



# IRENE NEWS

8 May 2023

No 18 – 2023



## ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Jackie Mekler race on Saturday:

Sandra Steenkamp	1 <sup>st</sup> Lady walker – 25 km
Keith Reynolds	2 <sup>nd</sup> Male walker – 25 km
Mike Gibbons	1 <sup>st</sup> GGM – 10 km
Maryke Gradwell	1 <sup>st</sup> Lady walker – 10 km
Annatjie Greyvenstein	2 <sup>nd</sup> Lady walker – 10 km

Keith Reynolds                      Winner of the 1 hour challenge (see photo corner for details)

Well done to the following walkers who earned medals in their respective age categories at the SA Masters championships in Cape Town over the weekend:

Janine Radel	Silver – 5000m
Estien van Wyngaard	Silver – 5000m & 10000m
Lucia Willemse	Silver – 5000m & 10000m
Elsa Meyer	Gold – 5000m & 20000m
Johann Coetzee	Gold – 5000m & 10000m
Jaap Willemse	Silver – 5000m & 10000m

Congratulations to Elsa Meyer who unofficially broke the world record in the 20000m

## PERSONAL ACHIEVEMENTS

Norton Mole	Permanent Loskop number
Devan Nadarajah	PB – 25 km
Tau Kgomongwe	First 15 km
Marinda van de Walt	First 21 km
Freda Hillcocks	First 60 km

Well done!

**SOCIAL EVENING**

Don't miss out on a very special social evening.

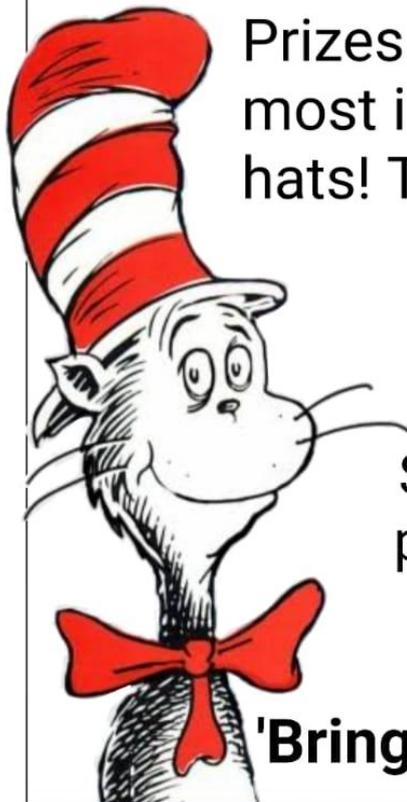
**IRENE SOCIAL**

**WEAR YOUR HAT**

*Tuesday 9 May*

Traditionally, Wally was our hat race, but alas, no more. So... Tuesday will be our

**HAT TIME TRIAL**



Prizes for best and most interesting hats! Then...

Come and see which man is our **pancake king!** Sweet and savory pancakes on sale.

All funds raised will go to our **'Bring it Home'** project!

**It's going to be fun!**

## **VERY IMPORTANT NEWS FROM THE ARC MANAGEMENT**

The Facilities Unit is mandated to provide safe and habitable working environment, one of the initiatives that we have embarked upon is the introduction of **Electronic Visitors Management System (scanners) which will robustly address the assets theft activities across the campus. The system is used** to validate entry and exit at the main gates for all staff and visitors at Irene Campus. It will therefore be compulsory that every individual accessing the campus will be required to produce proof of identification in order to be granted access by the security guards at our access gates.

This access control scanning system will be applicable to the following personnel:

☑ ARC visitors.

☑ Leased tenants and their visitors.

We will be implementing the system operations as of Monday, 08 May 2023, colleagues are hereby urged to exercise patience during the piloting process, as every new change is bound to have some teething glitches. However, with your internal support we will collectively achieve our intended objective.

The new system major objective is to mitigate security breaches, whilst ensuring safe working environment to all of us.

Many thanks in anticipation of your patience and fullest cooperation as you always do.

## **ADMIN DESK**

The **Admin desk** will be **closed** on Tuesday **23 May 2023**, Please ensure you collect your license in time for the next race.

Those who paid their t-shirt before Feb '23, please collect. From **6 June** t-shirts not collected will be handed to members who paid After Feb '23.

## **COMRADES GOODIE BAGS**

We need many more items for our Comrades goodie bags please!

We need it not later than 1 June, the evening when the goodie bags will be packed.

## **INTRODUCING A BRAND NEW PRODUCT: MEAL ON THE RUN**

Increased performance and vitality can be optimised through correctly identifying and testing for nutritional deficiencies within the body. If this can be achieved, it can boost you overall performance by up to 61% and it can also reduce you chances for injury by 70%.

Dr Lehmann is a renowned Nutritional Specialist, specialising in Amino Acids and optimising co-factors to enhance nutrient absorption and efficiency. She remains at the fore front of this science, and she remains a world leader in Sub Cellular health.

By providing the following solution we can greatly optimise your health, vitality and reduce the risk of injuries:

- Detailed and dedicated personal nutrient supplementation through DBS (Dry Blood Spot) testing
- Results being discussed in detail to optimise your journey to recovery and enhanced performance
- Full and specific categorically enhanced sections of your own specific needs, for example stamina, endurance, speed etc.
- Enhanced mental and physical confidence
- Personal and dedicated personal journey to success
- Prevention of Injuries
- Researched health sciences backed by over 40 years of experience and research in the field of nutrition
- Boosting the immune system and digestive system while preparing for a sporting event

Dr Lehmann has appeared on Carte Blanche with her world leading expertise and also has various success stories under her belt, it includes, Roland Schoeman, Rika Geyser, Geraldine Pillay and many more.

**For the first time ever, Dr Lehmann developed a “Meal on the Run” with the specific purpose to minimise muscle breakdown associated with long distance running and other extreme sports. It can be added to water and does not change the taste. It contains peptides which the body distributes to muscles, a small amount of soluble fibre, as well as a small amount of phospholipids which makes it immediately absorbable and distributed to where it is needed. It is easily digestible and nutrients are available without the bulk = usually insoluble fibre.**

**You are welcome to come and test the product with a cup of coffee at the Irene Clubhouse on Tuesday, 9 May, free of charge and ask Dr Lehmann all your Comrades nutrition questions.**

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

A big week for Team Irene, as we end the 1<sup>st</sup> week in May. With the Irene Walkers achieving amazing results in the SA Master Championships in Cape Town, representing Gauteng North and a number of runners spending many hours on the roads with their long runs this weekend

From a club training perspective, the schedule for the week ahead:

Standard weekly training sessions:

- Morning training groups @ 5am from Midstream Mugg & Bean on a Tuesday, Wednesday & Thursday, and Virgin Active Eco Park @ 5 am on a Tuesday & Thursday
- Hills with “Mr Hills” on a Thursday @ 17:30 from the Irene Club House
- Time Trial Tuesdays starting @ 17:30 from the Irene Club House
- Irene ARC is open daily to all club members, from 16:00

Races and training runs over the next few weeks:

Friday the 12<sup>th</sup>

- **Cross Country League** @ Eldoraigne / Sutherland

Saturday the 13<sup>th</sup>

- **Irene Charity Run in Aid of Deaf Awareness** – 15km & 30km starting @ 530am from Castle Gate Shopping Centre. Flyers will be sent out during the week. This is open to all runners. Donations in support of the charity will be welcomed

Sunday the 14<sup>th</sup>

- **Irene Sunday Social** – 10 & 20km from Midstream Mugg & Bean @ 6am

Saturday the 20<sup>th</sup>

- **Race of Hope** – 5, 10 & 21.1km from The Grove
- **Cross Country League**
- **AGN Track & Field League** – Pilditch

Sunday the 21<sup>st</sup>

- **Irene Sunday Social (Klapperkop Hills)** – 18-21.1 km from Castle Gate Shopping Centre @ 6am
- **Midrand** – , 10 & 21.1km

Friday the 26<sup>th</sup>

- **Cross Country League**

Saturday the 27<sup>th</sup>

- **Skosana : Race of Gratitude** – 5, 10 & 21.1km from Centurion Mall
- **AGN Track & Field League** – Pilditch

Sunday the 28<sup>th</sup>

- **Irene Comrades Send Off Run** – 5km & 10km for all Irene Members & Supporters from Midstream Mugg & Bean @ 6am

Several items are in the process of being finalised for Comrades for all Irene members and supporters, with details to be shared over the next few days.

Please see the weekly schedules with details of the training runs as well as the races. If there are any changes or updates these will be distributed on the Notification and Training Groups

# WEEKLY



# SCHEDULE

Date: 8 May - 14 May

TUESDAY



T.T - ARC  
@17:30



Morning  
Training Group

Midstream Mugg & Bean  
&  
Eco Park Virgin Active  
@5am

WEDNESDAY



ARC Long Run - Venue  
Open from 16:30



Morning  
Training Group

Midstream Mugg & Bean  
@ 5am

THURSDAY



Irene ARC "Hills"  
@ 17:30



Morning  
Training Group

Midstream Mugg & Bean  
&  
Eco Park Virgin Active  
@5am

SATURDAY



Long Run  
Irene Charity Run in Aid  
of Deaf Awareness - 15km  
& 30km starting @ 5:30am  
- Castle Gate Shopping  
Centre

SUNDAY



Social Runs  
10km & 20km  
Midstream Mugg & Bean  
@ 6am

FOLLOW US



Facebook



Instagram



Irene AC Notifications

# IRENE ATHLETICS CLUB

## FRIDAY (12 MAY)

- Cross Country League @  
Eldoraigne / Sutherland



## **PERSONALIA**

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

Sheren	Naidoo	09 May
Werner	Zandberg	10 May
Handri	Kymdell	12 May
Anita	Marais	13 May
Johan (Fires)	van Vuuren	14 May



Midstream Tel 012 940 9229

### ***RUN FOR KOSIE (Keith Reynolds)***

10 April 21:29

The running community has lost one of its great runners today. Kosie van Vuuren, one of the longest standing members of Fit 2000 Bedfordview, tragically succumbed to his injuries today after being attacked on Thursday night at his home.

Kosie has probably done everything in running in Johannesburg over the last 35 years and was a well known face in running circles. Notably he's done 28 Comrades Marathons, almost 70 000km in the 1000km Challenge and was very excited to do his 30th Two Oceans Ultra this coming Saturday.

He will be remembered for his quiet bravery as well as his encyclopaedic knowledge in running. You will be sorely missed at our Thursday time trials Kosie as well every race in the Joburg area. Rest in peace our friend

What to do when you get a post like this? The emotions range between anger at unnecessary demise of a gentle person and sadness for the loss of a friend.

The next few days saw messages all over Facebook paying tribute to this quiet legend. A memorial run was arranged for him on the Fit 2000 club Time Trial on Thursday just before the Two Oceans marathon. Only a week earlier he had stayed later than usual at the club and all that had been present could recall what a great evening it had been. Kosie had mentioned that the upcoming Two Oceans which was to be his 30<sup>th</sup> run would be his final Ultra Marathon.

Nobody would suspect then he would be attacked and robbed at his home soon after leaving the club that evening.

I was not able to attend the memorial run due to various other commitments. On Friday Morning around 4 am, while preparing to head out to the airport, a thought (more like an instruction) popped into my mind out of nowhere "Go get Kosie's number for him". From that moment, nothing else mattered except for completing this mission.

I got to the airport and in the little time before the flight managed to get hold of Paul and Jenny Selby. A bit of historical background here will hopefully add a bit of the bigger picture here.

The Johnny Kambouris Memorial 1000km Challenge was run for the first time in 1990. It was started by Jenny Kambouris in memory of her late husband Johnny Kambouris who died tragically in a motor vehicle accident on 31 December 1989. Jenny also approached the Comrades Marathon Association and requested permission to run on behalf of her late husband in order to carry his race number over the line for the 10<sup>th</sup> time. Comrades Association allowed it on the understanding that she runs on his behalf and sacrifices counting it as a run against her own record. Paul assisted Jenny through the initial loss and they married a few years later. Paul had also run the Comrades Marathon, starting in Durban on the night before the official race, completing the “up” run and then joining the official race back to Durban. Both runs had to be completed within the cut-off time of 11 hours. Paul undertook this journey in memory of his wife who he lost to cancer. His mission was to prove that the impossible (beating cancer) could be achieved. To this day he is the only person to have achieved this feat.

When I got to talk to them they said it was amazing how out of the blue this would happen as only the evening before they had said how great it would be to have somebody honour the memory of Kosie by running on his behalf, but that sadly, no athlete in the club was in a position to.

The rest of Friday was a bit hectic. I spoke to one of the race committee members at the expo who indicated that they would not have to do it just because Comrades Marathon had allowed for it and that it would require a committee decision to obtain agreement.

Fortunately, he also said I should take it up at enquiries. When collecting my own race pack – first time at the blue club, I managed to collect for Kosie as well without any questions being asked.

While standing in the que for enquiries a few of the race officials passed by. These were people I had worked with while on the Race-Walking Commission when I had stayed in Cape Town and had seen at various walking championships since returning to Pretoria. I told them what I would be doing and their response was that they could not give me permission, but they would not stope me either.

Just before I got to the desk at enquiries another person joined the staff behind the counter to assist the team. Perfect timing as it turned out to be the race director. I told him that I know I could do the run, and nobody would know the difference, but I wanted to clear it anyway. I made it clear that I would not be carrying my own number as well and would be sacrificing my run on behalf of my friend. I got full clearance from him as well as him saying that if I picked up any issues, they should be directed to him.

Next stop from there was to get a picture of Kosie (as above) laminated and placed on the back of my running vest so that people who recognised him would know what the run was about.

Everything fell into place so perfectly throughout the registration and start. Even while standing in the queue to drop off my bag, people around said I should just go to the front as my "E" batch (Kosie's) was about to begin. After dropping the bag I had a clear jog all the way into the gate next to the start line and arrived just as the "D" batch departed (2 minutes to spare).

From there onwards it was just one incredible day and was such an honour to have been given a humbling opportunity like this.

Support throughout the run was fantastic, especially from those who knew what the run was about. I had one of the most enjoyable runs in all my years on the road.

Despite the load-shedding in the early part of the race I had no problems seeing the road in the dark (my night vision is not the best). I got into a rhythm and seemed to float along the course.

On the way down Chapman's Peak a runner just in front of me took a very hard fall after tripping over a cat's eye in the road. Being Kosie for the day (like minded), I stopped to help pin the runner's number back on, helped him to his feet with assistance from another athlete and then walked a little way with him until the initial shock had worn off.

I stopped a few times for photos (on request) from friends of Kosie and shared his story throughout the run. Overall it was just a good solid run with a totally different purpose and objective from any other I had done before as I was not running for myself.

Coming into the home straight the announcer spotted "Kosie" and mentioned he was the 5<sup>th</sup> Grandmaster of the day. The race officials put me down on their sheet but I quickly advised them of the situation and asked them to remove my number as I was not in the 60+ category. Even that worked out perfectly as Kosie was officially 4<sup>th</sup> on the day – just off the podium where we would have created a bit of confusion.

Unfortunately, Harold, who was aware of the story, was not in the commentary seat at the time I came in, but he did give a great tribute to Kosie a little while later. I missed the last part of the tribute due to some distraction climbing down the stairs, but very happy that my friend had got his recognition.

Emotions ran high after the finish when people asked me about the day, and only then did it really hit home of how privileged I am to have done this for the memory of a great man. Kosie's final run was now fully complete.

The following Sunday that club had a memorial service for Kosie where I got to meet a lot of his close friends and family. Kosie's Tripple Blue number was handed over to them to be used on a special plaque in his memory at the clubhouse.

RIP Kosie



Finished

**Kosie van Vuuren**  
56km Ultra Marathon Bib 1727  
Finish Time: **04:41:18** - UNOFFICIAL  
FIT 2000 AC CG

🕒 Finish Time  
**4:41:18**  
05:02 min/km

Point	Time	Time of Day	Pace
Start	00:00:00	5:18:02 am	---
5km	00:24:29	5:42:31 am	04:54
14km	01:08:10	6:26:12 am	04:52
28km	02:20:12	7:38:14 am	05:07
42.2km	03:31:20	8:49:22 am	05:03
50km	04:11:57	9:29:59 am	05:13
Finish	<b>04:41:18</b>	9:59:20 am	04:54

Avg. Pace **05:02**  
min/km

### ***THOUGHT FOR THE WEEK***

**Life is like the ocean. It can be calm or still, and rough or rigid, but in the end it is always beautiful.**

**NOTICE BOARD**



**ARC IRENE**  
**SUNSET RUN/WALK**  
2KM, 5KM & 10KM  
**ROAD RUN OR TRAIL RUN**  
**10 MAY 2023**  
REGISTRATION OPEN FROM 17H00 - 18H30  
GROUP START AT 17H30  
BUY TICKETS ONLINE  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://WWW.REVOLUTIONTRAILS.CO.ZA)  
or ON-THE-DAY  
VENUE: IRENE ATHLETICS CLUBHOUSE, ARC IRENE, NELMAPIUS DRIVE, CENTURION  
FOR MORE INFORMATION CONTACT US AT:  
[REVOLUTIONTRAILS@GMAIL.COM](mailto:REVOLUTIONTRAILS@GMAIL.COM) | 083 264 3931

NO LICENSE REQUIRED  
OPEN TO NON-CLUB MEMBERS

REVOLUTION TRAILS Vitality



**ARC IRENE RUN/WALK**  
**13 MAY 2023**  
**ROAD RUN OR TRAIL RUN**  
2KM, 5KM, 10KM, 15KM OR 21KM  
GROUP START @ 07H00  
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)

NO LICENSE REQUIRED  
OPEN TO NON-CLUB MEMBERS

REVOLUTION TRAILS Vitality



IRENE

CHARITY

RUN FOR



DEAF AWARENESS

MAY 13

EVERYONE IS WELCOME



Castle Gate @ 5:30am

Money Donation



# Running is a gift to be celebrated

Ziyasha

"Let everything that breathes praise the Lord"  
Psalm 150:6



## A church service for Comrades athletes and supporters

Pierre van Ryneveld Geloofsfamilie  
14 Baltimore Rd, Pierre van Ryneveld, Centurion

4 June 2023

11h00

Contact: Henk van Rensburg  
082 336 7555 | [henk@pvr.co.za](mailto:henk@pvr.co.za)



**Come in your Comrades / Club clothes. Coffee will be available after the service.**



## EYETHU ATHLETICS CLUB

Hosts the annual

**FITNESS TEST : HALF MARATHON (21.1KM),  
10KM & 5KM FUN RUN.**



**Athletics**  
Gauteng North

Date	: 12 August 2023
Venue	: Centurion Lifestyle Centre, Centurion
Start Time	: 06h:30
Pre-Entry Fee	: 21.1km = R190.00, 10km = R150.00 & 5km = R50.00
Race day Entry Fee	: 21.1km = R220.00, 10km = R180.00 & 5km = R80.00
Temp Licence	: R50.00



Store entries open: **01 April 2023 to 09 August 2023**

Tshwane Running Shop, Sinoville: (087) 688 1336

Run-A-Way-Sport, Lynnwood: (012) 361 3733

Also Race Nr Sales @ 0782205763, 083 379 9830 & 082 305 2447

Online entries open: **01 April 2023 to 04 August 2023** @ [www.entryninja.com](http://www.entryninja.com)

Online Entries Collection:  
Centurion Lifestyle Centre, Centurion:  
Date: **11 Aug 2023 @11h:00-17h:00**

Race Day Entries Sale: 05h:00 - 06h:10

All Discovery Vitality members can earn Vitality points as follows:  
300 Vitality points for completing 5km  
600 Vitality points for completing 10km  
1,500 Vitality points for completing 21.1km

Prize giving: 10km ~ 09h:30 & 21.1km~ 10h:00

### Prize Money: Male & Female (21.1 km run)

Pos	Jnr	Open	40-49	50-59	60-69	70-79	80+
1	R 550.00	R 1100.00	R 350.00	R 350.00	R 350.00	R200.00	R200.00
2	R 400.00	R 700.00	-	-	-	-	-
3	R 350.00	R 600.00	-	-	-	-	-

### Prize Money: Male & Female (10 km run)

Pos	Jnr	Open	40-49	50-59	60-69	70-79	80+
1	R 250.00	R 650.00	R 250.00	R 250.00	R 250.00	R 200.00	R200.00
2	R 200.00	R 450.00	-	-	-	-	-
3	R 180.00	R 350.00	-	-	-	-	-

### Medals

	21.1 km	10 km
Gold	Prize winners	Prize winners
Silver (R)	Next 100 runners	Next 100 runners
Finishers medal	To all finishers within-cut-off times	

### Run-A-Way Store Discounts:

- 10% discount for any sport wear purchase at Run-Away-Sport shop. The participant will only need to bring the race number to the store before 30 November 2023.

**PHOTO CORNER**



Irene members at the SA Masters championships in Cape Town



The start of the 10000m



Annatjie Greyvenstein and Maryke Gradwell on the podium at the Jackie Mekler race



Devan Nadarajah finishing his 25 km race



Early morning at the Loskop



Sunrise at the Loskop, Yolanda Oberholzer and Johan Engelbrecht



Yolanda Oberholzer and Marinda van der Walt. Marinda did her first 21 km



Well done to Norton Mole who received his permanent Loskop number



Relaxing after hours on the road



A few members did the Midrand 60 on Sunday morning



Keith Reynolds won the 1 hour challenge last weekend on the time trial lap (4km).

The event was supposed to be 60 hours of 4km each, but suspended after 11 hours due to lightning and hail. Resumed at 08:00 on Sunday.

After the final official 46th lap (total 184km) there were still 2 male athletes so they had to do an extra lap and the first home was the winner.

Well done Keith!