



IRENE NEWS

19 October 2020

No 41 - 2020



VIRTUAL CSi IRENE FARM RACE

All our members who have entered for the Virtual CSi Irene Farm race are invited to run the race on the grounds of the ARC on 31 October.

There will be a few invited runners running the 10 km who will start at 07:00. This race will be streamed live on Facebook. All other runners and walkers can start from 08:00 onwards.

After the race there will be a social at the club house. More details of the social to follow.

We are still looking for more entries of our club members, we need your support!

Use this link to enter: <https://irenefarmrace.co.za/>



Website: www.csi-euf.co.za

Tel: 011 805 6316



JOINTEze™

Virtual CSI IRENE Farm Race

31 October 2020

CSI
Sales
Rentals
Property Management
Let Us Take Care Of Your Investment



Date: 31 October 2020
Venue: Countrywide! You run
in your area, in line with
COVID-19 restrictions
Closing Date: 30 October

5 km, 10 km, 21.1 km
Same entry fee for all the distances
Enter: www.irenefarmrace.co.za

Entry fees:

R30

- Virtual medal on your social media
- Vitality points where applicable

R60

- Real medal plus quality CSI buff (only 1000 buffs available)
- Vitality points where applicable

R140

Delivery of:

- Real medal plus quality CSI buff (only 1000 buffs available)
- Vitality points where applicable

Race rules

- Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against any or all actions of whatsoever nature, whatever the same may be arising out of their participation in the event.
- All athletes participate at their own risk. Athletes acknowledge that by entering the event, they are medically fit to participate.
- Minimum age for participation: 21.1km 16 years old and 10km 14 years old.

Choose sport shop for collection of medal and buff:

- Run-Away-Sport: 012 361 3733
- Sweatshop Southdowns: 012 665 0048
- Sweatshop Dunkeld: 011 325 2567
- Sweatshop Bedfordview: 011 325 2567
- Sweatshop Broadacres: 011 465 2556

I hereby waive and abandon any or all claims of whatever nature that may arise from my participation in this event.

RESUMING OF ROAD RACES

As from 1 November road race will resume with a lot of restrictions and protocols to adhere to. Please see the circular from ASA attached with all the details.

ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 10 November at 18:30.

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.

FROM OUR WALKERS CAPTAIN

LOCKDOWN RACEWALKING CHALLENGE SERIES: OCTOBER INTER-REGIONAL CHALLENGE

IRENE ATHLETICS CLUB

Background to the Challenge Series. The Lockdown Challenge series was started by Chris Callaghan (Love Running and member of the AGN Race Walking Commission) after a suggestion by Zelda Schultz as a way, during the lockdown, to keep walkers motivated. To allow for the broadest possible entry there was no cost to the races and almost any timing method was acceptable. It was also meant to build camaraderie amongst walkers and to build the sport by encouraging especially the younger set to take part.

Unfortunately, this series has come to an end and this was the last event of the series.

However, there are some good news as well. It appears that ASA and AGN have grasped the opportunity to initiate a series of Road Races and Track and Field Events and crammed 6 such events into the suggested programme for November and December 2020 and January 2021 where we as race walkers can compete on the road and track. Two of the events may be night races on a Wednesday! I will communicate the programmes as soon as AGN has finalised the dates and specific programme for the day.

First things First

The following table provide the results for the Irene Race Walkers who participated in the October Inter-Regional Challenge. The names are randomised and in no specific order other than the date entered for the event.

Congratulations to each athlete who entered and walked their heart out. There are some excellent results. Unfortunately, there are many virtual races and some members entered other races. Despite the abundance of races, Irene provided close to 50% of the AGN entrants to the October Inter-Regional Challenge! That is no mean feat and proves that Irene is one of the strongest racewalking clubs in the RSA.

OCTOBER INTER-REGIONAL CHALLENGE: IRENE RACEWALKERS

	Distance	Name	Surname	Age on Race Day	Age Group Position	Performance Percentage	Comments
1	5	Lynette	Gough	58.9	1	62,1	Very good Provincial competitive time.
2	5	Annetjie	Greyvensteyn	75.8	1	87,7%	Excellent International Standard time
3	5	Nelda	Smith	62.0	3	73,5%	Very good National Level competitive time. Personal Best
4	5	Andre	Smuts	76.5	2	67,4%	New Recruit to Irene
5	5	Isabelle	Van der Schyf	54.1	2	71,4%	Very good National Level competitive time.
6	5	Lucia	Willemse	66.4	4	63,8%	Commendable Provincial Level competitive time
7	10	Johan	Janse van Vuuren	76.6	3	51,1	Commendable time for a walker just out of major surgery and still recovering!
8	10	Danie	Labuschagne	65.2	1	76%	No Comment
9	10	Elsa	Meyer	74.3	1	97,8	Excellent International Standard time
10	10	Keith	Reynolds	53.4	1	75,4%	Very good National Level competitive time.
11	10	Tania	Thompson	56.4	3	59,6%	Commendable time for our long-distance specialist
12	10	Marie	van Dyk	72.4	3	75,9%	Very good National Level competitive time.
13	10	Fanie	Van Wyngaard	68.8	2	61,1%	Commendable time. Personal Best. Walker is improving fast
14	10	Estien	Van Wyngaard	60.1	2	78,1%	Non-Official SAMA Qualification, Personal Best
15	10	Jaap	Willemse	64.1	1	76,0%	Very good National Level competitive time. Time should have been faster!

The following Virtual Medals have been awarded and members may post the medal received!



Congratulations to all participants. Let us grasp all the opportunities planned by AGN for us to develop ourselves. Let us enjoy the sport we all love so much.

Danie Labuschagne

CAPTAIN'S CORNER

Cape Town Marathon.

With the start of the Marathon this morning we also officially started a heatwave. Having already been burnt in the sun earlier in the week I was overcautious when it came to preparing for the run today. The greatest wish of most athletes today was that we could have started earlier (I know someone that did).

My sytaret was quite interesting. I got the race App going but only realised after a little

while that I had not started tracking the time on Garmin. (I have not used the route feature much before)

Fortunately the route I followed had many trees and the first 25 km was quite comfortable. Except the fact that the route I had plotted out on Garmin to keep in touch with other runners on their 21km route "malfunctioned" at 6.5km. It was not clear at that point which direction to take and I headed straight. Garmin told me I was off course and I turned back to the direction I had memorised. Garmin then could not make up its mind whether I should go left or right, so I turned around and headed in the opposite direction. After a few kms I realised that even though I was following the course outline on the map, it was not where I should have been.

I took out my phone and looked up the street where a waterpoint had been arranged by Annerie and changed direction. As I got close I realised that I would get there too far ahead of schedule so I added in a loop before turning into the street. That plan worked somewhat well as I met up with the rest of the runners. Only problem was that I was heading away from the water point when I did. By the time I got to the point I was only around half a km off. At this point I took out a set of hand written directions and continued along the route as Garmin was no longer telling me which turns to take (11th commandment - Thou shalt make backups).

Due to the confusion relating to the route, I found I was not focused at all on pace and was just running on how I felt while following the route notes. That was probably a bit of luck as I was running without concerns of time or speed.

Just after the 3rd waterpoint at 25 km I turned off to Delmas Road (R50 and headed down to the Irene mall to take advantage of the waterpoint that had been set up by Woolworths. Not a bad setup with oranges, bananas and water available. Of course, we all had to sanitise before we could enter the area where they had set up.

I knew there would be a hill going back but was surprised just how it felt going up the M57. I was very glad to finally get back to shade after a 4 km uphill section which was accompanied by another 2.5km of "gentle climbing" after a short easier section.

With 4km to go I started on a welcome gentle descent for a km.

Coming up near the end with around 200m to go according to Garmin, I pulled out my phone and saw the race App was only at 41.33km. Smiles and cheers from the few that had come out for the finish kept me positive for the "overtime". Fortunately it was a downhill section after the "finish point" and I continued running until the app recorded the full distance (about 1 km extra with the missed piece at the start). Unfortunately it was a long haul back up to the "finish" where Annerie who had completed her first half marathon was looking as if she had not even run. Well done to her for the run and organising such a great, well managed route.

Keith Reynolds

PERSONALIA

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

Henry	Enslin	18 Oct
Mpho	Motaung	19 Oct
Stanley	Macmillan	20 Oct
Vicky	Sidler	22 Oct
Elmon	Mhlanga	23 Oct
Antoinette	Reynolds	23 Oct
Nelda	Smith	24 Oct
Johan	Dekker	25 Oct
Lizeli	Gildenhuys	25 Oct
Tshilidzi	Ramanyimi	25 Oct



Website: www.csi-euf.co.za

Tel: 011 805 6316



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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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2029 Lenchen Ave South
Zwartkops x 4
Centurion
0157

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WESTERN CAPE OFFICE
Niagara Road
Tyger Waterfront, Suite 713
The Cliffs, Bellville, 7530
m: +27 (0) 83 655 4754

THOUGHT FOR THE WEEK

The best way to get to the top is to get off your bottom.

SPECIALS AT THE SWEATSHOP



Kayano 26 M ..R1999

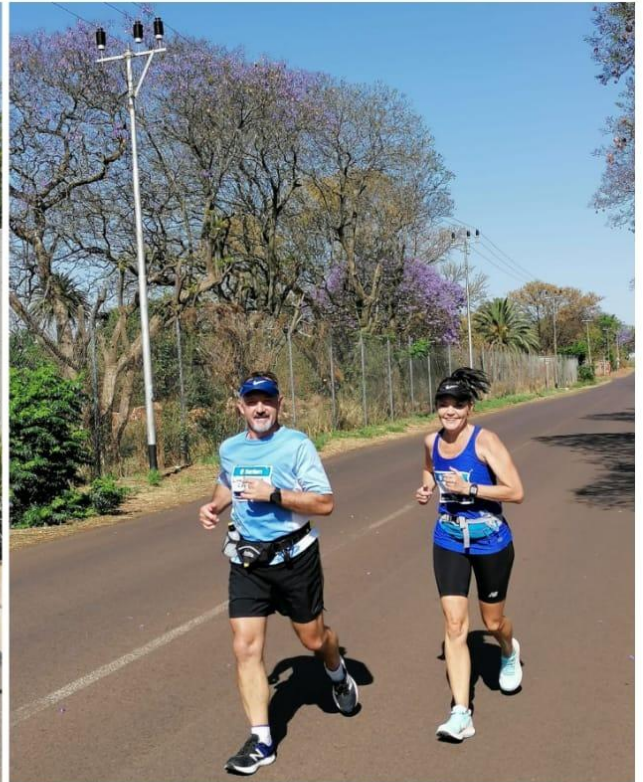


Kayano 26 W...R1999

PHOTO CORNER



Keith Reynolds with Anneri le roux who did her first half Marathon, well done!



Riaan and Renette Prinsloo did the Virtual Cape Town Marathon. With a full support crew - Jolande, Charmaine, Rose, Rae, Adri and Lizelle



Noel Banda



Anneri le Roux with a new member



Buks van Deventer fractured a bone in his foot, hence the crutches