



IRENE NEWS

8 July 2019

No 27 - 2019



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Icebreaker:

Sandra Steenkamp	1 st Lady walker – 21 km (2:08:46)
Elsa Meyer	2 nd Lady walker – 21 km (2:24:20)
Keith Reynolds	3 rd Walker – 21 km (2:08:46)
Jaap Willemse	2 nd Walker – 10 km (63:05)
Danie Labuschagne	3 rd Walker – 10 km (64:32)
Annatjie Greyvenstein	2 nd Lady walker – 10 km (70:37)

THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:15 – Club house (everybody starts together at 17:15) **Social evening**

Saturday:

Afriforum Springbok Vasbyt 5/10/25 km @ 07:30 – Voortrekker Monument

Irene Walking Grand Prix @ 08:00 – Irene Oval

Sunday:

Club run @ 07:00 – Club house – All welcome, your distance, your pace.

NAMIBIAN TOUR

Everybody who is interested in the Namibian tour, whether you have booked or not, is invited to attend a quick info meeting on Tuesday evening at 18:00. All your questions will be answered and finalisation of the group will be done.

SOCIAL EVENING

The social evening is going to be very special and you can expect a lot of fun! Bring the whole family and enjoy a lovely meal at a very low price.

You may be the lucky member to walk away with a pair of Asics running shoes!



Get ready...



We're serious about
our run... now let's be
serious about our fun!

Whether you can sing
or not... come laugh
with your friends

9 July Social
Karaoke Night



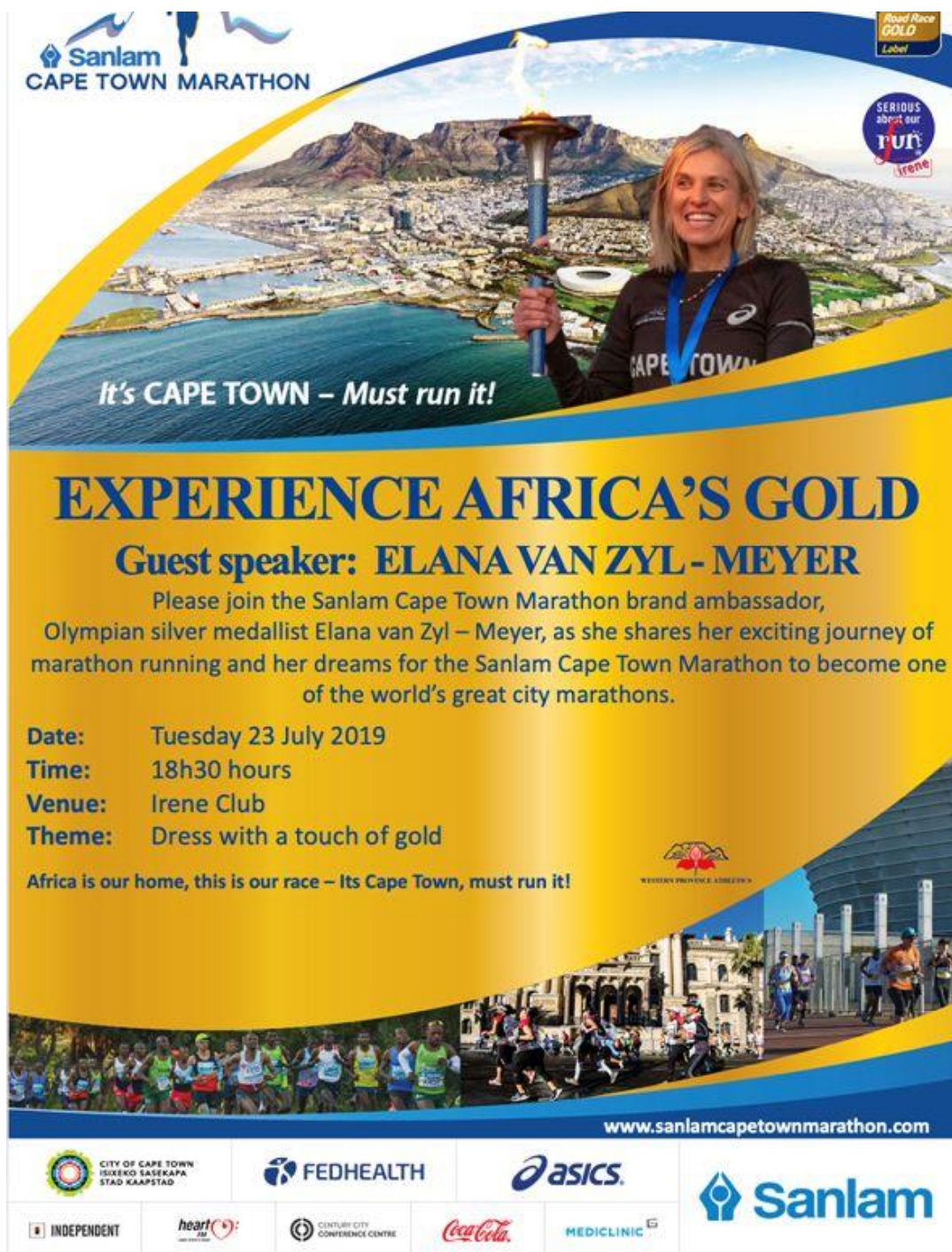
ELANA MEYER TALK

We are privileged to have Elana Meyer once again at our club house on 23 July. She is going to give a talk about "Experience Africa's Gold". The talk will take place after the time trials.

Elana is probably the best female athlete South Africa ever had. Some of her SA records dated back to 1991. She is still the holder of the following SA records:

3000 metres, 5000 metres, 10 000 metres, 10 km, 15 km, 21.1 km and 42.2 km

You are all invited to come and meet her, take photos with her and to attend her talk. Let's give her a warm welcome once again and fill up the lapa.



Sanlam
CAPE TOWN MARATHON

Road Race
GOLD
Label

SERIOUS
about our
run
Irene

It's CAPE TOWN – Must run it!

EXPERIENCE AFRICA'S GOLD

Guest speaker: ELANA VAN ZYL - MEYER

Please join the Sanlam Cape Town Marathon brand ambassador, Olympic silver medallist Elana van Zyl – Meyer, as she shares her exciting journey of marathon running and her dreams for the Sanlam Cape Town Marathon to become one of the world's great city marathons.

Date: Tuesday 23 July 2019
Time: 18h30 hours
Venue: Irene Club
Theme: Dress with a touch of gold

Africa is our home, this is our race – Its Cape Town, must run it!

WESTERN PROVINCE ATHLETICS

www.sanlamcapetownmarathon.com

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MEDICLINIC

IN THE MAILBOX

The following article was published in the Trail Runner about our own Chantelle Moss, what an inspiring story! We salute you Chantelle!

Rising like a phoenix

Trail runner **Chantell Moss** was told she wouldn't live past 30, but the 34-year-old has proven her addiction counsellors wrong.

In less than two years, she has quit smoking, lost 23kg, and ticked off dream races like Ultra-Trail Drakensberg 30km, Drakensberg Northern Trail 20km, and Ultra-trail Cape Town 21km. Here's her story.

Lows to trails

"My trail running started when I was recovering after many years in active addiction. I was an overachiever in that regard, with 37 rehabs and clinics, and addiction counsellors despairing of me ever finding my way to health and abstinence.

I started using in high school due to unresolved trauma. In recovery between periods of active addiction, I finished my Mechanical Engineering and Electrical Engineering Diploma over seven years.

A coma following a heroin overdose in November 2011 (age 26), was the lowest point of my life. After a

year of in-patient treatment, with a trusted psychiatrist and a good trauma therapist, I started making progress. I could see myself and my past differently. This created the possibility of a different future.

Trail running began while I was still a chain smoker, an overweight couch potato, and coffee addict. When I started in 2017, I could hardly walk (never mind run) a kilometre without feeling my lungs burning up. I set my mind to 3km, 5km, then 10km... I realised smoking was going to have to cease if I was going to keep improving, so I kicked the habit in October 2017.

Good times roll

The sense of accomplishment that comes with standing on mountaintops and crossing finish lines, knowing

that I gave it my all, is exhilarating. Running helps me stay clean and manage my mental health.

I've made meaningful connections with fellow trail runners. They add to the absolute highs and lows of pushing myself beyond what I believed was possible.

I'm busy training for SkyRun 38km and Addo 44km!

I love the outdoors, adventure, and hitting the trails one step at a time. I have been clean for five years now, and I'm grateful to my mom for never giving up on me. 🐾

[chantell.moss.3](#)



Chantell is smiling through pain at the 20km Drakensberg Northern Trail 2019. She tore an ankle ligament 8km in and walked 12km to the finish!

FROM OUR WALKERS CAPTAIN

Dear Fellow Athletes

See attached flier for more detail.

A kind invitation to all Irene athletes and non-athletes to join us on Saturday 13 July 2019 at "The Oval" in Irene Security Estate for a cup of coffee or tea to see some of the best race walkers in the country in action. The first item will start at 08h00 and the prize giving will be at approximately 11h00.

Irene AC will be the proud host of the second Irene Race Walk 10 km Open Grand Prix. We have taken the initiative in 2018 to host the only club sponsored race walk GP event in South Africa. As customary, Irene is again leading from the front and dictating the pace!

The aim of the event is to develop our sport and avail athletes the opportunity to walk under racing conditions and experience "all the technicalities" of the sport in a friendly and conducive environment. This is to prepare us for the ASA 50 Km and Inter Provincial Championships in October at the Green Point Stadium in Cape Town.

The event also serves as the Irene Race Walk 10 km Championships.

We would love to see you there!!!!

May your tekkies make nice music on the road!

Danie Labuschagne

Race Walk Captain

PERSONALIA

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

Johan	Roodt	08 Jul
Tarryn	Thompson	08 Jul
Martin	Struwig	09 Jul
Corne	Johnstone	10 Jul
Yvette	van der Westhuizen	10 Jul
Rhoda	van Staden	11 Jul
Larize	Faber	12 Jul
Rize	Blom	13 Jul
Rita	Liebenberg	13 Jul
Maryke	van Rooyen	13 Jul
Machiel	Engelbrecht	14 Jul
Sello	Mkanzi	14 Jul
Christa	Thiebaut	14 Jul
Werner	Van Der Merwe	14 Jul



Website: www.csi-euf.co.za

Tel: 011 805 6316

JOINTEze****TM



Thermopower Furnaces S.A. (Pty) Ltd



NOTICE BOARD

Saturday 13 July

Afriforum Springbok Vasbyt 25/10/5 km

Race Organisers: Voortrekker Monument Athletics Club

Venue: Voortrekker Monument Picnic Terrain

GPS: S 25.77690 E 028.17747

	25 km	10 km	5 km
Entry fee	R 150	R 90	R 50
Entry fee Jardine Joggers & 60 - 69	R50		
Entry fee 70+ & athletes celebrating their birthday (ID required)	Free		
Start Time	07:30		07:40
Cut-off	04:00		

No Pets

No iPods or listening devices are allowed

10 & 25 km races are not suitable for wheelchair athletes

Pre-entries at: Run-Away Sport; Postnet Pretoria West; Sportmans Warehouse Atterbury Value Mart, Centurion Value Mart, Menlyn Shopping Centre & Kolonnade Retail Park

www.enteronline.co.za

Saturday 20 July

Long Walk/Run to Freedom 21.1/10/5 km

Race Organisers: Run/Walk for Life

Venue: Atterbury Value Mart, Atterbury Street, Faerie Glen

	21.1 km	10 km	5 km
Entry fee	R 100	R 80	R 50
Entry fee Jardine Joggers & 60 - 69	R50		
Entry fee 70+ & athletes celebrating their birthday (ID required)	Free		
Start Time	07:00		07:15

No Pets No iPods or listening devices are allowed

The race is wheelchair friendly

Pre-entries at: Sportmans Warehouse Atterbury Value Mart

www.entrytime.com

2019 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
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



CAQS CC/BK Reg. No. 1997/052774/23 VAT No. 488 016 9828

REGISTERED QUANTITY SURVEYORS • GEREISTREERDE BOUREKENAARS

Members: GJ Cillie B.Sc (QS) UP, PRQS, PMAQS, MRICS | Guillaume Cillie B.Sc (QS) Hons UP, PRQS

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Masters Athletics Fixture list

South Africa

10 August 2019	Mpumalanga	Secunda
? October 2019	Rassies	Bronkhorstspuit
25/26 October 2019	SWD	Oudtshoorn
8/9 November 2019	Free State	Bloemfontein

South African Championships

April/May 2020	Central Gauteng	Herman Immelman
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Africa Championships

2021	Nairobi, Kenya
2023	South Africa

International Championships

28/9-6/10 2019	30 th Summer Universiade	Naples, Italy
20/7/2020 – 1/8/2020	World Masters Athletics Champs	Toronto, Canada

THOUGHT FOR THE WEEK

Happiness comes through doors you didn't even know you left open.

PHOTO CORNER (ICEBREAKER)



It was a special day for Anna Pieterse. She ran the race with her daughter. The last time they ran together was 20 years ago when her daughter was in matric.



Laura Alberts on her way to the finish



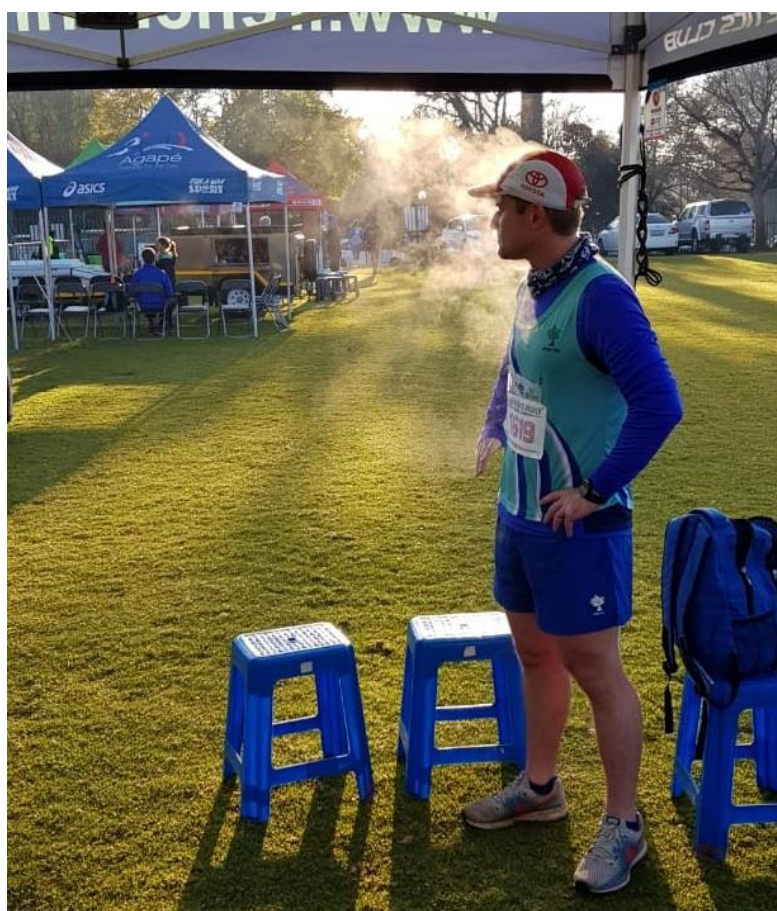
Tracey Mac Fadyen



Alexandra Stuart-Smith is about to join the club. She was the 2nd lady to finish the 21 km



Marks Mathebula doing a few stretches after the race



A steaming Mauritz Oberholzer after the race

PHOTOS OF YESTERYEAR (WALLY HAYWARD 2002)



The Irene bus finishing our "Hat race" at the Wally



The "Hat race" runners. At least 3 of these members have passed away