



IRENE NEWS

24 September 2018

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ACHIEVEMENTS

Kromberg & Shubert 15/25

Marie van Dyk

1st GGM lady – 15 km (2:07:49)

Bophelong 10/21

Joey Cloete

1st GM lady and 3rd lady – 10 km (51:21)

Elsa Meyer

1st Lady walker – 10 km (68:50)

Gerard van den Raad

1st Walker – 10 km (69:22)

Marie van Dyk

1st GGM lady – 10 km (88:24)

Iain McFadyen (social member)

1st GGM – 21 km (1:55:45)

The following members earned medals at the AGN Racewalking GP:

Sandra Steenkamp

Bronze

Danie Labuschagne

Gold

Jaap Willemse

Silver

Elsa Meyer

Gold

Tania Thompson

Silver

Gerard van den Raad

Gold

Congratulations to all of you!

PERSONAL ACHIEVEMENTS

Mareli Erasmus

1st Marathon

Keith Reynolds finished 3rd overall in the Source of the Nile Trail Run in Uganda and was awarded the first permanent number in Uganda (for any running event) for completing the race 3 times.

Well done!

THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:30 – Club house



Saturday::

Irene Spring Race @ 06:00 – Irene Village Mall (**Irene members not allowed to participate**)

IRENE SPRING RACE

We still require helpers at a waterpoint and also a few more at the entries 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.

The helpers race will start at 06:00 from the Irene Village Mall. There will be something to eat afterwards to all the finishers.

We are also looking for a few helpers to assist at the helpers race please.

IN THE MAILBOX

Isi Grobler van der Schyff

"Ek het besluit om vandag te praat oor my gevoel van n DQ (disqualification) op n wedloop. My hart gaan uit na enige Race Walker wat gediskwalifiseer word met n wedloop. Is dit n skande... NEE! Geen Race Walker sal met opset verkeerd gaan stap nie. Ons is almal trots as ons wen en soms besef ons nie hoe verkeerd ons eintlik stap nie. Ons as Walkers raak vinnig ontsteld as ons n waarskuwing kry van n beampie vir n "bend" of n "lift" tydens n wedloop. Ek stem saam dit is nie lekker nie maar eintlik doen hulle ons n guns om ons te waarsku dat ons verkeerd stap en ons moet daarop reageer en probeer om dan aan ons tegniek te werk en dit te verbeter sodat wanneer ons in groter byeenkomste deelneem nie met die seer hoof te loop omdat ons ge-"dq" is nie. Vir jou as atleet is dit n seer en mens voel half vernederd omdat ons maar net mense is en ons bekommerd is oor wat gaan die mense van ons sê. Ons as mede stappers is die lelike mense in die verhaal omdat ons dit as n skande sien of meer nog dalk verlekker wanneer een van ons mense gediskwalifiseer word want "ons het mos al lankal geweet die persoon stap nie reg nie en dit is tyd". Dit is maklik om agteraf te praat oor hoe verkeerd stap van ons vriende of dat hulle "bend" of "lift" maar waaraan ons nie dink nie is dat baie van ons begin as Walkers sonder enige voorbeeld van hoe om dit reg te doen en so gaan ons voort en omdat ons nooit waarskuwings kry op padwedlope nie neem ons aan dat ons stap tegniek reg is. As niemand jou gaan teregwys op jou stap styl nie is die kans goed dat jy n waarskuwing kan kry wanneer jy die dag onder die oë van n stap"judge" gaan kom. Ek stem saam net soos ons as atlete moet oefen om reg te stap moet die beampies ook in oefening bly om die regte besluite te kan maak en nie verkeerdelik en onnodiglik mense te waarsku of "dq" nie. So aan elke Walker wat al ge"dq" is my hart gaan uit na julle en volgende keer wanneer jy n mede Stap atleet sien wat dit verkeerdelik doen, praat reguit en waarsku hom dat hy dit verkeerd doen en red so atleet eerder van n moontlike "dq" en jy wat gewaarsku word, sien dit as hulp eerder as kritiek en afbreek. Dalk stem al my mede stappers nie saam nie maar dit is my gevoel".

John Ward

Please accept my apologies for not being able to help. I am currently working up in the DRC (photos attached – mapping the river up the Mbuji Mayi valley, although not always with my eyes closed - as in the picture!).

Irene certainly offers amazing support facilities to all its members – a privilege indeed, especially in my situation with external working, to be a member of such a generous Club.

Good luck with the Irene Spring Race.



LEAGUE RESULTS (SMU RACE)

We are now in 12th position on the log after the SMU race. Thank you to all of you who participated.

SMU	Div 1	Points
Pos	Club	League
1	Vtm	139
2	Pmmc	133
3	Ace	118
4	Hqh	105
5	Overkruin	100
6	Resbank	85
7	Rwfl	82
8	PmwC	73
9	PvR	70

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9	Agape	70
11	Aurecon	67
12	Irene	63
13	Magnolia	58
14	Csir	53
14	Ppmk	53

Super league

Our ladies remain in the 2nd place on the log, well done!

<i>Wonderpark Akasia</i>	<i>Denel</i>	<i>Morula</i>	<i>Race of Hope</i>	<i>Riana van Niekerk</i>	<i>Garsfontein Ice Breaker</i>	<i>SMU</i>	<i>Female</i>
Pos	Pos	Pos	Pos	Pos	Pos	Pos	Club
4	4	1	1	1	1	1	VTM
3	1	8	4	3	2	2	IRENE
10	7	2	2	5	5	3	PMMC
1	3	10	5	4	4	4	MAGNOLIA
7	10	3	3	2	3	5	RUNAVATION
20	11	21	13	9	6	6	RWFL
23	18	7	9	7	7	7	CSIR
5	5	12	10	14	11	8	NEDBANK
43	33	17	12	8	12	9	CORR SERV
25	20	29	18	10	9	10	FIT PTA

Our men have dropped back from 7th position after the Denel race earlier in the year to a shocking 25th position!

Walkers league

Our walkers finished 2nd on the day but are still leaders on the log with a mere 2 points. Keep it there!

<i>Wonderpark Akasia</i>	<i>Denel</i>	<i>Morula</i>	<i>Race of Hope</i>	<i>Riana van Niekerk</i>	<i>Garsfontein Ice Breaker</i>	<i>SMU</i>		<i>Points</i>
Pos	Pos	Pos	Pos	Pos	Pos	Pos	Club	<i>L'gue</i>
2	3	3	2	1	1	1	IRENE	135
2	2	1	1	2	3	2	PMWC	133
1	1	1	2	2	2	3	RWFL	132
9	9	7	7	5	7	4	ACRW	86
8	5	4	4	6	5	5	VTM	85

The following members earned super league points at the SMU race:

POS.	NAME	AGE	TIME	POINTS
21 km				
265	JACQUI BURN	57	2:15:49	33

Congratulations Jacqui.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

NOTICE BOARD

Roelof	Blignaut	25 Sep
Ronel	Ie Roux	25 Sep
Estien	van Wyngaard	26 Sep
Lisinda	Van Zyl	27 Sep
Jeanette	Odonnell	27 Sep
Lindie	Pretorius	26 Sep
Ashley	Williams	28 Sep
Mariet	Louw	29 Sep
Thabiso	Maape	29 Sep
Mpowa	Matlala	29 Sep



NOTICE BOARD

League Race

Saturday 29 September Irene Spring Race 21.1/10/5 km

Race Organisers: Irene Athletics Club

Venue: Irene Village Mall, c/o Nellmapius Drive & Van Ryneveld Avenue, Irene

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 50
Entry fee 60 – 69	R 50	R 50	
Entry fee 70	Free		
Start Time	06:00		06:10
Start time walkers & wheelchairs	05:45		
Cut-off	03:30		

Saturday 13 October

Jacaranda City Challenge 42.2/21.1/10/5 km

Race Organisers: Agapé Athletics Club & Sportsvendo

Venue: Pretoria Rugby Club, Totius Street, Groenkloof (+/- 700m from old venue)

	42.2km	21.1km	10 km	5 km
Pre-entry fee (until 5 October) or when entry capacity reached	R 190	R 110	R 90	R 60
Entry fees 60 – 79	R 100	R 60	R 50	
Late entry fees (11/13 October)	Closed	Closed	R 110	
Late entry fees 60 - 79	Closed	Closed	R 60	
Jardine Joggers / 80+ athletes	Free			
Event t-shirts	R 80			
Start Time	05:45		06:15	06:30
Time Limit	05h:30	03h00	2h00	

No completed tear-off strip – no results Come early – start line is a 10-minute walk from venue

Pre-entries: Run-A-Way Sports; Sweatshop Dunkeld, Bedford & Southdowns; Sportmans Warehouse Atterbury value Mart, Centurion Value World & Kolonnade Retail Park; Brooks Gym 291 Main St. Brooklyn

Enter on line: www.timeme.co.za

2018 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
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

27 October 2018 SWD Oudtshoorn

10 November 2018 Free State Bloemfontein

THOUGHT FOR THE WEEK

The great thing in this world is not so much where we are, but in what direction we are moving.



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Photo Corner



Judy Faint after completing the Cape Town Marathon



Mareli and Pieter Erasmus at the Cape Town Marathon, it was her 1st Marathon



Tjaart van Wyk



The runners who tried to be walkers on Tuesday evening. It was a huge success



Nelius van Rooyen and Ansie Breytenbach were the fastest walkers of the runners



Rita Jordaan recently did the Sydney Festival Bridge Run



Pierre and Marisia Koch did the Wachau Valley Marathon in Austria on Sunday



Pierre and Marisia were fortunate to have their kids as supporters on the road