



# IRENE NEWS

13 May 2019

No 19 - 2019



## ACHIEVEMENTS

Well done to the following members who were on the podium at the Jackie Mekler:

Leon Page	1 <sup>st</sup> Master – 10 km (50:26)
John Cannon	2 <sup>nd</sup> GGM – 25 km (2:16:59)
Rinaldi Botes	3 <sup>rd</sup> Vet lady 25 km (2:07:56)
Joey Cloete	2 <sup>nd</sup> GM lady – 25 km (2:35:12)
Sandra Steenkamp	2 <sup>nd</sup> Lady walker – 25 km (2:36:07)

Left out last week:

Sandra Steenkamp	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> master – Wally 42 km
Sandra Steenkamp	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> master – Love Run 21 km

Cross Country:

Ansie Breytenbach	Gold
Joey Cloete	Bronze
Maryke Geldenhuys	Bronze (3 meetings)

Congratulations to Ansie Breytenbach and Sandra Steenkamp who have been selected for the AGN team to participate in the SA Half Marathon championships in Port Elizabeth in July.

## PERSONAL ACHIEVEMENTS

Sandra Steenkamp	PB – 42 km walk
Suzanne van Vuuren	First 25 km
Suzette Ruthven	First 25 km

## THIS WEEK'S DIARY

### Tuesday:

Time trials @ 17:15 – Club house (Everybody starts together at 17:15)

### Saturday:

Race of Hope 5/10/21 at 07:00 – The Grove Mall

### Sunday:

Club run @ 06:30 – Club house – All welcome, your distance, your pace.

## **TIME TRIALS**

Please take note that the time trials now start at 17:15. This will be the case until the end of August.

## **COMRADES GOODIE BAGS**

We still require many more items for the Comrades goodie bags please!!!! Use this opportunity to advertise your business/service.

## **COMRADES ADVICE**



After all these years on the road, the basics of running Comrades have never changed. One of those basics is to break the race up into bite-size chunks. Tackling 87,6 kms is daunting. It is a lot easier, mentally, to run sections of 10-24 kms. Our newer runners and novices should find this guide useful in planning their assault on the greatest road race in the world. **Start to**

### **Top of Fields Hill – 0-24 kms**

Without wanting to put dread into the hearts of the novices, it is this section of the Comrades Marathon, up or down, that has earned total and complete respect from the runners. Treat it accordingly and tread ever so softly over these first 24 kms. There are hills in this section that don't even have names and yet they can be put into the 'mountain' classification. The climb culminates in the mighty 3 kms of Fields Hill, and this especially should be taken nice and easy. Do not let yourself get too far behind schedule, but be assured that only the reckless and foolhardy will be ahead of schedule. Minutes gained early could lead to disaster later on, so exercise extreme caution and aim at the top of Fields Hill with your eyes wide open and your foot on the brake pedal!

### **Top of Fields Hill to Hillcrest – 24-33 kms**

At the top of Fields you can relax and run a little harder. Don't try and get back the minutes you would have planned to give away earlier, but run on schedule. This section of the course is, however, deceptive. By comparison with the climb to the top of Fields Hill, it is easy, but don't be fooled – it's still a steady climb all the way. I do believe though that you can consider this section as a bit of a respite. You'll look forward to, and enjoy, the crowds at Winston Park fly-over and in Hillcrest. Use the crowds to relax – give them your tension.

### **Hillcrest to Drummond – 34-43 kms**

As they say in the classics: “you’re not out of the woods yet,” and as you trundle down to Botha’s Hill, you had better believe it! Botha’s is steep and very demanding. After Botha’s you drop down again only to climb (of course) the back of Alverston (you’ll see the FM tower). Another descent and then another short climb before you go down to the halfway mark. This is beautiful running country so enjoy it. Don’t forget to say good morning to Arthur (Newton) at Arthur’s seat.

### **Drummond to Umlaas Road – 44-68 kms**

Facing you immediately after the halfway mark is one of the most revered hills in road running – the mighty Inchanga. On your way up this hill look out for the Indian man that is painted on the rock at the side of the cliff. He is the emblem of the Natal Canoe Club and when you see him you’ll know you’re near the top! Once at the top you can breathe a great sigh of relief, and if you’re feeling reasonable you can afford to relax a little and enjoy the trip to Umlaas Road (the highest point). Make no mistake though, it’s still hard work (remember this is the up-run), but this section is certainly not as demanding as the previous sections. Harrison Flats are not actually flat but there are no vicious hills in your way. There are, however, many little hills with no names. Collectively they catch you and drain you but there’s nothing in this section to really hurt you except for the hill outside Camperdown. Cato Ridge and Camperdown are both milestones with fantastic crowd support so enjoy them.

### **Umlaas Road to Top of Polly Shorts –69-80kms**

This is without doubt the most important psychological section of the race. You’re at the famous 70 km mark and as they say: “this is where the race starts.” There is quite a drop down from Umlaas Road that, on very tired legs, can be as bad as an uphill. Novices, don’t be fooled by ‘Little Polly’s’ – remember that the real thing comes at the 78 km mark. Polly’s is not really such a bad hill – it’s just where it is that makes it so hard. Make up your mind now that you’re going to slog your way up it, come hell or high water. Whatever time you are running for – be it a silver, a Bill Rowan, or just to beat the gun, it will be greatly influenced by how well you run this section.

### **Polly Shorts to Finish – 80-87 kms**

If only we could really enjoy these kilometres ... if only!! Genuinely the easiest section of the entire race. There are, however, some bumps that hurt. The climb to the motorway at ‘5 kms to go’ is hell but after that just put your head down and go for it. Remember time and again to ask yourself that famous question: “how badly do I want this?” I wish you all a great run and may all your dreams come true.

*By BARRY HOLLAND*

### **COMRADES SUPPORT STATIONS**

Our main support station and the station at the finish are sorted out. If anybody is willing to do a smaller station near halfway, please let us know.

### **COMRADES SPONSORSHIPS**

Three more sponsorships have been received from our members. We want to thank Bernie Ruthven, Stegman Coetser and Belinda de Bruin for their contributions. We will say more about their business as soon as the info is available. These are the logos that will appear in the newsletter from now on and also on the Comrades shirts:



**Thermopower Furnaces S.A. (Pty) Ltd**

## **COMRADES TIPS BY NEVILLE BEETON (COACH NEVILLE)**

It's the final countdown to Comrades – The big training weeks and long runs for Comrades are done and dusted, and many runners understandably feel that they now deserve a good rest before lining up at the start on June 9, while others are in panic mode, cramming in kays. CoachNeville explains how to get to the start of the Comrades feeling rested and ready.

For the past 2 months, runners have juggled the demands of training with work and family commitments, with some falling asleep at their desk at work (when I was younger, doing big mileages of 180-200km/week, I would sometimes sneak off to the toilet during work so that I could nap ... my apologies boss). A long run on weekends has meant an end to an active social life, and going to the movies has just meant it's a good place to catch a nap.

This final phase is the taper and it will ensure you have a good run on Comrades. Without a decent taper, you won't get the benefit of all your hard training. Yet few runners understand the taper process, so let's have a look at it.

### **There are two aims in the taper process:**

The first is for your legs to recover fully from the muscle damage caused by the high mileage weeks and the long runs. A good rule of thumb is that the longer the race distance, the longer the taper required. A 10km specialist only needs a few days, a 21km runner needs about 10 days, a marathoner needs 3 weeks and for ultra-marathoners a 4-week taper is best. This is due to the increase in muscle damage caused by the higher mileages when training for longer races.

Secondly, peaking forms an important part of the taper process. In order to peak, two things are needed: a reduction in mileage and some quality sessions. Without the quality sessions a runner will taper, but not run as well as she could when peaking. Those doing shorter distances in races would have done speed sessions throughout their big training phase. However most Comrades runners will have dropped speed sessions in the high mileage phase in order to cope with the increased mileages. Comrades runners often worry that they will have lost their speed in the slow, high-mileage phase, but the speed returns quickly. Comrades runners can start again with speed sessions in the 4-week taper and fit in six to seven quality sessions, which will bring them to their peak in time for the Comrades. Typical sessions in this phase would be tempo runs, intervals and hill repeats. When peaking you will feel full of energy, running feels effortless and you will run faster at any given effort than before.

### **The two biggest mistakes**

Runners tend to go to the extreme in these past few weeks and either rest completely, afraid of an injury at this late stage, or they panic and try cram in as much training as they can to make up for training missed earlier. Both approaches only undermine the hard work done up to now and can cost you a good Comrades.

Some runners expect to suddenly feel strong after the big mileage phase and then start to worry when they aren't running well, not realising that it takes about three weeks of reduced mileage before the legs have recovered. This is why the taper is so important and I expect my runners to only start peaking from about 10 days before the Comrades.

Resting completely sound good, but what happens is that the body goes into repair mode and shuts down. Suddenly all sorts of ache and pains materialise and the runner struggles when she starts running again. Instead you want a gradual reduction in mileage so that your legs recover while you keep ticking over. Short, easy runs help to fire up your neuromuscular system and keep your body ready for action on the big day. The exception is if a runner has overdone the training and then a week to 10 days rest can do wonders.

Cramming in lost mileages in these last few weeks is perhaps one of the biggest mistakes runners make. Many runners are fixated on the total mileage training done for Comrades and will add runs in the taper simply to make it look better. What is missed is missed, so accept it and move on.

Some runners use a formula for the reduction which is fine. For my runners the drop in mileage is quite big, for instance a runner who had a peak mileage of 100-120km/week, would drop to around 70km, then 60km and then 40-50km, with the last week being about 12km before Comrades. This drop in mileage is largely due to the shorter weekend runs and shorter midweek runs. The reduced mileage also makes it easier for runners to do the speed and hill sessions.

### **The last long run**

The last long run (56-65km) can be done between four and six weeks before Comrades, with five weeks being the ideal. This means that the window of opportunity for this long run has gone. Runner who have missed this last long run could still do a 40km run three weeks before the Comrades, provided it is done slow and easy. Don't do as I did in 1991, panic and do a 60km run the week before the Comrades! And then I couldn't understand why I struggled on Comrades.

### **Beware Strava**

Strava can be a great motivational tool, but it can also backfire with runners doing too much, too hard, as they feel watched by others on Strava. Recognising this, one of my elite runners, Zimbabwean, Admire Muzopambwa, went off Strava once his big training started. A further problem with Strava is that runners will keep checking what others are doing and then stress about their training. You need to focus on your own training and trust in your plan.

### **Sort out injuries**

Use the taper period to sort out niggles. Don't just rest and hope the injuries will disappear. The taper is a great time to do that as you are running less. For most nagging injuries see a physio or a chiro. It often helps seeing both as injuries can be complex. If you are injury free,

this is a good time to schedule sport massages. Do all of this NOW, and don't do it in a panic in the week of the Comrades.

### **Cut out the strength-work in the last week**

Core-work and strength training are good. But if you have never done it before, DON'T suddenly try it in the last weeks, as your legs will be sore from using muscles not normally used. If you do follow a strength training programme, then do the last session about 10 days before the Comrades. The above also applies to Pilates, Yoga etc. They are all good, but it takes time to adjust to it, so now is not the time to start with it. A good time to start this would be after the Comrades in your rest phase.

### **Sort out your gear**

By now you should ideally have your Comrades shoes run in and set aside, waiting for race day. Make a check-list and don't do as I did in 1987 and arrive at the Comrades with just one shoe. I had to borrow shoes, a size too large, from a friend. And remember your timing chip.

The same goes for running socks and make that two pairs in case you lose a pair. Don't try run Comrades in new socks!

### **Yes, you can still get sick and be okay**

With Comrades being later in the winter, I have noticed more runners get sick in the last weeks. Since you are in your taper and the big training is done, getting sick isn't necessarily a train smash, provided it isn't in the week of the Comrades. In 1997 I was so sick that I had to bail on a run a week before Comrades, and yet bounced back to run my 6.38 PB. Many of my runners will get a "vitamin bomb drip" in these last weeks and it does seem to help runners who are feeling flat and tired. Flu injections are used by some and not by others. I started having a flu shot before Comrades as I was invariably sick the week of Comrades, and was never sick again. Again, if you have a flu shot, then now is a good time, in case you feel any side-effects and get slightly sick. Don't take a flu shot in the week of the Comrades. In all cases when sick, stop running and get to a doctor. The sooner you do this, the sooner you will recover. If you are sick in the last week then get medical advice as it can then be dangerous trying to run Comrades.

### **Beat the germs**

We can learn from cyclists. The former doctor for the professional Sky cycling team, Dr Richard Freeman, found that they were able to reduce the number of infections once they introduced hand sanitisers for the cyclists. These were kept in the bus and their rooms. Cyclists were also encouraged to avoid hand shakes and instead used a fist pump ... and then used a hand sanitiser afterwards. We are just as likely, says Dr Freeman, to get upper respiratory tract infections or gastroenteritis from shaking hands with someone who is infected, as from being sneezed on by an infected person.

## The taper is a mind-game

I have 47 runners doing the Comrades this year and that means I have 47 neurotic runners in these last few weeks. The first thing that worries runners after their last big 60km long run – particularly novices – is that they find it difficult to believe that on Comrades day they can run another 30km as they were tired on their 60km run. But this last long run was done on tired legs at the end of the high mileage phase. At Comrades they will be on fresh legs and feel very different.

The mind is a strange thing. Do a 20km run and you feel tired at 15km, do a 30km and you feel tired from maybe 24km. Do a 42km and you are tired from 32km. On Comrades the first 42km will pass easily with the excitement and crowd support. The mind's perception of distance changes. I remember when I ran the SA 100km champs in 1991, going through 70km feeling mentally quite fresh, and yet at 70km on Comrades I have always been mentally drained at this stage.

## Training is hard, Comrades is easy

I often say that runners should get a medal just for coping with the training and getting to the starting line. It is tough coping with the training, fatigue, set-backs, work and family. Those runs in the dark with no crowds applauding were hard. Comrades on the other hand is your reward for all the sacrifices made by yourself and your family. You have the excitement, vibe and amazing crowd support to get you through it. Comrades awaits, go get your medal!

- *Coachneville will be holding his annual Comrades talk at the Wanderers Club on May 18 for his runners and club members from 2-5pm. His talk will be Facebook Live as well.*  
Website: [www.coachneville.co.za](http://www.coachneville.co.za)

## PERSONALIA

Condolences to Nadene Visser and her family. Her sister lost her battle against cancer.

Johan van Vuuren had an operation during the week that will probably rule him out of Comrades. We wish him a speedy recovery.

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

Inus	Kritzinger	13 May
Blue	Hadlow	14 May
Johan	van Vuuren	14 May
Stephan	van der Walt	14 May
Lani	Botha	15 May
Ian	Cameron	18 May
Zanele	Maseko	19 May



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## NOTICE BOARD

**Saturday 18 May**

**Race of Hope 21.1/10/5 km**

Race Organisers: Run/Walk for Life

Venue: The Grove Mall, c/o Lynwood & Simon Vermooten Rd, Equestria

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 50
Start Time	07:00		
Cut-off	03:00		

**No Pets**

**No iPods or listening devices are allowed**

Pre-entries at: Gen-X Clothing, Upper Level, The Grove Mall

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

<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>
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

## **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**

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***

**The road to success runs uphill.**



***We offer professional quantity surveying services***

**Giel Cillie (PrQS)**

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**PHOTO CORNER (JACKIE MEKLER)**



Noel Banda at the finish



Andre Fourie





Amanda Cloete



Buks van Deventer





Greg Usher



Suné van der Walt





Blanche van Vuuren helped her daughter, Suzanne to do her first 25 km



Ian Louw





Renette Prinsloo



Hennie van der Walt





JP Labuschagne



Linley's bus finished right on the predicted time





Bridget Mohlala



Noel Banda, Mthokozisi Mambi, Marks Mathebula and Rosemary Brink



**PHOTOS FROM YESTERYEAR (2001)**



Joseph Moagi



Heinrich Beukman





Samantha Dry



Sunet Eybers