at the finish.
- No late starters will be allowed. That is later than 5 minutes from the group start time

CONTACT DETAILS: vtmraces@gmail.com / 064 582 6664

GAUTENG NOORD MEESTERS KAMPIOENSKAP 2021: 11 -13 NOVEMBER 2021

Die jare 2020 en 2021 was oorheers deur inperkings en die verbod op byeenkomste. Gelukkig was daar 'n geleentheidsvenster vir Gauteng Noord Meestersvereniging (GNMA) om wel die jaarlikse GNMA Kampioenskap aan te bied voor die volgende inperking.

Covid 19 en die onsekerheid rondom die SA Meestersvereniging (SAMA) en die GNMA kampioenskappe was bydraend daartoe dat aansienlik minder Irene AC lede gedurende 2020 en 2021 by GNMA, en dus SAMA, aangesluit het. Dit was dus nie onverwags dat Irene AC hierdie jaar aansienlik minder atlete op die baan gehad het nie. Dit is wel 'n geleentheid om te ontgin en dit word sterk aanbeveel dat klublede oorweging skenk daaraan om deel te word van GNMA en so deel te neem aan AGN Baan en Veld Atletiekbyeenkomste en al die verskillende Meestersprogramme. Dit sluit alle Baan en Veld Items in is nie beperk tot wedloopstap nie, hoewel daar tans in Irene AC, sover bekend, net stappers deelgeneem het aan die GNMA kampioenskap.

Hierdie jaar se GNMA Kampioenskap is op die nuut-oorgeboude Pilditch Atletiekbaan gehou. Wat 'n emosionele oomblik was dit nie om na 55 jaar weer op die paviljoen (walle) te sit en op "ons baan" te kon stap nie, en dit nogal in die eerste stapitem op die nuwe baan. Ek het vër teruggedink aan De Villiers Lampbrechts, Marcello Fiasconaro, Zola Budd en vele ander wat ek as kind hier sien deelneem het. Die nuwe tartanbaan stap baie lekker en dit voorspel nog groot dinge....

Hierdie jaar het GNMA die groot skoene aangetrek om die kampioenskap oor 3 dae aan te bied. Dit het die geleentheid gebied aan atlete om in 3 afstande nl 3000m, 5000m en 10km te kompeteer op drie verskillende dae. Die resultate spreek vanself en bevestig dat dit 'n baie goeie idee was. Atlete kon lekker rus tussen die items. Dit was 'n wyse besluit deur die Meesters se Oudstes. Nuut op provinsiale vlak was die aanbied van 'n 10km wedloop. Dit word histories net op die SAMA Kampioenskap gestap! Net soos die Irene AC buite die vierkant dink, het GNMA ook die geleentheid raakgesien om hierdie jaar so 'n wedloop aan te bied. Die gaping is suksesvol gevul nadat besluit is om die SAMA Kampioenskap slegs virtueel te hou.

Op Dag Een, 11 Nov 21, het die skoot vir die 3000m op 'n snikhete Pretoria dag, en effe laat, geklap. Dit het nie verhoed dat Irene AC se stappers die baan aan die brand gestap het nie. Baie goeie tye is behaal en rekords is gebreek. Die 3000m is nie 'n SAMA kwalifiserende afstand nie en het effens minder inskrywings gelok (Sien die meegaande tabel vir detail).

Dag Twee, 12 Nov 21, was weer vroegmôre al hitsig warm met die wegspring vir die 5000m wedloop. Dit het egter nie die atlete se entosiasme gedemp nie. Weereens is puik tye gestap. Weereens geluk met die kwalifiserende tye en pragtige rekords (Sien die meegaande tabel vir detail).

Die groot geleentheid vir Irene AC was dat Dag Drie, 13 Nov 21, aan ons behoort het. Eersens het GNMA ons klub vereer deur ons te kies om namens hulle die 10km padwedloop aan te bied. Die bestuur van Irene AC het nie 'n oomblik gehuiwer om in te stem daartoe om hierdie byeenkoms aan te bied nie. Irene se Ovaal 1km baan word as een van die vinnigste bane in die binneland, as dit nie in Suid Afrika is nie, beskou. Dit is ons atlete se baan en ons oefen gereeld daar (tuisvoordeel!). Dit is plat, koel en boomryk, en geleë in 'n pragtige landelike area tussen die vriendelike Irene inwoners. Die bekwame span Irene AC lede is ook gerat om sulke wedlope aan te bied na ons onlangse AGN Liga Byeenkomste en ons Irene 10km Ope Grand Prix. Die atlete, insluitend atlete van buite Gauteng Noord, geniet ons baan, die Irene AC se gasvryheid en meelewendheid! Ons Irene AC atlete het op kort kennisgewing ingespring en weereens 'n puik wedloop georganiseer. Baie dankie aan elkeen wat gehelp het om ons dag so 'n groot sukses te maak (sien brief van GNMA elders

in die nuusbrieff). Groot dank en waardering aan al ons vrywilligers wat gehelp het as beamptes en rondtetellers.

Tweedens het ons atlete besonder goed gevaar. Die Irene Trein het effe stoom verloor toe Annetjie en Jaap op mediese advies moes onttrek. Die res van ons atlete het met oorgawe voortgestoom! Elsa en Sandra het hiervoor opgemaak in die oortreffende trap. Elsa het die Wêreld Meestersatletiek (WMA) Rekord, met 9 Sekondes, asook die SAMA rekord verbeter terwyl Sandra die SAMA record verbeter het! Dit is die tweede WMA rekord die jaar op die baan, hoewel die een van Annetjie Greyvensteyn weens tegniese redes, anders as die baan, nie goedgekeur was nie. Dit is ook die vierde SAMA rekord op "ONS" baan. Dit was 'n belewenis en eer om Elsa in aksie te sien!

Dit is 'n ervaring om te sien dat al ons Meesters Stappers, gekwalifiseer het vir hul GNMA kleure, hetsy by die byeenkoms of by vorige AGN Liga byeenkoms in André Smuts se geval. Baie geluk aan almal met jul prestasie.

Die volgende is 'n uittreksel uit die aangehegte Uitslae Tabel.

Description	GNMA Colours Qualifying Time	SAMA Colours Qualifying Time	GNMA Meeting Record	SAMA Records	WMA Records
Total Colours and Record achievements for Meeting	16	7	5	2	1

Graag wens ek elke atleet wat deelgeneem het aan die byeenkoms geluk met jou deelname, jou pragtige prestasie, jou GNMA kwalifisering, SAMA kwalifisering tyd asook die GNMA-, SAMA- en WMA rekords. Voorwaar ongelooflike prestasie deur ons Irene AC stappers. **ONS IS TROTS OP ELKEEN!**

Ten slotte wil ek ons Skepper en Vader bedank vir die goeie gesondheid, genade en die vermoë om aan ons geliefde sport te kon deelneem. Ek bedank graag die Irene AC bestuur vir die onvoorwaardelike steun aan myself, ons stappers en aan GNMA. Ek bedank ook graag my mede stappers wat ons hande versterk en gehelp het om die byeenkoms so 'n reuse sukses te maak.

Ek sien met groot verwagting uit na 2022. Dit kan net beter gaan en ons lede en ons klub kan net nog hoër hoogtes bereik. Die volgende is die ASA Interprovinsiale kampioenskap wat tans geskeduleer is vir 15 Jan 21 in Kaapstad by die Youngsfield Militêre Basis. Kaapstad, hier kom die Irene Trein!

Mag jou tekkies vinnige musiek maak op mooi paaie.

Danie Labuschagne
Addisionele lid: Wedloopstap
Irene Atletiekklub

THOUGHT FOR THE WEEK

It's kind of fun to do THE IMPOSSIBLE

PHOTO CORNER



Ansie Breytenbach and Estien van Wyngaard both received their National colours for the first time



Our National colours team on Friday evening: Danie Labuschagne, Retha Knoetze, Annatjie Greyvenstein, Ansie Breytenbach, Estien van Wyngaard and Gerard van den Raad



Annatjie Greyvenstein, SA Masters athlete of the year



The Irene members who did the 10 km walk at the Irene Oval on Saturday morning



Sunday morning runners at Midstream