



# IRENE NEWS

**24 August 2020**

**No 33 - 2020**



## **REOPENING OF CLUB HOUSE**

In view of the lockdown that is now on level 2, we will reopen our club house on Tuesdays as from 25 August. Please take note of the following arrangements:

- The club house will open at 16:00
- There will be no official time trial where everyone starts together
- Members are requested to start on their own and to avoid big groups
- Let us respect each other and adhere to the Covid 19 protocols
- The bar will be open from 17:30

There will be no separate training session for the walkers at this stage. All walkers are invited to start from the club house at their own time, the same as the runners.

## **CAPTAIN'S CORNER**

### **10 000 Kays in 900 Days**

In South Africa many of us are aware of the 1000km challenge which involves completing 1000km in a calendar year in official races.

What do you do in a country where you cannot find even 500 km in a year including traveling across borders to neighbouring countries?

The answer is simple. Just let them clock up 1000km in training. The objective being to get people active and lead a healthier lifestyle. This Ugandan initiative, set up by a good friend of mine was small to start with but the idea of getting people moving has brought a good number of runners to new levels and built a circle of friends that goes well beyond running.

On 1 March 2018 the first 1000km challenge kicked off and most people who signed up completed the challenge. The few in the group that participated in Comrades that year went cruising past the 1000km very easily and continued past 2000km by the time the inaugural season closed on 16 December.

The first year was well received and only a few people did not sign up again for season 2 which saw an increase of around 50% in numbers. The word was out, and the interest was growing.

In the second season additional target distances were added for 1000 miles and 2000 km. A decision was taken to keep the challenge going and give recognition to athletes when they reached certain target distances such as 10 000km.

Year 3 saw further growth in numbers. Covid struck and many people were finding it difficult to get to do their daily training. Having the target, which now included a 3000km option, gave people a reason to find creative ways of getting out for a run or walk.

From my side I found that I had more time to train as I did not have to travel to the office and back in slow traffic. It was not easy at the start knowing you were doing at least 20% more distance than what the device was recording due to running in a confined space. Many people I know simply stopped running at this time and waited for the lockdown regulations to be lifted. As I had committed to a 3000km goal there was no chance for me to sit back and kept on pushing through. As we had no races it was easier to set a base and just focus on getting out of the door and adding the kilometres.

My sister Anne (previously an Irene Runner) had signed up for the cycle challenge that was run in parallel to the run challenge. As she has the “luxury” of an indoor trainer, she was also able to pile on the kilometres throughout the lockdown. The cycling challenge recognition was however set at achieving 25 000km. While I was focusing on completing 3000 my sister was fast approaching the target.

On 3 August I reached 3000km since 1 December 2019 (it has been a great year) and the next day my sister hit the 25 000km Target. Just a few days before the end of July we calculated the number of days the challenge had been going for. Anne hit her target in just 894 days.

When we realised the number of days we were on, it became a logical challenge (for me anyway) to attempt to achieve the target on day 900. In the final 10 days I had to cover 221km. Starting on 1 August with a 10km race walking event and following that up with a marathon in 3:25 on the 2<sup>nd</sup> was a good start but still left an average of around 21 km per day.

When a target is big, breaking it up into manageable sizes is quite useful. I targeted 2 10 km sessions per day and adding in a kilometre or two when I had the time or the legs to push on.

Finally, the last day arrived. It was a gift in the form of a public holiday and I only needed 12.2 km.

Had a great run thinking of the history we had built up in Uganda over the past 30 months. Achieving the target equates to an average run of 11.11 km per day. My initial goal was to get to around 10km per day on average (year on year – never thinking about 10 000km)

The first thing I did after logging the final distance to reach my goal was to work out what my next goal will be. Better to always have something to work towards. The key as always will be to not over-commit or over-race. Making sure as well to have rest days and plenty of easy days.

What I have got out from this is that I am now back running times which I last did 7 years ago.

Once you set your mind to achieving targets and follow a sound approach, you can achieve whatever goal you set for yourself. Many of us only focus on training for a specific event

and then we rest up and start all over again, usually after taking off a lot more time than necessary. Some even lose motivation as it is "hard" to start from a position of relative unfitness.

Having a longer-term goal will keep you focused with a balanced program throughout the year. In the end you will probably find yourself in a better position and able to do what you may have given up on previously

As the country is now entering stage 2, we have hope for meeting you all again in the near future.

Keep well, Keep safe.

Keith

### ***FROM THE WALKERS CAPTAIN***

Please see the attachment for the results of the Walkers Inter club Challenge.

Congratulations to our walkers with their silver position, a great achievement indeed.

### ***ZOOM WINE TASTINGS***

Just a reminder. We are having our zoom wine-tasting on Tuesday evening.

**Tuesday 25 August 2020 @ 17:30/18:00**

<https://zoom.us/j/95800943315?pwd=SmhJL1VURVgxSC9DMlpEQ2FONWIBZz09>

Meeting ID: 958 0094 3315

Passcode: 712323

I have made a WhatsApp group for those joining. Some folks have gone and purchased a Sauvignon Blanc and Cabernet+, in order to taste what the wine waker will be talking about. No need to have the Cederberg though, any wine you have available will suffice. Should you not be able to make Tuesday 25 August, I have another date, 1 September available. Let me know if you have a group who would like to taste some Wine with Altitude.

Tasting notes for our wines can be downloaded via this link: <https://www.cederbergwine.com/all-wines/>

You are not obliged to purchase any wine, and should you wish to purchase less than 6 bottles (1 case) I will help fill the box... because it is just so good.

Please let me know via WhatsApp. Looking forward to a glass of wine with you.

Thea van Helden

083 305 7181 - [vanh.thea@gmail.com](mailto:vanh.thea@gmail.com)>

ONLY IN GAUTENG

COMPLETE THE CHALLENGE  
BETWEEN 14 & 20  
SEPTEMBER 2020

# VIRTUAL QUEST

PUSHING VIRTUAL LIMITS

JOIN THE  
#CELEBRATE40  
CHALLENGE

40KM/4KM  
WALKING/RUNNING  
IN 4 DAYS VIRTUAL RACE

REGISTER AND COMPLETE THE  
VIRTUAL RACE AND RECEIVE  
**COOL SOCKS!!**

REGISTER:

[HTTP://VIRTUALQUEST.CO.ZA/SPORTS](http://VIRTUALQUEST.CO.ZA/SPORTS)

ENTRIES OPEN 1ST AUGUST AND  
CLOSES 29TH AUGUST 2020  
ENTRY FEE R150.00

## #CELEBRATE40 CHALLENGE

4 DAYS TO RUN OR WALK:  
4KMS OR 40 MINUTES OR 40KM  
IN YOUR **FUNKY SOCKS**



**CARE** for WILD

• RHINO SANCTUARY NPC •

A PORTION OF  
PROCEEDS GO  
TO THE CARE  
FOR WILD RHINOS





## JUSTICE LEAGUE VIRTUAL SERIES

The Aquaman run is the next race in the Justice League series. Use the Irene AC link to enter: <https://tickets.tixsa.co.za/events/26282/tag/Irene>

### Aquaman Run

6 September 2020

ENTER THE JUSTICE LEAGUE VIRTUAL RUN SERIES. JOIN YOUR FELLOW RUNNERS (OR WALKERS, CRAWLERS AND CYCLISTS) AND EXPERIENCE THE HEROICS OF COMPLETING A 2.5KM, 5KM, 7.5KM OR 10KM RUN/WALK IN YOUR VERY OWN NEIGHBOURHOOD.

**AS AQUAMAN WOULD SAY: "BY THE BEARD OF POSEIDON!" DO NOT MISS THIS SUPER OPPORTUNITY!**

People are such wonderfully adaptable beings and although many might be feeling like a fish out of the water at the moment, most are adapting fast to the current situation – even making the most out of it. Speaking of fish and people reminds one of Aquaman, adapted to both water and land. It is quite appropriate in this time of adaption to host the **Aquaman Run** – the third event in **The Justice League™ Virtual Run Series!**

Remember, whether you participate to perform or just to enjoy the walk or run, you will also be helping those in need. Helping others is what **Super Heroes** do. Participate and earn your **Super Hero** status. By taking to the road on the day of each run, wearing your **Super Hero T-shirt**, runners all over the country will show their solidarity to rise to the challenge of adapting to the changes we are facing, to help their fellow citizens and to show we will all run into a brighter future.

Participation in these virtual run/walks ensure contributions to beneficiaries such as Headstart Kids [who provide specialised, nutritional food packs to children aged 6 months to 5 years]. Relief will be given to people in need. The more entries, the more Food Packs and meals our beneficiaries can distribute.

### AQUAMAN ENTRY AND SUPER HERO KIT:

As part of entry each **Super Hero** participating will receive a Super Hero Kit

### **FOR THE AQUAMAN RUN THE KIT WILL INCLUDE:**

- Collectors Edition Aquaman Medal
- Limited Edition Aquaman T-shirt
- Limited Edition Aquaman Button Badge



### ***DAWN TO DUSK VIRTUAL RACE***

A number of our members will participate in the Dawn to Dusk virtual race this coming weekend. We wish them all of the best.

Keep the Irene name high!

### ***PERSONALIA***

Congratulations to Lizl Strauss and her husband with the birth of their baby girl!



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

Deon	Hoffmann	26 Aug
Hennie	Potgieter	26 Aug
Jurie	Venter	26 Aug



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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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### THOUGHT FOR THE WEEK

Life without love is like a tree without blossoms or fruit.

