



IRENE NEWS

14 October 2019

No 39 - 2019



ACHIEVEMENTS

Congratulations to the following members who were on the podium during the last two weeks:

Chamberlain Capital Classic

| | |
|-------------------------|---|
| Johan Saayman | 2 nd Master – 10 km (47:12) |
| John Cannon | 1 st GGM – 10 km (51:47) |
| Joey Cloete | 2 nd GM lady – 10 km (54:52) |
| Isabelle van der Schyff | 1 st Lady walker – 10 km (64:39) |
| Johan Nel | 2 nd GM – 21 km (1:40:53) |
| Sandra Steenkamp | 1 st Lady walker – 21km (2:12:38) |
| Elsa Meyer | 2 nd Lady walker – 21 km (2:37:51) |

Hangana Hake Run (Walvis Bay)

| | |
|-------------------|---|
| Ansie Breytenbach | 1 st Master lady – 21 km (1:50:56) |
| Henk Basson | 2 nd GM – 42 km (4:27:32) |

Jacaranda City

| | |
|---------------------|---|
| Leon Page | 1 st Master – 10 km (47:22) |
| Ansie Breytenbach | 1 st Master lady – 10 km (50:56) |
| Alfred Matema | 1 st Master – 42 km (2:45:05) |
| John Cannon | 1 st GGM – 42 km (4:17:21) |
| Gerard van den Raad | 1 st GGM walker – 10 km (72:09) |
| Jaap Willemse | 1 st GM walker – 21 km (2:19:49) |
| Elsa Meyer | 1 st Lady walker & 1 st GGM – 21 km (2:42:38) |
| Lucia Willemse | 1 st GM lady walker – 21 km (2:45:48) |

PERSONAL ACHIEVEMENTS

| | |
|---------------------|----------------|
| Yolande Cowley | First Marathon |
| MC du Toit | First Marathon |
| Mark Maritz | First Marathon |
| Russel Boyd | First Marathon |
| Michael Dekker | First Marathon |
| Dimakatso Moloantoa | First Marathon |
| Chris Rhoeder | PB – 21 km |
| Rena van Wyk | PB – 21 km |



THIS WEEK'S DIARY

Monday:

Strength training classes @ 17:30 – Club house (all members welcome)

Tuesday:

Time trials @ 17:30 – Club house (**Everybody starts together**)

Saturday:

CSIR 5/10/21 @ 06:00 – CSIR Grounds (**Pre entries only**)

Sunday:

Training run @ 06:00 – Club house. Your distance , your pace.

NAMIBIAN CELEBRATION TOUR

What a fantastic tour! The 26 people who made use of this one in a lifetime opportunity will never forget it. They were excellent ambassadors for the club and enjoyed themselves thoroughly.

A number of used running shoes and quite a number of T-shirts were also given to the local club in Walvis Bay.

Thank you to former members Kobus van Schalkwyk and Espé and Eliza Steyl for their part to make the time in Walvis Bay even better.

See the Photo Corner for some photos. You can also go the Facebook page of Joyful Louise for many more photos.

CSi IRENE FARM RACE

Thank you to all our members who have already volunteered to help at the race on 26 October. If you haven't volunteered yet, don't delay, reply to this email and make yourself available. We need you!!

FUNKY PANTS

The new funky pants have arrived! Make sure that you get yours on Tuesday at the clothing shop. They have a pocket on each side as you can see on the photo.



ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 12 November at 18:00.

You are invited once again to submit the names of candidates whom you would like to nominate for any specific position on the management committee.



PERSONALIA

Congratulations to Rob Hudson who became a grandfather last week and to him and Belinda de Bruin who got married on Saturday. We wish them a wonderful life together.



Congratulations to the following members who celebrated their birthdays last week and who will do so during this week:

| | | |
|-----------|----------------|--------|
| Megan | Brown | 07 Oct |
| Gerna | Horak | 07 Oct |
| Brian | Peters | 07 Oct |
| Rena | van Wyk | 07 Oct |
| Corlia | Oberholzer | 08 Oct |
| Emgee | van der Merwe | 08 Oct |
| Freddie | Makoka | 09 Oct |
| Zoe | Le Roux | 09 Oct |
| Isabella | van der Schyff | 10 Oct |
| Yolandi | Wiese | 10 Oct |
| Grazyna | Koornhof | 10 Oct |
| Jaap | Willemse | 11 Oct |
| Amanda | Cloete | 12 Oct |
| Leon | Page | 12 Oct |
| Nonqaba | Swana | 13 Oct |
| Henriette | Smit | 13 Oct |
| Michael | Mokwala | 14 Oct |
| Marle | van der Walt | 14 Oct |
| Lesedi | Letwaba | 15 Oct |
| Masego | Mathibe | 15 Oct |
| Keneiloe | Sibisi | 17 Oct |
| Henry | Enslin | 18 Oct |
| Ettienne | Le Roux | 19 Oct |
| Mpho | Motaung | 19 Oct |
| Stanley | Macmillan | 20 Oct |



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Thermopower Furnaces S.A. (Pty) Ltd



Knowledge Integration Dynamics

BEAT THE TYRANNY OF THE STOP WATCH

You can beat the tyranny of the watch by using Fartlek when doing speed work. Fartlek is a Swedish word that means “speed play”, and 80 years after it was popularised by Swedish runners, Gunder Haegg and Arne Andersson, it remains an extremely effective and fun way of doing speed work.

In the early 1940s with the world at war, Sweden remained neutral, and this meant that although athletics continued, all races were against fellow Swedes. It would have been reasonable to expect that athletic times would then have stagnated in Sweden, but in a three-year period from July 1942 to 1945, Haegg and Andersson, went on a mile world record-breaking spree that has not been seen since. In this three-year period, the pair broke the mile world record six times, with each breaking it three times.

Sadly, it was in the days of amateurism and both runners were then banned for receiving payments for running, cutting short their track careers. And the race to be the first to break the 4 minute mile ended for both runners. Their system of fartlek was done on quiet, forest dirt tracks, and the only times that Haegg and Andersson stepped onto a track was to race. This is about as far removed from our world of GPS watches and Strava stalking as we can get.

The beauty of fartlek is that it is very flexible, enabling runners of all levels, from beginners to elite, to benefit from it.

Although this system was originally used on dirt forest tracks, it can be used virtually anywhere and while golf courses and parks are ideal, quiet suburban roads can also be used.



One of my elite ladies, Debbie 'O Mahoney, doing a fartlek speed session on a soft, horse riding path.

In its most basic form, fartlek comprises fast running at various speeds with recovery jogs. The speeds may vary from steady pace to sprints and the distances may vary from 50 metres to a few kilometres. The recoveries may vary from slow walks to steady pace running and be any distance. Think back to when we were kids out playing and you get the picture.

After a warm up jog and some stretching, you are ready to start your first fartlek session. This session is run using how you feel, without worrying about your pace on your GPS watch. You can

ditch the watch completely and be as free as a bird, and end the session when you feel you have had enough. This means alternating fast running with slow running and doing it for as fast and for as long as you feel like. If on the road you can use landmarks such as lamp poles or anything that you want to. You will be surprised at how good a session you do, and how much you will enjoy it.

You can also run it according to time and decide to stop after 10min, 15min or 20min etc. An elite runner may easily do an hour or more of fartlek.

If this is too much freedom for you, then you can do structured fartlek sessions which fall between fartlek and interval sessions, giving you the best of both. I use this with my runners instead of pure fartlek, as it gives me more control over their sessions. With this session you may do intervals of 30 seconds, 1 minutes, 2 minutes or 3 minutes etc. The recovery would then be equal in time to the interval or slightly shorter.

Some typical sessions are: 3 x 3 min with 2 min jog recoveries, or 4 x 2 min with 2 min jog recoveries. There is no specific pace for these as they are run on how you feel. But a rule of thumb is the shorter interval, the faster it will be.



Two of my elite ladies doing fartlek, with Jeannie Jordaan hurdling a natural obstacle, followed by Debbie 'O Mahoney

Fartlek sessions can also be done in a group and be loads of fun, provided all the runners are of similar ability. One of my favourite sessions back in the 1980s was “follow the leader” on the Nelspruit golf course with Chris Reyneke (2.23 marathon), Johan Ferreira (2.33 marathon), myself (2.34 marathon) and Piet Smit (2.36 marathon). With this session we would run in single file taking turns leading and the others would have to keep up, not knowing how far or fast the leader would run. This is tough mentally, as you have to believe you can keep up with the leader, without knowing how far he will go. When the leader is done, the next runner takes over and decides how short or long, slow or fast the recovery will be before running hard, making it hard for the others mentally.

Remember only the leader knows the plan and the others don't. This was an incredibly tough session on the rolling hills of the golf course and a typical session would be an hour, with speeds varying from max effort sprints to tempo pace.

Another fun session was with Piet Van Rensburg, a sub 4 minute miler and 2.25 marathoner, using a tennis ball. With this session we would run carrying a tennis ball. One of us would throw the ball down the road and we would then sprint after it, with the other person then catching it and throwing it further down the road, and we chase after the bouncing ball, again and again. Sometimes, it would be short and fast with the ball bouncing high, and other times the ball would skim along the ground making it a long chase. And yes, sometimes we would end up in the bushes. This was a session for a very quiet road or park, and would mean lots of laughter but also hard running.

Fartlek is also ideal for days when you are feeling a bit flat and want to do a speed session, without worrying whether your pace is fast enough. It is also great for just before a race or after a race to loosen up.

Try it some time, have fun and watch your speed improve!

Coachneville is based in Midrand and has been coaching runners of all abilities for the past 20 years. His website is www.coachneville.co.za and his email address is coachneville1@gmail.com

NOTICE BOARD

Pre entries only!!!!!!!!!!!!!!!!!!!!!!

Saturday 19 October

CSIR Race 21.1/10/5 km

Race Organisers: CSIR Athletics Club

Venue: CSIR, North Gate, Off Meiring Naude Road, Brummeria

GPS: S25 44.874 E28 16.323

| | 21.1 km | 10 km | 5 km |
|---------------|---------|-------|-------|
| Entry fee | R 160 | R 125 | R 75 |
| Entry fee 70+ | Free | | |
| Start Time | 06:00 | | 06:05 |
| Cut-off | 03:00 | | |

No pets

No iPods or listening devices are allowed

Course is not suitable for wheelchair athletes

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns, Bedfordview & Dunkeld
www.entries.timeme.co.za

| 2019 AGN LEAGUE FIXTURE LIST | | | | |
|-------------------------------------|-----------------|-------------|---------------|-----------|
| EVENT | DISTANCE | DATE | LEAGUE | |
| | | | RR | RW |
| 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

| | | |
|--------------------|------------|-----------------|
| ? 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 |
|----------------|-----------------|-----------------|

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

Some people always throw stones in your path. It depends on you what you do with them – build a wall or a bridge? Remember you are the architect of your life.

PHOTO CORNER (Namibian tour)



























Johan Dekker recently did the Berlin Marathon