



IRENE NEWS

15 October 2018

No 41 - 2018



ACHIEVEMENTS

The following members were on the podium at the Jacaranda race on Saturday:

Alfred Matema	3 rd Vet – 42 km (2:49:16)
John Cannon	1 st GGM – 42 km (4:15:06)
Jaap Willemse	1 st GM walker – 21 km (2:14:04)
Elsa Meyer	1 st Lady walker & 1 st GGM – 21 km (2:17:38)
Retha Knoetze (social member)	1 st GM lady walker – 21 km (2:24:37)
Danie Labuschagne	1 st Walker & 1 st GM – 10 km (63:09)
Gerard van den Raad	1 st GGM walker – 10 km (69:09)
Tania Thompson	1 st Lady walker & 1 st Vet – 10 km (68:03)

PERSONAL ACHIEVEMENTS

Buks van Deventer	PB – 42 km
Bridget Mohlala	PB – 21 km
Tania Thompson	PB – 10 km

Well done!



THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:30 – Club house (Everybody starts together at 17:30)

Saturday:

CSIR 5/10/21 @ 06:00 – CSIR, Meiring Naude Road (league race)

AWAY WEEKEND

Members who have booked accommodation through Joy for the away weekend who haven't paid yet, are requested to do so a.s.a.p. Please help us to settle this matter.

LEAGUE RACE

The CSIR race this Saturday is the next league race, please be there in numbers! We need you there. As always there will be something to eat afterwards to all our members.

Be there to make a difference!

CSI IRENE FARM RACE

As the leading club in Gauteng North, Irene is in the fortunate position to present 4 races per year. The race taking place on 27 October has been presented every year since 1994, the year when the club was formed.

After a few different sponsors in the first few years, LiquiFruit came onboard and sponsored it for many years until 2014. King Price took over the sponsorship in 2015 with a commitment for 3 years. From this year we are very privileged to have CSI Property Solutions onboard as the new sponsor for at least 4 years.



Website: www.csi-euf.co.za

Tel: 011 805 6316

It is one of the most popular 10/21 races in the country and runners from all over the country come to participate. The route is quite unique, there just isn't anything like it.

To make it successful we obviously require the help of our members once again to work on the day. Please send your names and indicate what you want to do on the day.

We already have a number of companies who will be doing the water points on the day. We do however need a few water point "captains" to guide them on the day with the setup etc.

We are pretty much sorted with our regular helpers at the finish and the traffic marshals, but we need helpers to assist with the following on the day:

Route marshals
Handing out medals
Taking entries
Cyclists
Photographers

ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 13 November at 19:00.

You are invited once again to submit the names of candidates whom you would like to nominate for any specific position on the management committee.

ADVICE FOR WALKERS – JURGENS SPENCER

Besides our popular league walks many of you walk in running events, 10 km's, half and full marathons, even ultras. I did enjoy such a running race recently, the Goodwood 10 km, walking with Erdine, finishing in 71/72 min. finishing 1067 out of around 2000 entries. Why do we compete in such "uncontrolled" races for walkers? Because we love walking, comradery, improve our endurance and overall fitness?

Yes, but we should certainly not just try to get to the finish faster by neglecting good style, perfect technique and best posture.

Why relax your technique to make up time and beat others? Your finishing time is meaningless in these running races. All you do is to learn and engrave bad racewalking habits.

I often mentioned that every training session should have a purpose. You never go out walking just to “plod along”, like you do when jogging/running. Don’t get lazy, don’t get sloppy. Become master of best possible RW techniques. There are so many different items to concentrate on and to improve and perfect while racewalking. Use these non-official races to perfect your technique. You make it so much easier for yourself in your next official, judged event you enter.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Masego	Mathibe	15 Oct
Keneiloe	Sebisi	17 Oct
Henry	Enslin	18 Oct
Mpho	Motaung	19 Oct
Pieter	Van der Westhuizen	20 Oct



NOTICE BOARD

League Race

Saturday 20 October

CSIR Race 21.1/10/5 km

Race Organisers: CSIR Athletics Club

Venue: CSIR, North Gate, Off Meiring Naude Road, Brummeria

GPS: S25 44.874 E28 16.323

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R 40
Entry fee 70+	Free		
Start Time	06:00		06:05
Cut-off	03:00		

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns, Sandton www.entrytime.com

Saturday 27 October

Irene Farm Race 21.1/10/5 km

Race Organisers: Irene Athletics Club

Venue: ARC Irene Campus, Nellmapius Drive, Irene

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R50
Entry fee 60 – 69 – race day only	R 50	R 50	
Entry fee 70+ - race day only	Free		
Start Time	06:00 running 05:45 walking		06:00
Cut-off	03:30	02:00	

There will be a kiddies 1km race starting @ 08:00 @ R10

Parking also available at Denel

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns, Dunkeld, Bedfordview

www.entrytime.com

NO IRENE MEMBERS WILL BE ALLOWED TO PARTICIPATE

League Races

<i>EVENT</i>	<i>DISTANCE</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
CSIR Road Race	21.1/10 km	20/10	X	X
Tom Jenkins	21.1/10 km	17/11	X	X

Masters Athletics Fixture list **Masters Athletics Fixture list**

Local meetings

20 October 2018

SWD

Oudtshoorn

10 November 2018

Free State

Bloemfontein

South African Championships

3/4 May 2019

Oudtshoorn

Africa Champs

December 2018

Africa Championships

Tunisia

International Championships

24-30 March 2019

WMA Indoor

Torun, Poland

28/9-6/10 2019

30th Summer Universiade

Naples, Italy

20/7/2020 – 1/8/2020

World Masters athletics Champs

Toronto, Canada

THOUGHT FOR THE WEEK

It's not the load that breaks you down, it's the way you carry it.

JOINTEze™

MODERN
athlete



PHOTO CORNER (Jacaranda)



Bridget Mohlala finishing her Jacaranda 21 km in a personal best time



Karen Geldenhuys



Leroy Geldenhuys



Jaap Willemse



Elsa Meyer



Elna Botes and Debra Arkell did the fun run



Danny & Helandie Calaca with Michelle Lubbe



Gerard van den Raad, Tania Thompson and Danie Labuschagne



Zoë Scholtz and Cindy van Deventer



Noel Banda



Carmen Jallow and her kiddie also did the 5 km



A jubilant Precious Hlabisa after she completed the Marathon



Marisia and Pierre Koch did another international Marathon last Sunday, this time the Budapest Marathon



Gerhard Koekemoer did the Imbube 21 km in Swaziland and finished as 5th Master



Henk Basson did the Sneeuberg Traverse 100 km 3 days race



Werner & Yolandi Smit did the Visfees 21 km in Namibia with former members Espé & Eliza Steyl



Chantell Moss did the Gun Run 21 km in Cape Town