



# IRENE NEWS

26 April 2021

No 17 - 2021



## 27 APRIL FESTIVITIES

Tuesday is going to be a special day at the club!

We will start with the trail run in the morning. All our members are invited once again to participate and explore the farm. (See pamphlet below for details)

The fun will start at 15:00. All members and their families are invited to have some fun together and enjoy a great social together. After the fun and games the normal time trials will start at 17:30.



Pack your picnic basket and be part of the bring and braai. There will be a few braai packs available and some delicious chicken burgers at only R25.

Jumping castle for the kids



See all the details below.

## 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 60yrs only pay R30 (no surcharge applies)  
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**  
(AGRICULTURE RESEARCH COUNCIL IRENE)  
IRENE ATHLETICS CLUBHOUSE  
NELMAPIUS DRIVE, IRENE, CENTURION

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

**DATE AND TIME**  
**27 APRIL '21**  
**STRICTLY  
NOT  
PET FRIENDLY**

**REVOLUTION  
TRAILS**

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



FREEDOM DAY

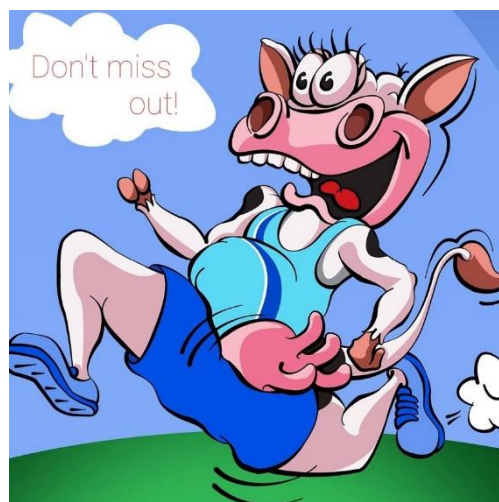


# beer run

WALK \* JOG \* RUN \* SPRINT

\*IRENE MEMBERS AND FAMILY ONLY

*See the programme on the next page*



## FREEDOM DAY BEER RUN



# event lineup

WALK \* JOG \* RUN \* SPRINT

**15:00** baby calf (270 meters)

**15:00** young calf (2.7 kms)

**16:00** king of the bulls (beer run 2.7 kms)

**16:00** queen of the cows (wine run 2.7 km)

prizes up for grabs, wear your oldest Irene T-shirt, let's have some fun!

Entry fee:

**R20** kiddies

**R60** adults

bring & braai facilities  
jumping castle

\*IRENE MEMBERS AND FAMILY ONLY

***You will get a lot for your entry fee!!***

### **ACHIEVEMENTS**

Well done to Keith Reynolds and Danie Labuschagne who both took the Irene Virtual Ultra to a next level. Keith ran/walk a total of 6 x 48 km distances during the last 16 days, while Danie walked 3 x 48 km. Remarkable!

### **T-SHIRTS**

Maggie will be available from 14:30 till 16:30 on Tuesday to hand out club T-shirts

## **FROM THE WALKERS CAPTAIN**

### **AGN WEDLOOPSTAP GRAND PRIX 1: 10 KM KAMPIOENSKAP 24 APRIL 2021**

Wat 'n belewenis was dit nie om weer die "Irene trein" (huiwerig om te sê "Blou Trein" om verskeie redes) is sy volle glorie te sien nie! Ons het dit laas in 2019 beleef! Dit was lekker om weer die meeste van ons stappers in aksie te sien. Dit was ook lekker om weer die kameraderie tussen ons klublede en die groter stappersfamilie te ervaar.

Ek wil die terugvoer begin deur dit onomwonde te stel: Ek het gister weereens besef watter voorreg dit is om my klub tydens wedlope te verteenwoordig en hoe ongelooflik trots ek is op ons Irene AC atlete en administrateurs. Ons is dié klub om aan te behoort!

AGN het op 24 Apr 2021 die eerste van vier Wedloopstap Grand Prix die jaar aangebied by die Ovaal in Irene. Irene AC was soos altyd goed verteenwoordig en dit was sommer vroegoggend tydens die opwarmingsessies duidelik dat Irene AC Stappers dié Corona 19 pandemie nie op hul louere gerus het nie, maar die geleentheid gebruik het om hard te werk aan basiese fiksheid en in die besonder aan hul tegniek. Dit was ook duidelik dat spoedwerk nog nie in alle gevalle die nodige aandag, of sweet, gekry het wat dit dalk verdien nie... Ons kan uitsien na 'n jaar vol pragtige prestasies.

Die "Irene trein" het goed stoom opgebou en toe die skoot klap was daar nie keer nie. Baie gou het die gesteun en kreun oorgegaan in pragtige voorbeelde van top wedloopstappers. Opgeboude frustrasie met die gebrek aan wedlope het vinnig omgesit in 'n vertoning van uitnemendheid deur ons pragtige Irene stappers wat die een na die ander in gelid, soos 'n stoomlokomotief, verby gestorm het. Die amptelike uitslae sal ongelukkig, as gevolg van praktiese Covid 19 Reëls, eers in die komende week beskikbaar wees. Nie-amptelik het ons stappers weer gewys waarom ons een van die sterkste klubs in die provinsie, en moontlik die land, is. Verskeie atlete het vir die eerste keer, of by herhaling, gekwalifiseer vir SA Meesters en/of AGN kleure. Ons het weer spreekwoordelik die podium volgestaan!

Geen suksesvolle byeenkoms kan plaasvind sonder bekwame administrateurs nie. Die afgelope Wedloopstap Grand Prix is 'n sprekende voorbeeld hiervan. Twee van Irene se stappers dien op die AGN Stapkommissie waar Jaap Willemse reeds vir verskeie jare die wedlooporganiseerder is. Jaap het weereens 'n puik byeenkoms georganiseer. Jaap het dit nou as 'n kuns vervolmaak en dinge verloop seepglad. Ek het met hom bevestig en hy stem beslis saam dat die Irene AC se hulp, steun en ure harde werk van ons lede onontbeerlik is wanneer byeenkomste op hierdie vlak aangebied word. Namens AGN, die AGN Stapkommissie, Irene AC en elke stapper wil ons dank en waardering uitspreek teenoor elke klublid wat ingespring het om te help met wat ook al gedoen moes word. Ons lede het gister hul eie stap opgeoffer om te help as skeidsregter, rondtetellers, verkeerbeheerder, of watter ander taak ookal, en elke taak is nougeset en met passie uitgevoer. 'n Spesiale woord van dank aan 'n nie-klublid wat dit op haarself geneem het om die totale terrein skoon te maak en alle rommel op te ruim! Dan was daar ook familie en vriende wat fiets getrap het met die rooikaarte..! Dit is die ware stappersgees!

‘n Eerste in AGN, ASA en moontlik wêreldwyd is dat AGN, op aanbeveling van Irene AC, ‘n “Novice” of “Nuweling” klas ingestel het! Stappers wat in hierdie kategorie inskryf is tipies nuwe toetreders tot die Wedloopstap Sport. Die atleet vertoon dan ‘n N voor en agter op sy/haar klub hempie, soortgelyk aan die W en ouderdomskategorie. Hierdie klas se atlete word blootgestel aan dieselfde beoordeling as ander atlete, maar word net nie gediskwalifiseer, al is daar genoegsame oortredings nie. Hulle kom egter nie in aanmerking vir pryse of om as wenner aangewys te word nie. Sulke atlete is ook welkom om na die tyd met die spesifieke skeidsregter te gaan gesels wat dan die spesifieke reël oortreding met die atleet sal bespreek. Die atleet weet dan waarop om te fokus en professionele hulp te kry. As agtergrond is dit belangrik om die reëls van Wedloopstap te verstaan. Dit is tegnies ‘n baie komplekse sport, hoewel dit eintlik net 2 reëls het. Daar is normaalweg 4-6 Skeidsregters wat net fokus daarop om die atleet se tegniek te beoordeel, waarna “Rooikaarte” vir sulke oortredings uitgereik kan word. Daarna volg soms verskeie intimiderende sanksies soos ‘n tyd in die “straf sone” of uiteindelijke diskwalifikasie, afhangende van hoeveel oortredings begaan is. ALLES BAIE INTIMIDEREND VIR DIE NUWE TOETREDER TOT DIE SPORT! Die “N” konsep was gister met ope arms verwelkom en die klubs wat die geleentheid benut het, was net vol lof oor hoe hierdie metodiek dit moontlik gemaak het vir hulle nuwe stappers om aan ‘n “regte” stapwedloop deel te neem, veral ook minus die vrees van diskwalifikasie. Interessant genoeg was verskeie van hulle atlete reeds 100% wettig met hulle stap tegniek en is dus nou gereed om volwaardig mee te ding vir prysgeld. Sonder hierdie geleentheid het hulle dit net nie eenduidig geweet nie. DIT IS DIE ONTWIKKELLING WAT ONS SPORT NODIG HET.

Vrede en vreugde, mag jou tekkies mooi paaie vind!

Danie Labuschagne

## ***CAPTAIN'S CORNER***

### **Irene Ultra Captain's Challenge**

When we started the Irene Challenge, we clearly stated that everybody had a total of 16 days to cover the 48kms, similar to what we did last year.

The immediate question that comes to mind is how to get to 48kms in time allowed. The simplest is to run or walk 3 km per day.

Around the same time there was a post doing the rounds of a person who was going to run 4 miles every 4 hours for 48 hours. Absolute coincidence that the total would be 48 miles and so an idea started of getting to 48 kms in a series of patterns.

I already had an idea in my mind when I took the mike at the Monthly Social after Time Trial at the beginning of the month and challenged the club by stating I would run 1 km for every entry submitted by a club member or their family. This challenge was set out before I got anywhere near the bar.

To help get the club entries moving, I even got my mother, my sister and her son to count amongst the club entries.

After playing around with the numbers I discovered that if you used the factors of 48, there were 10 possible combinations. The challenge target was set and the “boxes to tick” off were set up as

follows:

Irene 48 km - Factors Challenge Chart															
1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
2	2	2	2	2	2	2	2	3	3	3	3	3	3	3	3
3	3	3	3	3	3	3	3	6	6	6	6	6	6	6	6
4	4	4	4	4	4	4	4	4	4	4	4	12	12	12	12
8	8	8	8	8	8	16	16	16	24	24	24	48	48	48	48

By the time the chart was completed, the personal target was set. Well, temporarily anyway. the next week somebody said why not use prime numbers only to make up a 48km series. My calendar was already neatly organized with 1 exception. We had planned a birthday run of 40 kms to celebrate Marks 40<sup>th</sup> birthday with him. That left me 16km short on the day and I decided not to change the schedule but “simply” to add another series in. 16km was already taken so I added a 17 to the schedule and looked for gaps to fill out the remaining 31 kms. Seeing I had made the series all about number combinations, I decided to run prime numbered distances on prime numbered days. Sounds a little crazy but it did keep my mind occupied.

At the start the daily average required was 33 km per day.

Day 1 : The first run was in the form of a 24 km run at Irene. This was followed in the evening by a 3km (a must run daily distance throughout the series) and 6 x 1km. Knowing that running all distances consecutively at the start would be tough, I took a page from the 4 x 4-mile challenge and set out to run the single kilometers at 10 minute intervals. This proved to be time consuming, but I stuck to the plan throughout the series.

Day 2: Marks birthday run went down well. 24 kms in and the first 48km series was completed. We even had a beer while still out on the route to make it an “official” party. More beers followed when Marks, Joy and I got to the end of the run (with the 1 km added which I made up during a water point stop). 3km and 6 x 1 km was left for the evening. Almost too late as the final few runs were done in the dark. Sunday was to become the “ultra-distance day” for the series.

Day 3: Felt surprisingly good and kicked off with a 3km run followed the first of the 12 km series and added a 2km as the second Prime numbered run. The break between meeting at lunch time allowed me to complete 6 x 1km and the days was closed out with an 8km in the evening.

Day 4: 12 km to start the day and added 3km as there was still a bit of time before work. Lunch time was the 6 x 1 km. The day was crazy and by the time I arrived at the club I was not in the best frame of mind and set out running the route in reverse to avoid people. I even had to complete that run “under pressure” to get back in time for another online meeting.



Day 5: Kicked off with a half marathon made up of 12, 6 and 3 kms. 6 x 1 km at midday was clearly becoming the easiest way to manage the time and the third prime numbered run of 13.2km was completed to finish the day on a marathon distance.

As I was wrapping up for the day, I noticed the Flyer for the AGN Race-Walking Grand Prix which included AGN 10km Championships.

I had expected a walking event and had made a bit of space for it but was unsure of the date (should have read my emails sooner). They had a 10 km and 5 km event scheduled, around a third of a 48km. 11 x 48 seem a bit of an "odd" number, so I decided to add a 48 km series of walks and, if I could complete the entire challenge, make a clock with 12 medals.

Day 6: the final 12km to finish that series, followed by 3km and 6 x 1km, as I had an early start. Added 0.1km to the final 1km run to complete a half marathon in the morning session. Did 6km midday and finished the day with a 9 km walk to get the new series underway.

Day 7: Switched the 8 km for a 6km run and kicked off the 16 km series. Followed by a 3km run to complete the morning series. Midday was a 6 x 1 and the day was closed out with an 11.2 km run to finish the day on a marathon distance.

Week 1 was completed with a little over 263 kms completed. That was the most ever completed in 7 days in my lifetime of running.

Day 8: Somehow a mentally tough day. Legs a little tired and not quite through half-way yet. Kicked off the morning with 16, 6 and 3 km runs. While on the club grounds I added 6 x 1 km along the trail route. It had got a little warm by this time so I would move forward or back to shade while waiting out the time to reach the start of the next 10 minute interval. The day was concluded with an 11.2km walk to wrap up a second consecutive day at marathon distance. Finally half the days done.

Day 9: Plan was to get ahead so that I could "taper" with the 48km left for the last day and the Race-Walking events on the second last day. Started off the morning with the final 16km followed by 6km, a 5km walk, 4km run and 3km with a short break to chat to people at the club between runs. That left me with a 2, 4, 2, 4 km combination for the evening to get to 50kms for the day. On the final 4km run I felt the watch buz indicating a kilometer completed and when I looked down (in fading light) I saw that no distance had been recorded. Reset the time and started the 4 km again. Strange thing was that Garmin showed "0" distance but Strava picked it up as 1.11km – Technically 51.1kms for the day but the 1.11 was not a planned distance for the day so it did not count.

Day 10. 8, 6 4 and 3.1 to get through a half marathon for the morning. Midday consisted of 2 km 3 km walk and 2 x 2kms. 4 and 2 x 2 late in the evening wrapped of the day and I felt pretty good having completed the first 10 days.

Day 11. 8, 6, 5 (final prime number) and 3km for breakfast. Time trail was broken p intro 5 x 2 km, a business call and the final 2km for the day.

Day 12. Reports did not go as planned on the previous evening. Started the day at 4 AM and finally sent out the reports just before 8AM. Any plans of getting distance in were out of the window. Managed to just squeeze in an 8 (last in series) and 2 km run before the first meeting. Midday was made up of 6, 3 and 2 km runs with 2 x 4km and 2 x 2 km to close out the day. I realized that the best was to start with the longer distances first so that it would seem easier as the runs were completed. A potentially disastrous day was saved.

Day 13. 6, 2 x 4km and 3 for the morning. Crazy day between meetings and managing a helper to put down some of the paving at the house. Evening consisted of a 3 km walk, and 4 x 2km. Looking forward to the lower distances for the next 2 days

Day 14: Easiest day of the challenge and set out to complete all the runs in the morning to get maximum rest before the weekend. The 2 x 4km, 3 km and 4 x 2 km seemed to pass very quickly on the shortest distance covered in a day since starting (19kms).

At least the second week was done and another 242 kms had been completed.

Day 15 : Mentally tough day ahead knowing that I had to keep focus on walking technique on tired legs. I had decided before the event to back off any manageable pace as soon as I got even a cautionary look from any of the judges while out on the 2km warmup.

I did not have to wait long. With not even 1.5 km done I was warned by a judge for bending. I slacked the pace and managed to complete the 10km event without a single red card (you are allowed 3). While that was my slowest walk to date (1:04:05) I was very happy to have completed it without being disqualified. 20 minutes later we were on our way for the 5km run. Very few had entered both events and the biggest fear was getting lapped on the 1km course by the speedy younger athletes. Fortunately, it went very well (31:04) without any cards again and I wrapped up my walking 48km in a time of 5:17:43. Changed shoes for the 3km run and went to rest ahead of the final day.

Day 16 – Final Day. Decided to start with the 3km ahead of the final “Ultra” run. That way I would not have to worry about running again on tired legs and I could get a rest before heading out. It was a slow run in full track suit as the temperature at Irene was apparently around 3 degrees. Not able to pick up any speed in the dark but the run was done and it was time for the “Grand Finale”. 9 people set out from the club of which 4 intended to run the full Ultra. I feared stopping too long at the water stops as I battled to get going again. I used the time to add in an extra loop knowing it would be less to run when we came back off the 42km route. There were a few points where I could feel a twinge in the legs but overall, the run went well. Having the wind out our backs coming up Botha Avenue from the turn at the top gate of the reserve allowed for an “easy” run up the section. When we turned off from Botha Avenue, I decided to do a loop through Irene while the others took a break at the water station (thanks again the great assistance from Michael). I had not paid too much attention and did not quite pick up on the fact that the others would also loop through Irene to make up some distance. When I came out of Irene I expected to see the group ahead of me so I picked up the pace to catch them. They were nowhere to be seen. I thought I saw the group a little way back, so I added a small detour and came back out on the main road. Still nothing. I pressed on through the dip at the back of Makro. Could not see anybody ahead or behind. I pressed on to where the first water point had been. Nobody in sight so I called Michael as he came out of the exit. I looked at the remain distance on Google maps and went back down the road to look for the group. Back to Michael and decided to head for home rather than risk cramping up. The final 8 kms seemed to breeze by, especially on the downhill from the top of Nellmapius drive. Even the final hill towards the 7km mark of the time trial route was not too bad. Added a small detour into the school road to end up just a little short at the Time Trial finish.

Very happy to have completed the 576 kms standing and uninjured in a total time of 53:58:25 (average 5:37 /km)

What a journey the last 16 days have been. I have discovered new limits (which I am hesitant to try



again) but have enjoyed the challenge.

Sadly it would appear that I have the upper hand in this challenge to the club. Hope to see you all raise the bar for the next time I get such a crazy idea.

Going to enjoy the lie in tomorrow.

Hope to see you all at the fun day on Tuesday as well as the Pop-up-Run on Saturday

Regards

Keith

# IRENE POP UP RUN

**When:** Saturday, 1 May 2021

**Time:** 06:15

**Distance options:** 5km, 10km, 21km

Routes will be clearly marked

**Start location:** Irene Oval, The Cricket Club

Cnr Stanley Str and the Oval. Enter via Nelmapius or Alexander Str gates

**Theme: Irene Kit**

**If you are not an Irene Member wear Blue**

**Keen to get your hands on a unique medal?**

**See Entry Fee details to find out more!**

**Please observe social distancing guidelines.**

**Participation is at own risk.**

Irene members, family and friends are welcome.

Bring own refreshments



# ENTRY FEE DETAILS

## Irene Members:

Full bundle: R430 (remaining run series medals included)

**OR**

Build your medal your way

Middle medal: R80

Small medals: R35 each per run

## Non Irene Members:

Full bundle: R480 (remaining run series medals included)

**OR**

Build your medal your way

Middle medal: R90

Small medals: R40 each per run

## Payment details:

**NOTE: EFT Payments only. Cash will not be accepted**

Please make payment into the Irene bank account and bring your proof of payment to the Pop Up run

## Banking Details:

Bank account name: Irene AC

Bank: Standard Bank

Branch: 012645

Account number: 032183186

Reference: Name and Surname\_PopUpRun



## SOCIAL RESPONSIBILITY

A yellow poster for an Easter Charity Drive. On the left, there are illustrations of red, blue, and green Easter eggs. On the right, there are three cartoon characters: a cereal box, a juice carton, and a bag of chips, all with faces and limbs. The text on the poster is as follows:

# EASTER CHARITY DRIVE

Irene is giving back to the community in April and we need your support

Please bring along a pair of shoes (old or new) or a contribution of non-perishable food to Time Trials on Tuesdays for the month of April. There will be a collection point at the clubhouse.

Contact Buks for more info

At the bottom, there are three logos: 'SHOES 4 Souls' (with 'SHOES' in large grey letters and '4 Souls' in red script), 'ONSWINKEL SOLIDARITEIT HELPENDE HAND' (with an orange hand icon), and 'IRENE' (with a green tree icon).

## PERSONALIA

Renette	Prinsloo	26 Apr
Retha	Knoetze	27 Apr
Leon	Els	28 Apr
Richard	Goodchild	29 Apr
Andre	Smuts	30 Apr
Barbara	Cairns	02 May



Website: [www.csi-euf.co.za](http://www.csi-euf.co.za)

## THOUGHT FOR THE WEEK

Tel: 011 805 6316

**You can't start the next chapter of your life if you keep re-reading the last one.**



## PHOTO CORNER



The start of the Masters category (35+) of the AGN 10 km walking championships

All the Irene participants at the event



Gerard van den Raad



Jaap Willemse



Isi van der Schyff



Retha Knoetze





Marie van Dyk



Danie Labuschagne



Ansie Breytenbach



Estien v Wyngaard



Keith Reynolds



Annatjie Greyvenstein



Elsa Meyer



Sandra Steenkamp





Jolande and Charmain Janse van Rensburg warming up



Sunrise on Saturday





A group of ladies from Benoni Harriers on their way



Co van den Raad (right) with two visitors doing the trail run





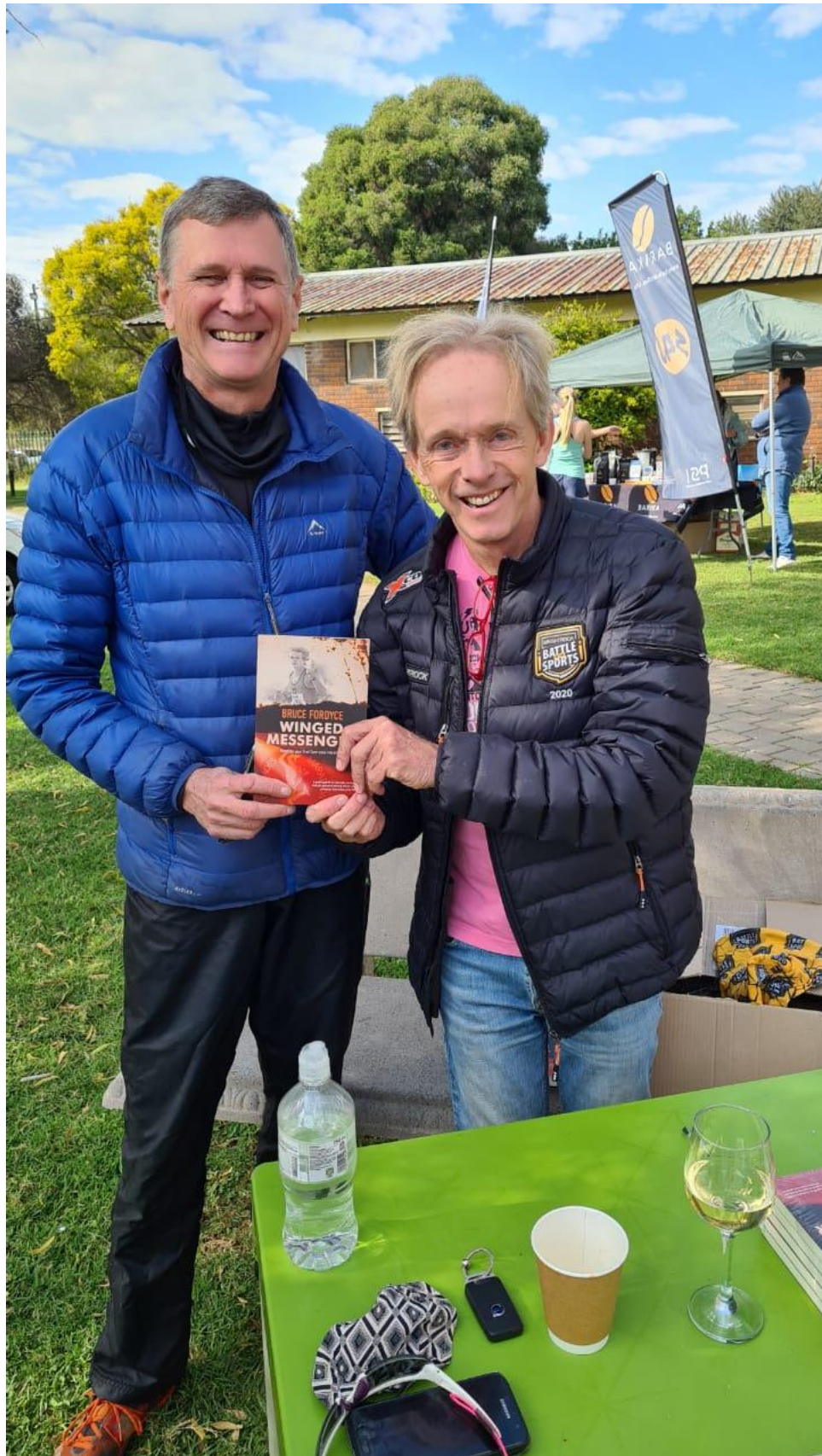
Bruce Fordyce and Zoe Scholtz both had their books for sale on Saturday





Andy Crawshay-Hall and Zoe Scholtz



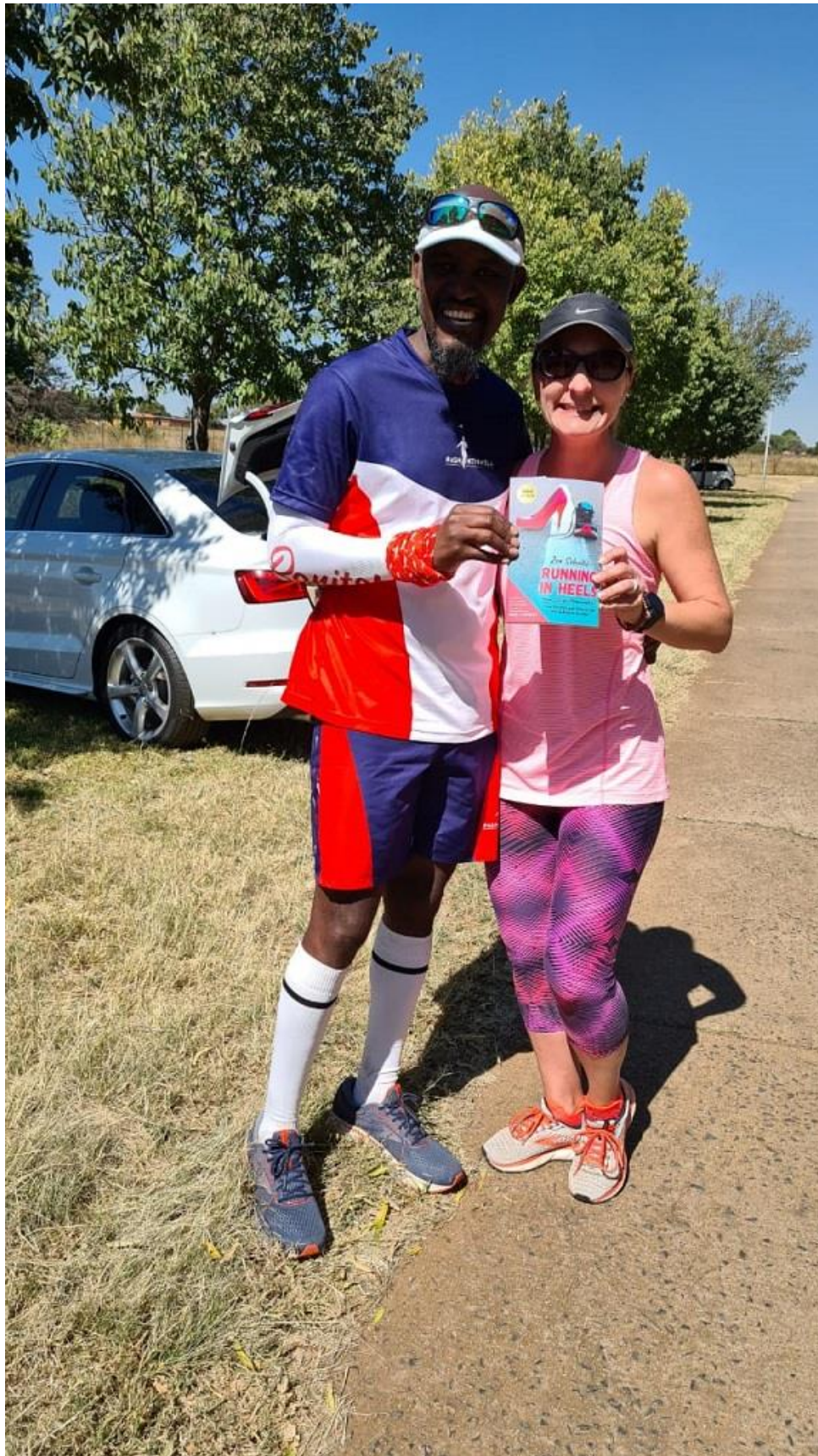


Dave Roux and Bruce Fordyce



Aletha van den Bergh with Bruce Fordyce





Marks Mathebula and Zoe Scholtz





Early start on a cold Sunday morning



Rosemary Brink, Joy Dekker, Marks Mathebula, Johan Snyman and Keith Reynolds all did the full 48 km on Sunday morning





Michael Dekker and Caesar Tonkin were excellent seconds



A very happy Johan Snyman after completing his 48 km





Christian Roeder did his 48 km in the bushes of Mozambique



Just a reminder not to miss out on the fun on Tuesday. Bring the whole family