



IRENE NEWS

7 March 2022

No 9 – 2022



ACHIEVEMENTS

Carolina van der Westhuizen

3rd Woman – Cape Gate Vaal Marathon

Elze le Roux

PB – 10 km.

Well done!

COACH'S CORNER

Coach workout of the week:

Time crunch Progression run

10 min easy run warm up

10 min Tempo run

10min Threshold run

1 min Slightly faster than Threshold

1 min 5km pace

1 min 3km pace

12 min easy run cool down.



THIS WEEK'S DIARY

Tuesday:

Walker's training session @ 17:00. Walkers of all shapes and sizes welcome.

Stretching exercises @ 17:15

Time trials @ 17:30 – Club house.

Saturday:

Trail Run @ 06:00 – Club house

Sunday:

Club Run @ 06:00 – Mugg & Bean Midstream

FROM THE ADMIN DESK

The early bird t-shirts arrived and will be available from the Admin desk every Tuesday. The next batch will only be available at the end March 2022.

Reminder to please complete the ASA form and bring the completed form to the clubhouse on a Tuesday 17:00 – 18:45. The license cannot be handed over if the form is not presented.

A small number of printed copies will be available for those that cannot print or forgot.

Maggie will assist those members outside the Irene area and outside of South Africa. Please contact her directly.

2022 ASA license may not be handed over if this form has not been completed. Irene AC will need to submit these forms to ASA as proof.

Maggie van Rooyen, admin@irenerunner.co.za

THE TRUTH ABOUT INJURIES AND STRETCHING

The new season has started and races have opened. After our previous blog, you are hopefully feeling more motivated and ready to start training as soon as possible. You should have a structure in your life with your training plan and your goal in mind.

With this in mind, what do you think is one of the more common mistakes - from beginner to even more seasoned athletes?

Yes, you guessed it! Injuries...

Common pitfalls

Let's consider some scenarios.

You jumped into picking a program that was slightly above your current fitness level. You are totally committed to your routine and, in your effort to achieve your goal, you may find that you push harder with each session.

Alternatively, your excitement to participate in races again may have resulted in you having insufficient time to train correctly.

These are classic examples of *too much, too fast, too soon...* Are you listening to your body?

Here's another scenario that may resonate. You are 100% motivated and armed with your training plan, and so you pledge to yourself that stretching will become part of your "new normal". You've planned your day - diligently loaded your stretching program to your cell phone, set the alarm, and laid out your clothing the night before. Everything is organised.

Your day starts out something like this.

The alarm goes off, but you feel slightly tired. You didn't sleep as well as you'd hoped.

You stumble out of bed, and can't help but notice your stretching equipment, elastic band, and foam roller waiting patiently in the corner.

You move towards the bathroom, thinking 'I'll start tomorrow, I'm really just too tired for this now.' You want to camouflage yourself because it feels like all the equipment has seen you and is calling you. Sudden guilt comes over you.

You brush your teeth, and in an effort to redeem yourself, perform a few quick calf stretches whilst standing at the basin. Maybe you work in a hamstring stretch as you pull on your shoes. Squeeze in a quad stretch or two as you wait for your coffee to percolate. You then pat yourself on the back for having done at least some of your planned pre-workout stretching and head out the door for your run.

Does any of this sound familiar?

Here is the true reality. (You should probably read this part twice)

How to achieve the best results

Stretching is not a quick fix...

No one is going to do a few stretches before they exercise and magically become a better runner or totally resilient to injury. Doing a couple of sets of hamstring stretches or quad stretches before running on the road will do very little if anything for anyone.

The benefits of stretching are only attained when flexibility training is done diligently over an extended period of time, just the same as a weight loss program. No one can expect to lose weight after eating one healthy meal.

What are the benefits of stretching?

1. Stretching is a simple and effective activity that helps to enhance athletic performances, decrease the chances of sports injury and minimize muscle soreness.
2. Tight, stiff muscles limit the normal range of motion and interfere with proper muscle action. If the muscles cannot contract and relax efficiently, decreased performance and a lack of muscle movement control will result. Short, tight muscles can also cause a loss of strength and power during physical activity.
3. There are many factors that contribute to tight and stiff muscles which I am not going into detail about now.

Conclusion

To become a better and stronger runner with fewer injuries, you need to face that stretching corner with all your stretching & strengthening equipment and at least do 15min and build up to 30min a day to get the best results.

By Telani Grobler

Irene Athletics Club Coach, founder, and head coach of Tri Fit Multisport coaching

www.trifit.co.za

PERSONALIA

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

Markus	van der Westhuizen	07 Mar
Andre	Nortje	08 Mar
Miemie	Nel	09 Mar
Noel	Banda	09 Mar
Kobus	Oberholzer	10 Mar
Chuma	Sangqu	13 Mar



Midstream Tel 012 940 9229

NOTICE BOARD



The poster features a collage of four photographs showing runners in various settings: two runners on a paved path, a runner on a trail, and two runners on a dirt path. The text is centered and provides details about the event, including the date, staggered start times, route options, distances, online entry information, venue, and contact details. Logos for Revolution Trails, Impact, Collagen for Athletes, YCB, and Herbalife 24 are displayed at the bottom.

ARC IRENE HYBRID RUN/WALK

5th MARCH'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

REVOLUTION TRAILS

 **IMPACT**

 **COLLAGEN FOR ATHLETES**

 **YCB**

 **HERBALIFE 24**

PREVIOUSLY KNOWN AS "OM-DIE-DORP ROAD RACE"

Time to get your



Mooooooooove On!

Wingate Village Race

Come and join us for a 5km, 10km or 21,1km road race!

**Race starts at 06h00 on Saturday, 19 March 2022
at the Irene Village Mall
c/o Nellmapius and the R21, Irene, Centurion**

Entries close on 12 March 2022. NB: Online entries only – No race day entries

Entries capped at 2000, provided the 2000 cap has not been reached
or there are amendments to Covid regulations.

Register online today by visiting www.entryninja.com

Entries can be collected at the Vodacom Shop from Wednesday 16 March until Friday 18 March,
from 15:00-18:00 and Saturday before the race from 04h30-06h00.

The road race is proudly presented through the partnership of:



RIGHT RUN WALK

PROUDLY BROUGHT TO YOU BY



Athletics
Gauteng North

Pilditch
Athletics Stadium
Maltzan Street, Pretoria West

21 5 km
March 10 km
2022 21.1 km

STARTING TIME 07:00

**PRE ENTRIES FROM
7 MARCH 2022**



The 10km is dedicated to the late Walter Vilakazi, former General Manager of Athletics Gauteng North and a former member of Arcadia Running Club.



KOLONNADE SHOPPING CENTRE

CNR SEFAKO MAKGATHO DRIVE & DR VAN DER MERWE STR, MONTANA PARK, PRETORIA

5KM | 15KM | 32KM RACE 26 MARCH 2022

RACE FEES:

5KM R50 | 15KM R130 | 32KM
R150

TEMPORARY LICENSE FEE
R40

ENTER NOW!

Entries Capped at 2000

- » Online entries:
www.entrytime.co.za till 13 March 2022
(Provided the 2000 cap has not been reached or there is amendments to Covid regulations)
- » Run-A-Way 012 361 3733
(302 Freesia str, Lynnwood)
- » Kolonnade Info Desk 012 548 1902 w2w
(Kolonnade Shopping Centre)
- » Tshwane Running Shop 076 929 7384
(192 Vinko Str, Sinoville)
- » Entrance 4: 25 March 2022 at
Kolonnade Shopping Centre (from 15:00 – 18:00) and
26 March 2022 (from 04:30 - 06:00)
(Provided the 2000 cap has not been reached or
there is amendments to Covid regulations)

15KM & 32KM
06:00
5KM FUN RUN
06:15

ONLINE ENTRIES CAN BE COLLECTED ON
FRIDAY 25 MARCH 2022 AT ENTRANCE 4

Brought to you by



Athletics
Gauteng North

THOUGHT FOR THE WEEK

Friendship is like a book. It takes years to write but only a few seconds to burn.

Our Race Sponsors



SHORT TERM BROKERS

PTY LTD
Cape Town
0600
Tel: (021) 861 5555
Fax: (021) 861 5555
Email: info@stb.co.za



If you want your logo on this page, let us know at info@irenerunner.co.za

PHOTO CORNER



Irene members at the Johnson Crane race



Anneri and Elze le Roux at the Marakele race



Lizl Strauss did the Kosmos 3 - IN – 1



The Funky Pants exhibition was a big attraction



The stretching exercises is getting very popular



Funky hair members



All having great fun



Michael and Joy Dekker looking mean with their own hair



Lynette Gough was the winner (natural hair)



The judges had a difficult job



At the end the wig winners were Anneri le Roux and Henk Basson



Venita Brown was the winner of the lucky draw (R2500 cash donated by Bugg & Bean Midstream)



Leon Page was the lucky winner of the Funky Pants treasure on Tuesday