



# IRENE NEWS

29 November 2021

No 49 – 2021



## ACHIEVEMENTS

Congratulations to Joy Dekker who completed her 20<sup>th</sup> Tough One.



Joy receiving her trophy from Bruce Fordyce

## A NEW WAY FOR EVENTS

Following a drought of running and walking events over the last 18 months we are now seeing formal events being organized again.

This weekend we had a race at the Voortrekker Monument where over 300 people competed in the 10 or 21km events and 2072 finishers.

Great to see so many people supporting the event.

There is however a twist in this story.

With the Covid restrictions (and the new variant) some changes have been made.

At the voortrekker race all athletes were expected to be self-sufficient. There was a strategically placed waterpoint that was stuck with 5L bottles that were used to refill your bottle. Apparently, that is going to be what we can expect in the future.

At the RAC event, they did state that athletes should carry their own fluids, but they would have a replenishing station every 5km. They did hand out water sachets and I noticed some coke tables.

Fortunately both events were run in overcast conditions – I dread to think the chaos that could have been if the temperatures were not as friendly at either of the events.

Bottom line, take your water bottle or hydration pack with you to all races in the foreseeable future. Read the race instructions carefully beforehand and look specifically for any indication of refreshment stations.

If there is no mention, do not simply assume there will be water available as what we were used to in the past.

For those doing longer distances, you should be training with a hydration pack or water bottle so that it is not something new on race-day.

### **Holiday Training Tips**

1. Establish what you want to do over the festive season.

- Your goal could be to cut back and rest, set a base for 2022, stay fit, etc. Most important is to plan ahead and set your personal goals.

2. Make it fun.

- There are few events around and most of them do not focus on serious Running or Walking. This is a great opportunity to arrange to meet up with friends for a social session.

- The Irene club and others have a number of events over December that you can join, even if only for the social side that you can take advantage of. Do a little research on the internet to see what is available E.g. 30 November - Pub Run, 7 December Club Social, Christmas lights charity run, etc.

3. If you are going on a holiday away from home, take your kit with you rather than regret missing out. New routes are always refreshing and you may even find there is an event on in the area where you are visiting.

4. Try something different.

- Roads are generally carrying less traffic so look at different routes or take a short drive to a nearby area that you do not usually train at (Irene Village, Botanical Gardens, etc.)

5. Prepare for the next season.

- Be cautious of taking off too much time (total break). Better to put in an occasional session than not to do anything for an extended period.

6. Use the time effectively based on what you need to do.

- If you have had a hard year, plan some recovery time (lighter training or less days per week, shorter distances, etc.).

- If you are competing early in the year (like some walkers at SA Champs in January), plan your program with rest days on the festive days (16 Dec, Christmas, Family Day, New Year)

Keith Reynolds – Club Captain



There is still time to book for our function on Sunday. Please do it now!

**You are invited to**



*The*  
**Enchanted**  
**GARDEN**  
YEAR END AND PRIZE GIVING  
**PARTY**  
@  
IRENE ATHLETICS CLUBHOUSE

**5 DECEMBER 12PM**

**Things are 'returning to normal'  
so LETS START LIVING AGAIN!**

Bring and braai  
Braai packs and salads available  
Bar will be open  
RSVP Joy 0832844884 for numbers

**WEAR A TOUCH OF PURPLE TO STAND  
A CHANCE TO WIN A SPOT PRIZE**

PS. Bring your cozzie for the water slide

# IRENE POP UP RUN DECEMBER 2021

**When:** Saturday, 4 December 2021

**Time:** 6:00 am

**Distance options:** 4.5km, 10 km, and 14.5km or  
add on to your run and join the Midstream  
parkrun from 08:00

**Start location:** Midstream Mugg & Bean (Shop  
3, Square @ Midstream, Ashford Street, Midrand

**Theme:** Wear something red and festive

**Keen to get your hands on a  
unique medal? R30 per medal. Payment can be  
made before or after your run**



Participation at own risk. Please observe social distancing guidelines



**BAR NEWS** It will be a bring and braai only on Tuesday  
evening. Let's make it an enjoyable evening!





## **CHRISTMAS LIGHTS RUN**



### **WHERE:**

Jan Cilliers Park, c/o  
Wenning and  
Broderick street,  
Groenkloof, Pretoria

**WHEN:** 9 December  
2021, 18:15

**WEAR:** Something  
Christmassy!

**BRING:** Donation  
towards the SPCA  
wishlist, or proof of  
payment of  
contribution

**WHO:** Irene Members,  
Friends and Family



## TRAIL RUN

Support the trail run on Saturday if you don't do any other race.



**ARC IRENE HYBRID RUN/WALK**  
**4<sup>th</sup> DECEMBER '21**  
STAGGERED STARTS BETWEEN 06H00 TILL 08H00  
**ROAD OR TRAIL RUN**  
2KM, 5KM, 10KM, 15KM OR 21KM  
**ENTER ONLINE AT**  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://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](mailto:REVOLUTIONTRAILS@GMAIL.COM)

Logos: REVOLUTION TRAILS, COLLAGEN FOR ATHLETES, KEBE, 2020 VISION CARE

## PERSONALIA

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

Vanessa	Roux	29 Nov
Andre	Knoop	01 Dec
Isabel	Erlank	02 Dec
Loubser	van Wyk	02 Dec



## THOUGHT FOR THE WEEK

Never throw in the towel, use it to wipe off the sweat, then keep going.

***PHOTO CORNER***



Getting ready for the time trial