



# IRENE NEWS

25 May 2020

No 20 - 2020



## WORLD MILK DAY

We are very grateful to the Milk Producers Organisation (MPO), who invited us to be part of the annual World Milk Day festivities. They have donated six dairy product hampers worth R350 each that will be distributed amongst the Irene members taking part in the Irene Virtual race on 30 and 31 March. See below for the details.

Please be part of the fun and ensure that you send in many photos for the newsletter.

You will also find info regarding their festivities and challenges. Support them and be part of that as well.



## WORLD MILK DAY IRENE RUN/WALK CHALLENGE

Come join in with your Fellow Irene crew as we take on the World Milk Day Run/Walk Challenge together with our very own Joyful Louise.

While the key focus will be on having fun, we will also be looking at indicating who can claim the “**Victor Ludorum**” (winner of the games) title for the weekend. All those hungry for a bit of competition can put in an effort that makes up for cancelled events such as the Masters Championships.

To determine the “Victor” we will be using the “Age Grading Calculator” which levels the playing field between Runners & Walkers across age and gender.

<b>Purpose</b>	: Have fun and top it off with milk
<b>Date</b>	: 30 & 31 May
<b>Where</b>	: Within 5 km of your home, adhere to the lockdown regulations
<b>Distance Categories</b>	: 3/5/10/20 km

**Prize Categories** : Fun pics submitted (individual, family, etc. specifically showing how you refresh with milk after your run).

**Submitting progress:**

- You can do more than 1 run/walk within the 3-hour window allowed for exercise on either or both days.
- Submit all run/walk evidence (screenshot or photo per event completed - e.g. 3km and 5 km Saturday and 10 km Sunday) indicating distance, total time taken, run or walk and Age (for Age grading).
- Submit result by 14:00 each day that you participate.
- Submit via WhatsApp on Irene run **or** walk group **or** WhatsApp Keith on 082450327 **or** e-mail to keith11523@gmail.com (use the latter 2 specifically if you do not all to know your age 😊)

**MPO DAIRY RALLY**



Milk is an excellent sports drink to refuel, rehydrate and regain energy. Are you ready for our challenge?

[World Milk Day active photo / video challenge](#)

On 1 June 2020 we celebrate the 20th #WorldMilkDay with the rest of the world! You are invited to join in the Dairy industry's **SA Loves Milk** campaign by taking a photo or making a short video of yourself and your training partner/s while drinking milk to fuel up, hydrate or recover when exercising. Be a part of the #SAlovesmilkpicturechallenge and e-mail your photo or video to [tdmeditor@agricconnect.co.za](mailto:tdmeditor@agricconnect.co.za) **before 2 June to stand a chance of being featured on our platform** and **WIN A DELICIOUS DAIRY PRIZE** in our #SAlovesmilkpicturechallenge raffle.

#WorldMilkDay #SAlovesmilkpicturechallenge #MPO #Rediscoverdairy

[The dairy industry challenges you to participate in an online Workout / Run or Walk with dairy as your recovery partner.](#)

[World Milk Day Run or Walk Challenge](#)

[Dairy gives you go](#)

On 1 June 2020 we celebrate the 20th **#WorldMilkDay** with the rest of the world! Please join the Milk Producers' Organisation's **#SALovesmilk** campaign by participating in the **#SALovesmilk** Active Challenge by arranging a virtual run/walk challenge for the members of your Club over the weekend of 30 and 31 May 2020. Six dairy product hampers to the value of R350 each are available as prizes for the winners in the different categories. Let's show the world how much **#SALovesmilk!!!** Click on <http://dairygivesyougo.co.za/sport> to see how dairy improves and maintains your performance.

**#EnjoyDairy #WorldMilkDay #SALovesmilk**



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## **LOCKDOWN ACTIVITIES – DANIE LABUSCHAGNE**

### **LOCKDOWN 2020: WHERE THERE IS A WILL THERE IS A WAY!**

**I walked 600 km or 8600 laps in 35 days of lockdown**

The dramatic and life changing announcement came just a few days into the Labuschagne holiday at St Michaels-on-Sea. Initially, one could still walk along the beaches when and where you wanted but that freedom came to an abrupt end with the announcement of the total lockdown commencing on 27 March 2020. This government decision ended our holiday and started a new way of training and racewalking for me and possibly amongst the entire racewalking fraternity.

I did some soul-searching and introspection with specific focus on my racewalking, where I came from and where I want to be in the future. I concluded that I am inherently lazy to train and exercise, hate long distances and detest training programmes. I therefore decided to use the lockdown period productively to rectify this and planned to engage in a tough training period while under lockdown and then take it from there.

#### **The Route**

During the initial lockdown, we were not allowed to train outside of our immediate area of residence. That announcement sent me to the drawing board. I came up with a solution, much to the amusement of my wife and children, to lay out a track within the limited space of my residence.



Being a qualified route measurer, I had all the tools of the trade in-house and spent the 27th March 2020 to measure, re-measure, mark and finalise my route. I used my set of route marking cones and marked out the route. The calibrated route was 35m one way and consisted of a level, smooth and painted paved surface. Unfortunately, staying in a complex with small yards, my 70m lap consisted of 2 x stop/turnaround points and 6 x sharp 90° turns. The longest straight line was 13m! The mathematics of the route equates to 100 laps of 70m amounts to 7 km.



### Counting the laps

With me, being a scatter brain, I had to devise a method of counting the completed laps. I initially use my wife's washing pegs to count the laps, packing 50 pegs on the big dustbin, parked next to the start/finish. Every time I passed the start, I picked up a peg and on completion, dropped it into a bucket.



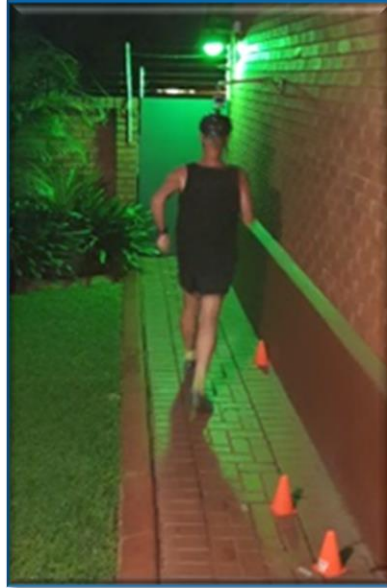
I then devised a method to count the completed blocks of 50 laps. I placed a peg on a stretch of wire for every 50 laps completed and divided the different days with coloured plastic pegs. I bought all Checkers' wooden pegs on the shelf! I later realised that I can use my POLAR M 430 in the lap counting mode to also give me the split times and serve as a verifiable lap counter/back-up system (the POLAR handled the 8600 laps I did during the period with ease, however the GPS went awry under-reading the distance walked by more than 50% compared to the measured route.



### Motivating myself

My initial goal was to start training twice a day, something I never did before. As a matter of fact, I hate training in the morning. This lockdown training period changed that dramatically. I started with my "Walking under Arrest" on day two of lockdown and did 100 laps equating to 7 km. This very quickly escalated to multiple sessions per day and at one stage I was averaging 17,5km per day with some days even completing 28km (some say this was because I did not want to help with household chores..!). I was proud of myself but at the same time

was shocked to realise that this route is very slow and my average speed was around 7 km/h! The stop/start and sharp turns were exhausting and different muscles came into play. During this period, we had rainstorms and I even had a few night walks! Everything is possible when you believe in it!



The biggest enemy was boredom. I went as far to coerce my grandson to act a “Judge” to ensure that I comply with racewalking rules! I even listened to **André Rieu** on my earphones! My training focus therefore, had to change from “always faster” to “style, rhythm and technique”. I walked with arms stationary next to the sides through the whole routine to “focus on straight legs”, “heel strike”, hips and toe-off.



Irene Athletics Club had to cancel their JointEze Ultra Marathon because of the lockdown. The creative minds in the club saw the opportunity to convert this mishap into a virtual race over multiple days. I entered for this virtual race and completed my 48 km on the day on 25 Apr 2020 in a time of 07:39:02. This is the longest distance I have ever racewalked!

### **What have I learned?**

**Racewalking is “All in the Mind”.** We can do it if we believe in it! I have, for the past four years as a racewalker, convinced myself that I am not a “20km walker” and that I am only capable to walk 10km races, finish and klaar! During the lockdown, I discovered the joy and fun to be experienced in the longer distances and even the ultimate sense of achievement when I racewalked and completed a 48 km (luckily I still had a few frosted brown bottles in the fridge to be enjoyed for afterwards). Racewalking must be fun!

**Racewalking is in the Heart.** You have to love racewalking. It is a tiring and exhausting sport and many a runner make jokes about us walkers. To enjoy racewalking, you have to be committed to the sport. I found that the camaraderie amongst the walkers in our club carried me through days when my motivation was low. Whatsapp groups, personal sms and calls from fellow walkers are essential for the well-being of us racewalkers’ survival during these times. The esprit de corps amongst us lifts the spirit and motivates to achieve better. I have re-discovered the pleasure and joy of racewalking and the fellowship of racewalkers.

**Racewalking is about Technique.** The sport requires constant concentration and focus. Bad habits can creep into our technique unnoticed. We need to be exposed to qualified racewalking judges and coaches regularly to identify these niggles before they become embedded into of subconscious minds or “muscle memory”. We must be committed to walk correctly. We, as individual walkers, know when we are “lifting” or “bending”, and we don’t need judges to tell us that! Our sport will be more and more self-regulated in the near future and individuals will have to ensure that, when this Covid-19 pandemic is under control and races presented, we have not embedded bad technique, bending and lifting, into our make-up. You will not be able to blame that on the proverbial “stupid or blind Judge”!

### **Lockdown can lead to Base Kilometres and Remove Mental Blocks.**

Given the fact that I could not realistically do speed work, I had to focus on distance and endurance, to get into the “Mind over Matter” mode. I had to train for 3 to 4 hours where in my past, I hardly ever trained for more than an hour at a time. I also had to make a mind shift to walk 21km or longer sessions where I previously seldom exceeded 8km in training during one session. I could now do a morning, lunchtime and afternoon session with ease. My fitness level escalated exponentially and I am now a converted multiple training session racewalker!

Racewalking Races and Meetings may look different in the future. My humble opinion is that we will not see 100+ athletes at a start again, at least not in the short term. We will have to adapt to virtual races, individual training and training with personal protective equipment. The lessons learnt during the initial lockdown phase may stand us in good stead in future when we are forced to practice our beloved sport more individually. The administration of races may also be adjusted to accommodate virtual races.

In summary, I have walked 600 km or 8500 laps in 35 days of lockdown, I have re-discovered the joy of racewalking and is now more focussed than ever before to racewalk towards the 2023 African Masters Championships in South Africa.

## **CAPTAIN'S CORNER**

### **Comrades for all**

What a year for Comrades hopefuls.

Firstly we had hope that Comrades would only be postponed, then the devastating news that Comrades 2020 is being cancelled.

On number 99 (pun intended) Comrades Marathon Association officially sanctioned a virtual race, **'Race the Comrades Legends'** (summary of official notice included below).

This is great news for me personally, as I can run now take part in a CMA sanctioned race (full distance) on the 99<sup>th</sup> year of its existence and properly claim to have run exactly one third of all years the race has been around (33/99). Running Comrades over seven days in a virtual challenge that was set up was never an option for me.

While this is all great news for those aiming at getting to grips with the iconic race, it does pose one huge question – How well prepared are you for this event?

Being realistic about your current fitness and state of preparation is key in determining any of the distances the CMA has made available. Other factors to consider, specifically for the 90km event, include:

- The weather be like on the day (expect much colder than in Natal)
- The race is being done at a different altitude
- Little known about your route (no commentaries on how to approach different sections, etc).
- Uncertainty if we will be allowed to run out on the roads outside of the current 3 hour window allowed (you will need a Plan A and Plan B to proceed until we have an official position).
- Normal build-up, peak and taper cycle has most likely not been possible this year. You cannot "catch up" on any training with only 3 weeks left so your plan will be very different.

The best you can do is to set up a plan of what you will do over the next 3 weeks to get to race day in the best possible shape.

### **Planning will require**

- A detailed personal program for the remaining 3 weeks that will allow you the feel you did enough, not too much, and rested enough on race day.
- Your route – look at various options (Open road, within 5km radius, etc.)
- What you will do if they only the 3 hour window (current regulation)
- Refreshments – ensuring enough fluids and "food" (Salted potatoes, bananas, etc – whatever you are used to and have tried out only – don't try anything new).
- Support on the route – remember your family may want to participate in one of the alternate distances as well.

- Pit stops along the way (think practical here and keep sanitisation in mind)

**A summary of the official notice is as follows:**

The world's greatest ultramarathon is all set to stage the world's greatest virtual event with runners from around the globe invited to participate on Sunday, 14 June 2020.

'Race the Comrades Legends' is a great option for runners who for months have done training runs in isolation and no longer feel part of a close-knit running community. The 'Race the Comrades Legends' will provide a platform to engage with other runners throughout South Africa and the rest of the world as well as opportunity for family members to participate in the action, all with the reassurance of safety and convenience, while here in South Africa doing so within the constraints of the government's National Lockdown regulations.

All that runners need to do is go to the Comrades website; register for 'Race The Comrades Legends'; select their distance of 5km, 10km, 21km, 45km or 90km.

Athletes will then run their race and capture their finish time using a normal timing device; upload their time manually, after which their results will be calculated and updated automatically. They will thereafter receive personalised race feedback by e-mail with results analysis and extended results comparison.

The personalised 'Race The Comrades Legends' race results will then be integrated to include fun and novel finishers' comparisons which can then be pitted against the Comrades Legends, like how did you compare to Wally Hayward or Zola Budd; your race position as opposed to theirs over previous Comrades runs; and your performance percentage-wise in your age category.

Further statistical comparisons will be done according to cities, regions and provinces; as well as comparisons of overall calculated handicaps in terms of age, weight and gender.

Every entrant will receive a digital race number prior to the race, a Virtual Medal and Certificate immediately after the race, personalised results comparisons and the great thing about participating in 'Race The Comrades Legends' is that all finishers will receive a real medal..

This is one of those innovations that will add to the Comrades spirit on Sunday, 14 June on what would have been our 95<sup>th</sup> race day but has obviously had to be cancelled due to the Covid-19 pandemic."

"We have every intention of making 'Race The Comrades Legends' a memorable event where runners can participate in a virtual race and still receive a medal to remember a special accomplishment achieved within the confines of their homes, gardens and neighbourhoods."

Take this opportunity to enter for the Race The Comrades Legends event via this [LINK](#)

Be realistic, stay safe and enjoy your final preparation.

Regards,

Keith.

## ***ROUTE MEASURING, A PERSPECTIVE FROM THE MEASURER***

### **WHY DOES THE RACE DISTANCE SOMETIMES (ALWAYS) DIFFER FROM MY TRUSTED GPS?**

#### **Introduction**

Athletes frequently comment on the “inaccurate” race distance at the Carafun (Irene AC caravan) socials after the race. Many a time, the route measurer is implicated as being inconsistent and in specific instances blatantly inaccurate. Let us look and discuss these statements from a route measurer’s perspective. If we understand how road race routes are measured, it may help us to understand why our trusted POLARS, GARMINs, or any other product provide a different reading for the athlete and, when compared amongst athletes, between athletes. I found to my detriment at that my trusted old POLAR M400 measured 80m short on a 10 000m track racewalk event. This error caused me to miss my SAMA Colours that year.

There are two primary reasons for this phenomena. Firstly, the course is measured along the shortest possible route that an athlete could follow within the section of the road permitted for use in the race. We as athletes are sometimes ignorant of the way routes are measured and run/walk therefore further than the measured or required route. As a rule, the route is measured 30cm from the kerbside or inner boundary of the track or road. Secondly, the Global Positioning System (GPS) has inherent shortcomings. These shortcomings are exacerbated on twisting and turning routes, along high-rise buildings and under dense tree canopies. The GPS inaccuracies will be the topic of another discussion. I experienced large deviations between different times of the day while walking on a accurately measured route while under “lockdown”.

#### **Scope of this Document**

This discussion will endeavour to provide an understanding of the intricacies of route measuring and provide hints to athletes on how to determine and follow the shortest possible legal route available to the athlete.

Due to the technical nature of the topic, this document contains references to various publications. These references are readily available on internet for perusal. Extracts contained in this document is not intended to be all inclusive of these documents but serves as reference to highlight the points discussed.

#### **AGN Route Certification**

All road races under the auspices of AGN must be measured by an ASA accredited and qualified route measurer. Routes are currently registered at Mr Pieter De Jager, the AGN appointed registrar of accredited routes. All registered routes in AGN are measured in accordance with ATHLETICS SOUTH AFRICA (ASA) DOMESTIC COMPETITION RULES AND REGULATIONS<sup>1</sup>. Routes measured, certified and duly registered are valid, if no obvious changes was made, for five years.

#### **Frame of reference**

For ease of reference, extracts from the relevant Rules and Regulations are highlighted in the following paragraphs.

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<sup>1</sup> ATHLETICS SOUTH AFRICA (ASA) DOMESTIC COMPETITION RULES AND REGULATIONS, As approved at ASA AGM 23 JUNE 2019. These ASA Competition Rules and Regulations are applicable for athletics competitions held in South Africa under the auspices of ASA (In force as from 1 January 2019).

SECTION VII: RACE WALKING EVENTS (Refer ASA Africa Domestic Competition Rules Section VII Rule 33 and World Athletics<sup>2</sup> Rule 54.11)

Rule 33: Race Walking

Rule 33.2: The Course

33.2.1 All Race Walking races held on the road in South Africa must be measured using the Calibrated Bicycle method of measurement, and the course measurement report and certificate must be lodged with the Provincial Athletics Body prior to the date of the race.

SECTION VIII: ROAD RACES (Refer ASA Africa Domestic Competition Rules Section VIII Rule 34.1 - 2 and World Athletics Rule 55.2 to 5)

Rule 34: Road Races

Rule 34.1 Course Lay Out.

34.1.1 Road races shall be run on predetermined roads.

34.1.4 The start and the finish of a race shall be denoted by a white line at least 5 cm wide.

34.1.5 The course shall be measured along the shortest possible route that an athlete could follow within the section of the road permitted for use in the race.

34.1.6 If it is intended that parts of the course on race day will be defined by the use of non-permanent equipment such as cones, barricades, etc. their positioning shall be included in the measurement report.

34.1.8 The length of the course must have been certified in advance by an ASA approved course measurer.

34.1.11 To assist athletes in their race planning, a map of the route and a route profile should be made available to athletes before the race.

34.2 Course Measurement

34.2.1 All road races held in South Africa must be measured using the Calibrated Bicycle method of measurement, and the course measurement report and certificate must be lodged with the Provincial Athletics Body prior to the date of the race.

34.2.2 The length of the course shall not be less than the official distance for the event. To prevent a course from being found to be short on future re-measurement, it is recommended that a "short course prevention factor" be built in when laying out the course. For bicycle measurements this factor should be 0.1% which means that each km on the course will have a "measured length" of 1001m.

34.2.3 The course measurement reports and certificates for all National Road Championships, Provincial Road Race championships, Inter-provincial and ASA Permit races, must be lodged with ASA at least 7 days prior to the meeting.

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<sup>2</sup> WORLD ATHLETICS COMPETITION AND TECHNICAL RULES, 2019

34.2.4 The certification and storing of course certificates will be undertaken in accordance with ASA document "Measurement and Certification of Road Races".

34.2.7 A course measurement certificate is valid for five years, after which the course shall be re-measured even when there are no obvious changes to it.

#### Measurement procedures - how it is done <sup>3</sup>

A calibrated bicycle fitted with a Jones Counter is the only approved method of measuring road race courses. The Jones Counter, which is mounted at the hub of the bicycle's front wheel, is named after its inventor, Alan Jones, and the original manufacturer, his son Clain Jones. The Jones Counter does not measure distance directly. It measures the revolutions and part-revolutions of the bicycle (front) wheel. The basis of the method of measurement is to compare the number of revolutions of the bicycle wheel (recorded in 'counts') needed to cover the race course with the number of revolutions needed to cover a standard 'calibration course' of known length. In order to understand the measurement the following steps (not all inclusive) are necessary to measure a road race course and will be discussed in more detail:

Define the road race course.

The calibration of the measuring equipment

Measure the road race course

Define the road race course. Before you can measure something, you must know what to measure.

The road race course is the route to be taken by participants in the event. Defining the course is the most important step in measuring a road race course because the measurement is irrelevant if participants in the event follow a different route. The race organiser will probably have a rough route in mind. The road race route planning is done in close cooperation between the race director, the race organisers and the route measurer. The race organiser, and all relevant authorities must also decide what part of which streets will be available to the athletes. Will they be able to use the entire road, from kerb to kerb or will they be kept to the right or left hand side and how will this be indicated to the officials, marshals and athlete? The precise route around each restricted corner must be defined prior to the measurement and set up in exactly the same way on race day. The end result will include a map that shows the entire road race course. The map should be good enough to allow a perfect stranger, using the map alone, to re-measure the route exactly where it was initially measured.

#### The calibration of the measuring equipment

A calibration course measured out in the vicinity of the intended event and is a very accurately measured base line used to calibrate the bicycle before and after the measurement of the road race route. The route measurer will use this course to calibrate the bicycle fitted with a Jones Counter, cycled by the specific measurer on the day while he/she is kitted out with the exact equipment that will be used during the actual measurement. The calibration process takes into account the prevailing meteorological, mechanical and physical conditions.

#### Measurement of the race course

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<sup>3</sup> INTERNATIONAL ASSOCIATION OF ATHLETICS FEDERATIONS: ASSOCIATION OF INTERNATIONAL MARATHONS AND DISTANCE RACES: THE MEASUREMENT OF ROAD RACE COURSES. Second edition, 2004 Updated 2008

Once the measurer has calibrated the bicycle as describe broadly above, he/she will commence with the official measurement. The start and/or finish of the measurement are normally determined by a fixed Start and/or End Point. The route measurer can, when requested, indicate specific measured splits such as 10 km and 21,1km.

The measurer will cycle with calibrated bicycle along the exact route the athlete is required to take during the event. He/she will document a detailed description of the exact route (shortest possible route that an athlete could follow within the section of the road permitted for use in the race). All km marks and specific way-points will be described in great detail in relation to various permanent landmarks. At Irene we use a steel nail and washer nailed into the tar surface, 30cm from the kerbside on the race direction side of the road, to indicate the exact point. We also make additional marks (during the finalisation of the route) with paint at these locations (typically the km marks). This is done to will allow race organisers and technical officials (TO) to spot these marks even very early morning on race day when the route is laid out.

This procedure allows the race organiser to reconstruct and, most importantly, place the route marshals, barricades, bunting and cones at the exact measured points and thus to direct the race on the correct route on race day. It will also allow for external re-measuring and certification of the route should such need arise. Event Technical Officials will thus be able to officiate and verufy that the athletes has completed the intended and measured route.

It is of the utmost importance and critical to the success of the intended event that the Race Organiser's representative and the Chief TO in the lead- or route inspection car is accompanied by a guide whom is fully conversant with the exact measured route and may include the route measurer.

#### The Route Measurer measures the shortest possible route

The road race course is defined by the shortest possible route (SPR) that a runner could take without being disqualified. Any particular runner is most unlikely to follow the SPR, just as a track runner cannot always hold the inside kerb for the length of the race, but must move out in order to overtake other runners, or in most cases at road races in South Africa, socialise next to fellow runners and club-mates happily chatting along. When measuring a route, the actual path of any given runner is irrelevant to the measurer. Defining a road race course in this way ensures that all runners will run at least the declared race distance. The measurer will measure the SPR within the limits of the course boundaries.

Imagine how a stretched string would fit within the boundaries of the course. The measured route follow that imaginary string. The measured route is hugging the inside edges of bends and lies 30cm from the kerbside or other solid boundaries to the running surface. On stretches between bends the SPR is measured along the shortest possible straight path. It will cross from one side of the road to the other along the shortest possible line to minimise the distance. The most common mistakes athletes make are to take a wide berth around corners or to run/walk next to each other around street corners. This social habit amongst road racing athletes will drastically extent the race distance of the individual athlete because he/she has deviated from the measured route. The athlete should practice and "sharpen the eye" to identify the shortest possible route and aim to keep on that line.

Road races are run on the roads, but if there is nothing to stop runners cutting over sidewalks or grass verges at particular corners then they are very likely to do so. If they do, they will then run shorter than the measured route. The route measurement report will make it very clear, in such locations, what must be done to prevent short cutting by athletes and race organisers will barricade such restrictions where possible with suitable barricades such as bunting tape or cones. The route is

measured along the made road and if athletes deviate from the road surface onto verges and short-cuts they are exposed to possible injury and even the wrath of the TOs. The few meters gained are not worth the risk.

I trust that this document has informed the reader and may contribute to the enjoyment of or beloved sport.

Danie Labuschagne

### **PERSONALIA**

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

Grazyna	Koornhof	25 May
Donny	Thebus	26 May
Shane	Gibson	28 May
Annelie	Grundling	28 May
Joseph	Kgodumo	29 May
PIETER	OBERHOLZER	29 May
Werner	Grundling	30 May
Albertus	Bester	31 May



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### **THOUGHT FOR THE WEEK**

Exercise because to love your body, not because you hate it.

### **PHOTO CORNER**



Fanie van Wyngaard making a few people very jealous



Hard at work to clean everything before it is stored in our new storage facility



Thank you to Gerard , Fanie and Simon for a job well done



Elvis, manager of the Southdowns Sweatshop, is also wearing an Irene mask