



IRENE NEWS

8 March 2021

No 10 - 2021



TIME TRIALS

Quite a number of members started the time trials together last week. It was so good to be back to normal in a sense.

We want to invite all to start together again on Tuesday afternoon at 17:30. Keep your distance according to the Covid protocols and enjoy running together again.



POP-UP RUN

The Pop-Up Run on Saturday was a huge success once again. Thank you to Rosemary Brink for organizing it and to Joy and Michael Dekker for hosting us at a great venue.

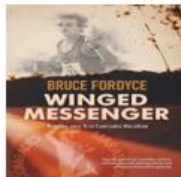


FROM THE DESK OF ROSEMARY BRINK

A big thank you to **Joy and Michael** for hosting the March Irene Pop Up Run and opening **Villa Siesta Pet Retreat** for the event. The route and the venue were stunning!

Thanks also go to the special guest, **Bruce Fordyce** who joined us for the run and lined up for the multiple photo's and autographs.

Thanks also go to **Cartel Events & Catering** for the refreshments and service offered to all the runners and walkers post the run. And to Kirsten Morrison from **DragonFly Designs** for the Medal magnets.



So how far are you with building your Irene Pop Up medal puzzle?

Runs done so far

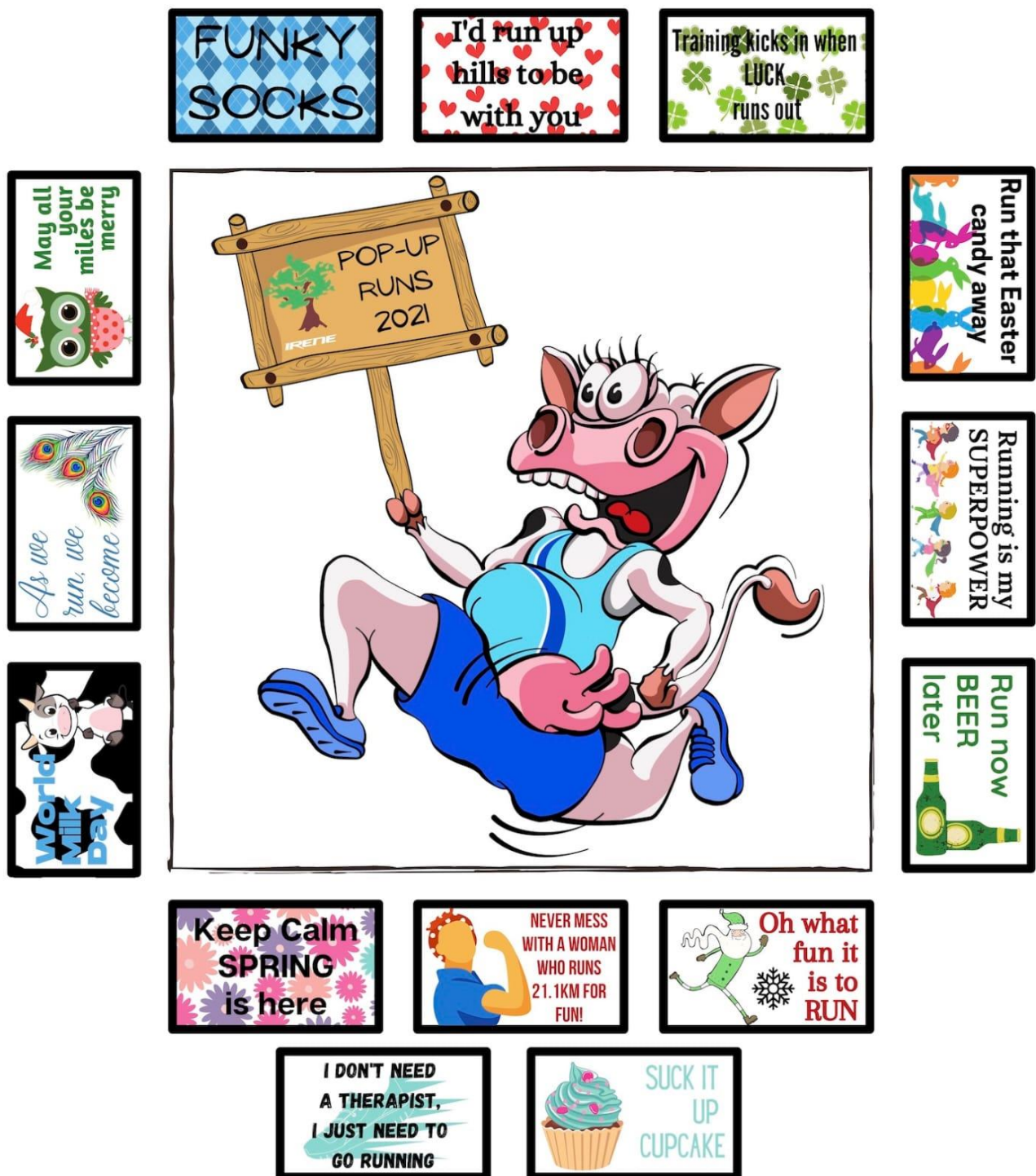
- ✓ I'd run up hills to be with you (February)
- ✓ Training kicks in when LUCK runs out (March)

Runs coming up

- Run the Easter candy away (April)
- Running is my SUPER POWER (May)

If you have a route that you would like to share and put on the map, please contact Rosemary (rosybrink@gmail.com)





A better view of the complete set of medals (magnets) that participants can earn by taking part in all the planned Pop-Up runs for the year. It will look good on any fridge.

BAR NEWS

**Introducing fresh
filter coffee!**

R 15



IRENE RACE WALKING CHALLENGE



IRENE RACEWALKING CHALLENGE

**VIRTUAL RACE
19, 20 & 21 MARCH 2021**

The emphasis for this race is to encourage mass-participation amongst the whole racewalking fraternity, ie by International RW friends, members of the ASA Provinces and all clubs.

Virtual medals will be made available on the SA Racewalkers Facebook Group which walkers are welcome to post on social media. Examples of the medals is posted elsewhere on this flier. It depicts the fun to be had together with Louise, the Irene AC mascot, while doing the race with us.

Entries

Entries for the event must be sent to djllappies@gmail.com no later than midnight on Wednesday, 17 March 2021.
Entries must be in the following format:

Race #	Distance	Name	Surname	Club	Province	ID number	Licence #



IRENE RACEWALKING CHALLENGE

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Irene AC will acknowledge receipt. If your entry is not acknowledged, your entry has not been received.



IRENE ATHLETICS CLUB

Results

Results together with photo (screenshot) of your smartwatch/phone must be sent to Irene AC (Danie Labuschagne) at djilappies@gmail.com for processing no later than 12 Midnight on Monday 23rd March 2021. Ensure that you give full details so that your results can be matched with the entries. Irene AC will acknowledge receipt. If you do not get an acknowledgement, then Irene AC has not received your results and you will be recorded as a DNS.

Race #	Age Group	Distance km
1	Open men and women	5
2	Open men and women	10
3	Junior men and women (18,19: born 2002,2003)	5
4	Junior men and women (18,19: born 2002,2003)	10
5	Youth Boys (16, 17 Born 2004,2005)	5
6	Youth Boys (16, 17 Born 2004,2005)	10
7	Masters Men and women (35+)	5
8	Masters Men and women (35+)	10
9	Youth Girls (16, 17 born 2004,2005)	5
10	Sub Youth boys and girls (14,15 Born 2006,2007)	5
11	Sub Youth boys and girls (12,13 Born 2008,2009)	3
12	Under 13 boys and girls (Born 2009 or later)	1

Rules

- All participants participate at own risk. By entering the race participants indemnify the national and provincial bodies, hosts, sponsors and organisers of the race against all and any action of whatever nature that may arise out of their participation in the event.
- This is a fun event! The Irene Club invites all racewalkers to join "Louise", our esteemed mascot, and have fun!
- Irene AC members are invited to complete their walk on 20 March 2021 between 06:00 and 08:00 at the official Irene GP track in Irene Village. Official Timing and Lap Counters will be provided. Walkers will only start, after registration at the official timing station, on command of the Timekeeper. This is done to expose Irene walkers to a more formal track after more than a year! It also negates the use of GPS distance measurement and personal timing. All Covid19 protocols will be enforced at this venue. Other clubs are encouraged to investigate the feasibility of such an arrangement and if feasible, to implement such an arrangement. The only pre-requisite is that the club then submit an official result sheet with the detail, as described elsewhere in this flier.
- Entries must reach Irene AC (Danie Labuschagne) at djilappies@gmail.com no later than midnight on the 23 March 2021, (Whatsapp+27729720871)
- The following is an example of formatting required on entry. Please keep to this since formatting is critical to the capturing process. If clubs want to send grouped information, an Excel template will be sent out with the flier.

Race #	Distance	Name	Surname	Club	Province	ID number	Licence #
1	10	Peter	Devicos	Qudokwale	GN	5002016000181	1234

Please do not add spaces or extraneous detail! If your ID number shows as 5 002026-12 that is fine, as long as you have typed it correctly do not add to the number. It is an excel formatting issue.

- The virtual race will take place on any of the 19th, 20th or 21st March 2021 – you may enter for only 1 race!
- The course should be reasonably flat and preferably end at the same point (or close) to the start.
- You must obey all National, Provincial and local lockdown and safety rules.
- You must employ legal technique Racewalking whilst racing. Please do not cheat yourself!
- Results together with photo (screenshot) of your smartwatch/phone must be sent to Irene AC (Danie Labuschagne) (djilabuschnagne@gmail.com) for processing no later than 12 Midnight on Tuesday 23 March 2021. If you do not have a smartwatch /phone get a friend to time you.
- Results sent to Irene AC (Danie Labuschagne) in the format H:MM:SS.x no other format is acceptable hours must be included even if zero. IE: Not acceptable are the following: 1 hour 11min 4 seconds, 33:22, 36:20:12 – correct formats for these times are: 1:11:04.0, 0:33:22.0, 0:36:20.12.
- Results will be published in full in the next issue of the South African Racewalker.
- There are no cut-off times.
- Novices are encouraged to join. For the purposes of this competition a novice will be any walker who has not walked in a physical racewalking competition before 2020. However, there is not a novice category.
- Take note of ASA CIRCULAR 36 OF 2020

PERSONALIA

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

Adriaan	Botha	08 Mar
Noel	Banda	09 Mar
Kobus	Oberholzer	10 Mar
Malusi	Sikwebu	10 Mar
Fhatuwani	Sinngu	10 Mar
Cassandra	Bhayla	13 Mar
Kevin	Rodwell	13 Mar
Jayson	Buyskes	14 Mar
Nicole	Fortune	14 Mar
Sune	van der Walt	14 Mar
Ignatius	van Rooy	14 Mar



Website: www.csi-euf.co.za

Tel: 011 805 6316

THOUGHT FOR THE WEEK

Some days you just have to create your own sunshine.

PHOTO CORNER (SOCIAL EVENING)



Congratulations to Zsa-Zsa Jaquire who was the winner of the lucky draw. Her prize was a pair of Asics running shoes with the compliments of Asics and The Sweat Shop Southdowns



Amalia Thomas and Melani Swart



Martin Siebrits



Sibusiso Sibisi



Wonderful spectators



Michael van der Westhuizen is also closely watched by the farm spectators



Annatjie Greyvenstein



Relaxing at the club house



Enjoying each others company



A relaxed Kovila Rajaruthnam



Charles Jaquire and Kovila Rajaruthnam getting the food ready



The kiddies had a great time

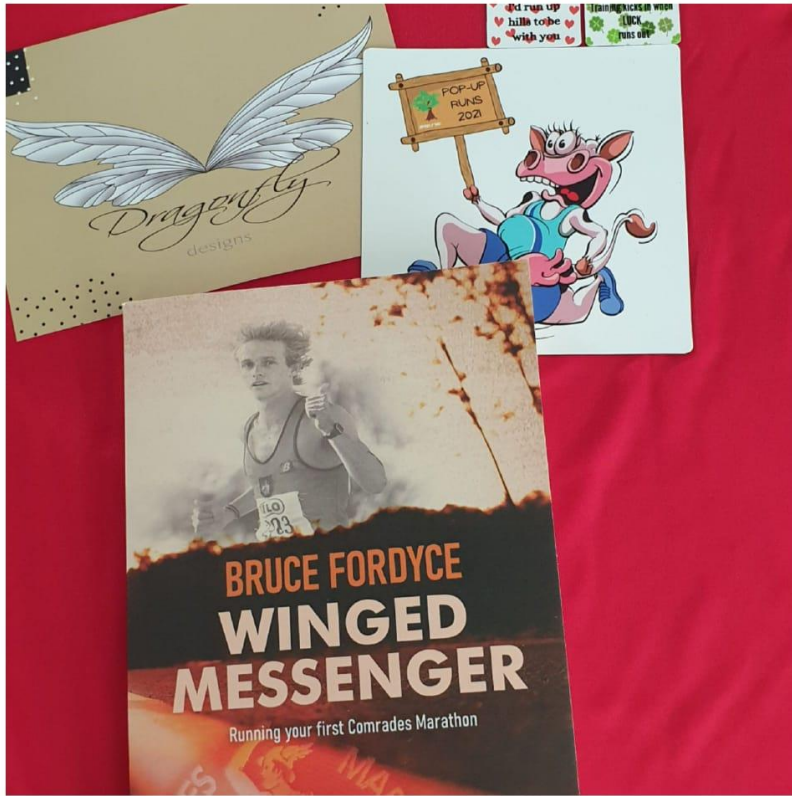


Everybody waited for the lucky draw at 19:00

Pop-Up Run











Mariet Louw and her husband Fritz did the Stilbaai Beach run on Saturday