



IRENE NEWS

28 January 2019

No 4 - 2019



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Akasia race:

Mike du Bruto	1 st GGM – 10 km (47:50)
Annatjie Greyvenstein	1 st GGM lady – 10 km (57:43)
Gerard van den Raad	1 st GGM walker – 10 km (69:09)
Letha Kotze	1 st GGM Lady walker – 10 km (80:10)
Jaap Willemse	1 st GM Walker – 21 km (2:23:19)
Sandra Steenkamp	1 st Lady walker & 1 st Master – 21 km (2:12:14)
Elsa Meyer	1 st GGM Lady walker – 1 km (2:27:53)

PERSONAL ACHIEVEMENTS

None received

Please let us know about your personal achievements i.e. personal best times, first race in a certain distance etc. Don't be shy!

THIS WEEK'S DIARY

Monday:

Strength training @17:30 – Club house

Tuesday:

Time trials @ 17:30 – Club house (Everybody starts together at 17:30)

Saturday:

Intercare 5/10/21 @ 06:00 – Rietondale Park. (Club 21 km championships and 25th birthday celebrations after the race)

Sunday:

Club run @ 06:00 – Club house – All welcome, your distance, your pace.

REGISTRATIONS FOR 2019

The registration packets will be available at the club house on Tuesday evenings from 17:00. The 2018 licences are not valid anymore.

SUNDAY CLUB RUN

All our members are invited to be part of the club run/walk every Sunday morning at 06:00. This is the ideal opportunity to train in our safe environment.

21 KM CLUB CHAMPIONSHIPS

The Intercare Classic Road Race (former McCarthy Toyota Road Race) will serve as our 21 km club championships.

The 21 km is a pre-entry only race. Ensure that you enter in time.

25TH BIRTHDAY CELEBRATIONS

Calling all Irene Athletics Club members new and old, we are celebrating our 25th birthday! You are heartily invited to join us for some festive fun at the caravan, after the Intercare Race at Rietondale Park, Pretoria, 2 February 2019.

Come celebrate with us and enjoy some bubbly and birthday cake.



FROM THE WALKERS CAPTAIN

Dear Club Member

At last January 2019 seems to draw to a close at last (at least my bank manager is glad). This gives us an opportunity to reflect on race walking so far this year.

We are very excited about the rejuvenation of race walking in our club. We are set to be walking our way into all our set objectives for 2019 and even 2020.

The group of race walkers on a Tuesdays have increased threefold in the past month. New recruits to the sport contributed largely to the increase in our numbers. I urge all walkers to make contact with me and join or "gongsgroep" (this way we can take note of you and ensure that we have the correct data for the verification of league results). We need this rejuvenation, and specifically the young blood (under 80s), in our beloved sport of race walking. This indicates that we are slowly re-establishing a haven for race walking in the club and within the bigger AGN race walking fraternity.

We have the other clubs talking..... and worrying! " Just looks at the score board", to quote the famous Boy Louw, referring to our members' results at the Akasia 3 in 1 road race and at the AGN Track and Field event on Saturday, PB's galore and even at the CGA races.

I am very excited now that Carl Meyer, the renowned national walking coach, has joined us. His expertise and knowledge has elevated our training to the next level. Noteworthy is that we cater for all walkers, not merely for the fast and famous but that we start from scratch to master the skill. I have experienced this first hand in my own race walking. Carl has identified small errors in my technique and, once rectified, was dramatic! Race walking is 90% concentration and "in the mind". I re-discovered this fundamental truth again the hard way!

From the initial results, Irene will once again be the club to be reckoned with in the AGN League, AGN and SAMA championships. I still dream of filling the aircraft to ASA Interprovincial with Irene race walkers..... Until then, we had more than 30 race walkers on the result sheet for the League this month. We might even have a second team in the club results again! And a third team...? Let us keep up the momentum and the pressure! Most important, let us stay humble and thank the Lord for His grace of good health!

Lastly, but most noticeable, is the enthusiasm and camaraderie amongst all the Irene Athletics Club members and race walkers. It is enigmatic. It is "lekkerrrrrr" to be an Irene member and we wear the "Irene Blues", and our beautiful black club shirt, with pride!

May your tekkies make good and healthy music this year! Take the beat!

Danie Labuschagne (Race Walking Captain)

RACE RULES

All members but especially new members to the sport are requested to make themselves familiar with the race rules to avoid disqualification. Read the flyers!

Please note that you have to wear both your licence numbers during a race (front and back). The race number of the specific race must be worn on the front but must be in such a position that the logos on the licence are not covered. Failure to adhere to these rules will lead to disqualification.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

MC	Du Toit	28 Jan
Erik	Van der Merwe	28 Jan
Elize	Dieckmann	29 Jan
Nhlanhla	Makhanya	29 Jan
Fran	Nadar	29 Jan
Gabriel	Booyse	31 Jan
Heleen	de Bruin	01 Feb
Hanri	Fourie	01 Feb
Bheki	Ndhlovu	03 Feb
Ray	Patterson	03 Feb

NEW MEMBERS

Welcome to the following new members of which we were able to get photos:



Andre October



Anelle de Witt



Elze le Roux



Gert Buitendach



Gert Scheepers



Jackie Schlebusch



Janene van Niekerk



Jeanette Odendaal



Johan Groenewald



Johan van Heerden



Lozaun Scott



Marinda de Beer



Motlanalo Kudumela



Nita van Heerden



Paul de Beer



Peter Ramacheta



Sandile Sibiya



Suzanne van Vuuren



Zama Dlamini

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NOTICE BOARD

Saturday 2 February

Intercare Classic Road Race 21.1/10/5 km

Race Organisers: Magnolia Road Runners

Venue: Rietondale Park, North Road, Rietondale

GPS: S 25 43.980 E 28 13.239

	21.1 km	10 km	5 km
Pre-entry fee	R 130	R 90	R 50
Pre-entry fee 60 - 79	R 60	R 50	R 50
Entry fee 1 & 2 February	Closed	R 110	R 50
Entry fee 1 & 2 February 60 - 79	Closed	R 50	R 50
Entry fee 70+ & blind runners	Free		
Start Time	06:00	06:20	06:25
Cut-off	03:00	02:00	01:00

Event t-shirt @ R80 each

1st 1000 on-line entries will receive a goody bag

No Pets

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld West, Bedfordview;
Sportmans Warehouse Woodmead, Randburg, Centurion, Kolonnade Centre, Atterbury Value
Mart

www.intercare.co.za



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Saturday 9 February**Bronkhorstspuit Race 32/10/4 km**

Race Organisers: Bronkhorstspuit Athletics Club

Venue: Hoërskool Erasmus, Kerk Street, Bronkhorstspuit (take Delmas off ramp)

	32 km	10 km	4 km
Entry fee	R 150	R 80	R 20
Entry fee 60+	Free		
Start Time	06:00	06:15	06:30
Cut-off	??		

1st 200 32km entries at Run-Away Sport receive a t-shirt**No Pets**

Pre-entries at: Run-away Sport

www.enteronline.co.za**Saturday 16 February****Bestmed Tuks Race 42.2/21.1/10/5/1 km**

Race Organisers: Tuks Sport

Venue: Hillcrest Sports Campus, Burnett Street, Hatfield

GPS: S 25 44'58" E 28 14'47"

	42.1 km	21.1 km	10 km	5km	1 km
Entry fee	R 200	R 150	R 100	R 50	R 30
Entry fee 60 - 79	R 100	R 75	R 50		
Entry fee 80+ / blind athletes	Free				
Start Time	05:30	06:00	06:30 Wheelchair 06:20	06:40	08:00
Cut-off time	05:30	03:00			

42.2km race is a pre-entry race only and limited to 4000**No Pets****Only the 10km race is wheelchair friendly**

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld West, Fourways Crossing; Tshwane Running Shop; UP Hatfield Campus

www.entrytime.com

2019 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Bronkhorstpruit	32/10 km	09/02/19	X	X
Medihelp Sunrise Monster	32/21.1/10 km	02/03/19	X	X
Run Against Drugs	21.1/10 km	13/04/19	X	X
Skosana Development Run	21.1/10 km	25/05/19	X	X
Race of Friendship	21.1/10 km	29/06/19	X	X
Zwartkop Road Race	21.1/10 km	27/07/19	X	X
Spirit of Flight	10 km	31/08/19	X	X
Brooklyn Road Race	21.1/10 km	07/09/19	X	X
Capital Classic	21.1/10 km	05/10/19	X	X
Freedom of Expression	21.1/10 km	02/11/19	X	X

Masters Athletics Fixture list

South Africa

? March 2019	KZN	Kings Park Stadium
29/30 March 2019	PE	Westbourne Oval
29/30 March or 19/20 April 2019	GNMA	Pilditch
5/6 April 2019	WP	Cape Town
13 April 2019	CGMA	Herman Immelman
10 August 2019	Mpumalanga	Secunda
? October 2019	Rassies	Bronkhorstpruit
25/26 October 2019	SWD	Oudtshoorn
8/9 November 2019	Free State	Bloemfontein

South African Championships

3/4 May 2019	SWD	Oudtshoorn
April/May 2020	Central Gauteng	Herman Immelman

Africa Championships

2021 Nairobi, Kenya

2023 South Africa

International Championships

24-30 March 2019 WMA Indoor Torun, Poland

28/9-6/10 2019 30th Summer universiade Naples, Italy

20/7/2020 – 1/8/2020 World Masters athletics Champs Toronto, Canada

THOUGHT FOR THE WEEK

The voice inside your head that says you can't do this, is a liar.

PHOTO CORNER (Akasia)



Early in the morning and ready for action



Pierre Marais



Tinie van Rensburg



Werner Smit



Lucia Willemse



Rosemary Brink



The place to be at the races in Pretoria



Relaxing after the race



Phineas Mojapelo and Mike du Bruto



Letha Kotze



Gerard van den Raad



Annatjie Greyvenstein



Mike du Bruto



Petro and Tinie van Rensburg