



# IRENE NEWS

16 November 2020

No 44 - 2020



## ACHIEVEMENTS

Keith Reynolds - 1st Position overall for the Uganda Ultra 6 Hour Circuit Race (Virtual) with a distance of 69.16 km. 5 km better than the previous course record.

## FROM THE WALKERS CAPTAIN

Goeie dag aan al die Irene vriende wat toevallig ook hardloop en stap....

Ek deel graag 'n paar stapverwante sake met almal.

Die internasionaal bekende afrigter, Carl Meyer rig ons weer Dinsdag aand om 17:00 af by die klub. Hy is voor die tyd daar en gesels graag informeel met almal oor spesifieke vrae. Sy kennis oor die stap sport en afrigting is ongelooflik en ek put baie waarde uit sy klasse. ONTHOU: ONS IS DAAR VIR ALLE STAPPERS (en hollers)! CARL FOKUS DAAROM OP BEGINNERS, REKREATIEWE STAPPERS, OU MENSE (soos myself) en SPOEDVRATE 🏃🏃🏃🏃. Almal is welkom, ook hardlopers wat wil kom kersopsteek oor hoe om beter te stap tydens lang wedlope.

Die tweede aspek is dat AGN (lees Jaap en Lucia Willemse) op 21 Nov 20 'n lekker Stap GP aanbied by Tukkie se Stap Baan langs die swembad by LC de Villiers. Dit is die geleentheid om die Covid19 roes af te stap! Weereens is almal welkom. Maak egter seker dat jy die korrekte prosedure en protokol volg. Ek heg die toepaslike AGN Omsendbrief hierby aan. Jaap en myself sal graag vrae en onduidelikhede opklaar wanneer ons Dinsdag by die klub bymekaarkom. Jaap het altyd hulp nodig met rondtellers en ander take, so as jy nie kompetender wil stap nie, bied jou hulp aan. Ek weet hy sal dit waardeer.

Laastens, die Irene Bestuur vergader die naweek om ons strategie en planne agtermekaar te kry vir volgende jaar. Ons het 'n paar mooi gedagtes om op die tafel te sit en volgende jaar die vonkel terug te bring in STAP. "Watch this space".

Mooi dag en lekker stap.



Sien almal Dinsdag by die klub!

Ek deel graag my ervaring met almal wat belang stel daarin om aan die AGN Baan en Veld Ligabyeenkoms te deel te neem.

Ter inleiding wil ek noem dat Covid 19 die hele atletiek omgewing vir die volgende maande of self langer gaan beïnvloed. Ek dink ons moet daarby berus dan ons aan spesifieke Covid 19 verwante protokols en reëls sal moet voldoen wanneer ons aan byeenkomste wil deelneem.

Daarom het ek deur al die "pyn en lyding" gegaan om, vir myself as toetszaak, aan 'n AGN Baan en Veld Ligabyeenkoms op Tuks en LC de Villiers atletiekbaan te gaan deelneem. Die sub-doelwit die was om te kyk of ek, as ouman, aan byeenkomste kan deelneem.

**DIT WAS REGTIG LEKKER OM WEER OP DIE BAAN TUSSEN EN TEEN OU VRIENDE DEEL TE NEEM!**

Ek het Saterdag op LC de V Stadion gestap as deel van AGN se 2de van 5 Baan en Veld Ligabyeenkomste. Die byeenkomste strek tot einde Jan 21.

Om te kon deelneem moes die spesifieke protokol volg deur vooraf elektronies in te skryf en inskrywingsfooi te betaal (bewys van betaling na AGN kantoor), daarna, net omdat ek ouer as 60 jaar oud is en dit is slegs 'n Tuks voorskrif, moes ek 'n eenmalig geldige Dokter's brief kry dat ek gesond is.

Die res was maklik. Ek het Saterdag by die Tuks toegangshek aangemeld, 'n temperatuur meting is geneem en ek kon soos gewoonlik na die stadion ry. By die stadion moes ek die gewone vraelys voltooi, Dr brief toon en, die res is geskiedenis.

'n Lekker wedloop tussen ou vriende, op die baan, voor skeidsregters en beamptes en met amptelik AGN erkende uitslae.

Dit voel soos die ou dae!

Ek wil almal nooi om te kom deelneem aan die AGN Ligabyeenkomste. Gesels gerus met my as jy belangstel.

Danie Labuschagne

### **PERSONALIA**

Joy Nicholl, Marks Mathebula and Joy's boxing coach were mugged this morning while running. Fortunately nobody was injured. Please be aware at all times while running.

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

Myrna	van Wyk	16 Nov
Tanya	Walker	16 Nov
Annelie	Landman	
Roy	Clegg	19 Nov
Francois	de Klerk	20 Nov
Charmaine	Janse van Rensburg	21 Nov
Elize	Cronje	22 Nov
Conrad	Langerman	22 Nov



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## **ANNUAL GENERAL MEETING**

A successful AGM was held on Tuesday evening last week. Thank you to all the members who attended.

## **MANAGEMENT COMMITTEE**

The following members will serve on the 2021 management committee:



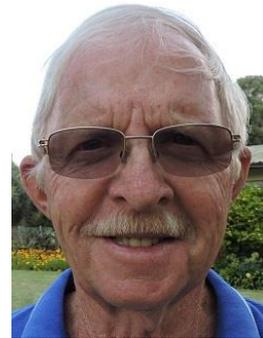
Johan Engelbrecht  
Chairman



Maggie van Rooyen  
Admin



Johan van Vuuren  
Finances



Gerard vd Raad  
Logistics



Keith Reynolds  
Club Captain



MC du Toit  
Communications



Thea van Helden  
Social



Zoë Scholtz  
Ladies Captain/Apparel



Rosemary Brink  
Events



Buks van Deventer  
Social Responsibility



Danie Labuschagne  
Walkers Captain



Wynand Breytenbach  
General Manager

Congratulations to all the committee members who were re-elected and especially to Rosemary Brink and Buks van Deventer who are new members to the team. We wish them well and trust that they will serve the Club with passion and dedication.

We trust that the whole committee will receive the support of all our members to ensure that 2021 will be an outstanding year with all its challenges.

**THOUGHT FOR THE WEEK**

**It's kind of fun to do THE IMPOSSIBLE.**



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REGISTERED QUANTITY SURVEYORS • GEREGISTREERDE BOUREKENAARS

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## **PHOTO CORNER**

No new photos available. Below are the photos of the newsletter of exactly 5 years ago taken at the club away weekend at Klein Kariba. Hopefully everything will be back to normal next year.



How to relax after a Marathon



The Mexican crowd at the party on Saturday evening



A few humble Japanese members



André Rudolph and Vanessa White



When Marks Mathebula took over the mike, he wouldn't let go of it



A very relaxed Henk Basson and his wife Heilet



Joy Nicholl and Pieter Olivier



The Koornhof family



James Eayrs concentrating hard to get the ball into the cup



Concentration on the other side



Petro Smit and Ansie Breytenbach



Rubbing salt into the wounds



André Rudolph, the official DJ of the evening



The “Japanese” preparing sushi. A job well done at the end



“Bokvreter” Eayrs looking a bit different



The Mexican Table. One of 5 different countries



Marks eating potjiekos with chopsticks! Candice vd Spuy looking on



Stephen and Elna Mee, making sure everybody is well fed before going back home



Pieter Olivier in a different outfit. Showing off his muscles perhaps?



The only casualty of the weekend, Danie Joubert assured everybody that it wasn't alcohol related

Photo received just in time of Danie Labuschagne in action on Saturday

