



IRENE NEWS

3 December 2018

No 48 - 2018



THIS WEEK'S DIARY

Monday:

Strength training @17:30 – Club house

Tuesday:

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

Saturday:

Skosana 5/10 km @ 06:30 – Pretoria Correctional Services

SKOSANA 5/10 KM RACE

We have to defend the title that we won last year. We received the trophy for the fastest club. The times of the first 20 finishers are added together to determine the winner.

Let's put in a great effort and be there in numbers and have some fun. It is a well organised race and you can enter on the morning at the race.

This is the last AGN race of the year with the exception of the Old Years race.

Let's show some "gees" and wear something "Christmas". More during the week.



REGISTRATIONS FOR 2018

Registrations for 2019 started off with a bang! We registered just over 100 members during the first two days! Make sure that you register before you go on leave to secure your moisture management T-shirt.

Just go to our website www.irenerunner.co.za to download the form and to get all the required information with regards to the registration.

NEW SUNDAY TRAINING GROUP

We want to start a new group running from the club house on Sunday mornings at 06:00. All members are welcome, but this is more for the casual runner who is not part of the weekly training group and who wants to run in a safe environment.

The idea was to start next year but after talking to a few members it was decided to start this Sunday, 9 December. Please contact Buks van Deventer at admin@irenerunner.co.za for more information.

IRENE CHRISTMAS TREE

Our last time trials for the year will take place on Tuesday, 11 December. Let us enjoy the evening together and make it a memorable occasion.



Irene Christmas Tree

Bring the kids to meet Santa!

*Bring your own meat.
Salads and pap n' sous will be provided.*

*Bring a present for your child,
valued at not more than R50*

*Please mark it with their
names, and Santa will
hand it to them.*

*11th December at the
clubhouse, after time trial.*

*Let's enjoy the festivities
of the final time trial
for 2018*

IRENE SOCIAL

CAPTAIN'S CORNER

The December holidays is almost upon us and you deserve a well-deserved rest with your family and friends alike. Base training is of utmost importance over this period and you must keep the legs ticking over.

There are so many plans in place for the 2019 season and with our 25th anniversary next year so lookout for amazing new happenings. I am planning a Comrades training camp in May which will help you prepare for the race and be better equipped to tackle it. More information will follow regarding this.

We need to be more proactive at the club with duties that is expected from us. Our races for next year is going to have more participants and we want to present races of the highest quality. To achieve this, you the club member must assist to make this a success. We also need to bring the FUN aspect that IRENE was trendsetters for, back into the club. We all have a responsibility to help in this regard to make us **THE FUN** club again. Come up with ideas that will be fun at the club, be it at training, our socials, Time Trials or at races where you want to see a change that is fun.

I also want to encourage you to bring new members to the club and introduce them to the sport of running and walking. It is both a good, healthy and cheaper way of staying fit. Bring your family, extended family, friends, colleagues and neighbours to come and experience the club.

Use the club's safe training facilities during the week where the group trains for a little more encouragement if you can make it.

Thank you for your ongoing support during the past year.

WISHING YOU ALL A FANTASTIC FESTIVE SEASON, A PROSPEROUS NEW YEAR AND BE SAFE.

See you back in 2019.

PROUD IRENE GREETINGS

Linley

082 345 5343



Website: www.csi-euf.co.za

Tel: 011 805 6316



JOINTeze™

YEAR-END FUNCTION

The year-end function was a huge success! Thank you to Joy Dekker, our social manager and her team for a job well done. Congratulations to all our trophy winners:



Suzelle Engels
Best Supporter



Joy Dekker
Most injured athlete



Emile Myburgh
Blood Buddy



Pieter v d Westhuizen
Socialiser of the Year



Rosemary Brink
Friendliest member



Johan van Vuuren
Dummy of the year



Annemarie Breytenbach
Best attitude & loyalty



Yolande Cowley
Time Trials Attendance



Zoë Scholtz
Female 10 km champ



Phumlani Mabophe
Male 10 km champ



Magretha Pierce
Female 21 km champ



Schalk Liebenberg
Male 21 km champ



Nadine Breytenbach
Female 42 km champ



Phumlani Mabophe
Male 42 km champ



Rinaldi Botes



Holger Hedelt

Lady & man Beyond Comrades athletes



Elsa Meyer



Phumlani Mabophe

Most league points



Ansie Breytenbach



Phumlani Mabophe

Most super league points



Lindie Pretorius



Ben Marais

Most improved athletes



Ansie Breytenbach

Rookie walker



Estien van Wyngaard

Golden Shoe



Elsa Meyer

Female walker



Jaap Willemse

Male walker



Elsa Meyer

Overall walker



Tania Thompson

Ultra walker



Elsa Meyer

Great Grand Masters of the Year



Gerard van den Raad



Lucia Willemse

Grand Masters of the Year



Jaap Willemse



Sandra Steenkamp

Masters of the Year



Noel Banda



Rosemary Brink

Veterans of the Year



Samuel Molefe



Amanda Cloete



Phumlani Mabophe



Elsa Meyer



Jaap Willemse

Seniors of the Year

Female Athlete

Male Athlete



Elsa Meyer – Achiever of the Year



Danie Labuschagne – Chairman's Trophy

All the trophy winners also received a gold certificate. Those not present can collect it at the admin counter.

The following members received silver and bronze certificates. It can also be collected at the admin counter:

	Silver	Bronze
Best Time Trials Attendance	Leon Page	Jaco van Rooyen
10 Km Championships		
Ladies	Joan van Wyngaard	Rosemary Brink
Men	Lenin Sithole	Schalk Liebenberg
21 km Championships		
Ladies	Louisa Spangenberg	Amanda Cloete
Men	Nelius van Rooyen	Noel Banda

42 km Championships		
Ladies	Amanda Cloete	Carolina van der Westhuizen
Men	Schalk Liebenberg	Michael Mokwala
Most League Points		
Ladies	Ansie Breytenbach	Sandra Steenkamp
Men	Jaap Willemse	Johan Saayman
Most Super League Points		
Ladies	Rosemary Brink	Jacquie van der Waals
Men	Nelius van Rooyen	Noel Banda
Most Improved Athlete		
Ladies	Melani Swart	Tania Thompson
Men	Pieter vd Westhuizen	Tony Gomes
Lady walker of the year	Sandra Steenkamp	Lucia Willemse
Man walker of the year	Gerard van den Raad	Danie Labuschagne
Walker of the year	Jaap Willemse	Sandra Steenkamp
GGM of the year		
Ladies	Marie van Dyk	Letha Kotze
Men	Johan Janse van Vuuren	John Cannon
GM of the year		
Ladies	Joey Cloete	Mariet Louw
Men	Danie Labuschagne	Johan Nel
Master of the year		
Ladies	Ansie Breytenbach	Tania Thompson
Men	Dirk Cloete	Johan Saayman
Veteran of the year		
Ladies	Nadine Breytenbach	Carolina van der Westhuizen
Men	Tony Gomes	Alfred Matema
Senior of the year		
Ladies	Zoë Scholtz	Louisa Spangenberg
Men	Schalk Liebenberg	Nelius van Rooyen
Athlete of the year		
Ladies	Sandra Steenkamp	Lucia Willemse
Men	Gerard van den Raad	Noel Banda

ACHIEVEMENTS – KEITH REYNOLDS

Achievement is completing my 200th Marathon/Ultra yesterday during the Run the Rift Trail Marathon in Uganda (104 Marathons / 96 Ultras).

Story Follows:

On the 31st May somewhere back in time, I was at a "party" where people were watching a race on TV. Everybody was excited about it and I was also caught up in the race as it unfolded. Probably only around 10 years old at the time and enjoying running I boldly

announced that one day I would go run that race. I didn't even know at the time it was the great Comrades Marathon.

Somehow the idea stuck, and in March 1985 I headed out with the father of a friend to enter my first Marathon (Vaal). Not was it only my first marathon, but first official road race. I estimated I had trained a longest run of around 17 kms and felt ready. I knew I was underage (17) but hoped to qualify for Comrades and then approach CMA to allow me to enter the run 2 Days before my 18th birthday.

On the advice of a friend, I had a whole tin of condensed milk with my breakfast before the run. All went well and I passed through the half marathon in around 1:45. By 26 kms, after ensuring I took on enough fluids, I felt as if I had a swimming pool in my stomach. Turns out that the I was only given half the advice. Less water is required with condensed milk as it "blocks" pores and you don't sweat out. I tried going to a bathroom but that did not help. At 31km I got into an ambulance for an assessment but could not find an answer and was advised to just try for a bit more and see what happened. A kilometer later the "dead mans wagon" (bakkie) came past and I gave up on my mission, realizing I still had a lot to learn. At the last water point on the route I was handed my first beer (Ohlssons).

A year later, during basic training I developed a pain in my knee which brought me to a standstill. The military doctor informed me that because of the "damage", I would never be able to run again.

Unable to run I took to the gym and climbed in, specifically working on bulking up from my then 53kgs as there was no need to remain lean. I enjoyed the new challenge and wanted to pick up as quickly as possible. 3 months later I developed a shoulder injury from doing too much too soon. Now at 72 kgs I had to do something. My knee had "healed" so I started walking around the base. Soon this turned into a gentle run and after some time I went back to the doctor for an assessment. The problem had gone and I was "allowed" to run again. Looking back, it was probably not much more than runner's knee, which was simply not well understood at the time.

On 22 March 1987, I lined up for another attempt at a marathon (M&S Glassworks - Golden Reef Road Runners). Forgot my watch and just ran as I felt. I crossed the line in 3:12. 2 weeks later I entered my first Ultra - Bloemfontein Frasers 64km run between Bloemfontein and Thaba Nchu which I completed in 5:49. Two Weeks later I was in Cape Town for the Two Oceans. I had never experienced anything like that. The streets were lined with spectators cheering us on. I finished in 4:43.

Needless to say, I picked up an injury from doing too much and had to back off on training for the next month.

31 May came and the dream Comrades was finally realised. I do admit that after all the expectations, I found the race to be "disappointing" after the amazing experience of the Two Oceans support. The race was much tougher than anything else but was very happy to have finished in 10:08:59.

Next year, on the bus going down for Comrades with a group from Johannes Harriers (JHAC) I saw somebody with a badge that had "Centurion Club" on it. I learned that this badge is earned if you completed 100 marathons. A new challenge was born.

27 Feb 1994, I line up for my 25th Standard Marathon. Just happens to be the M&S Glassworks race. Despite a number of finishes just over 3 hours, the 3 hour barrier remained unbroken. I had helped Andy (friend from work) break 90 mins on a half and he had gone on to a sub three marathon. He "paced" me for the first lap to keep me back. I felt strong over the second half and knew I would have to stay positive over the hill at the end. It was a struggle to keep going but the clock was stopped at 2:56:31. Andy crossed just under 3 hours.

A week later I was back at the Vaal Marathon for Marathon/Ultra number 50. Full of confidence I set out probably a bit too fast and started to feel the previous week's race over the final 10kms. The 2:54:10 achieved remains my best marathon time.

In 2000 I saw the opportunity to complete my 100th Marathon before the end of the year. On the way to the Korkie Ultra, just before getting off the highway in Germiston, a double tank gas truck changed lanes and I had to take evasive action. The car slid and almost overturned. When it came to rest, I was facing back to Johannesburg with two tyres still on their rims. I got help changing one and "limped" to a garage where I watched the Ultra Runners pass by. Downgraded the run to a 21 when I eventually got to the venue and ran back down the route till the last runner. And then turned around for around 3 kms before heading for the last runner again. This way I managed to complete the 21. When I came into the stadium I had the officials jumping up because I had the Ultra number displayed. Missed the opportunity to have some fun on "April Fools" day by crossing to the 21km finish well before the finish line.

This however left me with 1 run short for my target. After checking, I found that the only feasible race left was the Golden Reef 100 miler. I had attempted this 10 years earlier and bailed at 130 kms. On the day, feeling extremely tired, I had calculated that I could not finish the remaining 30kms in the 7 hours available. Once in the car I realized I was not thinking clearly but had already pulled out. Time to fix. Marathon/Ultra Race number 97 (I did not count the 1990 100 miler attempt as I did not complete the run) and a lot on it. Unfinished business and 10% of my target for the 1000 Mile I had set myself as a goal for the year. 20:31:11 and this nightmare and failure had been addressed - with a 10th position Gold Medal as a bonus.

After some organizing, I arranged race number 100 for the Soweto Marathon on 5 Nov 2000 which I completed running with my sister (Anne).

On 19 March 2017 with rain falling heavily the Entebbe Marathon (Uganda) got underway. With less than 40 participants at the start it turned out to be a very lonely race. It was only a few months after the race when updating my Marathon list that I realised that was my 100th Standard Marathon.

Later in the year I entered the MTN marathon (Kampala, Uganda) where I was given race number 102 - coincidentally standard marathon number 102.

A friend of mine runs an events company and last year put on the first Ultra Marathon in Uganda in the form of a 50 km Trail Run (Source of the Nile). This year he put on the second edition where I was given Permanent number "1" for completing the 25 or 50 km event on 3 occasions. He also introduced the first timed race - a 6 hour circuit run this year. Completing that put me in 2nd place on the day but more importantly, on 96 Ultras.

This year I organised number 103 for the MTN Marathon to make it 103 Marathons

6 days later on 1 December I entered the "Run the Rift Trail Marathon for the second time. Naturally I called ahead to book race number 200. It would not only be my 200th Marathon/Ultra but would be my 10th Marathon/Ultra in Uganda.

The race, despite being in its 3rd year was extremely badly organised. We were supposed to start at 6:45 but eventually only set off after 8:15. This was not a great start as I know just how hot it would get. During the briefing we were given an overview of the new route. It started out on a climb up a ridge before heading down a steep embankment where you had to watch your footing carefully or risk tumbling down the mountainside.

After the first section we ended on the same route as the 10 and 21km and saw the leaders come back on their way to the finish. There was an 8 km loop that we had to complete which started around 18kms. At 20 kms there was a major very steep hill and I knew it was going to be a challenge the next time round.

The uphill sections were brutal and the downhill sections had to be taken cautiously. Some children, probably only 10 years old ran with me. I thought they would drop off but they continued for the entire loop. They did battle a bit towards the end but it was great to see the youngsters enjoying themselves.

At the briefing they told us we would do a "lap of honor along the same section as the start of just over 3 kms. Going through the checkpoint, my Garmin told me that I was just ahead of the 40km mark. At 42. The marshals informed me to continue straight and not to take the turn where they were standing. They had pointed out the correct route and I expected at least another mile from that point. I had seen another runner ahead and closed down on him surprisingly quickly. He literally begged me for water and I realised he needed the 100 ml I had left more than I did. Fortunately there was a water point just after that so I could pick up some more to carry me comfortably to the finish.

The race eventually finished at 44.58 km in a time of 4:23:12. Apart from a piece of chevron tape across the finish line, which was held up for every finisher and 2 friends cheering the 200th run was completed. There was no medal and no t-shirt. Hopefully they will post the official result.

In the end it is about the satisfaction of achieving a personal goal.

Net target 100 ultras.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Neels	Grobbelaar	05 Dec
John	May	05 Dec
Willem	du Plessis	06 Dec
Miles	Saxby	06 Dec
Johann	Van Zyl	06 Dec
Marietjie	Wanland	06 Dec
Nokwanda	Dlamini	08 Dec
Michelle	le Roux	08 Dec
Paul	Nel	09 Dec
Johann	van de Venter	09 Dec
Christa	Visagie	09 Dec



MODERN
athlete

Saturday 8 December

Skosana Road Race 10/5 km & 1 kiddies' mile

Race Organisers: Nedbank Running Club

Venue: Pretoria Correctional Services, Kgosi Mampuru Street

	10 km	5 km	mile
Entry fee	R ??	R ??	R??
Start Time	06:30		08:30
Cut-off	??	??	

Free t-shirts for the 1st: 600 entries (10km); 300 (5km) & 100 (mile)

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns; AGN Office

Masters Athletics Fixture list

Masters Athletics Fixture list

South African Championships

3/4 May 2019 Oudtshoorn

Africa Champs

December 2018 Africa Championships Tunisia

International Championships

24-30 March 2019 WMA Indoor Torun, Poland

28/9-6/10 2019 30th Summer Universiade Naples, Italy

20/7/2020 – 1/8/2020 World Masters athletics Champs Toronto, Canada

THOUGHT FOR THE WEEK

It's not what you gather, but what you scatter that tells what kind of life you have lived.

PHOTO CORNER



Everyone felt welcome when entering the venue on Saturday evening



The hall was packed



Alan Hyson, John Ellmore, Mike Gibbons and Miles Saxby



And these are their wives!



Ruan & Anja Vlok with Cindy & Buks van Rooyen



Jolande & Charmaine Janse van Vuuren, Johan & Blanche van Vuuren and Rosemary & Caesar Tonkin



Phumlani Mabophe receiving one of his trophies from chairman Louis Visser



Schalk Liebenberg



Male athlete of the year, Jaap Willemse



Sandra Steenkamp receiving her trophy from Danie Labuschagne, walkers captain



Noel Banda, master of the year



The star of the evening, Elsa Meyer receiving one of her many trophies



Trevor and Mpho Netshiombo



Zoë Scholtz, Rosemary Brink and Amanda Cloete



Elsa Meyer with all her trophies. She is wearing the Order of Ikhamanga Bronze medal that she received from the State President earlier during the year.