



IRENE NEWS

3 September 2018

No 35 - 2018



ACHIEVEMENTS

The following members were on the podium during the week:

Pierre van Ryneveld 10 km

Blanche van Vuuren	1 st Master lady (51:26)
Annatjie Greyvenstein	1 st GGM lady (56:14)

Spirit of Flight 10 km

Iain McFadyen (social member)	1 st GGM (53:48)
Jaap Willemse	1 st GM walker (62:11)
Danie Labuschagne	2 nd GM walker (62:21)
Gerard van den Raad	1 st GGM walker (67:11)
Sandra Steenkamp	1 st Lady walker & 1 st master (57:14)
Retha Knoetze (social member)	1 st GM lady walker & 2 nd lady (66:50)
Lucia Willemse	2 nd GM lady walker (71:46)
Letha Kotze	1 st GGM lady walker (74:20)

THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:15 – Club house (social evening)



Knowledge Integration Dynamics

Saturday:

Muller Potgieter 5/10/21 @ 06:00 – Military Sports Grounds, Thaba Tshwane

10 KM CLUB CHAMPIONSHIPS

The results of the 10 km club championships will be published once the official results have been received.



Website: www.csi-euf.co.za

Tel nommer: 011 805 6316

AWAY WEEKEND – KAAPSEHOOP

Our away weekend is something special every year. Don't miss out on it this year. We will be staying in Nelspruit not too far from the finish of the Kaapsehoop Marathon. Make sure that your accommodation is booked and paid for to enjoy the weekend of the year!

IRENE SPRING RACE

Thank you to those members who have already indicated that they will help at our race on 29 September. However, we still need many more helpers. As always, we rely on our members to make the race a huge success. We need our members to assist in the following areas on the day:

Route marshals

Parking marshals

Handing out medals

Water point helpers

Helpers at the entries

Cyclists

TIME TRIALS STARTING TIME

As from this week the starting time of the time trials will be back to 17:30, the normal summer time. Everybody now has to start together again like before Comrades.

SOCIAL EVENING

It will be our annual Spring run on Tuesday at the time trials. This entails the following:

- Write your predicted time for the distance you want to run in the book provided before the start.
- The run will be in the opposite direction of the normal time trials.
- No watches will be allowed. Wearing a watch will lead to automatic disqualification.
- A time keeper will read out your time at the finish.
- Please write this time next to your predicted time.
- The members closest to his/her predicted time will win a pair of Asics shoes.

After the race our men's pancake baking team will show their skills and ensure that there will be plenty to eat. Don't forget to bring some cash along.

It is going to be a fun-filled evening not to be missed.

ADVISE FROM JURGENS SPENCER

Jürgen Spenser is a renowned and widely acclaimed race walking champion and multiple SA record holder. He is also a well-known coach and motivational speaker.

After 345 RW advises over the years, today a bit of a change just for once.

I'm addressing the not so young, say the 60's and older and especially the "Old Crocks" over 70. How do you feel and what do you think about your RW future your aims, targets and goals? How do you handle the downhill slide in time results in competitions? Is it disappointing and frustrating, or are you happy and content with getting old and gradually slower? Have your training and work-out routines changed? Do you train harder and smarter to compensate for lack of flexibility, endurance and speed? Do you relax more, train less and enjoy socializing more than you did 10 years ago?

How close are your plans, ambitions, routines to those of mine?

I know that seven days of training per week is a no, no. However on days where I miss out I feel guilty and my body does not feel right. On days when I walk I feel good. I know it is healthy to walk and walking is an important part of my life and I would not like to stop walking until the day I die.

What bothers me a lot is the fact that I am getting slower and slower as the years go by, because I don't feel older now than when I was 60.

I used to walk 23/5000, 47/10km and 1:40/20 km, and the question, why am I going now so slow, is always on my mind, despite having a very logical answer to the situation being 4 weeks off 78. There is not much different in the effort and duration of my work-outs between now and 15/20 years ago. The only change is that I have introduced at least one and often two rest days per week into my schedule, not so up to 60, when rest days were very unusual and virtually unheard of.

The other changes made are, no more running to improve my walking speed, the introduction of a few more 'beer rewards' after a hard session and some extra 'pudding and sweet rewards' after meals. I keep telling myself, "You deserve it Jürgen".

In the background of my brain another voice keeps reminding me that carrying an extra 8 kg around my middle adds a full minute to every km I am trying to race.

I love walking, hard work-outs, racing and coaching and will continue as long as I can. Good health, so often taken for granted, is the key and I have enjoyed that gift in abundance over the last 30 years and more. I still have goals and plans for the future. Perhaps one last Masters World Champs in 2020 or 22 and a repeat of 1997 two gold medals. That would be a fantastic end of my long career.

What has changed in all these years? I have seen that Racewalking has changed. It does no longer resemble the "old Racewalking", the "heel and toe", "pure style". In fact RW almost has developed into a "new sport". As Giulio de Petra who racewalked for 70 years once said when he was in his 90's: -

"The quest for speed has blurred the line between walking and running".

JOINTEze™



PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Lydia	Fibiger	04 Sep
John	Tadman	05 Sep
Mareli	Boshoff	06 Sep
Charles	Reynolds	07 Sep
Telanie	Venter	07 Sep
Tinyiko	Ndabambi	08 Sep
Lazarous	Sekhu	08 Sep
Mauritz	Mollentze	09 Sep
Pierre	Marais	09 Sep



Nothing could stop Joy Nicholl to marry Michael Dekker on Saturday, not even a broken leg and arm. We wish them well and all the happiness they deserve.



NOTICE BOARD

Saturday 8 September Muller Potgieter Road Race 21.1/10/5 km

Race Organisers: Voortrekker Monument Atletiekklub

Venue: Military Sports Club, Hendrik Potgieter Road, Thaba Tshwane

GPS: S 25.471160 E 28.081530

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 50
Entry fee 60 – 69 / Jardine Joggers	R 50	R 50	
Entry fee 70+ / athletes celebrating their birthday) show ID	Free		
Start Time	06:00		06:15
Cut-off	03:00		

No pets No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sport; Sportsman's Warehouse – Atterbury Value Mart, Centurion Value Mart, Menlyn Shopping Centre, Kolonade Retail Park

www.entrytime.co.za

Wednesday 12 September

Lester Mills Memorial Night Race 10/5km

Race Organisers: Tuks Athletics Club

Venue: Tuks, Hillcrest Sports Campus

GPS: S 25.7454538 E 28.24718

	10 km	5 km
Entry fees	R 80	R 50
60 - 69	½ Price – race day only	
70+ / Blind runners	Free – race day only	
Start time	18h30	
Time Limit	01:30	

Route is not suitable for wheelchairs No iPods or listening devices are allowed

Pre-entries at: Run-Away-Sport; Sweat Shop Southdowns

