



# IRENE NEWS

11 May 2020

No 18 - 2020



## EDITORIAL

Members are requested to send in some interesting news for publication in the newsletter. Thank you for the photos that have been received during the last few days, it is quite interesting to see the new look of some of our members. Keep sending the photos please.

## IRENE FACE MASKS

What a great response we had on the orders of the masks. We have an order of 260 in total.

I expect the masks to be delivered Wednesday 13 May 2020. I shall communicate as soon as I have the confirmed detail via the WhatsApp group and other communication channels you communicated with me.

Delivery points will be Midstream Spar Parking lot and Southdowns Parking lot. I might be in the Lynnwood area on Friday 15 May for those living further than Centurion. And for those closer to Fourways I shall arrange separately. Please let me know.

For those who have not paid yet, please do so and forward POP to me on 0833057181 or [vanh.thea@gmail.com](mailto:vanh.thea@gmail.com). Pay into club account Ref: Mask\_name



Please see names of those who ordered. If I missed your name, please inform me in order to rectify.

Adri van den Heever	2
Ali van Antwerpen	1
Amalia	6
Annemarie Oberholzer	2
Brian peters	1
Buks en Cindy	2
Charmaine Janse v Rensburg	4
Danie (Walker) Labuschagne	2

Eben / Hesta Conradie	2
Estien en Fanie	2
Fanna	4
Gerna Horak	2
Henk (oupa)	2
Isabelle van der Schyff	2
Jeanette Odendaal / vd merwe	2
Johan Snyman	2

Johan V Vuuren	2
Joy Decker	3
Keith Reynolds	1
Kobus van Niekerk	1
Lezanne Grove	2
Lizl Straus	2
Logan Nair	6
Lucille Pretorius	5
Lynette Gough	1
Maggie van Rooyen	4
Marisa Oosthuizen	3
MC du Toit	2
Michael vd Westhuizen	1
Neldi	3
Nico Basson	2
Oom Gerhard vd Raad (1 child)	7
Philip Koornhof	2
Phineas Mojaelo	2
Ray	3
Sithandiwe Mdhluli (Stha)	3
Tebogo Tselangoe	1
Thabiso Mashaba	6
Thea van Helden	6
Thumeka Sibulela	2

Tinyiko Ndabambi	2
Uida Enslin	2
Werner Smit	5
Wynand	1
Yvette vd westhuizen	4
Zoe	2
Amanda Lotharingen	1
Andy	1
Carla Hartmann	1
Gerald Hartmann	1
Marle	1
Anna Pieterse	2
Candice	2
Coretha Usher	2
Ignus	2
Johan Engelbrecht	2
Manqoba	2
Melanie	2
Vicky Sidler	2
Michael Langton	3
Kovilan (2 kids)	4
Letha (Walker)	4
Pieter Erasmus	4
Shalati Maponocono (3 kids)	6

Looking forward to seeing you soon.

Kind regards,

Thea van Helden

083 305 7181

### ***CAPTAIN'S CORNER***

#### **Virtually Running between the Challenges**

Now that we are no longer able to participate or compete runners and walkers are looking at different ways to keeping active and their interests going.

Irene was among the first to set up a Virtual Race and there have been many more since.

One of the biggest was the Vitality World Cup which South Africa was well on track to win until they decided to stop it due to the sweeping sequence of lock-downs throughout the world.

Problem is that there are now so many available it gets difficult to choose from. Also many overlap, so should we claim for completing 2 events when in fact, we only did one at the time. The other angle that has come up in discussion is that while we do these challenges, it simply isn't the same, especially if you go increase your count of Ultras but you did the run over several days.

This is new to all of us and we need to look at what we are doing in relation to how we were running and preparing for events before the lockdown. Some of us would participate almost every weekend as a norm. Now we can even participate in challenges that run over a number of days and as such, we could easily end up in a situation where we do more than what we used to previously. During a recent challenge that took place over 8 days I saw people achieve distances that they would never have considered at other times, myself included.

Perhaps this is a good thing as people can break down self-imposed barriers and take themselves to new levels of fitness, speed and endurance. However, this being the case, the normal guidelines of increased effort, max of 10% per week, should still be observed.

It seems clear that many people have more time on their hands than previously largely due to not having to sit in traffic for hours in a day. Us, as active people, don't enjoy been confined indoors and will find a way to get in some exercise, even if only to alleviate boredom. We have seen Comrades run in a garden and 100 Milers completed in confined space by more than one person. I had set myself a personal goal of 100km over Easter weekend which I did at 25.01 km per day. Just happened that there was a challenge over the same period. I had not however planned to do the runs over a very small circuit.

Whatever we do and take on we should treat it as any other event we have trained for. There would normally be a build up phase, taper, event and recovery. This should not be any different now. Below is my own experience of how extreme these challenges can become. I will however point out that I followed a taper phase before the challenges and am currently taking things a lot easier (recovery phase).

Together with my friend from Uganda we formulated a unique eight-day virtual challenge. Participants could run up to a maximum of two and a half hours per day for 8 days (20 hours). To level things out we had categories for restricted areas, treadmill and open spaces. The challenge would run from 25 April to 2 May.

On the day before this challenge kicked off, one of the Irene committee came up with the idea of a challenge for our club members. Simple for me as it was something I could do within my planned schedule, albeit a bit quicker than originally planned.

At the onset, I had never participated in a multi-day (stage) event. I knew the key factors for the week would be pacing and nutrition.

My wife and daughters had joined the 8-day challenge. Their objective was to get to the minimum medal qualification of 5 hours of activity over the 8 days. Didn't help with my wife twisting her knee the day before we started.

Day 1 went off well. I had planned to get up at 4:00 AM on each day and ensure I started the day as if I was approaching any race day with breakfast and a mug of black tea. I did my challenge in a figure 8 to ensure I changed direction and not put all the pressure on one side of my body. I stopped after 21.1 km to record a time for the club challenge. Had a walk in the

afternoon for 40 minutes and complete the balance of my own challenge (43 minutes) in the evening to round up day 1.

For day 2 I planned to run until my neighbour's dog woke up and started barking. The plan was to let them have their Sunday morning rest and I would finish later. At 1:33:30 he came out to greet and I stopped my run. Another 45 minutes with wife followed (inside garden) where the dog paid a little less attention. At 16:45 I set out to do the remaining 56:30 that I had available for the day.

Day 3, public holiday was a two and a half hour run. I had decided to do a single run to give more rest time between the days. 40 minutes with wife in the afternoon.

Day 4 saw an early run of just over an hour as I need to check in for meetings at the virtual office. Meetings ran into meetings and I finally got to start my run at 16:57. The last half hour was no fun as I had to run in the dark. The most dominant thought was that it did not help to run any faster as the challenge was time based (not distance covered). I decided to plan to leave less to do in the evenings and avoid a repeat of that session. Somewhere in the back of my mind I recalled that this would have been out time trial evening.

Day 5 went a bit better with a good 1:45 run to start the day. The evening session was easier and because it was shorter, I could put in a bit of a faster run.

Day 6 was a challenge. I had not paid enough attention to nutrition on the previous evening and found it caught up with me. I stopped the run at 90 minutes and ensured I "caught up" on nutrition throughout the day. I had a meeting starting at 16:00 that I know would go over time so I took a gap between the rain and meetings at 12:00 to complete my run for the day. Turned out to be a good decision as the meeting went on till almost 6 PM.

During the week one of our members wrote in and said he had missed the challenge and would love to see another one on the long weekend starting on 1 May. I had already been thinking along those lines so putting it together was quite simple, I just need the little push. Government had given us a 3-hour running window so the "Limited Unlimited" challenge was born.

Day 7 was challenging knowing that others were "running free" while I was still being a hamster on a wheel. I was still committed to the remaining 2 days on my restricted route. I had to pace myself and allow for the additional 30 minutes. All through the run I was thinking how it was going to feel to be running freely for the first time in 36 days. The half hour was tough but very enjoyable. To see so many people out enjoying themselves was like a trip back to my childhood where seeing people (families) out on a stroll or jog was normal. When uploading the run details onto the challenge log, I discovered that I had completed 200.75 (wife walking and additional 30 mins excluded). This had been my 8-day target and I still had 1 day to go. It was also the most I had even completed in 7 consecutive days in my lifetime.

Day 8 was really tough mentally. I had passed my target so there was little motivation to keep going other than I was the "last man standing" in terms of completing the full 20 hours. I realised that I need to set some kind of target to get through the final "restricted" session and settled on keeping at least to the initial pace I had planned for the 8 days. I somehow managed to keep going and eventually wrapped up the 8 days (20 hours) on 227.39 km. This was probably much more as I was going on the distance given on my GPS and not based on a carefully measured route.

The final 30 minutes of our “free” time went a bit better. I realised that it was probably a case of “too well” when I clocked around 710 meters more than I expected to.

Day 9 was now my first day of being able to enjoy my full “freedom”. I had several targets in mind as I set out on my run but knew it would come down to how I felt over the first hour. I took an “easy” route with minimum hills. Going up the same rise approximately 1800 times in 8 days was enough for hills for a while. First hour went well but that put “pressure” on to attempt to go for the top goal I had in mind for the weekend. Second hour was not bad and I was slightly ahead of schedule but starting to feel the fatigue creeping into my legs. I slowed the pace a little to ensure I did not run into any issues. With just less than an hour remaining I realised I was getting low on fluids and made a quick stop through the garage to top up. I doubt I would have made the full session if I had not taken that decision. It wasn’t till the final 15 minutes that I could relax with the knowledge that I would achieve my dream.

I ended making full use of the first 9 hours under the new regulations. The final run had taken me to 101.24 km over the 3 days. It also got me to a new personal 7 day record of 214.9 km (19 hours). Running between the first 2 Irene Virtual club challenges was now completed.

The following few days felt quite empty as I continued with a 3km daily walk to stay on yet another virtual challenge of a minimum 3 km per day. It had started out as a 100 day challenge until somebody pointed out that this is a unique year and suggested a 366 day challenge. On May 10 we are on day 131.

I know there will be many other challenges coming up, both inside the club, nationally and internationally. My final word (for now) is to look at each challenge and evaluate it in terms of where you are in based on current fitness, what you have done recently (virtual race) and what you would normally be doing at this time of the year. The key problem is that many of these challenges pop up almost as they are about to start so you cannot plan a long-term training strategy around them. Allow yourself to be stretched a little, but always keep a good level of sanity around by not over-committing.

Regards

Keith

#### ***SWEATSHOP SOUTHDOWNS SPECIALS***

Elvis contacted us to let us know that they are open and that they have a major sale on running shoes. From 20% to 50% off on some.



## PERSONALIA

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

Sonja	Strydom	11 May
Tanya	Verhoef	11 May
Handri	Kymdell	12 May
Annelene	Bosman	14 May
Blue	Hadlow	14 May
Johan (Fires)	Janse van Vuuren	14 May
Lani	Botha	15 May
Barbara	Botha	15 May
Laura	Alberts	17 May



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

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

GAUTENG HEAD OFFICE  
10 Lenchen Park  
2029 Lenchen Ave South  
Zwartkops x 4  
Centurion  
0157

PO Box 7838, Centurion, 0046 R.S.A  
m: +27 (0)83 655 7010  
t: +27 (0)12 663 3300  
f: +27 (0)86 670 2124  
e: [info@caqs.co.za](mailto:info@caqs.co.za)  
[www.caqs.co.za](http://www.caqs.co.za)

WESTERN CAPE OFFICE  
Niagara Road  
Tyger Waterfront, Suite 713  
The Cliffs, Bellville, 7530  
m: +27 (0) 83 655 4754

## THOUGHT FOR THE WEEK

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.





### ***PHOTO CORNER (LOCKDOWN)***



The cattle couldn't resist the long green grass at the club house. As you can see on the photo, the place is full of evidence that they enjoyed themselves



Musa Nkosi after running his first 21 km after lockdown





Andy Crawshay-Hall after his first 5 km run after being allowed to go out





Derick van der Merwe looking different with his new beard



Mariet Louw with her new Corona hairstyle





Fanie van Wyngaard also decided to grow a beard



This hairy fairy is Carla Hartmann





Louis Visser should have been a hairdresser! Look what he did with Nadene's hair. In the process she discovered a new colour.... her own.



Nadene also had a fall again..... what's new?



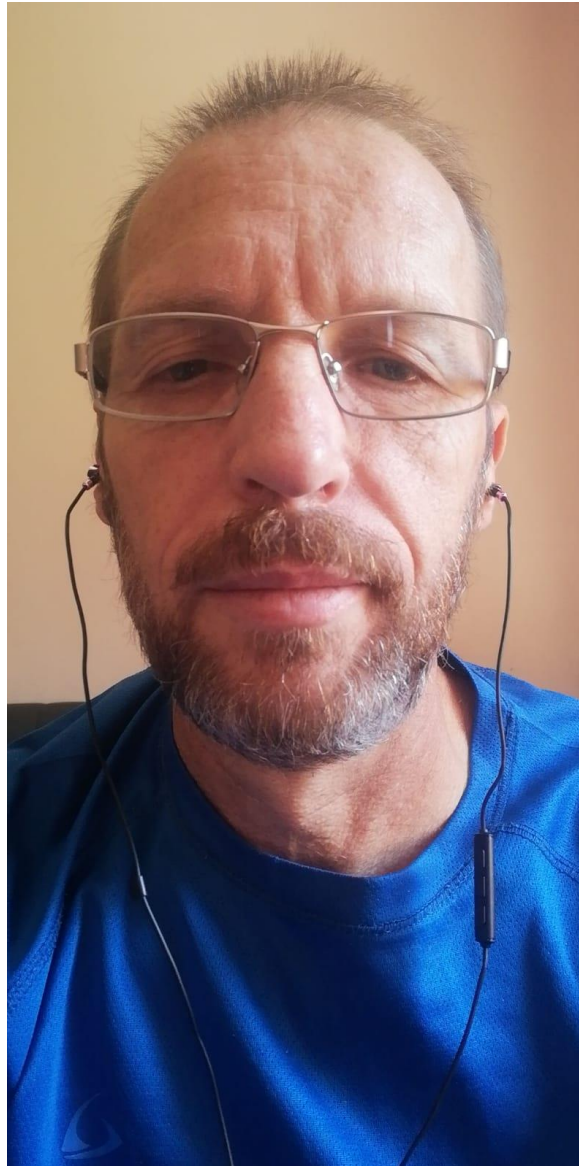


Cindy van Deventer with her lockdown hair



Difficult to recognise Lourensa Eckard





Keith Reynolds with his new beard