



IRENE NEWS

17 January 2022

No 2 – 2022



ACHIEVEMENTS

The following Irene walkers made us proud on Saturday at the SA Racewalking Championships in Cape Town and received medals in their respective age categories:

Danie Labuschagne	10 km Gold
Isi van der Schyff	10 km Bronze
Estien van Wyngaard	10 km Silver
Retha Knoetze	10 km Gold
Annatjie Greyvenstein	10 km Gold
Keith Reynolds	20 km Gold
Jaap Willemse	20 km Gold
Ansie Breytenbach	20 km Gold
Maryke Gradwell	20 km Bronze
Sandra Steenkamp	35 km Gold

It was the first time that the 35 km championships were held and Sandra, overall winner on the day, is now the holder of the SA record for this distance.

The AGN team was also the winning team on the day.

Congratulations to all of you with your great performances!

TIME TRIALS

Announcements will start at 17:25 and the time trials immediately after that at 17:30. Please don't start on your own

REGISTRATIONS 2022

Registrations for 2022 are going extremely well! We are on course for a great year.

Welcome to all our members who have already registered during the week and especially to all the new members. We trust that you will enjoy every moment as a member of the Irene family.

Remember, the first 400 members to register before the end of February, will receive a free quality T-shirt. Ensure that you don't lose out!

Just go to our website www.irenerunner.co.za and follow the instructions. Please contact Maggie van Rooyen, our admin manager at admin@irenerunner.co.za if you require more information.

MONTHLY SOCIAL EVENING

Despite the rain and the floods, we had an excellent turnout last week.

Congratulations to Lynette Gough who was the first winner of the R2500 cash prize donated by Mugg & Bean Midstream.

COMRADES 2022

Comrades 2022 – a curved ball for runners. Coach Neville explains how to plan for this
POSTED [JANUARY 11, 2022 COACH NEVILLE](#)

Comrades 2022 – a new date means a new training plan

For decades, runners have had a Comrades ritual, kicking off in January with training for a marathon qualifier in late February or early March, and then starting the big Comrades high mileage phase in the middle of March. All this will now change as the CMA has thrown us a curved ball with a change in the race date to August 28.

Back in 1984 when I ran my first Comrades marathon as a 22-year-old, the race date was on May 31, and later it moved to early June.

Our entire race calendar was built around the Comrades marathon, with most marathons and ultra marathons falling between the end of January to early May, to be used as training runs for the Comrades.

The two scenarios

There are essentially two scenarios for runners to pick from:

- Race the Two Oceans ultra and then the Comrades

This is a great opportunity for those who have always wanted to race the Two Oceans, as in the past it was wiser to use the Two Oceans as a slow training run for the Comrades. But runners can now peak for the Two Oceans and race it, then rest and start a gradual build up again for the Comrades. For these runners, the build up to the Two Oceans in April would be very similar to previous years, with a marathon qualifier in late February/early March, followed by a slow 50km training run in March.

- Run a fast marathon qualifier and then the Comrades

The change in the Comrades race date poses several challenges and opportunities for runners, so let's take a look at them.

Challenges:

The heat

The big Comrades, high-mileage training phase moves to June and July. This means doing high mileages through the winter! I think that any gold medal contender would be wise to relocate to a warmer province such as KZN for this, if they can during this time.

It will be very tough putting in the big mileages with the cold, short days and the risk of flu etc. I shudder to think of those in the Cape winter, where it is cold, wet and with very short daylight hours. It will be very hard to train during the week, but one possible advantage is that the long weekend runs can start later and the runs will be cooler. Heat acclimatisation is important as the change from training in winter to the heat and humidity in Durban at the end of August will be significant.

There are two ways to do this:

- Runners could use the tapering weeks in August when the weather starts to warm up, to run in the afternoon heat. After just 2-3 weeks of a few 1 hour runs a week, there will be noticeable heat acclimatisation. This effect can be increased by wearing extra layers of clothing to increase the sweat rate, which simulates running in high humidity. Wearing layers of clothing will raise your core temperature, which is what running in the heat does. Remember this will also increase your sweat rate, and you should therefore drink more fluids and electrolytes when running and after the runs.
- Using a sauna at a gym is an effective way to heat acclimatise as just four, 30 minutes sessions in a sauna can increase blood plasma by a massive 17.8% (2015 study in *European Journal of Applied Physiology*). Running in the heat increases the blood plasma levels. Before winning the 2017 Western States 100 miler, Cat Bradley used the sauna frequently in the weeks before the race. Remember this will also increase your sweat rate, and you should therefore drink more fluids and electrolytes after each sauna session.

Peaking too soon

We have had two years of virtual Comrades, so the temptation to start the big training for the real thing will be huge. This means a risk that runners will begin their Comrades training too soon. The big Comrades training phase this year will be from the end of May/beginning of June to about July 17, after which there will be a gradual 6-week taper and sharpening phase.

Losing mental focus

We can only stay mentally focused for a limited time, and it would be expecting a lot for runners to stay focused and train hard for the 8 months from January-August. This means planning an easy, lighter training phase before the big Comrades push starts.

Opportunities:

A fast marathon qualifier

In the past, runners have had to run a fast marathon qualifier early in the year and this is hard for many runners after the festive break. This year, runners can plan for a longer build up to a fast marathon qualifier, which means less chance of injuries and potentially a faster race time. Instead of trying for the fast qualifier in February/early March, they could plan for a fast marathon in May when the weather is cooler and perfect for fast running. (The Wally Hayward marathon on May 1, in Centurion would be perfect for Gauteng runners).

Work on speed

If a runner plans for a fast marathon qualifier in May, then January and February can be used for working on their 10/21km speed. This speed will help for when a runner switches to a marathon programme at the beginning of March.

The unknowns

The race calendar

There are some unknowns at this stage, relating to the race calendar. We can expect race organisers to move race dates, where possible, to try to cater better for those doing the Two Oceans and Comrades marathons. This means that some marathons and ultra marathons may move to later in the year. At this stage there is still uncertainty around these race dates. For instance, I have heard that the Johnson Crane marathon, normally held at the end of January, will now be on March 7. Here is a link for the current road race fixtures:

<https://www.roadrunning.co.za/calendar>

Covid

Early indications are that the Covid may be changing from a pandemic to an endemic. This would mean that symptoms would become milder. The Omicron variant went through my runners in December like wildfire, but the symptoms were mild and my runners all recovered quickly.

We can also expect that race organisers will require either proof of vaccination or proof of a recent Covid test. I have encouraged my runners to get vaccinated and to also get the booster jabs when they are available.

While the size of race fields are likely to remain limited, the current limit of 2000 people for an outdoor event is already a big improvement

Conclusion

I am optimistic that we are in for a great Two Oceans and Comrades. We will have to plan well, while remaining flexible as we don't know what the year has in store for us.

A special word of encouragement for those runners who have run 9 Comrades, and who have been waiting to do their 10th and get their green number. This is your year!

SAVE THE DATE

You are invited to

The
Enchanted
GARDEN
PRIZE GIVING AND WELCOME
PARTY
IRENE ATHLETICS CLUB HOUSE

SAT 29 JANUARY
SAVE THE DATE!
Things are 'returning to normal'
so LETS START LIVING AGAIN!

Bring and braai
Braai packs and salads available
Bar will be open
RSVP Joy 0832844884 for numbers

**WEAR A TOUCH OF PURPLE TO STAND
A CHANCE TO WIN A SPOT PRIZE**

PS. Bring your cozzie for the water slide

MORE DETAILS TO FOLLOW

PERSONALIA

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

Estien	van Wyngaard	17 Jan
Tebogo	Tselangoe	19 Jan
Blessings	Kantien	20 Jan
Bets	Botha	22 Jan
Nadene	Visser	22 Jan



NOTICE BOARD

ARC IRENE HYBRID RUN/WALK
22nd JANUARY'22
STAGGERED STARTS BETWEEN 06H00 TILL 08H00
ROAD OR TRAIL RUN
2KM, 5KM, 10KM, 15KM OR 21KM
ENTER ONLINE AT
WWW.REVOLUTIONTRAILS.CO.ZA
VENUE: IRENE ATHLETICS CLUBHOUSE,
ARC IRENE, NELMAPIUS DRIVE, CENTURION
FOR MORE INFORMATION CONTACT US AT:
083 264 3931 | REVOLUTIONTRAILS@GMAIL.COM

Logos: REVOLUTION TRAILS, NO MOTOR VEHICLES, COLLAGEN FOR ADULTS, CEBE, 2020 VISION CARE.



PHOBIANS PRETORIA MARATHON

Athletics Gauteng North (AGN) will be hosting the Provincial Half Marathon Championships incorporated with the Nedbank RC Skosana Race on 12 February 2021 at the Sefako Makgatho Health Sciences University (SMU).

All entrants must be a registered AGN athlete with a 2021 permanent license and will be required to wear their license on race day. Athletes may not run with another athlete's permanent license and no temporary licenses will be allowed on the day.

Please note that participation at the AGN 21,1km Championships is compulsory in order to be selected onto the AGN 21,1km Team that will be participating at the ASA Half Marathon Championships in Port Elizabeth on 4 June 2022.

All participants must adhere to all COVID-19 Health and Safety protocols implemented by ASA, including the wearing of masks/buff, social distancing, hand sanitizing and to undergo a temperature screening before entering the venue.

Start Times

6:00am – more information to follow.

Entries

Entry fee is R120 and entries can be done online via www.peaktiming.co.za/entries through the Nedbank Running Club Skosana Race.

Prize Money & Medals

Provincial medals and prize money will be awarded to the top 3 finishers (Gold, Silver, and Bronze). Only AGN registered athletes will qualify for a medal and prize money.

PRIZE MONIES (AGN Athletes only)

No.	MEN 20-39	WOMEN 20-39
1.	R3000	R3000
2.	R2000	R2000
3.	R1000	R1000
No.	BOYS 16-19	GIRLS 16-19
1.	R500	R500
2.	R300	R300
3.	R200	R200
No.	MEN 40-49	WOMEN 40-49
1.	R1000	R1000
2.	R800	R800
3.	R500	R500
No.	MEN 50-59	WOMEN 50-59
1.	R500	R500
2.	R300	R300
3.	R200	R200
No.	MEN 60+	WOMEN 60+
1.	R500	R500
2.	R300	R300
3.	R200	R200

Please note that all outstanding information regarding the Championships will be communicated in January 2022.

THOUGHT FOR THE WEEK

It never gets easier, you just get better.

PHOTO CORNER

Our medal winning walkers in action



Annatjie Greyvenstein



Maryke Gradwell and Ansie Breytenbach



Danie Labuschagne



Estien van Wyngaard



Isi van der Schyff



Jaap Willemse



Keith Reynolds



Retha Knoetze



Sandra Steenkamp



Flooding on the farm last Tuesday



Ready for the first time trials of 2022



Vaughn Cloete and Linley September leading the way



A real festive atmosphere



A beautiful sunset after the heavy rain