

# Freene News

9 June 2014

No 23 - 2014

## Achievements

Congratulations to the following walkers who were on the podium at the Silver Oaks Crossings race on Saturday:

Sandra Steenkamp	1 <sup>st</sup> lady & 1 <sup>st</sup> master
Lucia Willemse	2 <sup>nd</sup> Lady & 2 <sup>nd</sup> master
Jaap Willemse	2 <sup>nd</sup> Man & 2 <sup>nd</sup> master
Sheren Naidoo	1 <sup>st</sup> Vet

## Personal achievements

None received

## Personalia

Our condolences to the family of Louis du Preez and his club, Magnolia. Louis (39 years) passed away early yesterday morning in the St. Augustine hospital in Durban where he was taken to after completing his 2<sup>nd</sup> Comrades in a time of 10:56.



Congratulations to everybody celebrating their birthdays during the week.

Marius	Booy	09-Jun
Pambili	Booi	10-Jun
Bridgette	Elk	11-Jun
Esthi	Jordaan	11-Jun
Riaan	Jordaan	11-Jun
Phineas	Mojapelo	11-Jun
Pieter	Wiese	12-Jun
Llewellyn	Herbst	15-Jun
Justin	Woolven	15-Jun

## **Chairman's bit**

Dear Irene,

It's a week after Comrades'14 and I am sure our thoughts are still filled with the race and all the good and bad things around it. From my side also sincere congratulations to all our members who have participated, finished and supported along the route. It was a tough day once again, but also a day where the awesome spirit and great support amongst Irene members was demonstrated once again. Something that we as Irene members have become used to.

To our members who did not finish, please keep your head's up high as we are very proud of you as always. Comrades is not only about finishing, it is about "arriving" and trying your best on the day and in doing so you are an Irene WINNER.

There are many great stories that can be told about the day, as well as some sorrow ones and broken hearts. Per our invitation, please let us have all your Comrades '14 stories. Share it with us so that it can be remembered by many of us. Some of these many great stories that we will hear in the next few weeks will vary from that of Dirk and Bennie's "battle" up front, the great run of our "Breytenbach" bunch, the amazing first successful runs of Oupa Henk and Stefan who have only started running recently, Jacqui and Cari's sub 11 finishes and TV glory for some of our members. Let's also not forget the great support and help from our member's family and friends which also make up for some great stories.

Have a great week. Please remember to join us tomorrow at our June social for some post-race relaxing and sharing of your great Comrades stories.

Yours faithfully, Chris

## **Social evening**

Our next social evening will take place next week tomorrow evening after the time trials. Bring the whole family along. As always there will be a few lucky draw prizes. On the menu will be Sweet and Sour Chicken with Rice at only R30 pp. Don't miss out!

## **Comrades tops**

The Comrades tops that haven't been collected can be collected tomorrow evening at the admin desk.

## **Comrades stories**

The following two Comrades stories have been received. Don't forget to send your story.

### **Comrades 2014**

I made it!

I had to!

There was simply no alternative!

Why, this was the first time that we took our kids out of school, quite a mission to arrange for alternative class tests, work to be caught up and hockey matches that were to be missed. I simply could not disappoint the kids on their first Comrades supporting Mom (they were toddlers when they were at Comrades before) and two of their teachers was running the Comrades as well.

The Comrades journey started in December. I had a solid base and had hopes of good training, being tired of being at the back of the pack, I wanted to train for a change, and train well.

My trusted Garmin Forerunner packed up in December, I was totally lost. Having run with this watch for 10 years, I believed that I could not put one foot in front of the other without this watch. I was spoilt at Christmas with a new Suunto running watch.

I also bought new running shoes in December, the same brand and model as before, but these shoes kept on hurting me. I had to buy another pair of shoes later and change the brand. I therefore had lost another trusted "partner" in my Nike running shoe brand (I never had a blister after any of my 8 previous Comrades).

January and February was spent working at the club, first on the Lantern Race and then on the birthday bash. I absolutely loved working with the Running Club Committee on the 20<sup>th</sup> Birthday Bash of the club, it was very special. The club has so much to offer and the dedication of the members is unbelievable. The training lost was not an issue as the club rewards you in a different way.

Against my plans, I ran my first race this year on 1 March, the Sunrise Monster. I ran the 32km with my brand new shoes. I had not run the Monster for many years and forgot how tough the 32km race really was. The shoes turned out to be a great choice, thanks to Elvis (of The Sweat Shop) even though there was no time to run the shoes in.

On the same day, in the afternoon I played tenpin bowling with the kids at a birthday party. It was busy at the bowling alley and only the heaviest balls were available. Initially I got the highest score, but gradually my performance weakened. The bowling happened to injure my back so badly that I could hardly walk and bend and I could not run for 3 weeks.

I was meant to run the Om Die Dam to qualify for Two Oceans but could not do it due to the back injury. The week before the Loskop I started running again. I had to qualify for Comrades. I hurt my back again at the left Sacroiliac Joint (SI Joint); the only resort was to ask the doctor for a cortisone injection. I drove on my own to Middleburg as the kids had to play hockey matches and Newton had to support them. I started the race knowing that Loskop was my only chance to qualify for Comrades. I managed to finish the Loskop Ultra Marathon in less than 6 hours and qualified for Comrades. I never saw my husband so happy to see me on my arrival at home with my 9th Loskop medal (he has 10 Loskop medals himself) except when he cried when he saw me walking down the isle to marry him (he insists that it was a test victory against England that made him cry).

I unfortunately suffered another injury in the week following the Loskop Ultra Marathon. This time it was a pinched sciatic nerve. This caused that I could not sit as it caused a severe pain in my hamstring.

We went to Cape Town for Easter, having booked, paid and not qualified for Two Oceans. I could not sit in the plane and phoned the doctor from Cape Town for a script for a strong pain killer as the pain was so severe that I could not manage. Although not being able to run we supported the Irene Runners at the 39km mark at the Two Oceans Ultra Marathon. I was fine as long as I was standing or walking but could not sit. Another critical 3 weeks of training was lost.

My only long race left was the Jackie Meckler 25km and there was no backing out. I finished in exactly 3 hours and my legs felt from the 9km mark like jelly. This was caused by liver intoxication from all the pain killers I took. After the Jackie Meckler I ran on my own but never further than 11km at a time. Newton was worried about my

health and chances of completing Comrades; he felt that I simply did not train enough. My, somewhat warped, logic was to use basic math, The Sunrise Monster's 32 km plus Loskop's 50 km added up to 82km, if you added Jackie Meckler's 25km my race training equalled 107km. (Comrades is only 89,28) He thought that I were utterly mad.

To run Comrades I went to the doctor and asked for another cortisone injection as my SI Joint was hurting again. We took the kids out of school and off we went, to get my 9<sup>th</sup> Comrades medal (remember, there was no choice, I had to do it).

On Comrades Day, I had to make the bus trip from Durban without my husband for the first time as he is still unable to run after his spinal surgery. I was spoilt before with him always being with me, he entered for the races, was always there with and for me and I just followed.

The time seemed to fly before the start and I found myself amongst strangers and not a single Irene Member in sight. I was so far at the back, when the gun was fired I actually had to ask the lady next to me if we had started. It was quite a wait before we actually started the long run to Durban.

One thing that you cannot buy is experience. I kept on my throw away T-shirt as I remembered that Polly Shorts normally gets very cold. For some strange reason I felt as if I was over heating and got rid of my T-shirt long before Polly Shorts, despite previous experiences.

After Polly Shorts, I started to "shower" at every single water point; I poured 2 water sachets on my head every single time. I happened to be in and out a Modern Athlete Bus all the time, not paying too much attention to them as I have never been able to run in a bus before. I saw Newton and the kids at Cato Ridge and reapplied sun tan lotion, Newton fed me Marmite Sandwiches and I got a hug from my son. At that stage I already decided that today I am not in a mood for GU and ate oranges and what I could find along the route. I met up with Carel from the club and we ran a downhill together on what he thought might be Fields Hill but I remembered Fields Hill was at 26km to go and we were still far from there.

At Gillits, 29km to go, Newton and the kids were waiting for me. I saw them before they saw me. Another Marmite sandwich and Caitlin (with an almost angel like touch) rubbed my legs with Arnica Ice that refreshed me for the last third of the race. At Fields Hill I joined the Modern Athlete bus! They left me behind in Pinetown when I had to go for a pit stop and it was quite hard to catch up to them. I had to keep moving up Cowies Hill and could only spot Oom Gerard and Tannie Bertha from a distance. I could not even thank them for all their hard work throughout the day as catching up with the bus was my only mission now. (I think that the club should erect statues at the club house for these two super people, who, year in, year out, give so much to the club!) I eventually caught up with the bus on the downhill after Cowies Hill. Despite my previous bad experiences with bus running I decided to stay with the bus, let them do the thinking and planning and to just keep up with them. Running in this large bus was like a rugby maul to get something at the water points whilst running in the bus. As I never played rugby before I fell behind at every water point and I had to work hard to catch up to the bus again.

In the Toyota mile a lady in the bus told me she that she could not run anymore. Her legs were aching from 75 km to go and she had no strength left. It was her 12<sup>th</sup> and last Comrades, she said with tears running down her cheeks. I took her arm and said to her the Toyota mile was not the time or place to give up and that we were going to make it. I held on to her and told her that I was not going to leave her behind, she gave me a stare and she could not utter another word (I think that she was scared of this nutcase from Irene). I lost her when we went around the corner into the stadium, but I know she made it. Newton shouted so loud when he saw me, my ears was ringing. Running around the stadium took no effort at all, no aching muscles, only tears of joy. The crowd was exhilarating and the banging on the advertisement boards helped us along.

Then, suddenly, almost unreal, there I was, with my 9th Comrades medal around my neck, a cup of soup and a slice of brown bread in my hand, sitting on the grass close to my fellow runners to regain my strength and, guess what, I was asked when the next Irene Race is. This really says something about our brilliant club when an exhausted Comrades Runner wants to know when the next Irene Race is!

I really wanted this one, it will be great to go for Green in 2015 when it is the 90th Comrades Ultra Marathon and I know Jacqui Burn will be sharing this experience with me. Newton is also planning a return and, just maybe, our dream of running an entire Comrades together is realized in 2015.

I am now wondering how I should train for the Comrades Ultra Marathon? Maybe my math is far stronger than my running (A Sunrise Monster, Loskop and Jackie Meckler gives you a Comrades medal).

(I realized recently that my back problems are mainly caused by an overweight Mommy's handbag that I carry over the one shoulder only. The day after Comrades I invested in a backpack to replace my handbag).

Claudia Cockcroft

### **My 2014 Comrades voor die skerm.**

Dis die aand na Comrades. Ek is uitgeput, doodmoeg, opgewonde en kan nie slaap nie. Ek het 90km met my oë gehardloop!...Elke Irene atleet was my hero. My siel en gees was op die teerpad langs hulle.

Ek was voor die tellie al 5uur die oggend. Soos die musiek afspeel en die haan kraai so het my opwinding meer geword. Ek hoor die skoot klap en dis of ek ook wegspring. Die hele 6ure van die voorste runners het ek gekyk en gewens hulle wil ook bietjie die ander mense wys.

Toe hulle uiteindelik oorgaan na die ultra gewone runners het my oë vasgenael gebly op die skerm. Wie kan ek erken en ek wonder of ek vir Japie of Clive of Cornelia of so en so.....gaan sien. Hoe lyk hulle en waar is hulle nou. Gaan Riana haar permanente nommer vandag kry na 6 jaar se tiende probeer slag?...Hulle wys Cowies Hill...daar sien ek vir Japie en nog 'n Irene !

Ai tog neee!...nie alweer die twitter en die foto's en die kommentators nie! Kan hulle nie maar net op die runners bly fokus terwyl hulle kommentaar lewer.....? Ek hol gou kombuis toe vir koffie en hol weer terug. Lana wil hê ons moet vir haar gaan mangoes koop om terug te vat koshuis toe vir die week,.Sy is al so lus vir mangoes. Ek kyk op die tyd om te sien dat ons gaan terug wees voor die 9ure cut-off en roep haar om gou te ry. Kar uitgetrek in die driveway verander ek van besluit. Comrades is een maal 'n jaar en ek gaan dit mis. Nee-wat . Ek trek weer die kar in die motorhuis en belowe om dit later te gaan koop al moet ek dit al die pad Tukkie toe ry vir haar. Ek kan nie nou nog 'n minuut van Comrades mis nie. Voor die tellie is ek BAIE tevrede met my besluit!..

Comrades is 'n spinnekop met meer gif as 'n swart knopie! Hierdie jaar het ek Comrades afgestel omdat ek nie by die oefening kon hou en omdat dit begin voel het na strafwerk.

Ek sal sover moontlik nie weer n Comrades misloop nie. Net siekte, geskeurde spiere en gebreekte bene sal my daar weghou!

Ek moet erken ek het 'n Comradesholis geword.

2015 die 90ste Comrades klink vir my soos die een wat ek moet hardloop.

Amanda Kuun

## Notice board

Saturday 14 June

Run/Walk against drug and substance abuse 10 / 5 km

Race Organisers: Mamelodi Athletic Club

Venue: University of Pretoria, Mamelodi Campus (old Vista), c/o Solomon Mahlangu Drive & Hinterland Street, Mamelodi

	10 km	5 km
Entry fees	R 50	R 30
Entry fees – grand masters	R 30	R 30
Start time	07h00	07h00
Time Limit	2h00	

Pre-entries at: Run-a-way-Sport, Running Inn, Pilditch, all MAIPA doctor's surgeries

On-line entries: [www.entrytime.com](http://www.entrytime.com)

## Monday, 16 June - Winter Warmer Road Race - 21.1 / 10 / 5 km

Race Organisers: Alpha Centurion Runners & Walkers

Venue: ACRW Club House, Edinburgh Road, Clubview East, Centurion

GPS: S 24°50'13.3 E 28°10'32.4

	21.1km	10km	5km
Entry Fee	R70	R50	R30
Entry Fee (GGM)	R35	R25	
Wheelchair & blind athletes	Free		
Start Time	07h30		07h35
Time Limit	??hrs		

**No baby strollers or dogs on leashes will be allowed on the 10 and 21.1km**

Pre-entries: Running Inn, Run-A-Way Sport, Postnet Quagga Centre, Pretoria West

On-line entries: [www.entrytime.co.za](http://www.entrytime.co.za)

Saturday 28 June

Run & Walk for Bibles 5/10/21.1km + 2hr walk  
Race Organisers: Alpha Centurion Runners & Walkers  
Venue: Hoërskool Zwartkop, c/o Mopani & Old Johannesburg Road, Centurion  
S 25°50'58.60" E 28°09'54.32"

	21.1 km	10 km	5 km	2 hr walk
Entry fees	R 70	R 50	R 30	R 60 p/p or R300 p/t of 6
Entry fees – GGM	Half price			
Wheelchair & blind athletes	Free			
Start Time	07h30		07h35	08h30
Time Limit	??hrs			

**No baby strollers or dogs on leashes will be allowed on the 10 and 21.1km**

Pre-entries at Running Inn, Run-a-Way Sport, The Sweat Shop

On-line entries: [www.entrytime.co.za](http://www.entrytime.co.za)

Saturday 5 July

Race for Friendship 5/10/21.1km  
Race Organisers: Run Walk for Life  
Venue: The Fields, c/o Hilda & Burnett Street, Hatfield  
S 25°45'0" E 28°14'0"

	21.1 km	10 km	5 km
Entry fees	R 60	R 50	R 30
Start Time	07h00		07h10
Time Limit	03hrs		

**Wheelchairs athletes are welcome**

**Free T-shirts for the first 300 pre-entries**

Pre-entries at: The Fields Centre Management Office from 2 June

On-line entries: [www.enteronline.co.za](http://www.enteronline.co.za)

## Saturday, 12 July - Afriforum Springbok Vasbyt - 25 / 10 / 5 km

Race Organisers: VTM AK

Venue: Voortrekker Monument Picnic Area

GPS: S 25.77690° E 028.17747°

	25km	10km	5km
Entry Fee	R80	R60	R30
Entry Fee (GM Only on Race Day)	R40	R40	
Wheelchair & blind athletes	Free		
Start Time	07h30		07h40
Time Limit	04hrs		

**10 & 25km is not suitable for baby strollers or wheelchairs**

**More than half of the race is run on gravel roads and mountain tracks**

**The fun run is suitable for baby strollers and wheelchairs**

Pre-entries: Running Inn, Run-A-Way Sport, Postnet Quagga Centre, Pretoria West

On-line entries: [www.entrytime.co.za](http://www.entrytime.co.za)

## Saturday, 19 July - Mooikloof Realtors Winter Road Race - 10 / 5 km

Race Organisers: Wingate Road Runners & Dutch Reformed Church, Garsfontein

Venue: Garsfontein Primary School, Zita Street, Garsfontein

GPS: S 25°47'24,44" E 28°17'43,22"

	10km	5km
Entry Fee	R50	R20
Start Time - Runners	07h00	07h20
Start Time - Walkers	07h15	07h20
Time Limit	02:30hrs	

Pre-entries: Garsfontein DR Church, Emmie Hartmann St, Garsfontein; Garsfontein Primary School  
Run-A-way Sport, Running-Inn

On-line entries: [www.nggars.co.za](http://www.nggars.co.za)

Useful Links:

[www.raceresults.co.za/flyers.php](http://www.raceresults.co.za/flyers.php) for the latest race pamphlets

[www.agn.co.za/#League](http://www.agn.co.za/#League) for the latest league logs and the league points you earned

[www.agn.co.za/#RW](http://www.agn.co.za/#RW) Agn 2011 RW qualifying standards and selection criteria

[www.wildtrail.co.za](http://www.wildtrail.co.za) For all your trail running info

<http://www.sportsinjuryclinic.net/symptom-checker> By clicking where it hurts then ticking which symptoms most apply to you we can give you an indication of what injuries may apply.

<i>2014 AGN LEAGUE FIXTURE LIST</i>				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			<i>RR</i>	<i>RW</i>
Race 4 Friendship	10.8 & 19 km	05/07/14	x	x
Castle Walk 10	10 km	09/08/14	x	x
Spirit of Flight	10 km	06/09/14	x	x
CSIR 10/21	10 & 21.1 km	25/10/14	x	x
Great Run IV	10 km	06/12/14	x	x

**Thought for the week**

**Opportunity may knock once, but temptation bangs on the front door forever.**

## Our Sponsors



**SHORT TERM BROKERS**  
Value. Service. Trust

Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za

# We go the distance

Short Term Brokers is an authorised financial services provider – FSP no. 10670



**QUANTITY SURVEYORS**  
[www.caqs.co.za](http://www.caqs.co.za)  
(012) 663 3300



Photo Corner (more photos taken at the Comrades finish)

