



IRENE NEWS

8 November 2021

No 46 – 2021



SPONSORSHIPS

Another request to all our members to assist in getting sponsorships for our races in 2022. It can be big or small.

Please let us know if you can assist in any way.

ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 9 November at 18:30.

BAR NEWS

Due to the AGM there will be no specific meal on Tuesday evening. However, there will be fires for a bring and braai.

TRAIL RUN

It is the place to be on a Saturday morning.

ARC IRENE HYBRID RUN/WALK
13th NOVEMBER '21
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
CEBE
2020 VISION CARE





Photo: Emmer van Zyl

Official ACN Sanctioned Race

3RD RUNNING OF THE / 3DE AANBIEDING VAN DIE

VOORTREKKER MONUMENT

HALF MARATHON, 10KM & 5KM FUN RUN / PRET DRAF

"THE TOUGHERER ONE"



VOORTREKKER MONUMENT
DRAF & STAP KLUB

GREEN RACE

**Water available at water station,
bring your own container or bottle.**

DISTANCES: 21.1 km, 10km race and a 5km fun run

DATE: Saturday, 27 November 2021

START: 21.1km - from 06:00 to 06:10

10km - from 06:10 to 06:20

5km - 06:25

Mat to mat timing on

10 & 21.1km only

VENUE: Voortrekker Monument,
Eeufees Rd, PTA



Athletics
Gauteng North



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BECS Services (Pty) Ltd

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GENERAL INFORMATION / ALGEMENE INLIGTING

ENTRY FEES

21.1km: R120 | 10km: R100 | 5km: R50

Temporary License: R40

Only 1000 entries - 10 & 21.1km

Only 500 entries - 5km

NO PRIZE MONEY

- Guarded parking available
- Ample toilet facilities
- COVID-19 screening before race
- Water station
- Medal at finish
- NO TOG BAG AREA AND NO CLUB TENTS DUE TO COVID-19 REGULATIONS

- **ONLINE PRE-ENTRIES ONLY, at www.entryninja.com. THERE WILL BE NO RACE-DAY ENTRIES.**
- Online entries close 21 November 2021 at 20:00.
- Entry collection at the Voortrekker Monument on Friday 26 November from 13:00 to 18:00 or on race day as from 04:30 until 05:55.
- 2021 ASA license numbers or a temporary license number is compulsory on the 10 & 21.1km.
- Temporary license can be purchased online with pre-entry.
- Late entries, entries and/or temporary licenses on race day will not be available.
- Time limit – 3 hours. This is a venue imposed time limit. All athletes with 3km or more to go and 25 minutes or less remaining (08:50), will be diverted to the finish.
- No animals allowed.
- The Safety at Sports and Recreational Events Act 2 of 2010 will be strictly adhered to.
- The organizing club is obliged to pay 10% (VAT excl.) of the entry fee to AGN as a levy.

VERY IMPORTANT INFORMATION

- Runners must adhere to all COVID protocols, including wearing of face masks or buffs, and social distancing.
- All entrants MUST complete the questionnaire, or you will not be granted access to the venue on race day.
- We ask for your cooperation in this regard, as non-adherence will cause delays and crowding at the entrance.
- Please arrive early.



An AGN Green Race. No plastic sachets or paper cups at water station. Water will be available at the water station, bring your own container or bottle.

RACE RULES / WEDLOOP REËLS

- The race is run in accordance with AGN and ASA rules.
- All athletes indemnify the national, provincial and regional bodies, sponsors, and organizers of the race against any claims of whatsoever nature, which may arise due to participation in the race. The organizers are indemnified from any claims should the race not take place. If the race is cancelled due to bad weather, political unrest or any other reason whatsoever, all paid entry fees will be forfeited.
- Age restriction: 10 km – 14 years. Half Marathon - 16 years.
- No iPod's or listening devices.
- Pirate/non-registered participants will be removed by the referees and organizers assisted by security. This rule will be strictly enforced at the start, during the race and at the finish.
- No late starters will be allowed. That is later than 5 minutes from the group start time

CONTACT DETAILS: vtmraces@gmail.com / 064 582 6664



JOINTeze™

STICK TO THE PLAN (KEITH REYNOLDS)

I am sure by now you have all see the program outline of the Irene Big 5 Challenge:

- Jul: Chicken Run - Go often – Complete at least 15 minutes 5 times per week.
- Aug: Goat Run – Go Faster – Complete at least 4 Hill sessions for the month.
- Sep: Pig Run – Go the Distance - Complete at least 4 60 minute sessions for the month.
- Oct: Sheep Run – All about the elevation – Complete at least 1000m Elevation for the month.
- Nov: Cow Run – Beat that PB – Set your target and achieve your personal best.

Before we go too far, let me just point out that the above are all elements of training that will assist you reaching a PB (Season Best or Age Best also applies). The times and distances for the challenge are a guideline based on where you are in your running career. They also do not have to be done individually over a few months but rather as elements of a weekly routine (see the club schedule).

This also means that it is not too late to sign up.

Ok, so enough of the marketing for now.

Putting a good training plan together is key in planning towards any specific goal. You can do the same run day in and day out at the same pace and may be lucky to get a faster time at an event. This will however come more from consistency in training than actual planning.

Carl Lewis had various speeds he would train at. He stated that runners should not just have a “one speed gearbox”.

Doing hills, speed, slower and normal runs will give you a range of speeds to adapt to. If you introduce some speed or hill training into your routine you will find that after some time your “normal” sessions start to feel slow and will automatically start to pick up your overall pace.

For a simple guide on speed, to ensure you do not try go too fast, plan your maximum speed over a short distance (e.g. 200 meter repeats) to be 75% of your normal training pace. For example, if you normally run at 6 minutes per km, you should not try to exceed 4:30 pace for your “sprint” sections (5 mins normal pace will be 3:45 per km). Any pace faster than normal is already an improvement so no need to attempt 75% first time out. Try a realistic target but do not exceed the guideline (adapt it according to “normal” pace over time). The goal of any speed or hill work will be start slightly slower than goal pace and improve gradually through the repetitions. You do not want to start too fast and then try hand on to maintaining the pace later. That is just a recipe for injuries.

For the past year most of my training was based on distance running. I had done a few faster runs but not very many. Most of my speedwork consisted of seeing a runner ahead and trying to catch them to greet them.

I went to the AGN 10km running champs at the beginning of the October with the hope of achieving a fair time. The cool weather coupled with a bit of rain during the warmup was

helpful on the day.

Fortunately, after some deliberation, the officials decided to let us all set off at the same time, after initially indicating we would start in batches of 25 runners. Considering there were only 112 official finishers, I am glad that they came to their senses.

The plan for the day was to not set off too quickly. After 200 meters I saw I was at 3:45 pace and immediately pulled back to complete the 1st km in a time of 4:06. At that stage I was 6th master in the small field. I knew I could run 42 minutes and was prepared to go a bit harder if the effort (heart rate) was acceptable. My best reference for speed went back to August where I had completed a rare 3000m and 5000m virtual “race” on courses that had a net drop in gradient.

I was not watching the pace as much as the effort but did notice that I completed the 1st kilometer of the second lap in 4:08. Bu this stage I had crawled my way up to 4th Master and passed another with around 3km remaining.

I could see the 2nd placed Master quite a bit ahead but realized that as he was coming closer, all I had to do was maintain pace until the flatter section and hopefully still have the legs for a burst over the final km. With a km to go I started closing the gap and moved up to second place with around half a kilometer to go. Had a bit of work left to ensure I stayed ahead and ended on 40:08. Had I pushed a bit sooner, I probably would not have had as good a result.

The performance got me a selection into the AGN team to participate at the national road champs for the first time for running (all others were for walking).

This meant that I would need to change focus for the month and start bring in the other elements of training that I had neglected while still maintaining the distance goals for the moth. I knew this would be a fine balance and used the Time Trial as a key element in my preparation. With just under 2 weeks before the race I ran a time trial quite hard. It took me quite a while to recover after, but I knew the combination of the speed and push up the hill, as well as making sure I did not exceed the “trusted” effort level would still allow for a strong finish.

End of the month arrived. My distance target was achieved on Friday with a 3km session while waiting for the rest of the AGN team to complete their Covid Rapid test (I managed to avoid that experience till this point in time).

Saturday was an easy 6km run along the Durban waterfront with a few others in the group. It rained most of the day and we were all worried that Sunday would have the same strong wind and rain. Fortunately, the rainbow appeared around 30 minutes before sunset, and we had hope for good weather.

At the start area we were shown to an area for the provincial athletes to warm up. It was not even 30 meters long. Most did loops in the larger area for all runners (approx. 400 meters per lap).

At 6:00 the ladies were on the way with our event starting at 6:08.

I knew that tis was going to be a faster field and was more aware of my starting pace. We took a turn onto the main road after around 200 meters. I stuck to my pace but did not dare look back as I felt that I was very close to the back of the field with everybody else

racing off into the distance.

Around 800 meter in I realized my watch had started but almost immediately stopped again. I check with another runner at the 1 km mark and had a time of around 3:50 (will give the credit to the altitude change 😊).

The biggest challenge was not to panic but keep to the plan. I was targeting a sub 40 min run but know I could possibly do around 39 mins if everything went well.

Fortunately there was a clock at the halfway mark, and I could see I was very close to what I hoped for (19:22). There was a clock at 5km as this will be an official road running distance in the near future.

Comfortable that I had not gone out too hard, I focused on maintaining pace. It did take a bit more effort to keep going as the race got closer to the finish but a continuous head to toe body check confirmed that everything was still in order despite running at a higher than “normal” race effort.

I would usually not venture beyond 150 beats per minute so going above that was a bit of a risk. I relied on the endurance built up from the extra distance run (endurance) over the last year to see me through. With other master runners just ahead, I focused on them and the way I was feeling over the slight rise and fall of the out and back loop with 2km remaining. Not being overtaken up the small rise near the end was the final motivation to hand on despite legs that were just starting to tell me that they were getting close to their limit. Very happy to cross the line in 38:35. While I was only 7th master to finish, I did walk away with the fastest time I have run in over 20 years (28 Feb 2001).

I may not have finished with a lifetime PB, as per the take 5 program (9th fasted on record) but I definitely got a Personal Age Category best.

I wish all those participating in the program all the best on achieving their goals and getting the rewards for the effort put in.

Regards, Keith

PERSONALIA

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

Anneri	Le Roux	08 Nov
Marinda	de Beer	10 Nov
Dirk	van Rooy	11 Nov
Vaughn	Hills	11 Nov
Martin	Siebrits	12 Nov
Leo	Erlank	13 Nov
Zonah	Prinsloo	13 Nov
Nadia	Saayman	14 Nov



Website: www.csi-euf.co.za

Tel: 011 805 6316

THOUGHT FOR THE WEEK

True friendship comes when silence between two people is comfortable.

PHOTO CORNER



The farm is so beautiful this time of the year



Keith and Johan leading the pack



The time trials are getting back to normal



The youngsters in action



Charles and Zsa-Zsa Jaquire enjoying themselves now that they are not behind the bar counter



The place to be on a Tuesday evening



More and more members are showing up on Tuesdays



A very happy Maryke Gradwell, winner of the shoes in the lucky draw



Amanda Cloete in action at the Fair View Goat Run



Dirk Cloete at the Fair View Goat Run



Keith Reynolds in action at the SA 10 km Championships