



# IRENE NEWS

15 July 2019

No 28 - 2019



## ACHIEVEMENTS

Congratulations to the following members who were on the podium over the weekend:

### Springbok Vasbyt:

Ansie Breytenbach	1 <sup>st</sup> Master lady – 25 km
Gerard van den Raad	1 <sup>st</sup> GGM – 10 km

### Legogote Villagers – White River:

Phineas Mojapelo	1 <sup>st</sup> Walker – 10 km
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### Mauritius Marathon:

Zoë Scholtz	3 <sup>rd</sup> Senior lady – 42 km
Rosemary Brink	2 <sup>nd</sup> Vet lady – 42 km
Rinaldi Botes	3 <sup>rd</sup> Vet lady – 42 km

### Irene Race Walking Grand Prix:

Estien van Wyngaard	Gold
Elsa Meyer	Gold
Keith Reynolds	Gold
Jaap Willemse	Gold

## PERSONAL ACHIEVEMENTS

Zoë Scholtz	PB – 42 km
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Well done!

## THIS WEEK'S DIARY

### Tuesday:

Time trials @ 17:15 – Club house (everybody starts together at 17:15)

### Saturday:

Long Walk/Run to Freedom 5/10/25 km @ 07:00 – Atterbury Value Mart

### Sunday:

Club run @ 07:00 – Club house – All welcome, your distance, your pace.

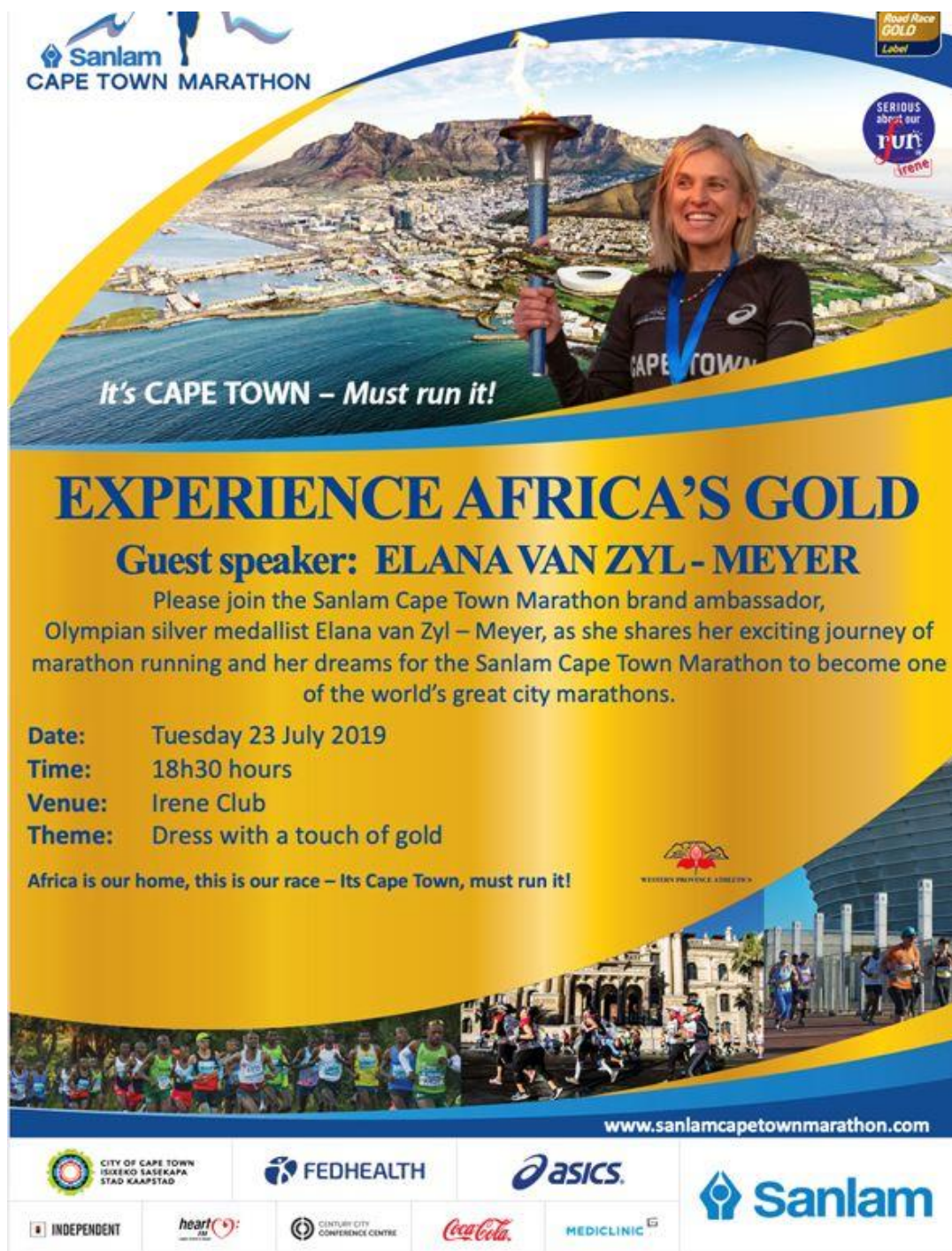
## ELANA MEYER TALK

We are privileged to have Elana Meyer once again at our club house on 23 July. She is going to give a talk about "Experience Africa's Gold". The talk will take place after the time trials.

Elana is probably the best female athlete South Africa ever had. Some of her SA records dated back to 1991. She is still the holder of the following SA records:

3000 metres, 5000 metres, 10 000 metres, 10 km, 15 km, 21.1 km and 42.2 km

You are all invited to come and meet her, take photos with her and to attend her talk. Let's give her a warm welcome once again and fill up the lapa.



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*It's CAPE TOWN – Must run it!*

# EXPERIENCE AFRICA'S GOLD

**Guest speaker: ELANA VAN ZYL - MEYER**

Please join the Sanlam Cape Town Marathon brand ambassador, Olympic silver medallist Elana van Zyl – Meyer, as she shares her exciting journey of marathon running and her dreams for the Sanlam Cape Town Marathon to become one of the world's great city marathons.

**Date:** Tuesday 23 July 2019  
**Time:** 18h30 hours  
**Venue:** Irene Club  
**Theme:** Dress with a touch of gold

Africa is our home, this is our race – Its Cape Town, must run it!

WESTERN PROVINCE ATHLETICS

[www.sanlamcapetownmarathon.com](http://www.sanlamcapetownmarathon.com)

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## **FROM OUR WALKERS CAPTAIN**

Dear Fellow Irene Athletes

### **IRENE DID IT AGAIN!**

The Irene Athletics Club (IAC) is fast becoming a household name in the race walking fraternity. We not only have some of the top race walkers in the country and province but we, as a team or band of walkers and athletes, stood together and presented yet again one of the top Race Walk events, if not one of the best, on the annual calendar in the country. I include events hosted by Athletics South Africa (ASA), SA Masters Athletics (SAMA) Provincial and without fear of contradiction, clubs. We have done it again!

IAC presented the second Irene 10 Km Race Walk Grand Prix at The Oval, Irene Security Estate. What a venue and event! Compliments were showered from all over! The new venue was unanimously rated as one of the fastest inland (altitude) and best tracks in the country. This is, like IAC, unique in the sense that we walked around a tarred oval route within a beautiful, rustic and secured environment.

The inaugural Meeting was held in 2018 after we took the baton from the AGN Race Walk Commission and their quarterly AGN Grand Prix. We are just accelerating down the straight!!!

The focus and aim is to expose race walkers to the technical environment where judges and pit lanes threatens you like a vulture on steroids from above. Here athletes do not get away with poor technique! The IAC Race Walk Objectives focus very strong on development of ALL walkers and not only the Super fasts.

We had a fantastic and enthusiastic turnout on a cool and chilly morning although the chill did not affect the enthusiasm of the helpers and the anticipation was electric. **The masters started at eight o'clock and turned out a new RSA Record for Kevin Philips (CGA) in the first event on our new course!** Unfortunately not an IAC or at least an AGN athlete but I promise we are hard at work on that!!! The individual and personal competition was intense and athletes chased each other with gusto but in all, good sportsmanship and camaraderie prevailed on the day.

The spirit of the day was impressive and long after the last bell tolled, debriefs and good hearted banter were heard. The organiser had to chase the walkers and spectators home.....! The day was a resounding success.

Thank you to Louis Visser for his personal involvement (and bringing Nadine to do her first official Race Walk). Louis and the IAC Committee have the shared vision to develop Race Walk as one of the cornerstones of the club! Thank you for your leadership.

Allow me to thank club- and in some cases not even club members who volunteered to help:

Thank you to Irene Athletics Club. You are setting the example in AGN and the RSA. We are the club to be associated with!

Our Sponsor, Penta Motor Group Suzuki Menlyn for their contribution towards the medals and the hospitality gazebo. At the Gazebo, we could

invite all attendees, walkers and spectators to taste the renowned Irene hospitality. We had a continuous flow of coffee, tea, soup, sandwiches and rusks. Thanks to Danie (jr) for his personal involvement.

To all our members who helped with preparatory tasks ranging from route measuring, planning, arranging all the prescribed administrative red tape and jargon, transport of equipment, making early coffee and tea, serving soup and serving sandwiches, even cleaning and servicing the toilets and cleaning up the venue after the event and ultimately, if not possible to attend, good wishes. You guys are a team that IAC are very proud of.

To all the officials and lap counters who officiated on the day. Yes, it is not easy but Jaap has assembled a very competent team. Not one, I reiterate, not one lap was counted wrongly nor could any mistake be traced back to a mistake on the side of an official. The same cannot be said of most provincial and even national events!! Put that in your pipe and smoke it, truly a feather in the cap of Jaap and his team of pro's.

Lastly, thanks you to all our walkers for participating in this event. We are proud of each and every one.

My sincerest gratitude

Danie L  
Race Walk Captain

### **PERSONALIA**

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

Luzaan	van Zyl	15 Jul
Yvette	Gottschalk	15 Jul
Pieter	Jooste	17 Jul
Piet	Phalahadi	18 Jul
Mareli	Erasmus	19 Jul
Muhale	Ravhuhali	20 Jul



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## NOTICE BOARD

### **Saturday 20 July**

### **Long Walk/Run to Freedom 21.1/10/5 km**

Race Organisers: Run/Walk for Life

Venue: Atterbury Value Mart, Atterbury Street, Faerie Glen

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R 50
Entry fee Jardine Joggers & 60 - 69	R50		
Entry fee 70+ & athletes celebrating their birthday (ID required)	Free		
Start Time	07:00		07:15

**No Pets    No iPods or listening devices are allowed**

**The race is wheelchair friendly**

Pre-entries at: Sportmans Warehouse Atterbury Value Mart

[www.entrytime.com](http://www.entrytime.com)

### **LEAGUE RACE**

### **Saturday 27 July**

### **Zwartkop Road Race 21.1/10/6 / 4 km**

Race Organisers: Gereformeerde Kerk Wierda Park & Alpha Centurion Running Club

Venue: Zwartkop Lapa, Wierda Road (M10), Centurion

	21.1 km	10 km	6 / 4 km
Entry fee	R 100	R 80	R 50
Start Time	07:00		
Cut-off	04:00	02:00	

**No Pets**

**No iPods or listening devices are allowed**

**The race is wheelchair friendly only for the 4 & 6km races**

Pre-entries at: Run-Away-Sport; Sweatshop Southdowns & Dunkeld; Natural Runner;  
Sportsman's Warehouse Centurion; Decathlon Centurion Lifestyle

[www.enteronline.co.za](http://www.enteronline.co.za)

<b>2019 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DISTANCE</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
Zwartkop Road Race	21.1/10 km	27/07/19	X	X
Spirit of Flight	10 km	31/08/19	X	X
Brooklyn Road Race	21.1/10 km	07/09/19	X	X
Capital Classic	21.1/10 km	05/10/19	X	X
Freedom of Expression	21.1/10 km	02/11/19	X	X



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REGISTERED QUANTITY SURVEYORS • GEREISTREERDE BOUREKENAARS

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

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## **Masters Athletics Fixture list**

### **South Africa**

10 August 2019	Mpumalanga	Secunda
? October 2019	Rassies	Bronkhorstspuit
25/26 October 2019	SWD	Oudtshoorn
8/9 November 2019	Free State	Bloemfontein

### **South African Championships**

April/May 2020	Central Gauteng	Herman Immelman
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### **Africa Championships**

2021	Nairobi, Kenya
2023	South Africa

### **International Championships**

28/9-6/10 2019	30 <sup>th</sup> Summer Universiade	Naples, Italy
20/7/2020 – 1/8/2020	World Masters Athletics Champs	Toronto, Canada

### **THOUGHT FOR THE WEEK**

**Live a life of serenity, not a life of regrets.**



## PHOTO CORNER



The karaoke at the social evening was a huge success! Thank you to everybody who contributed. Here we have Dimakatso Moloantoa in action



Riaan Prinsloo and his daughter enjoying themselves



Philip Koornhof and his daughter trying to prove that they also can sing



Jenny Botha and her little one. It was a great family affair





Buks van Deventer in action at the Springbok Vasbyt



The medals were handed out by heroes of the Special Forces. Gerard van den Raad on the podium to receive his medal





Ansie Breytenbach receiving her medal



Danie Labuschagne giving the final instructions at the Irene Race Walking Grand Prix





Isabelle van der Schyff in action at the Grand Prix



Estien van Wyngaard won the masters category





These Irene members participated in the Mauritius Marathon on Sunday. They are Rosemary Brink, Shaun Smee, Rinaldi Botes, Myrna and Jan van Wyk and Zoë Scholtz



Phineas Mojapelo receiving his prize in White River



**PHOTOS FROM YESTERYEAR (2003)**



At an adventure race at Tukkies in 2003: Pieter Olivier, Joy Dekker and Gary Nicholl



Clinton Nicholl, Heleen Joubert and Werner Zandberg