



IRENE NEWS

31 May 2021

No 22 - 2021



TRAIL RUNS

Come and enjoy the trail run on Saturday. Please remember that Irene members don't have to pay to run on the road on Saturdays unless you want a medal and be part of the trail run setup.

ARC IRENE
— HYBRID RUN/WALK —

CHOOSE BETWEEN A **ROAD RUN/WALK**
OR A **TRAIL RUN/WALK**

STAGGERED STARTS & REGISTRATION
AVAILABLE FROM 07H00 TILL 09H00

ROAD: 5km~R75 / 8km~R85 / 10km~R95 / 21km~R115
TRAIL: 2km~R55 / 5km~R75 / 10km~R95 / 15km~R115
Under 13 yrs & over 60 yrs only pay R30 (no surcharge applies)
ON-THE-DAY ENTRIES CARRIES A R25 SURCHARGE

ALL FINISHERS RECEIVES A MEDAL
AS WELL AS OFFICIAL RACE RESULTS
(FOOD AND DRINKS AVAILABLE AT THE CLUB HOUSE)
Earn up to 1500 Vitality Points

ENTER @
WWW.REVOLUTIONTRAILS.CO.ZA

VENUE:
ARC IRENE CAMPUS
IRENE ATHLETICS CLUBHOUSE
NELMAPIUS DRIVE, IRENE, CENTURION

DATE AND TIME
5 JUNE '21
STRICTLY
NOT
PET FRIENDLY

REVOLUTION TRAILS

For more information contact
Glizelle @ 083 264 3931 or revolutiontrails@gmail.com

COLLAGEN FOR 4THLETES

YELLOW PAGES

We want to send the first edition of the Irene Yellow pages out during the week. Send in those ads to be part of this. You will be surprised with the results.

21 KM CHAMPIONSHIPS - ALPHA CENTURION

Alpha Centurion has requested a joined run/walk with us on Sunday, 6 June. It will serve as their 21 km championships. It will NOT be our championships, but we encourage our runners and walkers to make use of the opportunity to participate and enjoy the day with our neighbours. Irene members can run/walk 10 km or 21 km.

It is important to register so that we can get an idea of how many people will be attending. Do so on this link: <https://docs.google.com/forms/d/1K9Dn6MZamdFrCytw0-se8UeUI9NBQu527fDb6B2h-e0/edit>

**VERY
IMPORTANT**
Please note:
Date, Start Times,
Venue, Route &
Club Attire changes

ACRW / IAC
21.1km
Club Champs

GAME ON

Sunday 6 June
6:45 Men & 7:00 Ladies
Venue: ARC Irene Campus

Race Information:

- Race route is Irene's 21km route (on the farm)
- Water points and marshals on route.
- ACRW Club champs and category winners can only be won by a full ACRW member.
- **DO** wear your official ACRW attire.

Current lockdown level rules apply:

- Always have your face mask or buff with you.



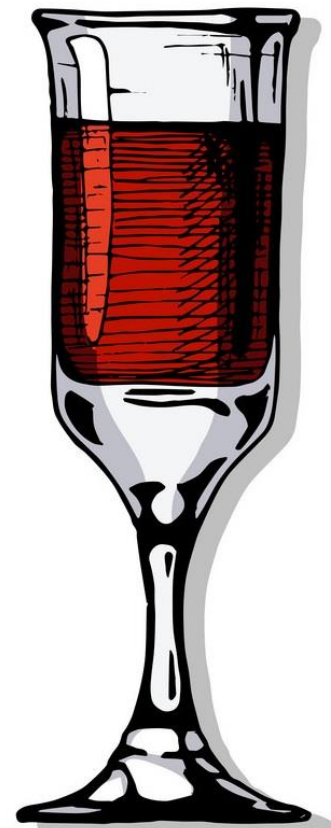
IRENE ATHLETICS CLUB



ACRW Committee reserves the right to make changes to the event program, rules and route if necessary.

SOCIAL EVENING

We can look forward to a great evening on Tuesday! It will be the annual “sop and sherry” evening. Come and enjoy it with your club mates. Stand a chance to win a pair of Asics running shoes in the lucky draw. Just write your name in the lucky draw book and ensure that you are present when the draw takes place at 19:00. We thank Asics and Sweatshop Southdowns for making this possible. There will be other smaller prizes as well.



RESEARCH – BODY COMPOSITION

We are a group of sports scientists that are performing research on a body composition scale we are developing and were wondering if we could come and test some of your runners?

The process entails collection of demographic information of the participant (age, gender & height) and then a weight, %body fat and %muscle mass measure using a BIA (bio-electrical impedance analysis) scale. The participant will need to stand on the prototype scale and then on an established gold standard scale in the market with their bare feet and we will collect the data

The process should take around 3 minutes per person.

We will strictly adhere to the COVID-19 regulations and vigorously sanitize our equipment between each measurement.

STRENGTH TRAINING

The Monday strength classes have resumed, starting at 17:00 at the club house. Bring your own foam roller, towel/exercise mat and dumbbells. It will make you a better athlete.

ADMIN COUNTER

Last chance to collect your T-shirts



ALL Irene AC members who registered before end February 2021 must please collect their t-shirts by 1 June 2021 (Social Evening).

Those that are not able to collect, please let Maggie know at admin@irenerunner.co.za to see what alternative arrangements can be made.

T-shirts not collected by 1 June 2021 will be forfeited and given to new members who also would like a t-shirt but was too late for the registration deadline.

PERSONALIA

Keith	Reynolds	02 Jun
Marché	Goodchild	02 Jun
Patrick	Seboane	03 Jun
Wynand	Breytenbach	05 Jun
Graeme	Rennie	05 Jun
Fanie	le Roux	05 Jun
Suzanne	van Rooy	05 Jun
Stephanie	Williams	05 Jun
Quintin	Walker	06 Jun



Website: www.csi-euf.co.za

Tel: 011 805 6316



ACHIEVEMENTS

Congratulations to Elsa Meyer, Estien van Wyngaard and Danie Labuschagne who walked qualifying times for SAMA colours on Saturday at the meetings at Tuks.

Well done also to André Smuts who did an official 10 km PB and also qualified for his GNMA colours.

COMRADES STORY – KEITH REYNOLDS

Comrades Marathon – The 100th Year Run

The Comrades Marathon was run for the first time on 24 May 1921 (Empire Day). The race was the idea of World War I veteran Vic Clapham, to commemorate the South African soldiers killed during the war. Clapham, who had endured a 2,700-kilometre route march through sweltering German East Africa, wanted the memorial to be a unique test of the physical endurance of the entrants. The constitution of the race states that one of its primary aims is to "celebrate mankind's spirit over adversity".

100 Years later we find ourselves in a totally different kind of "war". One that brought world to a standstill as the COVID-19 virus spread like wildfire and there was a scramble to contain it's spread. The financial impact as a result of measures taken to curb the spread have left many feeling as if they had just come through a war.

Comrades was planning a great celebration of the 100th anniversary of the oldest Ultra Marathon in the world but sadly, that was not allowed to happen due to restrictions that have been put in place to keep the virus at bay.

Only past winners resident in South Africa, women who had completed 30 runs and men with over 40 runs were invited to the official celebration which kicked off with a commemorative run from City Hall in Pietermaritzburg which ended at the Comrades House.



Start 1921

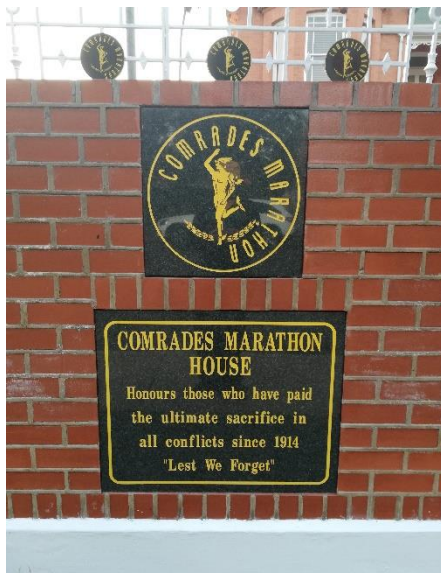


Start 2021

For some time I had hoped that there would have been a tribute run that was completed over the entire distance. As we got closer to 24 May the chances of that happening dwindled very quickly.

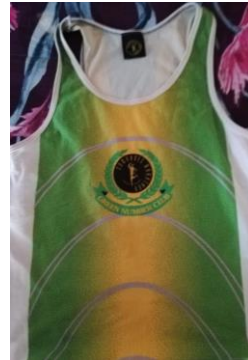
Early in the year I had decided that the best way to celebrate the 100th year was with a run along the route. Originally I planned a down run to align with the planned direction as well as the direction of the original run (down). The challenge was going to be attempting to run along Berea Road at the end in midday traffic. Fortunately, a few of the club members had lived and trained in Durban and warned me of the hazards of running in the area.

I then decide to align my run with the thinking of the 1988 run which was a consecutive “Up” run to mark the 150th year celebration of Pietermaritzburg. It was also a chance for me to make up for the run that I missed in 1998 (up) due to being too ill to run on the day.



I kept the plan quite low key as I believe the run is not about commercial hype, charity drives and wherever else is now focused on through the event. For me it was simply in line with the plaque outside of Comrades House – “lest we forget”.

I had communicated my plan to the Comrades Marathon Association and was informed that it was solely at my own risk. To minimise the potential problems that could be encountered in the early stages, I planned to start as early as possible and get off of Berea road as I did not want to get pulled off early in my run for being a “pedestrian” on a National Highway. Just before leaving for Durban I managed to get time to set up an appropriate Race number to make it look more “official”. I was fortunate to have got my hands on a Comrades Marathon Green Club running vest which I thought to be the most appropriate attire for the run.



On the way to the start I had to shake off the strange nagging question that popped into my mind while driving to Durban. Why on earth was I going to put myself through the run that will probably mean nothing to anybody else except myself?

I reminded myself that the reason for this was to “remember” as intended by Vic Clapham and also to pay tribute to the memory of my Father who had served near the end of the second World War.



At 04:30 on 24 May I set out from City Hall in Durban. It was a very quiet start, nothing like the deafening noise we would normally experience as the countdown to the now traditional 5:30 start. There was no National Anthem, Shosholozza, Chariots of Fire or the famous Max Trimborn cock crow to get the run started.

A few homeless people were milling around but nobody gave any indication of understanding what I was doing out at that time of the morning.

I moved quietly up West street watching carefully to ensure I did not miss the turn onto the N3 highway. After about 2km I was very relieved to see that my seconding team, made up of my wife (Vanessa), eldest sister (Sandra) and youngest daughter (Jo-ann) had also navigated through the area and on to the route (West street is a one-way road).

I very quickly realised how fortunate we are to have road closure whenever we run the race. For the majority of the route, there is no space to run next to the traffic. We do not get to experience this on the race as we simply follow the runners through the barriers on the cordoned off roads.

I had fortunately found a headlamp while looking for some running related items in preparation of the race. When there were no street lights, I had to use the lamp to light the road ahead. Whenever there was enough light, I could change the function to a flashing red light and turn the headband it was mounted on 180 degrees to let people behind me know that I was on the route. Fortunately, the roads were not too busy and my wife was able to drive behind me with the hazard light on so that I was “protected” from behind whenever the traffic allowed for it.

My wife had gone over the route many times and we had set up a sheet which we printed out with every road change along the way. Despite the meticulous attention to detail, we could not plan for the ongoing roadworks along the route. Having missed the turn to the chicken farm on the drive down to Durban we knew that any wrong turn could make the run along an incorrect route almost impossible to recover from.

After passing through some roadworks about 10 km into the run I knew that the turn to Cowies hill would be critical. My seconds knew that an made sure I took the correct road at around 13 kms. I started to relax for the first time. Despite having completed the “up” run on 16 occasions I knew that it was easy to forget one of the turns as we would normally be chatting to another runner and not really paying attention to each twist and turn on the road.

I had a comfortable run up and over Cowies Hill and made the best of relaxing on the downhill into Pinetown. At the top end of Pinetown, just before the climb up Fields hill I could see the traffic getting very busy. The hour of sleep sacrificed in the morning was proving to be a good investment.

As the climb started, I met up with my seconds and took on a new bottle of water, knowing that it would not be possible to see them again till the top of the hill. Contrary to all the advice of running facing the traffic, I chose to do the climb with the traffic behind me. There was little space to run on but I thought that running facing traffic would have been more dangerous as the vehicles would come down the hill faster and they would have the sun in their eyes.

Maintaining a comfortable pace, and feeling as if the wind was pushing me up the hills, I passed over Botha’s and Fields hill. While those are the named hills, there were plenty of other shorter climbs that kept the progress to the halfway point “interesting”.

Around 38 kms my seconds passed in the opposite direction in search of a bathroom as I moved closer to half way. Finally there were a few decent downhill sections that I could relax on and start getting my mind around taking on the second half.

I had been running for over 20 minutes without seeing my crew and was getting a bit low on fluids. I had to balance using what I had against making sure I conserved enough until I saw them again, without the risk of longer term effects of dehydrating.

With less than 50ml remaining they came past but were not able to stop for over another kilometre due to the narrow road. I met up with them at the start of the “Wall of Honour”. Much relieved I downed the last of what I had with me and took on a bit of extra fluid to “catch up”.



I briefly stopped 3 times shortly after that. First was to pick a “flower” to place at Arthur’s Seat, place the flower and then stop for a quick photo at halfway. I saw that somebody else had also placed “flowers” at Arthurs Seat and wondered if anybody else was on the route. Turns out that some of them had been put there by Wietse van der Westhuizen (42 runs) who had travelled along the route before going to the official function at Comrades House.

I had had reached halfway in just under 3:55 and was now confident that I would be able to get to my target for the day comfortably.



As always, the climb up Inchanga was tough and I was very tempted to take a short walk just after going over the top at around the 50km mark. I managed to hold on till after 53 kilometres before taking my first “official” walk of the day.

From here on I applied the “rule” that I have always used – run when you can, walk when you want to. By this stage I had around 7:30 per km to reach the end in goal time and was focused on maintaining that as comfortably as possible. Between 65 and 75 kms I could feel the odd twinge of a cramp and adjusted my fluids, speed and walks to get through that phase of the run.

Harrison Flats passed by unusually easily and the hills after took their toll as they usually do. At the Lion Park Interchange I lead the seconding vehicle through the somewhat complex turns to stay on the correct path. This was the only point where they were not sure but fortunately one that I know probably better than most of the turns on the route.

Shortly after that I passed the highest point and noticed that the official Comrades Marathon route marker seemed to be missing. I assume it will be returned once they complete the new development in that area.

On the run down to the chicken farm some of the workers realise I was out for a commemorative run and wished me luck. Nice to know that people were aware that it was the 100th year anniversary that day. Just 10 miles to go at that stage.

Finally the decent into Ashburton came. It was a walk, run ascent over “Little Polly’s” and then the final 10km countdown could start around the base of Polly Short’s.

The climb up was not too bad on the legs that I had been using conservatively for a while, but I had many stops getting off the road to avoid oncoming vehicles. I spent most of the climb running sections between the gaps in the oncoming traffic and walking through the grass on the side as there were nowhere to run on the narrow street.

With just a few kilometres to go I was quickly reminded that Pollys is not the final hill on the route. A few climbs later and the first crossing of New England Road was behind me. I could not finish on the Scottsville racetrack so I had planned to get as close as I could and then head back to Comrades house and finish there.

With the end in sight, I breezed along New England road and took the turn into Connaught road to finish at the gate of Comrades House. I quietly stopped my watch on 8:45:15 just as Bruce Fordyce was starting to address the small gathering. There was no fanfare, TV Cameras or any recognition of my solo achievement. Just the satisfaction of knowing that the Spirit of Comrades lives on and that I had met my goal of Completing the run within the original time of 9 hours set 100 years before.

I saw Wietse in the audience and he came over for a brief chat and photo (still hoping to get it from him) before departing for the guest house we stayed in.



After a refreshing shower I took the 1998 Comrades t-shirt out of its bag for the first time as I had finally “earned” it.

We headed back to Comrades house and managed to get into the grounds. To chat with a few of the people that were still there.

I met up with my good friend Gawie (Green Club “doorman”) had a chat with Bruce and finally got to meet Cheryl Winn (Comrades Chair)

Roxy, the Museum curator offered me a drink which quickly became a beer. I took the beer through to the Green Club inside of Comrades house and officially celebrated my run there.



NAME	COMRADES NUMBER	FINISHES
Jan Kington	10077	30
Chantal Bink	10078	30
Scott Bingham	10079	30
Mark Bink	10080	30
Paula Oudiz	10081	30
Paula Oudiz	10082	30
Paula Oudiz	10083	30
Paula Oudiz	10084	30
Paula Oudiz	10085	30
Paula Oudiz	10086	30
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Paula Oudiz	10093	30
Paula Oudiz	10094	30
Paula Oudiz	10095	30
Paula Oudiz	10096	30
Paula Oudiz	10097	30
Paula Oudiz	10098	30
Paula Oudiz	10099	30
Paula Oudiz	10100	30

Great news is that the Mayor of Pietermaritzburg has stated that Connaught road will be renamed to "Comrades Marathon" road in recognition of the impact the race has had on the city.

May the Spirit of Comrades continue forever.

Thank you for a great job on the day from my seconding team. This would not have been possible without them.



COMRADES VIRTUAL RUN (IRENE MEMBERS ARE ENCOURAGED TO JOIN THIS RUN)

THE ULTIMATE VIRTUAL COMRADES RUN



WATERFALL
CITY
ATHLETICS CLUB

13 June 2021

VENUE: KYALAMI EQUESTRIAN PARK

R50 REFRESHMENT FEE FOR NON CLUB MEMBERS

GOLD MEDAL



SILVER MEDAL



BRONZE MEDAL



BILL ROWAN



WALLY HAYWARD MEDAL



VIC CLAPHAM



ISAVEL ROCHE-KELLY MEDAL
(WOMEN ONLY)



ROBERT MTSHALI MEDAL



22.5KM 45 & 90KM

5:30AM

CLUB MEMBERS TO WEAR
THE CLUB KIT/S

WATERPOINT EVERY 3.5KM

NB! THIS RUN WILL BE CONDUCTED UNDER STRICT CGA COVID-19 RULES & REGULATIONS

THOUGHT FOR THE WEEK

Age is no barrier. It's a limitation you put on your mind.

PHOTO CORNER



Runners getting ready for the time trials



We had a number of visitors from Midstream College running the time trials last Tuesday



Yolanda Oberholzer, Johan Engelbrecht and Conrad Langerman



Anneri le Roux and Anne Eckard