



IRENE NEWS

10 May 2021

No 19 - 2021



TRAIL RUNS

Have you done your trail run on the farm yet? Try it this Saturday.

STRENGTH TRAINING

The Monday strength classes have resumed, starting at 17:00 at the club house. Bring your own foam roller, towel/exercise mat and dumbbells.

UV JACKETS

This super awesome Irene UV jacket is now available on pre-order. Please read the details in the flyers and pop in at the club next Tuesday to check out the samples that we will have available for you to fit. Please be sure of your sizing before you order.

It is an ideal item to use during the winter months for training.

This is excellent value for money, don't miss out.

IRENE UV JACKETS



**ORDERS CLOSE
11 MAY 2021**

IRENE ATHLETICS CLUB

IRENE UV JACKETS

Pre-Order Only.
Contact Ilze:
082 440 3399
ibotes181@gmail.com

**ORDERS CLOSE
11 MAY 2021**



NOTE:

Proof of payment to the Irene Bank Account confirms your order

Please make sure of your size before you order, unfortunately, we cannot accommodate any returns or refunds.

Sample jackets will be available for fitting at the Irene Clubhouse on **4 & 11 May 2021**

IRENE ATHLETICS CLUB

OTHER DETAILS

- Irene branding will be included on the front (small logo)
- Fits in Pocket
- Wind Protection
- Light Weight
- Anti-UV
- Quick Dry
- Anti-Tear
- Breathable
- Water Repellent
- Environment Protection
- Anti-Mosquito

Banking Details:
Bank account name: Irene AC
Bank: Standard Bank
Branch: 012645
Account number: 032183186
Reference: Name and Surname_UVJacket

**ORDERS CLOSE
11 MAY 2021**

IRENE ATHLETICS CLUB

IRON LADY UNLOCKED

“The greatest thing about tomorrow is that I have the opportunity to be better than I am today. Your comeback must always be stronger than your setback.” – Tiger Woods

For many people Lockdown was a setback. For me it was the opportunity to realign myself and adjust my inner compass towards my dreams. One of these dreams was to complete a Half Ironman and build on that towards the full Ironman in PE. There is a far bigger world outside of our comfort zones. A world that offers many opportunities to make a difference and live one's dream. Opportunities far bigger than what we perceive it to be right now. By stepping out of your comfort zone and relentlessly working hard to improve every day I will succeed.

In October 2019, I tore the meniscus in my right knee. I could not run anymore (so I thought). I was used to running many Ultra Marathons and Multiday Stage races. I reverted to walking. We all know how the human mind works. When you tell someone, they cannot do this or that then we want to do it. 26 March 2020 our President said we could not go outside for 3 weeks, which were extended, to 5 weeks. If you are used to getting your exercise fix early mornings, new plans had to be made to get your fix. Walking around the house in circles became the new challenge. I had a 90m “route” I covered daily until 10kms were done.

Middle of May, after 8 months of walking only I started to test the knee by running 100m for every km, I covered. It was going well, although there was still a lot of discomfort in the knee. There was hope again on the horizon and I started thinking about my bucket list item.

I realised I can't do it alone and I called in the assistance of a professional triathlon coach, none other than Glen Gore, South African Pro- Triathlete and multiple champion. My journey

with Coach started on 1 July 2020. Slowly but surely I was conditioned for triathlon. On 6 December 2020, I participated in my first Triathlon Sprint event at the Cradle. A Sprint consists of 650m swim, 20km bike and 5km run. It was tough. On 20 December 2020, I got an email from the Triathlon governing body notifying me that I was selected for Provincial colours. I did not even know that the 6 December 2020 event was trials. I could not have asked for a better Christmas present – Rookie me!

SA Championships was held in Bloemfontein on 20 March 2021 and I placed 3rd earning a bronze medal in the Sprint event.

28 March 2021 I stepped up to the Olympic Standard distance, which consists of 1.5km swim, 40km bike and 10km run. Again, I placed 2nd at the event.

The Half Ironman is double the distance of the Olympic Standard i.e. 1.9km swim, 90km bike and 21.1 km run. I looked at the racing calendar and saw that there was a Half Ironman event on 2 May 2021 at Sun City... I entered for the event. I lined up at the start ready to tick off the bucket list item.

Eight and a half hours later the box was ticked. It was one of the most brutal races I have ever done in my life including the Comrades Marathon! IF YOU ARE BRAVE ENOUGH TO START YOU ARE STRONG ENOUGH TO FINISH.

It took me only 10 months of very hard and dedicated training to reach my dream and complete a half Ironman. After yesterday, I said NEVER EVER AGAIN! As the pain and numbness are busy subsiding.....the dream is living on towards Ironman Port Elizabeth.



T-SHIRTS



ALL Irene AC members who registered before end February 2021 must please collect their t-shirts by 1 June 2021 (Social Evening).

Those that are not able to collect, please let Maggie know at admin@irenerunner.co.za to see what alternative arrangements can be made.

T-shirts not collected by 1 June 2021 will be forfeited and given to new members who also would like a t-shirt but was too late for the registration deadline.

NOTE: The Admin desk will not be open on 18 May 2021.



IRENE FUNKY PANTS

R480 each

Payment to Irene bank account:

Bank account name: Irene AC

Bank: Standard Bank

Branch: 012645

Account number: 032183186

Reference: Name and Surname_FunkyPants



to order contact Ilze:
082 440 3399
ibotes181@gmail.com

**ORDERS CLOSE
17 MAY 2021**

A number of people have enquired about the Irene Funky Pants. We will be taking orders from today until 17 May 2021. Your order will only be confirmed once we receive your proof of payment. Payment details are included on the flyer. Please contact Ilze to confirm sizing. Delivery dates will be confirmed once we close the orders.



GLASS RECYCLING

We now have a glass recycle bin at the entrance to the club house. Please help us to save the environment and dump your empty bottles in there. You are encouraged to bring your empty bottles from home as well.

Let's work together to make a difference!

PERSONALIA

Werner	Zandberg	10 May
Sonja	Strydom	11 May
Tanya	Verhoef	11 May
Dorothy	Burger	11 May
Handri	Kymdell	12 May
Aneen	De Jager	13 May
Blue	Hadlow	14 May
Johan	van Vuuren	14 May
Barbara	Botha	15 May
Zsa-Zsa	Jaquire	16 May



Website: www.csi-euf.co.za

Tel: 011 805 6316

THOUGHT FOR THE WEEK

If it doesn't challenge you, it won't change you.



PHOTO CORNER



The start of the time trials last week



The personnel of Revolution Trails had a water point on the route



Approaching the water point with big smiles



Thirsty runners enjoying what Revolution Trails had to offer



A happy Liezl Strauss



It was a beautiful evening at the club last Tuesday



Members enjoying themselves



Linley September and Venita Brown



Roz Henson won the hat competition



Aneen de Jager was the lucky winner of the Asics shoes



Maryke Gradwell and Ansie Breytenbach in good spirit



Roz Henson and Bertha van den Raad at the trail run on Saturday morning



Irene members who took part in the Wally Virtual Race on Saturday



South Africa's own BraaiBoy was at a function at the club house on Saturday