



IRENE NEWS

8 June 2020

No 22 - 2020



WORLD MILK DAY RUN/WALK CHALLENGE



Thank you for joining in with your fellow Irene crew as we took on the World Milk Day Run/Walk Challenge together with our very own Joyful Louise. Well done to all participants on their performances last weekend.

While the key focus was on having fun, we did look at indicating who would claim the “**Victor Ludorum**” (winner of the games) title for the weekend. To determine the winner, we used the “Age Grading Calculator” which levels the playing field between Runners & Walkers across age and gender.

We were not disappointed with some really good results being posted specifically by our “Masters” athletes.

The results of the challenge are indicated in the table below.

Rank	Name	Surname	Gender	Age	Dist	Adjusted Time	Age Graded Result
1	Annatjie	Greyvenstein	Female	75	5 km Walk	0:33:35	90.88
2	Estien	van Wyngaard	Female	59	10 Km Walk	1:03:40	80.26
3	Keith	Reynolds	Male	52	5 km Run	0:18:45	79.94
4	Keith	Reynolds	Male	52	3 km Run	0:10:54	78.18
5	Johan	Nel	Male	66	10 Km Run	0:46:26	75.89
6	Keith	Reynolds	Male	52	20 km Run	1:27:03	73.98
7	Letha	Kotze	Female	70	10 Km Walk	1:25:00	70.21
8	Tania	Thompson	Female	56	20 Km Walk	2:42:49	63.63
9	Louwrens	Smit	Male	66	10 Km Run	0:55:39	63.32
10	Rosemary	Brink	Female	45	20 Km Run	1:50:57	61.28
11	Yolande	Cowley	Female	50	10 Km Run	0:57:14	60.59

12	Mark	Adams	Male	51	10 Km Run	0:51:28	60.13
13	Joan	van Wyngaard	Female	43	20 Km Run	1:50:57	60.00
14	Zoe	Scholtz	Female	39	10 Km Run	0:52:08	59.90
15	Keith	Reynolds	Male	52	10 Km Run	0:52:15	59.71
16	Rosemary	Brink	Female	45	10 Km Run	0:55:24	59.09
17	Andre	Nortje	Male	32	3 km Run	0:12:47	57.82
18	Johan	Groenewald	Male	49	20 km Run	1:48:55	57.66
19	Johan	Groenewald	Male	49	10 km Run	0:53:58	56.43
20	Henk	Basson	Male	64	20 km Run	0:46:40	55.85
21	Andre	Nortje	Male	32	10 Km Run	0:48:29	55.82
22	Johan	Engelbrecht	Male	43	20 Km Run	1:50:56	53.89
23	Thea	van Helden	Female	43	5 km Walk	0:39:08	53.67
24	Isabell	van de Schyf	Female	53	10 Km Run	1:07:12	53.61
25	Con	Purchase	Male	51	10 Km Run	0:58:47	52.65
26	Johan	Engelbrecht	Male	43	10 Km Run	0:26:32	52.62
27	Miles	Saxby	Male	67	5 km Walk	0:46:10	52.35
28	Joy	Dekker	Female	44	20 Km Run	2:09:23	51.98
29	Kobus	van Niekerk	Male	63	10 Km Run	1:06:47	51.33
30	Kovilan	Rajaruthnam	Male	46	10 Km Run	0:59:50	49.71
31	Miles	Saxby	Male	67	10 Km Run	1:13:00	48.72
32	Mia	van Helden	Female	11	5 km Walk	0:47:18	47.19
33	Blue	Hadlow	Male	47	10 Km Run	1:03:52	46.93
34	Thea	van Helden	Female	43	10 Km Run	1:09:37	46.17
35	Meg	Brown	Female	32	10 Km Run	1:12:05	42.19
36	Mosanta	Mabuva	Male	34	5 Km Run	0:31:06	42.15
37	Annerie	Le Roux	Female	36	5 Km Run	0:36:04	41.62
38	Carol-Ann	Reynolds	Female	16	5km Run	0:41:13	37.13
39	Kathleen	Faling	Female	39	10 Km Run	1:25:10	36.67
40	Fanna	Njomo	Male	42	10 Km Run	1:24:15	34.23
41	Shelly	Wellbeloved	Female	41	5 km Walk	0:56:08	32.40
42	Colin	Wellbeloved	male	41	5 km Walk	0:56:08	29.78
43	Johan	Landman	Male	62	5 km Walk	0:28:44	29.67
44	Carol-Ann	Reynolds	Female	16	3km Run	0:30:06	28.71

Hamper winners

The winners of the dairy hampers are the following:

Annatjie Greyvenstein	Best performance
Estien van Wyngaard	2 nd Best performance
Megan Brown	Best photo
André Nortje	Lucky draw
Joy Dekker	Lucky draw
Mosanta Mabuva	Lucky draw
Fanna Njomo	Lucky draw



Thermopower Furnaces S.A. (Pty) Ltd



Please contact Wynand at 082 937 0733 to arrange for collection.

BLANKET PROJECT

We as a club were fortunate enough to donate blankets to the Abraham Kriel Kinderhuis in Modimolle / Nylstroom. They have 170 children between ages 15 months up to 19 years.

Please see attached the letter from the children's home.

From the Irene Club Management we would like to thank all our members for contributing in a way. And also for Mr Price for giving us 10% discount and helped us to buy extra blankets.



Ons mag ongelukkig nie ons kinders se gesiggies wys nie maar hierdie foto was geneem by Huis Matoppi en hulle was in ekstase oor die kombesies.

Baie dankie!

Marlene De Villiers

In a time of unpredictability and immense challenge, we need to reflect, appreciate life and cherish our blessings.

Regards

Melani Swart



JOINTEze™

CAPTAIN'S CORNER

Time Trials

With running and walking been a bit more "open" we are no longer limited to morning runs. To "celebrate" let's start by doing a virtual time trial.

Post your "Tuesday Time Trial" running or walking session on the Irene WhatsApp group so we can at least cover the social side of social distancing.

Recovery drinks of your choice afterwards 😊

Let me know if you are not on eth group and want to be added (0824503275)

Comrades Virtual Run

Comrades this year is going to be different - but is it really?

At this stage there are a little over 1 300 people registered for the 90km event out of a total of around 18 000 that have registered in one of the available distances.

There have not been so few entries in the race for a few decades. The previous time was in 1975 (1237 finishers) . Hopefully we will at least pass the 1407 finishers from the 1976 race.

One thing for sure is that this is going to be like the "old times". We even get to start at 6AM again. We will however not have the usual water tables waiting and crowds cheering us along the route. There will be no toilet facilities available every few kilometres for you and your supports. No Irene station will be there for us at Cowies.

This has however given us an opportunity to really "Race the legends" as we will now have to work out all our own logistics for the day (specifically addressing the ultra runners) and run under similar conditions as they did many years back.

So many things we have taken for granted will now have to be part of our planning. Hopefully by now you have considered all of the following:

- Printing your number and worked out how you will preserve it for the day (plastic covering).
- What your route is going to be. Also consider factors such as shade along the way or constant sun in open spaces.
- What you will wear (Hopefully Irene kit)
- Where you will be able to stop on the route for body breaks
- Where and how you will get refreshments - grages are great but they take time and CMA has specifically stated that one of the rules is start to end time and not elapsed time (moving time).
- Where you will end your run and how you will get back from there
- What your route profile will look like (challenging enough to meet Comrades standards but not unnecessarily difficult)
- First-Aid - How will you deal with requirements such as sun-block, vaseline (anti-chaffing), cramp relief, etc.
- Emergency contacts - what to do if it all goes wrong on the day.
What support you will have, how they will move and support you on the route and what they will do for body breaks, nutrition etc. as well.
- What will you do if something happens and your support crew is not at the designated place at the arranged time (what "backup" will you be carrying with you at all times?)

- How will you keep in contact?
- What will you do if part of your route becomes inaccessible (Plan B)
- How will you deal with the early morning cold air (hope you have done some training in this weather). If you are wearing a "throw-away", where will you throw it away (or hand over to keep)

While this list probably does not contain every last item that you need to consider, I do hope that it does get you planning your run properly

Send pics of your progress and results on the group and to Wynand for the newsletter.

Good luck to all - irrespective of what distance you will be taking part in.

Most important stay safe and have fun.

Regards

Keith



REQUEST FOR PARTICIPANTS IN STUDY

My name is Rachel Leistra, a Biokineticist currently doing a Masters in Biokinetics at the University of Johannesburg. As I am a runner myself I have a special interest in long-distance running and injuries. The title of my research study is "Running-related injury prevalence in Gauteng long-distance runners over a 12-month period". The purpose of this study is to identify risk factors that are associated with overuse running injuries in long-distance runners in Gauteng and to find out the prevalence of injuries, as well as the most prevalent injury in males and females.

The study will be helpful as it will provide the runners, coaches and their medical team with general feedback after the study regarding what the most common injury among long-distance runners is, as well as the possible causes. This information will be made available to yourself through your respective running club as I will communicate the findings of my research to each participating club. This information may assist in the prevention of running-related injuries in runners in the future.

The inclusion criteria to participate in this study are as follows:

- Are registered Gauteng road runners
- Have completed at least one 21.1 km race in the last two years
- Train at least three times per week

- Run on average more than 20 km per week
- Are older than 18 years

The exclusion criteria are as follows:

- Have only recently taken up running (<6 months)
- Younger than 18 years

If you do meet the inclusion criteria, I would kindly like to request your participation in my study. Please email me your response ASAP and thereafter I will send a link to an on-line questionnaire (Google Forms), therefore you will be invited to participate in the study. If runners are willing to participate, they will open that link and go through the information letter, informed consent and thereafter will complete the questionnaire. This process should take no longer than 15-20 minutes.

The information you provide when answering the questionnaire will be kept strictly confidential. No costs will be incurred by either your running club or the individual participants and participating in this research is voluntary and you may stop participating at any time. Your participation would be greatly appreciated! I would also be happy to answer any questions or concerns that you may have.

Yours sincerely

Rachel Leistra rachelleistra@gmail.com 0847210802

PERSONALIA

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

Joubert	Krugel	08 Jun
Lucia	Willemse	08 Jun
Nigel	Bird	11 Jun
Phineas	Mojapelo	11 Jun
Pieter	Wiese	12 Jun
Yvonne	Van Wyk	13 Jun



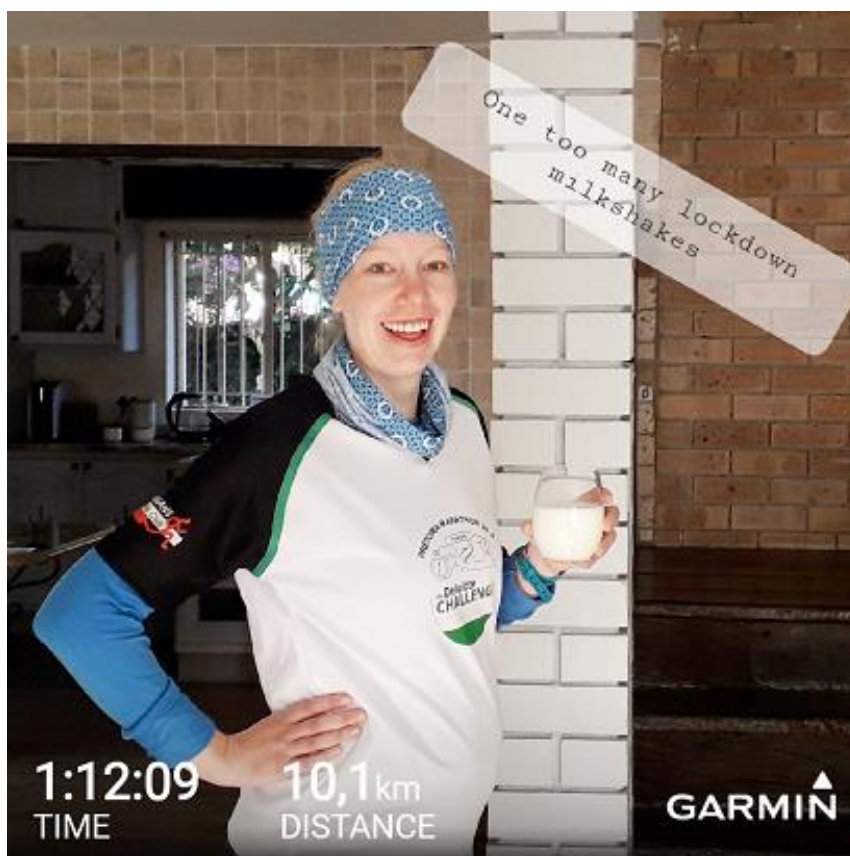
Website: www.csi-euf.co.za

Tel: 011 805 6316

THOUGHT FOR THE WEEK

The harder you work for something, the greater you'll feel when you achieve it.

PHOTO CORNER



Megan Brown - hamper winner for the best photo



The trolley used in the past for the lanterns will now be used for our inflatable finish structure



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REGISTERED QUANTITY SURVEYORS • GEREGISTREERDE BOUREKENAARS

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

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MC du Toit starting to do the signage on the storage container



Adéll de Beer is giving a hand



Halfway there! The Irene tree logo still to be done



The contents of the lucky draw dairy hamper



Johan van Vuuren celebrating level 3 of the lockdown



Louwrens Smit also celebrating