



# IRENE NEWS

17 September 2018

No 37 - 2018



## ACHIEVEMENTS

Elsa Meyer did us very proud at the World Masters Championships held in Spain. She earned 4 gold medals and 1 silver medal, an outstanding achievement! We are very proud to have her as an Irene member.

Congratulations to the following members who were on the podium during the week:

### Lester Mills Memorial:

Ansie Breytenbach  
Marie van Dyk

1<sup>st</sup> Master lady – 10 km (47:12)  
1<sup>st</sup> GGM lady – 10 km (83:58)



### Brooklyn Race:

Joey Cloete  
Annatjie Greyvenstein  
Sandra Steenkamp  
Retha Knoetze (social member)

1<sup>st</sup> GM lady – 10 km (52:47)  
2<sup>nd</sup> Lady walker – 10 km (66:52)  
1<sup>st</sup> Lady walker – 21 km (2:10:42)  
3<sup>rd</sup> Lady walker – 21 km (2:30:38)

## PERSONAL ACHIEVEMENTS

Zoë Scholtz

PB – 21 km

## THIS WEEK'S DIARY

### Tuesday:

Time trials @ 17:30 – Club house (runners to walk 4 km)

### Wednesday:

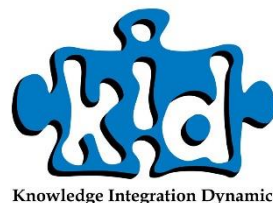
TUT Night 5/10 @ 18:05 – TUT Campus, Pta West

### Saturday:

Race cancelled

### Monday:

Bophelong 21.1/10/5 @ 06:00 - Bophelong Community Centre, Molepo St, Mamelodi East



## IRENE ATHLETICS CLUB ANNUAL SPRING WALK CHALLENGE 18 SEPTEMBER 2018

The Irene Race Walkers would like to invite all the runners to join us for an afternoon of great adventure and laughter.

For the Spring Walk Challenge, all runners must walk (NO RUNNING) the predetermined 4 km route to be eligible to be crowned as, and receive the beautiful trophy of, “Beste Drafstapper Mans 2018” or “Beste Drafstapper Vrouens 2018”.

The “**compulsory**” annual Spring Walk Challenge takes place on the 18<sup>th</sup> September 2018 at 17:30 at the Irene Athletics Clubhouse at the Time Trail Start Line. The Start will be preceded by a short demonstration and discussion on “**Effective Walking during Distance Running**” facilitated by the famous “Oom Gerard”, himself a multiple Comrades finisher while walking the distance in qualifying time, in person! The aim with this training is to assist runners to walk faster, more efficient and thus more economically during long distance running events, thereby saving time and energy.

The Irene Race Walkers will participate in our beautiful Irene racing attire and assist *en route* with advice and answer any questions, however we will not be in line for the crown.

Danie Labuschagne  
Organiser



**Irene Athletics Club**  
**Annual Spring Walk Challenge**  
**18 September 2018**

The Race Walkers are inviting you to join us in the annual 4 km Spring Walk Challenge  
18 Sep 18 at the Irene Athletics Club at 17:30  
This will be in the place of the weekly Time Trail.

Oom Gerard will introduce the topic:  
“Effective Walking during Distance Running” prior to the walk.

Club Race walkers excluded from trophies!

Bring along the family and experience an introduction into Race Walking.

Beautiful once-off trophies for the best Novice:  
Men and Ladies Walker

## ***IRENE SPRING RACE***

We still don't have enough helpers for the Irene Spring Race on 29 September. Please!!!!

It is a league race this year. The helpers run on Sunday 30 September will therefore also be part of the league race. It will give you the opportunity to earn your league points and medal.

## ***ADVICE FOR WALKERS – JURGENS SPENCER***

I have lately been concerned about walker's injuries and needed operations to walkers around me and close to me. I asked myself if I could have helped more in trying to prevent their injuries and also, are these injuries actual sports injuries due to racewalking, a sport that has in general the reputation of being to a large extent injury free.

Hippocrates said 2500 years ago: - "If we could give every person the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to perfect health".

Reckon that walking combined with a healthy lifestyle matches his statement pretty close.

We, especially us, the not so young master athletes must take into consideration a few facts and I will list a few of them. Perhaps we can take some comfort of these facts, when things do not go our way too smoothly, and be grateful and appreciative if they do.

1. Age affects the strength and resilience of the tissues. Muscular strength begins to decline at the relatively age of thirty to forty years, while elasticity in tendons and ligaments decreases from the age of thirty and the strength of bone after the age of fifty.
2. Inactivity accelerates the natural degeneration of muscles, tendons, ligaments, articular surfaces and bone structure.
3. Activity tends to delay this degeneration. However, we must be aware of the fact that physical achievements reach their peak between the ages of twenty and forty, unlike intellectual ability which is at its best between thirty and sixty years of age.
4. Experience and level of training are of importance. Beginners often suffer more injuries than experienced walkers. Too much training can cause overuse injuries.
5. Technique is of greatest importance. Faulty technique can lead to overuse syndromes and in time cause a variety of injuries.
6. An insufficient warm-up period may contribute to muscle and tendon injuries.
7. Besides a balanced and nutritious diet, adequate fluids and avoiding alcohol (if at all possible), essential are sufficient rest and sleep, as part and parcel of staying healthy and injury free.

Racewalking makes demands on our bodies, more so because we are extremely competitive and race all year round. Most of us have special positive inner needs to race weekly and thereby gain mountains of self-satisfaction, pride and enjoyment."

## PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Jane	Robertson	17 Sep
Derick	Van der Merwe	17 Sep
Henry	Brown	18 Sep
Nomonde	Thamaga	18 Sep
Louisa	Spangenberg	19 Sep
Zoë	Scholtz	20 Sep
Roxanne	Swart	20 Sep
John	Cannon	21 Sep
Carol	Mathibe	22 Sep
Stephan	Craggs	23 Sep
Violet	Madzhie	24 Sep



## NOTICE BOARD

**Wednesday 19 September**

**TUT Health & Wellness Night Race 10/5km**

Race Organisers: TUT Athletics Club

Venue: Tshwane University of Technology, Pretoria

	10 km	5 km
Entry fees	R 70	R 30
Start time	18h05	18h10
Time Limit	03:00	

**Route is not suitable for wheelchairs**

**No pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-Away-Sport; Sweat Shop Southdowns; TUT Athletics Office

**CSi** Sales  
Rentals  
Property Management  
Trustworthy Property Solutions

Website: [www.csi-euf.co.za](http://www.csi-euf.co.za)

Tel: 011 805 6316

**MODERN**  
**athlete**

**Monday 24 September      Bophelong Half Marathon 21.1/10/5 km**

Race Organisers: Bophelong Athletics Club

Venue: Bophelong Community Centre, Molepo St, Mamelodi East

GPS: S 25.7168   E 28.3769

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 50
Entry fee 60 – 69 / Jardine Joggers	R 50	R 50	
Entry fee 70	Free		
Start Time	06:00		06:15
Cut-off	03:00		

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

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns; Tshwane Running Shop

[www.enrytime.com](http://www.enrytime.com)**2018 AGN LEAGUE FIXTURE LIST**

<b>EVENT</b>	<b>DISTANCE</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
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**

27 October 2018      SWD

Oudtshoorn

10 November 2018      Free State

Bloemfontein

**THOUGHT FOR THE WEEK**

You have a choice. You can throw in the towel, or you can use it to wipe the sweat off your face.





# JOINTeze™

## Photo Corner



Ben Taljaard, Annemarie Breytenbach and Carla Hartmann in good spirit at Brooklyn



Letha Kotze



Mark van Deventer





Belinda de Bruyn



Zoë Scholtz





Nadene Visser



Madelé Nelson





Mfundo Hadebe



Hennie Potgieter