



IRENE NEWS

30 August 2021

No 36 – 2021



DAWN TO DUSK

As many of you know, the Dawn to Dusk 12 hour endurance circuit race was held at different venues this year. Our venue at the club house was one of them and proofed to be ideal for this 1 km circuit race.

It was a huge success and all the Irene runners and walkers who participated had a fantastic time. It was good to spend some time together again.

Thank you to Johan (Fires) van Vuuren and Danie Labuschagne for organising the event and to all the athletes who participated. Hats off also to all the supporters who braved the cold.

Special thanks to Anneline Maloney and Myrna van Wyk who were responsible for the lap counting. It was a huge task that was performed with precision.

Thank you to Vanessa Roux who spent the whole day behind the bar counter to make everyone happy, Myburgh Bester who ensured that the braai facilities were organised and to Wynette who donated a large number of pancakes to all the hungry athletes. We salute you all!

Last but not least we want to thank the following members for the soup and bread they prepared and donated: Myrna van Wyk, Renette Prinsloo, Blanche van Vuuren, Lourensa Eckard and Heleen de Bruin.

SPAR WOMEN'S CHALLENGE

With the Dawn to Dusk now something of the past, we now focus on the Spar Virtual race that will take place this Saturday. We want to give all the entrants the opportunity to run the race on the grounds of the ARC instead of where you live. We will start from 08:00 at the club house.

The bar will be open and there will be a bring and braai for those who want to spend some time afterwards.

The Spar goody bags with the T-shirts will be available at the admin desk on Tuesday from 16:00 till 18:00. If you are unable to collect it on Tuesday, you can do so on Saturday morning.

Please wear your T-shirt on Saturday during the race. By doing that we will show our gratitude towards Spar for donating part of the entry fee to the club.

Thank you once again to all of you who entered.

**KEEP CALM,
SPRING HAS ARRIVED...**

SPAR
Women's
~~VIRTUAL~~ ACTUAL
CHALLENGE

**IS COMING TO
IRENE!**



**AND SO HAS THE
SPAR WOMEN'S CHALLENGE!**


the sweat shop
SPECIALIST • SPORTS • SHOES

POP UP RUN

The September Pop Up Run will be run at the same time as the Spar race on Saturday, also from the club house. See the details below:

IRENE POP UP RUN & SPAR WOMEN'S CHALLENGE

When: Saturday, 4 September 2021

Time: 08:00 am

Distance options: 5km, 10km and 21km.

Routes are clearly marked

Start location: ARC Irene Campus

Theme: Keep calm, Spring has arrived and so has the Spar Women's challenge!

Please wear your Spar Women's Race T-shirt or something bright and cheerful.

**Keen to get your hands on a unique medal for the Pop-Up Run?
See Entry Fee details to find out more!**

Please observe social distancing guidelines.
Participation is at own risk.

SPAR
Women's
**VIRTUAL
CHALLENGE**



JOINT**Eze**TM

POP-UP RUN ENTRY FEE DETAILS

Irene Members:

Full bundle: R280 (remaining run series medals included)

OR

Build your medal your way

Middle medal: R80

Non-Irene Members:

Full bundle: R320 (remaining run series medals included)

OR

Build your medal your way

Middle medal: R90

Small medals: R35 each per run

Small medals: R40 each per run

Payment details:

NOTE: EFT Payments only. Cash will not be accepted

Please make payment into the Irene bank account and bring your proof of payment to the Pop Up run

Banking Details:

Bank account name: Irene AC

Bank: Standard Bank

Branch: 012645

Account number: 032183186

Reference: Name and Surname_PopUpRun



Knowledge Integration Dynamics

TRAIL RUN

Join the trail run on Saturday.



ARC IRENE
— HYBRID RUN/WALK —

CHOOSE BETWEEN A **ROAD** RUN/WALK
OR A **TRAIL** RUN/WALK

STAGGERED STARTS & REGISTRATION
AVAILABLE FROM 06H30 TILL 08H00

ROAD: 5km~R75 / 10km~R95 / 15km~R115 / 21km~R125
TRAIL: 2km~R55 / 5km~R75 / 10km~R95 /
15km~R115 / 21km~R135
Under 13 yrs & over 60 yrs only pay R30 (no surcharge applies)
ON-THE-DAY ENTRIES CARRIES A R25 SURCHARGE

2km, 5km & 10km: Start between 06h30 till 08h00
15km & 21km: Start between 06h30 till 07h00

ALL FINISHERS RECEIVES A MEDAL
Earn up to 1500 Vitality Points

ENTER @
WWW.REVOLUTIONTRAILS.CO.ZA

VENUE:
ARC IRENE CAMPUS
IRENE ATHLETICS CLUBHOUSE
NELMAPIUS DRIVE, IRENE, CENTURION

DATE AND TIME
4 SEPTEMBER '21
STRICTLY
NOT
PET FRIENDLY

REVOLUTION TRAILS

For more information contact
Glizelle @ 083 264 3931 or revolutiontrails@gmail.com

CEBE PURE ADRENALINE
20/20 VISION CARE
COLLAGEN FOR ATHLETES

ADMIN DESK

Please take note that Maggie will not be available at the admin desk on Tuesday.

PERSONALIA

Congratulations to the following member who celebrate his birthday during the week:

Themba	Mathebula	01-Sep
--------	-----------	--------

CSI Sales
Rentals
Property Management
Trustworthy Property Solutions
Website: www.csi-euf.co.za
Tel: 011 805 6316

MY DAWN TO DUSK – KEITH REYNOLDS

28 August – I finally got to participate in a Dawn 2 Dusk event.

I have had the run on my bucket list ever since completing the O.R.A.K 12 hour in 2013.

Very cold at the start, apparently “traditional”.

First few laps (1 km per lap) were quite comfortable despite the wind and cold. Once the

sun came up the wind seemed to get stronger. Would have been nice if was blowing the other way but unfortunately, the hardest wind was on the long uphill section of the course (over 300 meters) until we took a left turn along a “flat” section. Sometime in the morning the wind direction shifted. While it was still in our faces going up the hill it now blew into us on the return across the “flat” section. That meant we only had about 300 meters “easy” running per lap.

All was going to plan despite the challenges for the first 2 hours. From there I could feel the legs getting tighter earlier on each “climb” and would just be able to hold out till the turn. A few times in the first half I considered removing my jacket but each time the light rain would start falling. I only took it off after about 4 hours.

Minimum distance to earn a medal (and jacket for solo run) is 80 km. I used that distance as an initial target but had it in my mind to get at least 100km within the 12 hours.

Halfway, marathon, 50km, Two Oceans (56) and the distance of my first ultra (1987 Bloemfontein Frazers 64km) went by in line with the plan to run 10 km and then walk 2 minutes. Just after 6 hours I broke the pattern for the first time and took an “extra” walk before reaching the 70km mark. I had started feeling nauseous by this stage and changed the type of fluid I had been taking for the next 2 “stops”.

Great feeling (and a bit emotional) picking up the flag to mark the “final” required lap which I managed to run non-stop to reach the 80 km mark in a time of 7:54:24. I took a bit of a longer walking break for lap 81 and picked up my drink before heading out on lap 82. By the time I got up the hill I had started feeling nauseous again and by the end of the lap decided there was nothing to gain by continuing for the 3 and a half hours that I still had at my disposal.

Seems a good decision as I felt quite dizzy for quite some time after.

The traditional soup and bread was very welcome. The only thing I managed to get down apart from that was 1 small cup of crème soda.

At the end of it all, happy with completing 50 miles or more for the 3rd time in 96 days since I set out to run the Comrades route to mark the 100th anniversary of the day of the first Comrades Marathon.

THOUGHT FOR THE WEEK

Don't wait for the perfect moment, take the moment and make it perfect.

PHOTO CORNER



Dawn of a rather chilly day



Gazebos all set up



Pierre Koch making sure that he is warm enough

The unsung heroes of the Dawn to Dusk



Myrna van Wyk, round counter



Anneline Maloney, round counter



Vanessa Roux, spending the whole day behind the counter



Myburgh Bester who organised the braai facilities. Here with Annatjie Greyvenstein



The pancake Angel, Wynette

There were 3 mothers and daughters participating on the day



Renette and Zona Prinsloo



Blanche and Suzanne van Vuuren



Ansie Breytenbach and Maryke Gradwell



Jaap and Lucia Willemse with Anna Pieterse relaxing between their laps



Cecil Deetlefs, Carolien van Zyl and Lynette Gough



Heleen de Bruin, Blanche van Vuuren, Lourensa Eckard and Johan van Vuuren doing their victory lap, hence the red flags



Keith Reynolds on his victory lap. He did the required 80 km on his own



David Holliday (right) and his team



Claude Truter, also a one man team, with his support team



Riaan and Renette Prinsloo



Linley September, Gerard van den Raad, Johan van Vuuren and Fanie van Wyngaard



And then there was the braai



Michael and Carolina van der Westhuizen at the cross country on Saturday. Well done to Carolina who finished 2nd in her age category