



IRENE NEWS

20 July 2020

No 28 - 2020



Irene Off -Road Challenge 18 July 2020

Well done to all who got out on the weekend for their off-road runs.

Below are the participants with all the photos that were submitted.

Seems so much fun was had by the few who took up the challenge. I am sure you will consider seeking out similar routes in the future.

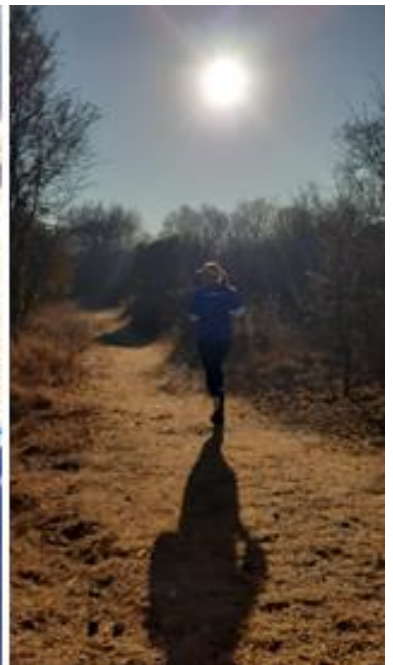
Name	Surname	Distance Submitted	Submitted Time	Average Km Time	Run Distance	Adjusted Time	Category	Gender
Russel	Boyd	21.11	01:36:00	0:04:33	21.1	1:35:57	Road	Male
Keith	Reynolds	21.1	02:08:25	0:06:05	21.1	2:08:25	Trail	Male
Tania	Thompson	21.15	03:23:37	0:09:38	21.1	3:23:08	Trail	Female
Bheki	Ndlovo	15.03	01:10:42	0:04:42	15	1:10:34	Road	Male
Con	Purchase	20.1	02:01:53	0:06:04	15	1:30:57	Road	Male
Musa	Nkosi	17	01:58:00	0:06:56	15	1:44:07	Trail	Male
Henk	Basson	16.5	02:28:00	0:08:58	15	2:14:33	Trail	Male
Joy	Deker	16.5	02:28:00	0:08:58	15	2:14:33	Trail	Female
Thea		12.62	01:14:04	0:05:52	10	0:58:41	Trail	Female
Musa	Nkosi	10	01:06:00	0:06:36	10	1:06:00	Trail	Male
Heleen	de Bruin	10.01	01:08:02	0:06:48	10	1:07:58	Trail	Female
Wilco	de Bruin	10.01	01:08:02	0:06:48	10	1:07:58	Trail	Male
Sidwell	Mzbuya	12.26	01:29:20	0:07:17	10	1:12:52	Road	Male
Anneri	Le Roux	10.52	01:28:00	0:08:22	10	1:23:39	Trail	Female
Kathleen	Faling	6.09	00:48:09	0:07:54	5	0:39:32	Trail	Female
Alison	Crichton	6.09	00:48:09	0:07:54	5	0:39:32	Trail	Female

Heleen and Wilco de Bruin:



Trail running at Wolvespruit is much tougher than roadrunning! 😊

Kathleen Faling and Friend



Ran with her friend Alison Crichton at bishop border park

Musa Nkosi

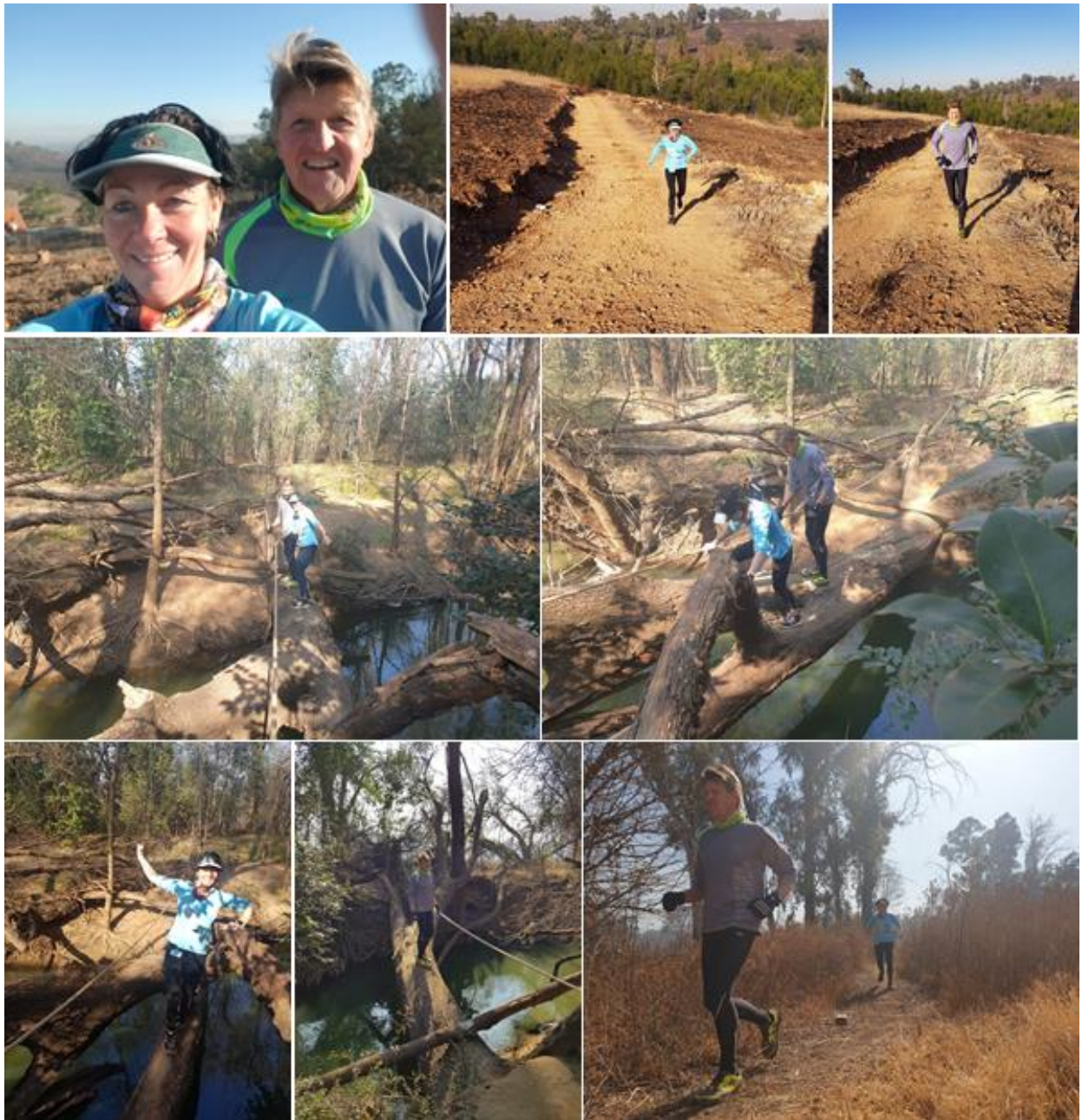


Trail off road run done at Moreleta Kloof Nature Reserve. 17km.



Followed up with a 10 km in the reserve on Sunday

Henk and Joy



Time taken does not matter – It was all about the fun at Smuts House Trail. The water crossing was scary.

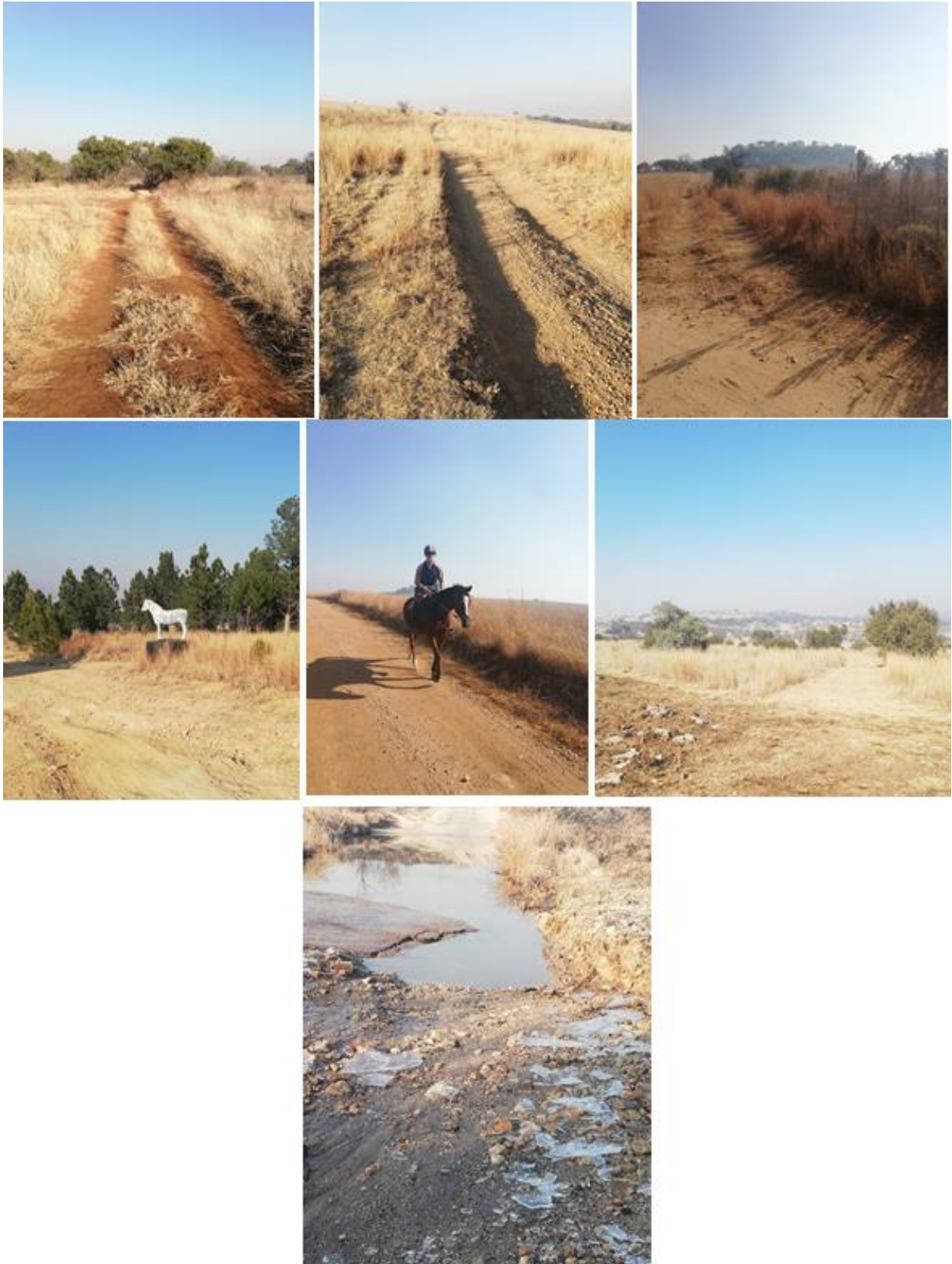
Tania Thompson



Did the Walkers challenge 19.61km road walk (Blast from the Past 12 Miles) before a half Marathon at Wolwespruit trail... 😊.

Didn't get enough and topped it off with another 6km in the evening.

Keith Reynolds



A quagga, iced water (not glass) and horse rider to add to a lovely countryside in the Crocodile Nature reserve.

Anneri le Roux



Through the trees at Red barn

Thea



Sidwell Mzbuya



Beats me. An injury. I am so slow 😞 but i made it

Justice League

Well done to all who participated in the Justice League on Sunday

Anneri and Friends



Superwomen

IRENE VIRTUAL RACE

We want to share with you some of the feedback we received from the finishers of the race after they received their medals and T-shirts.

I would like to thank you for the beautiful T-shirt and the medal. It was a challenging moment to run an ultra marathon in a confined space during the lockdown as we were observing the regulations. I did receive my package and thank you very much.

MASOLE MADUNA

Thank you for the update. I have received mine yesterday. Thank you for your super prompt response. Really appreciate it. It was awesome doing this.

Kind regards Amanda Wilson

Thanks so much for a beautiful medal and T shirt and for such prompt delivery

Bev Grace

I got my package and I am wearing the T-shirt. It's beautiful and I feel great.

Thank you

Thank you for excellent service

Looking forward to my next 48km Irene run.

Nunu

Baie, baie dankie. Julle klub het 'n voorwaar die ekstra myl geloop. Julle opvolg-eposse (wat ons op hoogte gehou het) het ek baie waardeur. Die kwaliteit van die t-hemp, medalje en kommunikasie was uitstekend. 10 uit 10!

Adrinette

I have received my shirt and medal and I would just like to thank you for a fantastic effort.

Both are top quality and shall be worn and displayed with pride.

This year would have been my first year. Hopefully I can run the real thing next year.

Regards

Stuart Cox

Just wanted to say thanks for my delivery on Tues... Received it and I am thrilled with the quality of the T-shirt and stunning medal 🏅 ..

Thank you for the excellent service and frequent updates. Your feedback was outstanding. Thank you again.

Astrid Thole

I received my medal on Tuesday and it looks awesome!!

Thanx for a great experience and a well organised event.

We can do it again!!

SUGGESTION

Should you consider doing something like this again, setup “pick up” points in certain towns or areas and then the runners can collect their medals there. It is the least we can do and it will save you a lot of effort and delivery costs.

Rickus van Deventer

I do not usually do this but I must commend you on how Irene Athletics Club communicates with the runners from inception when the lockdown was announced to date. I have received my medal and t-shirt and really appreciate and treasure it.

I would like to state that you have gained a loyal client in me and I look forward to competing in many more Irene races in the future.

Please keep up the good work.

Thabang

😁 Received!! thank you very much for the beautiful T-shirt and 🏆 really appreciated! Well done to Irene AC for caring and treating runners so very special.

Keep up the good work!!

Reah

Baie dankie vir my medalje en t-shirt

Ek gaan dit met trots dra

Elmarie

Thank you very much I have received my medal and T-shirt. You guys always deliver as promised, keep it up. Hope to see you at Irene on the road next year.

Sello Mabeba

Thank u for allowing me to participate and trusted my performance.

I've just received my goody bag

Exciting news for me to have participated in first ever south African virtual, I am special.

Tlaka NP

A huge big thank you to all concerned at Irene Athletics Club for an interesting and fun event and for ensuring we were kept up to date of proceedings at all time 😊😊😊

Lynn Etheridge

Good afternoon

I have just received my shirt and medal – THANK YOU !! I love both of them – you guys are great !

Thank you for the delivery. I have received the awesome medal & t-shirt & I am proud to show this off with friends & family as to my great achievement over the lockdown period. Will definitely be supporting u guys in the future.

Much appreciated

Justin D

Thank you very much, I have received my package.

Totally awesome.

Johnny du Toit

What a surprise! Got my shirt and medal of the 48km JointEze Irene Ultra today via courier. Thank you Irene Athletics Club ! 🏃🏆

MORNING SIR AND ALL THE MEMBERS OF IRENE.... THANK YOU SO MUCH FOR MY PARCEL. WOW I REALLY LOVE AND ADORE ALL YOUR INPUT INTO EVERYTHING. MAY GOD BLESS YOU ALL. THANK YOU SO MUCH...

BERNIE NORTJE

Thank you so much. I have received my package and am satisfied. I can't contain my joy!

You are really working hard, keep it up.

Be blessed!

Olivia Sibanyoni

I have received my medal and Thank you very much. The medal is so beautiful and unique. Can we have another race please.

Kind regards

Dineo

I received my package this morning - thank you very much - what a nice reminder of a very weird time - running 48km around my house in one go!

Keep up the good work.

Kind regards

Zahn

I have received the package this morning...

Wow... beautiful medal🏆and commemorative T-Shirt.👕

I have received my beautiful T-Shirt and the wonderful medal today, Friday 17 July 2020. Thanks for the wonderful organisation. Big Ups to Irene Athletics Club for staging the first Virtual Ultra Marathon. May your organisational capability go from strength to strength in the road-running fraternity, real or virtual.

Smunda MOKOENA.

Knap gedaan Irene Klub

You did it again...baie dankie!

Jacques Niemand



Mmasamo Masekela **za**
2 days ago

Thank you so much, I received my pack earlier today.
Thank you for keeping us updated and honoring your word.

I'm a happy race participant.





Astrid Thole

I got mine today.. Awesome t shirt 🟡 and medal 🏅 I agree with you 100s.. Excellent updates and info regarding the deliveries of our t-shirt 🟡 and medal 🏅



Like · Reply · 4 d



Astrid Thole



Like · Reply · 4 d



Yolande Edwards

Receive mine yesterday, my first T-shirt that fits me and is not to big, excellent material made of



Like · Reply · 4 d



Twanet Hugo Kruger

Ive recieved mine today

Like · Reply · 4 d



Judy VD Westhuizen

5 days ago

Beyond awesome and what a gorgeous shirt and medal! And thank you for the little leaflet with it's awesome message and encouragement. I will gladly do a virtual race with your club again!!





Smith Mahalapa
5 days ago

Courier van at the gate, wondered if they are lost as I had not ordered anything lately. Boom my Irene 48K medal. Couldn't wipe the smile off my face.



Mmesemo Masekela 2 days ago
I was never so happy to receive mine.

I would like to send a special thanks to you guys.

Medal and T Shirt received. Your communication was amazing.

Many many thanks and Regards

Susan Mdaka

I would like to say thanks to the Irene Athletics Club. Their effort for organising the 1st Virtual Race during the Lockdown. I nearly gave up my running but with the Virtual Race, I enjoyed the run. It was fun doing 48km on my own.

Mellica Mncube



FROM THE WALKERS CAPTAIN

Goeie dag aan almal ons dapper lede wat die koue die afgelope weke trotseer.

Baie van ons pragtige stappers het die week deelgeneem aan 'n nasional georganiseerde virtuele stap kompetisie gebasseer op die internasionaal geakkrediteerde vergelykende tabelle vir mans en dames asook vir SAMA ouderdomsgroepe. Die kerngedagte agter die "Blast to the Past" uitdaging was om een of meer van die sewe wedlope te doen binne die afgelope week. Die wedlope is ou "myl" afstande sodat Danie op my ouderdom dit ook kan verstaan... Enkele van ons brawe stappers het sommer vir al die wedlope in die uitdaging ingeskryf....

Ons het op dag 1; 13 Jul 20 weggespring en 'n baie haastige 880 tree (805 m) wedloop gedoen. Glo my 880 tree het selfs my enkele borshare aan die brand gehad. Dag twee was 'n ewe haastige 1 myl (1,61 km vir die jonges). Die keer het alles gebrand... Dag drie was 2 myl (3,22 km) dit was die hardste van al die wedlope. Hiena het dag 4 ons op 'n gemakliker 4 myl (6,44km) wedloop geplaas. Gemakliker omdat ek nie gewoond is aan 4:30 tot 5:15 min/km snelstap nie en die langer afstan nader is aan ond Meesters 5000m. Vrydag 17 Jul of Dag ses was 8 myl/12,88 km. Dit was die energie tapper..... Ek het sy effek op my ou lyf lekker onderskat en het duur betaal op dag 6 (12 myl/19,31 km en vanoggend, dag 7 toe ons met 'n moeë 16 myl/25,75 km klaargemaak het.

Baie geluk aan al ons deelnemers wat van die wedlope gedoen het asook aan ons lede wat sommer alles gestap het. Voorwaar puik prestasie. Ek glo julle het die "Back to the Past" wedlope net soveel soos ek geniet en die reeks wedlope uitdagend gevind.

Ek het hierdie week 'n paar dinge oor ons geliede sport weereens bevestig en dalk nuut uitgevind, soms op die harde manier! Ek deel graag my ervaring met almal. Die lesse is ou nuus, maar dit vat nie daarom die swaarkry van, nie luister daarna of pure hardkoppigheid, weg nie.

Die eerste was dat daar wel iets soos 'n tweede asem is. Op dag een en twee was die wedlope kort "sprints" en ons was gemaklik binne die venster voor die tweede asem. Ek kon lekker haastige tye inkry. Maar o weë, dag drie klap my teen die oor, my wiele val af tussen 1 - 1,5 km en my tyd verswak dramaties. Ek het van die volgende wedlope, wat dubbel so ver was, in baie beter gemiddelde tye voltooi. Ek warm mos nie op nie! Die rede vir my swak 2 myl is omdat my liggaam gesukkel het om energie uit die store te gaan haal nadat die adrenalien en die onmiddellike voorraad uitgebrand was. Op ons gewone lang wedlope kom ons dit nie agter nie. LES 1: WARM BEHOORLIK OP AS JY DIE LANGER SNELWEDLOPE OF ENIGE ANDER WEDLOOP WIL DOEN.

Die tweede is dat jy enegie aanvullings moet neem sodra die wedloop langer as 'n uur duur. Ek doen nie eens op 20 km wedloop aanvullings nie en as dit so koel is soos gister, het ek nie eens water aangevul nie. Sover het dit goed gegaan.... Tot vanoggend! Die ou liggaam was moeg en al die reserwes uitgebrand. Op 15 km verloor ek konsentrasie en slaan neer (gelukkig niks ernstig nie). Dit dwing myself om by my waterpunt te stop en water te drink. Ek vat toe sommer 'n energie sakkie en VIOLA! Die tweede helfte van my 25,75 km wedloop was lekker

en ontspanne. Ek kon dit eintlik geniet! LES 2: MAAK SEKER DAT JY GEHIDREER BLY EN VUL DEURLOPEND AAN MET KWALITEIT ENERGIE AANVULLINGS.

LES 3: Geniet jou stap!

Mooi week vir almal.

Pas jouself en jou naastes mooi op. JY IS BELANGRIK!

Lekker stap of as jy moet, lekker hol!

Danie L

PERSONALIA

Condolences to Pieter Venter whose mother died recently.

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

Jenny	Cairnes	22 Jul
Trevor	Netshiombo	22 Jul
Musa	Mdlalose	23 Jul
Thea	van Helden	23 Jul
Nathan	Bezuidenhout	24 Jul
Melani	Swart	24 Jul
Buks	van Deventer	24 Jul
Mia	Hadlow	25 Jul
Helga	Lucas	25 Jul
Cari	Snyman	26 Jul
Martin	Williams	26 Jul



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THOUGHT FOR THE WEEK

Try to be a rainbow in someone's cloud.



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REGISTERED QUANTITY SURVEYORS • GEREISTREERDE BOUREKENAARS

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PHOTO CORNER



Ilze Merrick after completing the Back to the Past race 7



The Cowley family did the Justice League race



Andrea Koen