



# IRENE NEWS

9 August 2021

No 33 – 2021



## SPAR WOMEN'S CHALLENGE

We want to call on all our members once again to enter for the Spar Women's Challenge taking place on 4 September. This is a great opportunity to earn some income for our club. It is open to the whole family.

There is only one place to enter: <https://forms.gle/BqRPiURn4VuJnyWG9> The club will then submit a bulk entry.

It takes place on the 4th of September 2021, anytime between 06h00 and 18h00. You can run, jog, or walk your own virtual challenge, at your own pace, from any location you choose.



We plan to give all the entrants the opportunity to do their run/walk from the club house on 4 September if they so wish.

***All participants will receive a goodie bag with the following:***



## IRENE BIG 5 CHALLENGE

Have you entered for the Irene Big 5 Challenge yet? [www.irenerunner.co.za](http://www.irenerunner.co.za)

If you are unable to pay the full entry fee of R530 at once, but still want to do the whole series to qualify for the T-shirt, you can just drop us an email to notify us about it. You can then enter for each challenge separately every month at a cost of R110.

You can still enter for the July challenge. At the end of July you can just submit your total time for the month if you don't feel like submitting your daily times.

### **TRAIL RUN**

Join the trail run on Saturday



**ARC IRENE**  
— HYBRID EXERCISE —  
**RUN/WALK**

**STAGGERED STARTS & REGISTRATION**  
**AVAILABLE FROM 07H00 TILL 09H00**

JOIN US FOR AN OUTDOOR EXERCISE RUN/WALK.  
STRICT COVID REGULATION COMPLIANCE MEASURES WILL BE IN PLACE.  
SOCIAL DISTANCING, SANITISING AND MASKS ARE COMPULSORY

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

**ROAD:** 5km~R75 / 10km~R95 / 15km~R115 / 21km~R125  
**TRAIL:** 2km~R55 / 5km~R75 / 10km~R95 / 15km~R115 / 21km~R135

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

**ENTER @**  
**WWW.REVOLUTIONTRAILS.CO.ZA**

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

**DATE AND TIME**  
**14 AUGUST '21**  
STRICTLY NOT PET FRIENDLY

**REVOLUTION TRAILS**

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

COLLAGEN FOR ATHLETES

### **RUNNING ARTICLE**

This is an article written by our former Swedish member, Pehr Lodhammar.

## **Arrested for Wearing Shorts, Followed by Ghosts, and Shadowed by a Machine Gunner**

I've travelled all over the world for the U.N. There's a universal truth about running I've learned.

By [Pehr Lodhammar](#)

Jul 7, 2021

I have run through Kinshasa, at least I did until a policeman's baton met the back of my leg. I have run in tight circles around my Baghdad compound followed by the affirming glances of Iraqi security. I have run through the eerie landscape of a devastated Kosovo, feeling like I was being watched by ghosts.

My lifelong job of clearing minefields—I avoid running through those—has taken me around the world over the past 25 years, first to the Balkans with the Swedish army, then to DR Congo and now Iraq with the United Nations Mine Action Service, with many stops in between.

Although places and terrain change, I have learned that running is a state of mind. Each run may vary, but running is a constant. I like that it's pure and simple. I like self-discipline. I like commitment to a standard. And I love that all runners are equal. I think that's the beauty of running.



Running in the Green Zone, Lodhammar climbs a  
bridge to Baghdad's Unknown Soldier Monument

The sameness of running puts me at ease with myself and with others. I've always worked in dangerous places doing a dangerous job, yet what I fear are social situations. I admit to being a terrible introvert. I dread lengthy social interaction.

I experience none of that while I'm running. Just the opposite, in fact: Once on a freezing, snowy winter evening in Central Park, I met a young woman quite by chance who identified herself as Lance Armstrong's publisher. Had we been on a typical New York street, we would have passed each other by. But as we ran in the park, conversation came easily. As different as we may have seemed to each other, we were one and the same as runners: detached from our work, each looking ahead to that brief moment waiting at the end of the run, when the parallel feelings of relief and satisfaction would usher us to our respective, private finish lines.

The sameness of running also comes in degrees, something I learned firsthand while on a job in Kenya. One day, three of the guards at my Nairobi hotel who usually greeted me before my runs asked if they could join me. Two kilometers into our 12K (give or take) run, I learned that "Kenyan ordinary" is close to my extraordinary. Despite the fact that one of the guards was probably 20 years my senior, the three Kenyans ran easily, I suspect for my benefit, hitting their stride after two kilometers while I labored to maintain their pace. Together we finished the last 10K in under 35 minutes. It was a light workout for them, a near-death experience for me.

The sameness of running can also help keep one's ego in check. While in Congo training for the Comrades Marathon—a 90K ultra—I was a frequent sight as I ran daily distances of 40K. Maybe



for reason of likeness or running style, I was apparently easily mistaken for Arjen Robben, a Dutch footballer who was popular or at least known among the Congolese, and they would shout his name and smile as I ran by. I was never sure whether I was getting compliments from fans or just providing comic relief. Either way, I sensed that they were cheering for witnessing the normal—my running, which defied an abnormal situation, namely the threats they faced each day. Still, truth be told and no disrespect to Arjen, I would have preferred being mistaken for Scott Jurek, the great ultrarunner, or Bob de la Motte, the South African Comrades legend I met the day before my race.

The sameness of running, I think, transcends time and place. The big events and the small episodes tend to equal out, especially with age. I am 50 now. After I ran the Comrades 90K in 7:56, finishing strong, I began to think in terms of the “de la Motte effect,” drawing inspiration from a true hero. But I also discovered a balance in small things, like coming across a young, unknown runner during a 17K run around a lake near my home in France. I overtook him that day and we acknowledged each other. Later, as I was changing to dry clothes by the car, he ran past me and raised his thumb as if to say, “strong running.” I saluted back. Then I asked myself: What was the difference between the finish at the Comrades and the raised thumb of a fellow runner? I came away with the same high after each.

The sameness extends to self-awareness and mental health. As much as running can take from you physically, it also gives back, especially mentally. I suspect that all runners escape to the same mind space. It’s a space apart from the beauty of Central Park, or the trails near my home in Chamonix, France, or the view of whales cavorting in Camps Bay during a run in Cape Town. It’s even apart from the ordinary airport road to Kisangani in the DRC. Wherever I am physically, the solitude and the inner peace are the same. I cannot think of a better place to be than wherever I am running—even in Baghdad on a 100-plus-degree day. I never regret running and the solitude and peace it brings.



Sometimes I think about the policeman in Kinshasa who hit me with the baton and then arrested me for running in shorts and without a permit. After negotiating my release in my very broken French, I returned home to take out my frustration on my treadmill for 10 very angry kilometers. But through running, I now cope with adversity much better today than in the past. For me it is this clarity, a product of the loneliness and the solitude of long training runs, that has always

shaped me. I like the high of running late on a Friday night when others are partying, and especially in the early morning knowing that the rest of the world is sleeping.

The sameness of running also tests resolve. For a serious runner, regimen is everything. There is simply no excuse you can give yourself for not training. When I was training for the Geneva Marathon one year, I was sent to Iraq to train soldiers on the use of mechanical demining machines. At the military camp, I was limited to a 500-meter loop due to nearby fighting with ISIL. For my protection, my training runs were accompanied by an armored vehicle with a heavy machine gun on the roof. But at the marathon I finished second in my age group and 12th overall, with a finishing time of 2:49:26.

As a Swede I tend to be reserved and taciturn, but I can admit to private emotional highs and lows. I suspect there is also a sameness for all runners who celebrate their highs, find relief from their lows, and otherwise manage the stress of life through running. I know it was like this for me when my father passed away. I learned of his death while I was in Congo, working and training for a marathon in South Africa. After his funeral, running in the marathon, I was so depleted I couldn't finish. It was the only time that has ever happened. I suppose the sameness is a help but not a panacea.




If that was my low, I can anticipate my next high, a run along the road leading from Erbil to Mosul in Iraq, unfamiliar names for obscure places. Think of the pictures of the bombed cities in Europe after World War II. That's Mosul today. It's also filled with improvised explosive devices left by ISIL intended to maim or kill anyone attempting to rebuild homes, schools, hospitals, and businesses. Clearing those devices is our job. I remember driving that road in an armoured vehicle from the safety of Erbil to the death trap that is still Mosul today, thinking that one day I will run this road with my Iraqi friends to mark a time when life has returned to normal. I suppose there is also a poetic sameness reserved for runners and what they can accomplish by the simple act of running down a road.

*Pehr Lodhammar works for the United Nations Mine Action Service in Baghdad, Iraq.*



Pehr running in his Irene colours in 2015

#### ADMIN DESK

	Admin Desk Availability during August:		
	Tuesday	10 August '21	17:00 – 18:00
	Tuesday	17 August '21	Closed
	Tuesday	24 August '21	17:00 – 18:00
	Tuesday	31 August '21	Closed

#### PERSONALIA

We wish Giel Cillie a speedy recovery after a serious knee operation.  
 Ray Patterson will have a hip replacement on Thursday, we wish him all the best.  
 Congratulations to the following members who celebrate their birthdays during the week:

Marisa	Oosthuizen	12 Aug
Mark	van Deventer	12 Aug
Pieter	Jordaan	12 Aug
Annamarie	Gouws	13 Aug
Dieter	Meyer	14 Aug
Elana	Afrika-Bredenkamp	15 Aug



Website: [www.csi-euf.co.za](http://www.csi-euf.co.za)

Tel: 011 805 6316

#### THOUGHT FOR THE WEEK

The greatest griefs are those we cause ourselves.





Knowledge Integration Dynamics



# JOINT**Eze**<sup>TM</sup>

## PHOTO CORNER



Ashley Williams with his daughter in law and grandchild at the time trials



Melani Swart, Henk Basson, Joy Dekker and Brian Marais



Con Purchase, Linley September and Johan Engelbrecht





Carla Hartmann and Derrick van der Merwe



Martin Williams





Jenny Cairns and Venita Brown



Ansie Breytenbach and Maryke Gradwell





Sunset at the time trials



Mariet Louw and Letha Kotze did the Kringe in die Bos route at Knysna





Johan Engelbrecht did the SOX trail run over the weekend