



IRENE NEWS

22 March 2021

No 12 - 2021



ACHIEVEMENTS

Congratulations to Yvette van der Westhuizen who finished third in her age category at the SA Triathlon Championships.

Congratulations also to Jaap and Lucia Willemse who both have been re-elected to the AGN Race Walking Commission for another term of 4 years



A proud Yvette with her medal

IRENE ULTRA

Entries have opened for our Irene Ultra, a virtual race with a difference. Athletes will have the option to run/walk the distance over a period of 16 days at any place. They will also have the opportunity to run/walk the distance on the grounds of the ARC over the three weekends during this period. See the flyer for details.

We want to encourage our members to support this race big time! It will be great to be part of the race during the weekends mentioned.

You can enter at www.ireneultra.co.za



Irene VIRTUAL ULTRA

10-25 April 2021

IRENE ATHLETICS CLUB

Date: 10 - 25 April 2021
Venue: Countrywide! You run in your area, in line with COVID-19 restrictions or ARC Ground, Irene Club
Closing Date: 20 April 2021

48km, 21.1 km, 10km
 Same entry fee for all the distances
 Enter: www.ireneultra.co.za

TOTAL 48KM IN ANY WAY YOU WANT TO RUN
 IN THE PERIOD OF 16 DAYS

100 GOODIE BAGS UP FOR GRABS EACH DAY OF THE ULTRA RUN PERIOD:
 FIRST 100 RUNNERS AT THE IRENE CLUB EACH SATURDAY AND SUNDAY (IN THE ULTRA RUN PERIOD) RECEIVE GOODIE BAGS

Entry fees: **R50** - Per Entry **R25** - For a Medal **R200** - Per T-Shirt **R90** - Courier

Sport shop for free collection of medal and t-shirt:

- Run-Away-Sport: 012 361 3733

- Sweatshop Southdowns: 012 665 0048

- Sweatshop Dunkeld: 011 325 2567

- Sweatshop Bedfordview: 011 325 2567

- Sweatshop Broadacres: 011 465 2556

- Irene Club House: 082 937 0733

Race rules

- Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against any or all actions of whatsoever nature, whatever the same may be arising out of their participation in the event.
- All athletes participate at their own risk. Athletes acknowledge that by entering the event, they are medically fit to participate.
- Minimum age for participation 48km is 20 years.
- Minimum age for participation: 21.1km 16 years old and 10km 14 years old.

I hereby waive and abandon any or all claims of whatever nature that may arise from my participation in this event!



JOINTeze

IRENE



the sweat shop
 SPECIALIST • SPORTS • SHOES

TIME TRIALS

The numbers at the time trials are growing every week. Ensure that you line up at 17:30 on Tuesday. Encourage your club mates to be part of it as well.



BAR NEWS

The bring and braai last Tuesday was a huge success! Thank you to everyone who attended.

Due to popular demand, it is something that will happen every Tuesday from now on. Ensure that you bring your requirements on Tuesday. The fire will be there!





FROM THE RACEWALKING COMMUNITY

Irene AC presented the first of a series of Open Virtual Racewalking events from 19 to 21 Mar 21. We planned this event to be a humble beginning with the intention to test the water, or rather to test the road and track. We had an overwhelming response from the running fraternity, within the province, the rest of the country and from abroad. The Irene Virtual RW Series was advertised widely using an unreal Irene AC Flyer designed by the one-and-only MC. This series can only grow from this humble beginning.

As usual, Irene put a spin on Virtual Racing with a local “club-walk” at the Irene Oval on Saturday 20 Mar 21 drawing walkers from neighbouring clubs as well. The walkers had a fantastic event, albeit a semi-virtual one at the Irene Oval Track where we were afforded the opportunity to participate in 10 and 5 km events. This could have been done, on the athlete’s

our own route or at the Irene Oval on a measured 1 km loop track as part of the “club-walk”. We arguably have one of the fastest and flattest 1 km loop tracks in the country!

Saturday 20 Mar 21 was the day where we could stretch the legs again on the track, having official timing done professionally and laps counted while unofficial RW Judges’ comments on technique were provided as part of our training mandate. The official times provided afford the walker an opportunity to analyse each km lap times separately during their race post-mortem.

Many a PB was broken, in some cases with minutes and all walkers posted extremely competitive times, taken in consideration the current lack of race experience. The general sense of achievement at the end of the event was overwhelming and all enjoyed a good event. We had two international athletes participating in their beautiful Sweden, with Monica Svensson, posting a laudable 50:06 on her 10 km RW event.

The unanimous feeling was one of gratitude where we want to express our sincere appreciation to our Creator for the talent given to each athlete. We also thank the Irene AC Management for the support for this event.

Unfortunately, it must be noted that Fanie van Wyngaard, a very dear fellow walker and friend, had an awfully bad fall during the race and needed medical care. He is fine and recovering. We pray that he will have a speedy and full recovery. An adage in the walking fraternity is that you are not a walker before you had that inevitable fall! Welcome Fanie. Reportedly, Fanie, the road was not damaged beyond repair!

In conclusion, Irene AC did it again, setting the standard in the bigger athletics environment and in the RSA and Gauteng RW domain.

Regards and may your tekkies make good music on the tar.

Danie Labuschagne

Below are the results for Irene and other clubs’ members that walked on 21 Mar 21, as received at close of play 21 Mar 21.

IRENE RACEWALKING CHALLENGE LAP EVENT AT IRENE OVAL TRACK

Event	FirstName	Last Name	Finish Time	Club
10km	Ansie	BREYTENBACH	01:03:26	IRENE
10km	Anneline	MALONEY	01:26:35	PMWC
10km	Keith	REYNOLDS	01:00:13	IRENE
10km	Nelda	SMITH	01:19:44	IRENE
10km	Andre	SMUTS	01:18:18	IRENE
10km	Tania	THOMPSON	01:13:10	IRENE
10km	Jaap	WILLEMSE	01:02:08	IRENE
10km	Lucia	WILLEMSE	01:19:17	IRENE
10km	Winnie	KOEKEMOER	01:06:48	TUKS

Event	FirstName	Last Name	Finish Time	Club
5km	Wynand	BREYTENBACH	00:36:12	IRENE
5km	Elsa	MEYER	00:33:11	IRENE
5km	Lynette	GOUGH	00:36:41	IRENE
5km	Letha	KOTZE	00:37:56	IRENE
5km	Rhoda	VAN STADEN	00:32:36	Zutari
5km	Danie	LABUSCHAGNE	00:32:07	IRENE
5 km	Estien	VAN WYNGAARD	00:32:10	IRENE

IRENE RACEWALKING CHALLENGE COMPLETED AT OTHER VENUES

Event	FirstName	Last Name	Finish Time	Club
10km	Gerard	VAN DEN RAAD	01:13:32	IRENE
10km	Marie	VAN DYK	01:19:52	IRENE
10KM	Johan	VAN VUUREN	01:33:12	IRENE

IRENE TRAIL RUNS

After many years we finally got permission from the ARC management to present trails runs on the premises. Glizelle Langerman will be responsible for organising and presenting it every Saturday, starting on 3 April. She has loads of experience and we can all look forward to quality events. Please support her, operating as Revolution Trails.



ARC IRENE
— TRAIL RUN/WALK —

STAGGERED STARTS & REGISTRATION
AVAILABLE FROM 06H00 TILL 09H00

2km~R55 / 5km~R75 / 10km~R95 / 15km~R115
(Under 13 yrs & over 60 yrs only pay R30 (no surcharge applied)
ON THE DAY ENTRIES CARRIES A R25 SURCHARGE

ALL FINISHERS RECEIVES A MEDAL
AS WELL AS OFFICIAL RACE RESULTS
(FOOD AND DRINKS AVAILABLE AT THE CLUB HOUSE)

Earn up to 600 Vitality Points

ENTER @
WWW.REVOLUTIONTRAILS.CO.ZA

VENUE:
ARC IRENE CAMPUS
(ABYSSANTURE RESEARCH COUNCIL IRENE)
IRENE ATHLETICS CLUBHOUSE
NELMAPUS DRIVE, IRENE, CENTURION

AT THE ENTRANCE GATE INDICATE
YOU ARE COMING FOR THE TRAIL RUN

DATE AND TIME
3 APRIL '21
STRICTLY
NOT
PET FRIENDLY

REVOLUTION TRAILS

For more information contact
Glizelle @ 083 264 3931 or revolutiontrails@gmail.com

COLLAPSE FOR 4145755

POP-UP RUN

Please take note that our next Pop-Up Run will take place on 3 April. More details will follow.

PERSONALIA

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

Heinrich	Beukman	22 Mar
Nicholas	Southey	22 Mar
Izaak	van Niekerk	23 Mar
Chantelle	Botha	24 Mar
Louise	Delpont	24 Mar
Norbert	Hannweg	25 Mar
Coretha	Usher	25 Mar



Website: www.csi-euf.co.za

Tel: 011 805 6316

THOUGHT FOR THE WEEK



Don't carry your mistakes around with you. Instead, place them under your feet and use them as stepping stones to rise above them.

PHOTO CORNER (Action at the time trials)







