



IRENE NEWS

17 February 2020

No 7 - 2020



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Bestmed Tuks race:

Mike du Bruto	1 st GGM – 10 km (51:26)
Blanche van Vuuren	3 rd Master lady – 10 km (58:28)
Gerard van den Raad	1 st GGM walker – 10 km (72:06)
Ansie Breytenbach	1 st Lady walker & 1 st master – 10 km (66:06)
Annatjie Greyvenstein	1 st GGM lady walker – 10 km (69:24)
Michael Mokwala	3 rd Vet – 21 km (84:25)
Elsa Meyer	1 st Lady walker & 1 st GGM – 21 km (2:36:31)
John Cannon	1 st GGM – 42 km (4:56:00)

PERSONAL ACHIEVEMENTS

Maryke Viljoen	PB – 10 km
Hanru Koch	PB – 3000 meters

THIS WEEK'S DIARY

Monday:

Strength training @ 17:30 – Club house

Tuesday:

Time trials @ 17:30 – Club house (Everybody starts together at 17:30)

Sunday:

Pretoria Phobians 10/21/42 @ 05:30 – Phobians Club house. Lynwood (Club 42 km champs)

T-SHIRTS

The club T-shirts for the first 500 members who registered can be collected at the club house on Tuesday at the admin counter (17:00 – 19:00). This also applies for the registration packs.

T-shirts not collected by the end of February will be handed out to members who registered after the cut-off of the first 500 registrations.

42 KM CLUB CHAMPIONSHIPS SUNDAY 23 FEBRUARY

The 42 km at the Phobians Pretoria Marathon on Sunday, 23 February, will serve as our Club Marathon Championships (runners only). **This is an event where we want mass participation of our members.**

To make it special for all our members, every paid-up Irene member who finishes any of the distances on the day and who visits the Cara-Fun after the race wearing Irene kit, will receive a pair of Irene socks. These socks will be available in our clothing shop soon.



BRING AND BRAAI

All members are invited to a bring and braai at the club house on Tuesday after the time trials. We want to get the “gees” going for the mass participation we intend to have on Sunday. Pack your basket with everything you want to eat and enjoy the evening with your fellow club members.

Fire will be provided, and the bar will be open as usual.

POST-COMRADES FUNCTION

Your Management Committee hereby invites all members who have entered Comrades 2020 to attend a social get-together in Durban, the day after Comrades. It is an ideal opportunity for you to share your Comrades experience with like-minded and equally elated club members and friends. The event is hosted at the Durban Skiboat Club, next to the entrance to the Durban harbour. The format is a bring-and-braai, with a cash bar. More details will be provided closer to the date.

It is highly recommended that you attend this event with your family, friends and loved ones, who are welcome to join you. Meanwhile, please save the date and arrange your homeward travelling such that you will be in Durban the day after Comrades. Whether you are able to attend or not, we would appreciate your completing a brief survey, which takes less than a minute. Please click on this link and answer the questions: <https://www.surveymonkey.com/r/3NNFW2N>



To bus or not to bus...it's not a question... (Buks van Deventer)

Bus (Definition): A group of runners forming together, at the start or during an event, to reach the finish line in a specific time. The group will run together, fuel from each other's energy, support one another, and for that brief time together friendships form, some for life.

Bus Driver (Definition): Selfless runner who caters to the pacing needs of others. The bus driver leads the group, sometimes from the start, but always to the finish. (See also: **Legends, Psychopaths, Heroes, and Good Fellas**)

Driving a bus is a huge responsibility. Bus drivers will spend hours reviewing race profiles, working out pacing strategies and re-examining it all over and over in the days and hours leading to the event. They will set up mental cut-off points on the route as markers to evaluate the pacing strategy and to amend the strategy if needed.

But on the day, the pressure is real. From the first two kilometres you start to do serious math in your head, to make sure the time lost at the start and the pace to the marker is close to- or spot-on. You would have broken up the race into parts / sections.

For me, Intercare Classic 21.1km was broken up into 4 parts of 5km with an added 5:30 final kilometre. **Bus delivered 1:57:51**

Bestmed Tuks was broken up in 3 parts: 5km, 10km, and a 5km with a final 5:30/km for the finish. But from kilometre 2, I realised the strategy needs to be amended and recalculated every 2km and then evaluated and re-examined all over again. **Bus delivered 1:59:44**

Pirates 21.1km, Jo'burg's Toughest Half Marathon was broken up in 3 parts of 7km. A lot of math was done on the fly and evaluation of the strategy was done every 2km. **Bus delivered 1:57:55**

As bus driver, you listen to your passengers. Mostly to their breathing. They rely on you to slow them when they need to recover and speed up when the route allows it. You give advice. You motivate them. You push them sometimes and slow them down on others. And, if you do everything right on the day, you help them reach their goals.

From my first day of running in 2016, I was blessed with endless amounts of wisdom, knowledge, advice and training plans. All for free. To be able to give back is a blessing that goes beyond monetary values. It is an honour.

The joy and feeling of fulfilment is an added bonus for the sacrifices the bus driver makes in his/her own race plans and in preparation for the race. This club has been super amazing to me and my running. It is a privilege and honour to give back. I wear my Irene AC bus flag with awesome pride.

Yes, it's scary. Yes, you will question your sanity a hundred times over and over. Yes, you will work hard. Before the race and during.

And yes, it is so worth it. Your passengers thanking you for guiding them to never-been-reached-before goals and the look on their face of absolute gratitude will inspire you to do more.

And yes, our Club, and our Club name, our family is worth it.

Much like Comrades, everyone should do it at least once...



NEW MEMBERS

Welcome to the following new members:



Ansonet Erichsen



Beatrix Posthumus



Christiaan Dijkstra



Dirk van Rooy



Francois Bester



Francois Jarvel



Lourensa Eckard



Mandla Mchunu



Nicole Fortune

FROM THE ADMIN DESK

The Admin Desk will not be open on Tuesday, 25 February 2020.

If you have any races coming up in the next two weeks, please collect your race numbers and T-Shirts, for those that qualified, on the following dates:

18 February, The Club House 17:00 to 19:00,

23 February, the Phobians race 6:00 to 9:00.

The Admin Desk will be open again on Tuesdays from 3 March 2020.

PERSONALIA

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

Sharleen	Atkins	17 Feb
Adriaan	Cloete	17 Feb
Linley	September	18 Feb
Mfundo	Hadebe	18 Feb
Mmakgabo	Diangoane	19 Feb
Freda	Hillocks	21 Feb
Joel	Loftus	23 Feb
Lucian	Pretorius	23 Feb
Marinda	Gatherer	23 Feb
David	Roux	23 Feb



Website: www.csi-euf.co.za

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REGISTERED QUANTITY SURVEYORS • GEREISTREERDE BOUREKENAARS

Members: GJ Cillie B.Sc (QS) UP, PrQS, PMAQS, MRICS | Guillaume Cillie B.Sc (QS) Hons UP, PrQS

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NOTICE BOARD

Sunday 23 February **(Pretoria Marathon)**

Phobians Pretoria Marathon 42.2/21.1/10 km

Race Organisers: Phobians Athletics Club

Venue: Pretoria High School Old Boys Club, Hofmeyr Park, Queens Crescent, Lynnwood

	42.2 km	21.1 km	10 km
Entry fee	R 250	R 160	R 130
Start Time	05:30	06:00	06:15
Cut-off	05:30		

42.2/21.1km entries at Phobians Clubhouse 21 & 22 February – none on race day

1st 5000 entries receive a free t-shirt No Pets

No iPods or listening devices are allowed

Wheelchair athletes are allowed but will need assistance over animal grids

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld, Bedfordview,
Broadacres: Sportmans Warehouse Centurion, Atterbury & Kolonnade **(42.2/21.1 until 19 February)** www.entryrush.co.za

LEAGUE RACE

Saturday 29 February

Medihelp Sunrise Monster 32/21.1/10/5 km

Race Organisers: Harlequin Harriers

Venue: Harlequin Club, Totius Street, Groenkloof

GPS: S 25°46.122 E 28°13.031

	32km	21.1km	10 km	5 km
Pre-entry fee	R 160	R 130	R 110	R 50
Entry fees 60+	R 100	R 90	R 80	R 40
Entry fees 70+ (race day only & ID)	Free			
Start Time	06:03		06:30	06:45
Time Limit	04h30	03h30	02h30	01h30

Route not suitable for wheelchair athletes The 32/21.1/10km races are ChampionChip races No pets No iPods or listening devices are allowed

Pre-entries: Run-A-Way Sports, Sweatshop Dunkeld, Bedfordview & Southdowns;
Natural Runner

www.medihelp.co.za/showcase/events

Saturday 7 March**Buco Bobbies 3-in-1 21.1/10/5 km**

Race Organisers: PPMC

Venue: Hatfield Plaza, Burnett Street, Hatfield

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R 40
Entry fee GGM	Free		
Start Time	06:00		06:15
Cut-off	03:00		

No Pets**No iPods or listening devices are allowed**

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Buco Wonderboom

www.enteronline.co.za**AGN 21.1km Championships****Saturday 14 March****Om-Die-Dorp Road Race 21.1/10/5 km**

Race Organisers: Wingate Road Runners

Venue: PvR Community Church, Baltimore Avenue, Pierre van Ryneveld

	21.1 km	10 km	5 km
Entry fee	R 120	R 90	R 50
Entry fee 70+	Free		
Start Time	06:00		
Cut-off	03:30		

No Pets**No iPods or listening devices are allowed**

Pre-entries at: Run-away Sport; Sweatshop Southdowns; PvR Community Church (Friday 13/03 – 15h00 – 18h00 & race day)

www.enteronline.co.za

2020 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
	KM		RR	RW
Medihelp Sunrise Monster	32 / 21.1 / 10	29/02	X	X
Right to Run/Walk	21.1 / 10	21/03	X	X
Ford Road Race	21.1 / 10	04/04	X	X
MiWay Wally Hayward	42.2 / 21.1 / 10	01/05	X	X
Fara Winter Challenge	10	20/06	X	X
Springbok Vasbyt	25 / 10	11/07	X	X
Fitness Test Run	21.1 / 10	08/08	X	X
Morula Half Marathon	21.1 / 10	19/09	X	X
CSI Irene Farm Race	21.1 / 10	31/10	X	X
Voortrekker Monument	21.1 / 10	21/11	X	X
Skosana Road Race	10	05/12	X	X

Masters Athletics Fixture list

4 March 2020	Boland MA	Paarl
13/14 March 202	EPMA	Westvaal Oval, PE
4 April 2020	KZNM	Kings Park Stadium, Durban
4 April 2020	WPMA	Cape Town
10/11 April 2020	GNMA	Pilditch, Pretoria
18 April 2020	CGMA	Sasolburg
15 Augustus 2020	FSMA (Jumps & Throws)	Bloemfontein
22 Augustus 2020	Mpumalanga MA	Secunda
3 October 2020	SWD	Oudtshoorn
30/31 October 2020	FSMA	Bloemfontein

THOUGHT FOR THE WEEK

The greatest pleasure in life is doing what people say you cannot do.

PHOTO CORNER (Bestmed Tuks)



Christiaan Dijkstra



Blanche van Vuuren and her daughter Suzanne



Isi van der Schyff



A serious battle between Gerard van den Raad and a former Irene member. Not sure who the winner was



Vik Ramlugaan



Francois Jarvel



Beatrix Posthumus



Zenna Naude



Sithandiwe Mdluli



Keith Reynolds and his daughter, Carol-Ann



Johan Groenewald



A spontaneous Irene bus



Buks van Deventer arriving with his sub 2 hour bus



Johan van Vuuren, Lourensa Eckard and Ernst Gottschalk



Vickey Sidler and Greg Usher



Suzette Ruthven and Pieter Reynecke



Bragging with their medals



These four ladies did the Cape Peninsula half Marathon on Sunday