



# IRENE NEWS

16 July 2018

No 28 - 2018



## ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Springbok Vasbyt:

Joey Cloete	1 <sup>st</sup> GM lady – 10 km (65:29)
Gerard van den Raad	1 <sup>st</sup> GGM – 10 km (80:46)
Elsa Meyer	1 <sup>st</sup> GGM lady – 10 km (80:46)
Sandra Steenkamp	1 <sup>st</sup> Master lady – 25 km (2:16:56)
Iain McFadyen (social member)	1 <sup>st</sup> GGM – 25 km (2:42:40))
Danie Labuschagne	1 <sup>st</sup> GM – 20 km (CGA Championships)
Holger Hedelt	1 <sup>st</sup> Overall – NCT Charity Run, Heidelberg, Germany.

## PERSONAL ACHIEVEMENTS

None received

## THIS WEEK'S DIARY

### Tuesday:

Time trials @ 17:15 – Club house (Elana Meyer)



### Saturday:

Long Walk/Run to Freedom @ 07:30 – Atterbury Value Mart



## **ELANA MEYER TALK**

Be sure that you don't miss out on Elana Meyer's talk on Tuesday evening after the time trials. Come and meet this great athlete.



# **CAPE TOWN**

**22 & 23 SEPTEMBER 2018** **ENTER ON-LINE**

**ELANA VAN ZYL - MEYER**

PRESENTS

**“The Magic of Running a City Marathon”**

**VENUE:**  
**IRENE CLUB**

**DATE**  
**17 JULY 2018**



**Its Cape Town, must run it!**

## **RACE WALKING TIPS (JURGEN SPENCER)**

Parents who have young daughters and sons with athletic ability should direct them toward racewalking. The earlier the start, the better.

I have to say this, despite knowledge of a few of our walkers out of commission at the moment, (Lollos, Erdine), and several on the come-back route after lay-offs, racewalking is virtually injury free (no shin splints, no stress fractures) and it is something you will enjoy for the rest of your life. Many injured female and male runners become racewalkers with big success stories behind their names.

As I am an old crock myself, I have to go back into a bit of old history. In 1987 a struggling middle distance runner, Ryashkina suffered an Achilles tendon injury. She turned to racewalking and in 1990 set a 10 km world record in a time of 41:56. She was only a small women 5ft 3 inch, weighing 46 kg. The often heard: - “not tall enough” and “legs too short”, those comments are a myth. Barbara Nel is not tall, and neither is Anel or Melissa or our Peggy Reid.

More examples from the past. In 1990 Anna Rita Sidoti of Italy, ranked third in the world, very short, very light, at 4 foot 11 weighing 40 kg.

World champion 20 km 1991 Ernesto Canto of Mexico at 5 ft 6 inch weighing 59 kg. The 50 km World Cup winner in San Jose, Carlos Mercenario, at 5ft 9 inch and 58 kg. Another Mexican, Graciela Mendoza who is 4ft 11inch tall finished second in the World Cup 10 km race.

Having a “Big Engine” and a high turn-over rate, more steps per minute, is a lot more important than being tall and having long legs.

Having long legs and a 6ft 6 inch tall body does not mean having a disadvantage. I can vouch for that, having lost my 30 km records 45/49 category 2:38:30 to M. Whitmore a 6ft 5 inch giant of a racewalker from Natal/KZN.(2:32:03).

There are great opportunities for young athletes to excel in the sport of racewalking. It's a shame that racewalking is not part of many schools physical education systems, and it is difficult for a young would be walker to get the support and assistance they need

## **PERSONALIA**

Congratulations to everybody celebrating their birthdays during the week:

Piet	Phalahadi	18 Jul
Danel	Geldenuys	20 Jul
Trevor	Netshiombo	22 Jul
Linda	Krause	23 Jul
Thea	van Helden	23 Jul



## **SPAR COMPETITION**

Please take the Spar competition seriously. With so many members we can easily win the competition if only half of our members recruit one or two non-runners to participate in the Spar Ladies race on 4 August. It is that easy.

Please put in an effort in this regard.

## **NOTICE BOARD**

### **Saturday 21 July**

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

Race Organisers: Run/Walk for Life

Venue: Atterbury Value Mart, Atterbury Road, Faerie Glen

	21.1 km	10 km	5 km
Entry fee	R 80	R 60	R40
Start Time	07:00		07:15
Cut-off	??		

**Wheelchairs and strollers welcome      No pets**

**No iPods or listening devices are allowed**

Pre-entries at: Sportsmans Warehouse Atterbury Value Mart;

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

### **Saturday 28 July**

### **Zwartkop Road Race 21.1/10/1 km**

Race Organisers: Gereformeerde Kerk Wierdapark in conjunction with Denel Athletics Club

Venue: Zwartkop Lapa, Wierda Road, Centurion

GPS: S 25 50'14.25 E 28 07'28.46

	21.1 km	10 km	1 km kiddies race
Entry fee	R 100	R70	Free
Entry fee 70+	Race day only 50% of above		
Start Time	07:00		
Cut-off	04:00	02:00	

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

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns & Dunkeld; Sportsmans Warehouse Centurion; Natural Runner Highveld

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

<b>2018 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DISTANCE</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
SMU Half Marathon	21.1/10 km	25/08	X	X
Clover Irene Spring Race	21.1/10 km	29/09	X	X
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**

- **Local meetings**

4 Augustus 2018      FSMA Throws and jumps      Pelliespark, UFS

27 October 2018      SWD      Oudtshoorn

10 November 2018      Free State      Bloemfontein

### **THOUGHT FOR THE WEEK**



**JOINT**Eze™



***Photo Corner (Springbok Vasbyt)***



It was a spectacular start with 5 Harvards flying over the start venue



Rena & Tjaart van Wyk, Joey Cloete and former member Susan Maree who paid us a visit



Dirk Cloete



Mthokozisi Mambi





Sandra Steenkamp



Theo Bohnen





Stephan Craggs



It was good to see Lydia Fibiger back on the road again



Amanda Cloete and Rosemary Brink



Danie Labuschagne at the CGA prizegiving