



# IRENE NEWS

4 February 2019

No 5 - 2019



## ACHIEVEMENTS

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

Ansie Breytenbach	1 <sup>st</sup> Master lady – 21 km (1:41:53)
Noel Banda	2 <sup>nd</sup> Master – 21 km (1:32:01)
John Cannon	1 <sup>st</sup> GGM – 21 km (1:55:27)
Sandra Steenkamp	1 <sup>st</sup> Lady walker – 21 km (2:11:34)
Elsa Meyer	2 <sup>nd</sup> Lady walker – 21 km (2:24:54)
Jaap Willemse	2 <sup>nd</sup> Walker – 21 km (2:20:46)
Jacquie van der Waals	1 <sup>st</sup> Vet lady – 10 km (41:07)
Mike du Bruto	1 <sup>st</sup> GGM – 10 km (48:42)
Estien van Wyngaard	1 <sup>st</sup> Lady walker – 10 km (1:07:40)
Sunet Eybers	1 <sup>st</sup> Vet lady – ARWYP 15 km (69:50)
Keith Reynolds	1 <sup>st</sup> Overall – Entebbe 16.5 km Challenge (1:22:08)

Well done to all of you!

## PERSONAL ACHIEVEMENTS

Motlanalo Kudumela	1 <sup>st</sup> Marathon
Tebogo Tselongoe	1 <sup>st</sup> Half Marathon
Janene van Niekerk	PB – 10 km

Congratulations!

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)

Talk by Bruce Fordyce

**Saturday:**

Bronkhorstspuit 4/10/21 @ 06:00 – Erasmus Hoërskool (league status to be confirmed)

**Sunday:**

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

***CAPTAIN'S CORNER***

The new running season is in full swing and we have so many happening this year at the club. The club is celebrating its 25<sup>th</sup> anniversary and the excitement is mounting. The group training is going well and I urge you to join in. This is sure-fire way to be motivated and to improve your performances. We need to start thinking positively by setting goals for every training session and race we are going to do. There should always be an outcome achieved when you attend a race or a training session. Compare how you feel before and after a training session or a race. Positivity is what we need to show up with at every session so that we can improve on our performances. Doing the same thing all the time will not get you better results.

I have a Comrades training camp scheduled for the weekend of 16<sup>th</sup> to the 20<sup>th</sup> of May. It will be available for 20 members of the club only. No outsiders will be allowed and it will be held in Thabazimbi over this period. I will schedule an hour-long session to discuss it so please watch the newsletter for more details.

The club has a WhatsApp group which I manage should you want to be part of it. Here we discuss about upcoming events, races and race numbers etc. Let me know if you keen by sending me your name and surname and I will add you.

Should you have any questions about training please drop me a mail at [training@irenerunner.co.za](mailto:training@irenerunner.co.za), call or Whatsapp me on 082 345 5343 and I will assist where possible.

Proud IRENE Greetings

Linley

***25<sup>TH</sup> ANNIVERSARY***

Irene Athletics Club (former Irene Road Running Club) celebrated its 25<sup>th</sup> anniversary over the weekend. From a humble start in 1994, the club has grown to one of the most prominent clubs not only in our Province, but also in the country.

One wonders if the founders of the club realised then just what an impact the club would have on the lives of thousands of people in the future. Apart from the impact it has had on the sporting side, it has also made a huge impact on the social development and personal circumstances of many. A number of people have found their sweethearts in the club and are happily married today.

We salute everybody who has made a contribution towards the success of the club over the past 25 years. The history of the establishment of the club is as follows:

The Irene Road Running Club was established in 1994 due to the initiative of employees from the Agricultural Research Council (ARC), Irene Campus. Frieda Basson and Sylvia Sutherland did the groundwork in recruiting potential members, enabling the new Irene Road Running Club (IRRC) to qualify for affiliation with the then Northern Transvaal Marathon Association (NTMA) which later became Athletics Gauteng North.

### IRENE MARATHON KLUB (VOORGESTELDE)

Hiermee gee ek te kenne dat ek belangstel om lid te word van voorgestelde IRENE MARATHON KLUB en dat ek my sal neerlê aan die konstitusie van sodanige klub.

Naam (drukletters)	Adres	Handtekening
Anette Booyens	Box 205 Olifantsfontein	Anette Booyens
Jacques v.d. Berg	P.O. Box 1715 Pretoria	Jacques v.d. Berg
Marquesite Kotze	I.D.P.I. Biblioteek	Marquesite Kotze
Pierre de Villiers	Marceland 170, Doringblouf	Pierre de Villiers
Rory Gibson	I.D.P.I. Irene	Rory Gibson
Naomi Havenga	Van Rynveldin 92 P.O. Box 1715 Pretoria	Naomi Havenga
Annelie le Roux	19de Laan +35 Villieria	Annelie le Roux
Hannes Viljoen	Calodon 173 Doringblouf	Hannes Viljoen
Dawie MALAN	Amethustlaan 25 Lyttelton x3	Dawie MALAN
THOMAS MODUNGWANI	PSAK x3 IRENE	THOMAS MODUNGWANI
Mary-Ann Kemna	Celliada 234 Vw.b.	Mary-Ann Kemna
E. KENNEDY	I.D.P.I. Vrededorp	E. KENNEDY
Sylvia Sutherland	Stanleyweg 35 Irene	Sylvia Sutherland
C. ZWIEGELAAR	SAFFERWEG 135 LYTTETON MARA	C. ZWIEGELAAR
Basson	Chathamweg 46 Irene	Basson
ISHMAEL MASHIMANGA	I.D.P.I.	ISHMAEL MASHIMANGA
ANTON SMITH	JENNER STR 50, RAYTON	ANTON SMITH
DERRICK ROOS	CLAYTONIST N	DERRICK ROOS
Peter Erasmus	Evelynstr 19, The Ranch	Peter Erasmus
JOHAN MULLER	Huis 615 I.D.P.I. Irene	JOHAN MULLER
FRANK JORDAN	Veronica Singel 7 Pomeroy 2	FRANK JORDAN
P.D. Sutherland	Stanleystr 31 Irene	P.D. Sutherland
D. Sutherland	Stanleystr 39 Irene	D. Sutherland
E. Sutherland	Stanleyweg 35 Irene	E. Sutherland
E. Sutherland	35 Stanley Rd Irene	E. Sutherland
J.P. Basson	ALBERTWEG 55 IRENE	J.P. Basson
A. Basson	ALBERTWEG 55 IRENE	A. Basson
A. TRINTER	121 TURQUOISE ST LYTTETON	A. TRINTER
L. CARTER	121 TURQUOISE ST LYTTETON	L. CARTER
Frider Henning	I.D.P.I. Irene	Frider Henning



Philp van Vuuren	383 Smutsstr kloofsig	Philp van Vuuren
Phillemon Tihalek	I.D.P.I Irene	Phillemon
KOOS SEJENG	I.D.P.I Irene	Koos
Phaniel MATHARI	I.D.P.I IRENE	Phaniel
Solomon Raphahleb	I.D.P.I Irene	Solomon
Lourens Erasmus	I.D.P.I Irene	Lourens
GERT. ROETS.	I.D.P.I P/Sak X 2 IRENE	Gert
Esmerelda nkl.	I.D.P.I P/Sak X 2 Irene	Esmerelda
André Diquie	Rider Heggard wls 707 Tulkestr. 31, Boreg, P19	André
D. TRINTER	TURKOOIS 31 121 LIPTELTON	D. Trinter
M. BARKHUIZEN	TORBARIKHOAN 10, Henneloorer	M. Barkhuizen
D. PRINSLOO	I.D.P.I, IRENE	D. Prinsloo
ES Britz	I.D.P.I, Irene	ES Britz
C. du Toit	Ritchleigh Noord X3,	C. du Toit
H. Gerbe	I.D.P.I Irene	H. Gerbe

The particulars of the potential members

Centurion Rekord 18 Feb 1994

## Padhardlopers kry nuwe klub

'n NUWE padhardloop-klub is onlangs in Irene gestig en by die Noord-Transvaal Marathonvereniging geaffilieer. Die klub se werksaamhede word hoofsaaklik by die Irene Diereproduksie Instituut bedryf.

Die klub se weeklikse tydtoetse word op die plaas Lombard, die Instituut se ontspanningsterrein, gehou. Die verkeerlose, veilige atmosfeer van die rustige plaas maak dit ideaal vir drawwers wat moeg is vir raserige stadsverkeer.

Pragtige roetes van 8km, 6km, 4km en 2km is uitgemerk en volg bestaande teerpaaië verby meeste van die Instituut se navorsings-

eenhede. Die weeklikse tydtoetse vind op Woensdae om 17:00 plaas. Alle drawwers van Verwoerdburg en omgewing is welkom om by die klub aan te sluit.

Die Instituut se sosiale klub, Vedana, is die beskermheer van die klub en alle aspirant-klublede (ook van buite die Instituut) kan die nodige aansoekvorms by die tydtoetse verkry.

Die klub het reeds sy eerste sukses behaal deurdat een van die atlete, Ishmael Mashiangako, vir die Noord-Transvaalspan gekies is.

Skakel Pieter Sutherland (667-2502) of Frieda Basson (672-9111) vir details.



Pieter Sutherland, not an employee of the ARC but an experienced runner was approached to take up the responsibility of getting the wheels in motion to officially affiliate the new club with NTMA. Affiliation was granted on 1 February 1994. The first founder committee members were selected at the club's first Annual General Meeting and a constitution was also drawn up at this meeting.

Club activities started with a few but very enthusiastic members. The committee and members then designed the club clothing and also on the tree as logo.



## Noord-Transvaal Marathonvereniging

Posbus 40117 Arcadia 0007  
Telefoon: (012) 209269 Faks: (012) 209268

## Northern Transvaal Marathon Association

PO Box 40117 Arcadia 0007  
Telephone: (012) 209269 Fax: (012) 209268



Sanlam

1 Februarie 1994

Die Sekretaris  
Irene Marathonklub  
p/a Irene Dierereproduksie-instituut  
Privaatsak X2  
IRENE  
1675

### AANSOEK OM AFFILIASIE BY NOORD TRANSSVAAL MARATHONVERENIGING (NTMV) U aansoek van 1994-01-05 verwys

Die dagbestuur het u aansoek oorweeg en voorlopige affiliasie word aan u toegestaan ingevolge klousule 7.4 van die konstitusie van NTMV.

U voorgestelde konstitusie is nagegaan en ek stel voor dat julle 'n verdere klousule byvoeg wat uitspel wat gebeur as die klub ontbind. Verder is die konstitusie in orde. 'n Afskrif van die finaal goedgekeurde konstitusie moet asseblief aan die kantoor gestuur word.

'n Afskrif van die konstitusie van NTMV, met die voorgestelde wysigings is reeds aan u gestuur. Klousule 8 gee al die verpligtinge van 'n proefklub. Doen u beplanning vir die komende jaar sodanig dat u by die Algemene Jaarvergadering van 1995 kan kwalifiseer vir volle affiliasie.

'n Affiliasiefooi van R 220-00 moet by die kantoor inbetaal word. Aangeheg is 'n blanko registrasievorm wat deur al u lede ingevul moet word, maak asseblief self die nodige aantal afskrifte. Volledig voltooide vorms met die lisensiegeld van R30-00 per lid moet by die kantoor ingehandig word in ruil vir die lisensienommers. Slegs kontant of klubtjeks sal aanvaar word.

Ons wens u alle sterkte toe met u klub.

pp *P.C. de Jager*

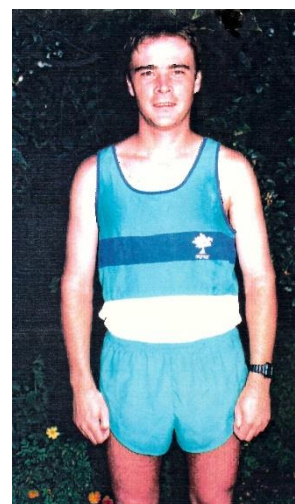
P.C. de Jager  
Registrateur

Tel. (012) 420-2194 (W)  
(012) 47-7394 (H)



The founder committee members were:

Pieter Sutherland	Chairman
Frieda Basson	Secretary
Ian Sutherland	Newsletter Editor
Carl Zwegelaar	Treasurer
Hannes Viljoen	Club Captain
Sylvia Sutherland	Social
Gys Vermeulen	Statistician
Ishmael Mashiangalo	Additional Member



In the first year of its existence a number of 60 members joined the club.

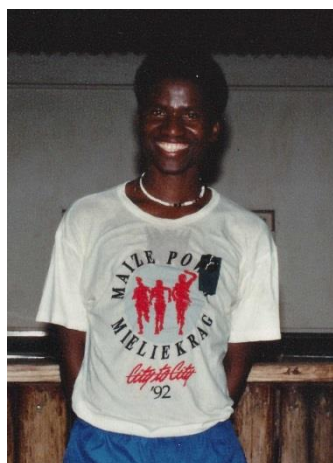
Time trials were held once a week from under a tree in front of a tractor shed at the farm buildings. The route was to the weather station on top of the hill and back to the shed. There was only a water and coke table at the finish, no club house and NO PUB. The children were entertained by climbing up the stacked bailed cattle feed grass. Occasionally one of the children would wander to the tractor and set off the alarms.

Irene members started to participate in official races. As the social member on the committee, Sylvia Sutherland ensured that there was enough to eat and drink at the races. This contributed to members from other clubs joining Irene. There was only an Irene sun umbrella at the races where members got together.



Ishmael Mashiangalo was the first IRRC athlete to make his mark and was selected for the Northern Transvaal Marathon Team to participate in the SA Marathon Championships held in East London on 5 March 1994.

The first race Irene members participated in was the Onderstepoort Striders Race



As Chairman Pieter Sutherland decided to present the first Irene race in November 1994. The Centurion Golf Estate was in its early development stages and they came aboard as sponsor for the amount of R5000. They saw it as a way to advertise the estate and one condition was that the route should go through the Estate. Members of the club also put in a huge effort to collect money individually.

With very little or no experience the first race, 21.1 km only was held on 10 November 1994. Personnel of the ARC were used to man one of the water points. The winner of the race was Nixon Nkodima in a time of 1:08:11. The first lady was Madeleine Otto in a time of 1:24:42. With total of 811 finishers the race was a huge success and IRRC was on the map.

We are privileged to have 5 members who have been members of the club for 25 consecutive years. To honour them, they each received a high-quality jacket at the celebrations at the Intercare race on Saturday. Members with 25 years membership will receive similar jackets in future.



Miles Saxby, Derick van der Merwe, Louwrens Smit, John Ellmore and Derek Oldnall showing off their 25 year jackets. We salute them!

We will have various celebrations during the year with the highlight being the Namibia tour in the beginning of October.

An organising committee will be established during the next two weeks to organise this major event. Anybody interested to serve on this committee are invited to reply to this email. We need your expertise please.

### ***SOCIAL EVENING***

Due to the fact that we had such a lovely function on Saturday, we will not have the normal social evening on Tuesday evening. However, we have something special in stall for you. I am sure that we can expect a huge turnout from our members.

Don't miss out.



COME  
CELEBRATE  
THE CHINESE  
NEW YEAR  
WITH US.



Lovely  
Chinese  
food on sale

**Irene Social**

**R50**

**5 February after time trial**

**Meet 9 times Comrades winner Bruce Fordyce.**

**Bruce will be visiting  
us to share his  
experiences  
with the  
lighter side  
of running**





## **21 KM CLUB CHAMPIONSHIPS**

Congratulations to Schalk Liebenberg and Louisa Spangenberg who are the 2019 Club Champions. Well done also to all the category winners. The preliminary results in the different categories are as follows:

	<b>Men</b>	<b>Women</b>
Overall	Schalk Liebenberg	Louisa Spangenberg
	Nelius van Rooyen	Amanda Cloete
	Noel Banda	Ansie Breytenbach
Senior	Schalk Liebenberg	Louisa Spangenberg
Veteran	Michael Mokwala	Rosemary Brink
Master	Noel Banda	Ansie Breytenbach
GM	Johann Stadler	Joey Cloete
GGM	John Cannon	Elsa Meyer



Schalk Liebenberg



Louisa Spangenberg

## **BABY STEPS – BUKS VAN DEVENTER**

I tore the meniscus in my left knee sometime August / September 2018. Many tears, fears and medical bills later I took up race walking.

PwC George Classen 10km was my first event race walking. I learnt the following from that event:

1. A rule in race walking is that, at any given time, at least 1 foot has to be on the ground – Race Walking teaches me to stay grounded.
2. Race Walking includes you swinging your arms. The motion reminds me of a “Fist Bump” – Race Walking teaches us to celebrate the small victories.
3. Race Walking makes me think of the Johnny Walker brand – Race Walking teaches us to just keep walking...even when we can't run.

After my first ever race walk, I tipped my hat to the people walking the 21.1km saying I would never do that. When confronted with an injury, we do what we have to do.

This brings me to this report...our birthday bash.

21.1km with about 180m elevation. I am not ready to risk injury with running, but I could walk it? My first 10km race walking on a difficult route I finished in 69min. Surely I can finish an

effortless 21.1km in 2hours20min? Ansie said it best: "Ek verstaan nou hoekom daar so min stappers is...dis erg moeilik!"

At 3km, Johan Engelbrecht asked Elsa Meyer to beat me if nothing else, in jest. Little did he know that my intent was to walk a 2hour20min with Elsa just being happy with a 2hour25min. I replied:"As stap maklik was, sou almal dit kon doen!". At the 7km mark I told Elsa and Danie to go, I was not going to make it at that pace (6:53/km). Good call in the end.

At the 12km mark my mind was shouting at me to please stop this walking and please run...just a little!...Please!...Forest Gump the rest of this half marathon! At 16km I started questioning my sanity. Having done 2 Comrades, back to back, I had no answer to this madness!

I had a small voice in the back of my mind, Oom Gerhard and his tales of walking Comrades: "Another one bites the dust!" I could never start running after that. Still, I past many runners. I didn't podium, I didn't win a price, but I learnt something very valuable – Race Walking won't get you to the podium, but it might help finish...even get close to podium!

Weak knees? Race walk yourself to back to strength. Flu? Race walk, your heart rate stays low and you maintain fitness. Camille Herron had a stress fracture in her femur in March 2017. She walked 2hours a day. Maybe not race walking, but she kept going...she went on to win Comrades 2017. Race walking is not easy...if it was, everyone would be doing it.

I am limited. I have an injury. I won't lie down. I will Johnny Walker this to the end...even if I had to walk from Durban to Pietermaritzburg...I won't lie down!

## **PERSONALIA**

Congratulations to everybody celebrating their birthdays during the week:

Theuns	Willemse	05 Feb
Emily	Mamoepa	07 Feb
Shaun	Smee	07 Feb
Helandie	Calaca	08 Feb
Veli	Mokoena	08 Feb
Glen	Simmonds	08 Feb
Blanche	Van Vuuren	08 Feb
Thabiso	Mashaba	09 Feb



Website: [www.csi-euf.co.za](http://www.csi-euf.co.za)

Tel: 011 805 6316





## NEW MEMBERS

Welcome to the following new members:



Carike Homan



Heléne Meyer



Ilse Merrick



Jean Overbeck



Kayla Odendaal



Leonard van Antwerpen



Louise Dercksen



Loyise Ndhlovu



Nhlanhla Makanya



Palese Ryan



Roy Hill



Tendani Mantshimile

# JOINT*Eze*<sup>TM</sup>

# MODERN *athlete*



**We offer professional quantity surveying services**

**Giel Cillie (PrQS)**

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WEBSITE | ABOUT US | Connect with Giel 

## NOTICE BOARD

### **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	??		

**1<sup>st</sup> 200 32km entries at Run-Away Sport receive a t-shirt**

**No Pets**

Pre-entries at: Run-away Sport

[www.enteronline.co.za](http://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](http://www.entrytime.com)



**Sunday 24 February  
(Pretoria Marathon)**

**The Deloitte Challenge 42.2/21.1/10 km**

Race Organisers: Phobians Athletics Club

Venue: Pretoria High School Old Boys Club, Hofmeyr Park, Queens Crescent, Lynnwood

	42.2 km	21.1 km	10 km
Entry fee	R 200	R 140	R 90
Entry fee 70+ (attach copy of ID to entry form)	Free		
Start Time	06:00		06:15
Cut-off	05:30		

**42.2/21.1km entries open until 23 February – no race day entries**

**1<sup>st</sup> 4 500 pre-entries receive a free t-shirt**

**No Pets**

**Wheelchair athletes only recommended on 10km but are allowed on longer distances but will need assistance over animal grids**

Pre-entries at: Run-away Sport; Sweatshop Southdowns, Dunkeld, Bedfordview

[www.entrytime.com](http://www.entrytime.com)

**Saturday 2 March**

**Medihelp Sunrise Monster 32/21.1/10/5 km**

Race Organisers: Harlequin Harriers

Venue: Harlequin Club, Totius Street, Groenkloof

GPS: S 25°46.122 E 28°13.031

	32km	21.1km	10 km	5 km
Pre-entry fee	R 160	R 150	R 100	R 50
Entry fees 60+	R 80	R 70	R 50	R 40
Start Time	06:03		06:30	06:45
Time Limit	04h30	03h30	02h300	

**Route not suitable for wheelchair athletes**

Pre-entries: Run-A-Way Sports, Sweatshop Dunkeld, Bedfordview & Southdowns;  
Natural Runner

<b>2019 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DISTANCE</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
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

\*League status of the Bronkhorstpruit race will be confirmed during the week.

### **Masters Athletics Fixture list**

#### **South Africa**

? March 2019	KZN	Kings Park Stadium
29/30 March 2019	PE	Westbourne Oval
29/30 March <b>or</b> 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
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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

30<sup>th</sup> Summer universiade

Naples, Italy

20/7/2020 – 1/8/2020

World Masters athletics Champs Toronto, Canada

### **THOUGHT FOR THE WEEK**

**Taste your words before you spit them out.**

### ***PHOTO CORNER (Intercare)***



At the start of the 21 km





Schalk Liebenberg and Nelius van Rooyen



Janene van Niekerk and Marius Smit





Samantha Dry



Marlé van der Walt





Telanie Venter



Noel Banda





Michael Mokwala



Ilse Claasen





Kobus van As



Estien van Wyngaard





Miles Saxby with his original Irene vest



Tebogo Tselangoe





There was a huge turnout of Irene members



Plenty to eat and drink