



IRENE NEWS

12 September 2022

No 35 – 2022



ACHIEVEMENTS

Congratulations to all our walkers who finished on the podium at the George Claassen race on Saturday:

10 km

Keith Reynolds	2 nd Walker & 1 st Master walker
Ansie Breytenbach	1 st Lady walker & 1 st Master
Marie van Dyk	1 st GGM Lady walker

21 km

Sandra Steenkamp	1 st Lady walker & 1 st GM
Elsa Meyer	2 nd Lady walker & 1 st GGM
Tannie Thompson	3 rd Lady walker & 1 st Master

JACKETS & GOODIE BAGS

The jackets and goodie bags not collected will be available at the club house on Tuesday evening. The same applies to the 10/20 year badges.

TIME TRIALS

Please note that the time trials now start at 17:30 again until the end of April.

COMRADES ACHES AND PAINS FUNCTION

Thank you to all who attended a great function! Thank you to Joy for organizing it.

The following trophies were handed out:

First man	Samuel Molefe
First lady	Rosemary Brink
First Novice man	David Holliday
First Novice lady	Marlene Padavattan
Last Irene Finisher	Daleen Labuschagne
Comrades Vasbyt	Roger Brown
Spirit of Comrades	Rosemary Brink

Congratulations!

COACH'S CORNER

Dynamic Warm up:

1. Leg swings 10 -20 per leg
2. Marches 10 – 15 per leg
3. Leg side swings 10 – 20 per leg
4. Glute mini-band warm up, place band around both legs above the knees.
Perform 2 times
1. Banded squats – 30sec
2. Banded monster walks – 20s
3. Banded Lateral walks – 20s /side
4. Banded Sewing walks – 20s/side

Coach workout

Step Down Intervals (Fartlek)

5min Brisk walk

5min Very easy jog

4 x 10sec Sprint (50sec easy jog recovery)

10min Threshold run

10min very easy jog

5min Threshold run

5min very easy jog

3min Threshold run

3min very easy jog

2min Threshold run

2min very easy jog

1min Threshold run

1min very easy jog

10min easy cooldown run



MY COMRADES STORY – MICHAEL VAN DER WESTHUIZEN

It's a Journey, not an event.

It is difficult to tell when the journey started.

Maybe it was when I was still at school, where I was a hooker. I loved to play with oval balls.

Maybe it was after school, during my two-year compulsory military service at the School of Engineers. I was based in Kroonstad and did active service in Namibia. During this time my left hand was amputated after a landmine incident and could no longer play meaningful with balls.

I know it was not during my early working career as I was part time studying towards becoming a Chartered Accountant and any spare time was with Johnny Walker and friends, - we just kept walking!

Maybe it was during my family life, where most good things start in the comfort of your bed. Early Sunday mornings till sunset, fun, fun, fun!

The important thing is that the journey slowly and surely got shape. My school days as first team rugby player, my hard training days during military service and my Sundays watching the Ultimate Human Race on TV all contributed.

On Sunday morning, 28 August 2022, I was a novice at the starting line in Pietermaritzburg, ready to start with the journey. The Ultimate Human Race to Durban. My first Comrades, 89.88 km to go.

My earlier attempt to be at the starting line in 2020 was blocked by Covid-19.

At the starting line I went through my running checklist:

- Mindset – all good
- Injuries - None
- Pants, vests, takkies, hat – all good
- Running watch – fully charged – all good
- Running food and drinks:
 - o Starting line
 - o 30 km – running club pit stop – bag ready
 - o 50 km – personal support
 - o 70 km – running club pit stop – bag ready

The planning was good, my preparation was fair, it included a couple of standard marathons as well as the Two-Oceans Ultra Marathon in April. My brother Markus and my daughter Megan were great running partners.

At 5h30 the cock crow, the gun was fired and of we go. 13212 Runners.

The elite runners quickly disappeared in the sunrise with the rest follow, each on its own strength.

The elite runners quickly disappeared in the sunrise with the rest follow, each on its own strength.

So, what can go wrong? I will take it slowly, good timing, and take refreshments as planned.

My early run was good, almost twist my ankle at 6km.

At 30km past the cut-off. I look around, around and around, but I miss the club support team and as a result my refreshments. The next 15 km's to halfway at Drummond were tuff, is Durban on top of a mountain? I passed this cut-off.

Further up at Botha Hill, at 50km I reach my personal support team for much needed refreshments and support.

The crowds are amazing with shouting, snacks and support.

At 70 km I found the club support team, but not my refreshment bag.... apology accepted.

Somewhere I passed Cowies Hill. Why is it called a down run?

I then passed the final cut-off at 80.88 km. 9km to go.

At about 6km to go my watch battery had enough. 50 minutes to medal cut-off time.

Decision time, I am probably not refreshed as planned, I can no longer monitor my heart rate, I can not measure my running time. I am running for more than 11 hours. Many runners collapse around me, I am also aware of a runner at Drummond that received critical medical care. The sad news followed later.

I kept walking!

I regret that I did not finish the Comrades within the 12- hour medal cut off time, but I did finish the Ultimate Human Race; with proud, family and friends support, TV coverage and personal photos. From a business perspective: I kept the Company sound for the long term by sacrifice short term dividend.

The alternative, considering the circumstances:

I may have regretted the end of my life, in the chase of a medal, without finishing my life.
From a business perspective: The chase of short-term goals without considering the long-term effect is always disastrous and not sustainable on the long run.

I have huge respect to the 11709 finishers in time, in 2023 runner 11710 will be on time.

God Bless.

THIS WEEK'S DIARY

Tuesday:

Walker's training session @ 16:45. Walkers of all shapes and sizes welcome.

Stretching exercises @ 17:15

Time trials @ 17:30 – Club house.

Lucky draw after the time trials – 2 x R250 vouchers with the compliments of Mugg & Bean Midstream

Saturday:

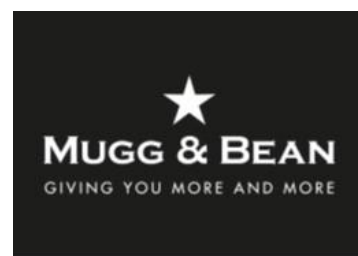
AGN Open Race Walking Grand Prix @ 07:00 - Tuks

PERSONALIA

Jaap Willemse received surgery during the week, we wish him a speedy recovery.

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

Pieter	Saayman	12 Sep
Sandra	Steenkamp	12 Sep
Jason	Hubner	13 Sep
Miné	van Zyl	15 Sep
Pieter	Wiese	15 Sep
Willie	Ellis	15 Sep
Riaan	Prinsloo	16 Sep
Vik	Ramlugaan	18 Sep
Bronwyn	Kruger	17 Sep
Derick	van der Merwe	17 Sep
Darius	Oberholzer	18 Sep
Willem	Maritz	18 Sep



Midstream Tel 012 940 9229

NOTICE BOARD



ARC IRENE RUN/WALK 17 SEPTEMBER'22

ROAD / TRAIL OPTIONS AVAILABLE
2KM, 5KM, 10KM, 15KM OR 21KM

GROUP START REGISTRATION: 06H15 - 07H00
GROUP START 07H00
INDIVIDUAL STARTS AS OF 07H10 - 08H00

ENTER ONLINE AT
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





15 October 2022

Race for Peace

Run/Walk 5km 10km & 21.1km

Venue
The Grove Mall,
Cnr. Lynnwood & Simon Vermooten,
Equestria, Pretoria

Time: 06:30
Medals to the 1st 1500 finishers

Hosted by
Athletics Gauteng North

Supported by
Ukrainian Embassy South Africa

RACE FOR

For more enquiries:
Daan 082 572 4169 Paul: 082 200 4219 Athletics Gauteng North 012 3274930



In Loving Memory Of Kierie van der Schyff



RACES:

21.1 & 10km run @ 6:00 AM
21.1 & 10km walk @ 6:00 AM
5km Fun Run @ 6:15 AM

FOR RACE INFO CONTACT:

082 576 9834
kerk@gwkp.co.za

ZWARTKOP ROAD RACE

22 OCTOBER '22

VENUE

Zwartkop Lapa, Wierda Road (M10)
Centurion
25°15'14.25" S
28°07'28.46" E



**In accordance with the rules of
ASA & AGN**

Presented by 'Gereformeerde
Kerk Wierdapark' in conjunction
with Alpha Centurion Athletics
Club

Participation at own risk.
The organisers accept no
responsibility for any loss,
damage or injuries



GEREFORMEERDE KERK
WIERDAPARK



Please note that Irene Members are not allowed to run the race on race day. There will be a helpers race the next day



29 OCT '22





Irene Farm Race



with Vitality

21.1
KM

10
KM

5
KM

ENTRY FEES

Entry Fee	21.1km	10km	5km
70+	Free	Free	Free
All other categories	R200	R120	R80

RACE INFO

- The 10 and 21 km will start at 06:00
- The 5 km fun run starts at 06:15
- The 1 km kiddies run starts at 07:45
- Medals to all finishers
- Distance markers every 1 km
- Water points at ± every 3 km cut-off times:
10 km – 2 hours, 21 km – 3 hours.
- Food and drinks stalls available
- Medical support available
- 21 km is not Wheelchair-friendly

PRIZE GIVING

Prize giving will commence at 08:00 for the 10km and at 09:00 for the 21km, or as soon as the results are available.

PARKING

Ample parking on ARC grounds and Denel Dynamics premises. Search for "Denel Dynamics" on Google Maps for directions.

Entrance to the ARC is opposite Denel Dynamics.

RACE NUMBER COLLECTION

Friday 28 October: 09:00 till 18:00 – at the Decathlon Centurion Tel: 010 361 3733

Race day (Saturday 29 October): 04:00 till 06:00 – at the venue

PRE-ENTRIES ONLY

- Pre-entries only - Capped on 4000 entries
- (Pre-entries close on 21 October or when cap is reached).

- Online entries: www.entryninja.co.za

- Sweat Shop Dunkeld: 011 325 2567

- Running High Bedfordview: 011 450 2421

- Run Store Fourways Crossing: 011 465 0021

- Decathlon Centurion: 010 880 1845

- Sportsmans Warehouse Centurion: 012 665 0768

- Run-Away-Sport: 012 361 3733

- Tshwane Running Shop Sinoville: 076 929 7384



ARC Campus, Nellmapius Drive, Irene



Athletics
Gauteng North

JACARANDA CITY CHALLENGE

EARLY COMRADES &
TWO OCEANS QUALIFIER

12 NOVEMBER 2022

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16
17 18 19 20 21 22 23 24 25 26 27 28 29 30

**WE ARE
BACK**

**YOUR FAVOURITE
CITY ROAD RACE**

**5km
10km
21.1km
42.2km**



**Athletics
Gauteng North**



Our Race Sponsors



Knowledge Integration Dynamics



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RJC Accounting
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If you want your logo on this page, let us know at info@irenerunner.co.za

THOUGHT FOR THE WEEK

Don't let the behaviour of others destroy your inner peace.

PHOTO CORNER

The trophy winners at the Comrades Aches and Pains function



Marlene Padavattan



David Holliday



Rosemary Brink



Samuel Molefe



Daleen Labuschagne



Roger Brown



Rosemary Brink again



The function was very well attended



Adri van den Heever in action at the George Claassen race



Mike Gibbons



Louwrens Smit, Leon Page and Adri van den Heever relaxing at the Cara-Fun



Lisinda van Zyl



Christa Visagie



Kobus and Annemarie Oberholzer with their family



Prieur du Plessis



Vik Ramlugaan



Ernst Gottschalk



Peter Benson



On top of the world! Jenny Cairns and Ian Tait did the Mont-Aux Sources challenge over the weekend