



# **IRENE NEWS**

**13 February 2017**

**No 6 - 2017**



## **ACHIEVEMENTS**

The following members were on the podium at the Bronkhorstspuit race on Saturday:

Ansie Breytenbach	1 <sup>st</sup> Master lady – 32 km (2:47:43)
Annatjie Greyvenstein	1 <sup>st</sup> GGM lady – 10 km (57:49)

Congratulations!

## **PERSONAL ACHIEVEMENTS**

None received

Please let us know about your achievements

## **THIS WEEK'S DIARY**

### **Tuesday:**

Time Trials at 17:30.

### **Wednesday:**

Spar Lantern Race at 19:00 (Irene members are not allowed to participate)

### **Saturday:**

Tuks 10/21 at 06:00 – LC de Villiers



### **LANTERN RACE**

Thank you to 265 of our members who will be on duty at our race on Wednesday evening. Once again the response from our members was excellent. We can now look forward to a great event.

We can still do with a few more helpers on the “splitting” of the athletes.

All the instructions will be sent out on Monday



### **SOCIAL EVENING**

Thank you to Joy Nicholl and her team for a well organised social evening last Tuesday. Unfortunately the rain dampned things a bit. Compliments also to the walkers who showed that they have huge potential when it comes to catering abilities. The food was thoroughly enjoyed by all.

### **CALENDARS**

Those of you who ordered the Irene calendars can collect it on Tuesday evening. Bring your money along if you haven't paid yet.

### **LEAGUE RACE -BRONKHORSTSPRUIT**

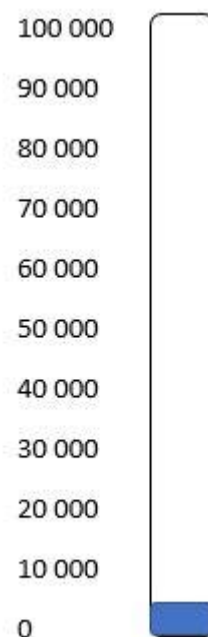
Thank you to all our members who participated in the league race on Saturday. We were well represented.

Thank you also to Carla and Gerald Hartmann for making sure that we all had something to eat afterwards.

### **CARAVAN FUND**

Thank you to those members who have already contributed to our caravan fund. Another R1000 was paid in during the week. The fund now stands on R5000. Let's see where it will be next week!

Please make your contribution today, no contribution is too small.



## AGN 10 KM WALKING CHAMPIONSHIPS

The AGN 10km Walking Championship for all walking athletes from AGN is scheduled for 18 February 2017 to coincide with the Bestmed TuksRace. Athletes will compete for medals and prize money as indicated in table 1 below. Additionally Tuks Bestmed will also provide prize money, but for athletes from all provinces. So be sure to attend both the AGN Walking Champs prize giving ceremony as well as the Tuks Bestmed ceremony, if you qualify. The AGN Walking Champs prize giving ceremony will take place just before the Tuks Bestmed ceremony.

AGN has kindly allocated decent prize money as indicated below in table 1.

The race will take place on the morning of 18 February 2017 at the HPC (High Performance Centre) at Tuks LC de Villiers in Hatfield Pretoria.

Racing will start at 06:30 for the 10km race walk.

Table 1:

10km AGN Walking Champs 18 February 2017 Bestmed Tuks														
Female														
Position	Medal	Junior	Open	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+	Medals
Winner	Gold	R 300	R 600	R 300	R 300	R 300	R 300	R 300	R 300	R 300	R 300	R 300	R 300	12
2nd	Silver	R 225	R 450	R 225	R 225	R 225	R 225	R 225	R 225	R 225	R 225	R 225	R 225	12
3rd	Bronze	R 150	R 400	R 150	R 150	R 150	R 150	R 150	R 150	R 150	R 150	R 150	R 150	12
Male														
Position	Medal	Junior	Open	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+	Medals
Winner	Gold	R 300	R 600	R 300	R 300	R 300	R 300	R 300	R 300	R 300	R 300	R 300	R 300	12
2nd	Silver	R 225	R 450	R 225	R 225	R 225	R 225	R 225	R 225	R 225	R 225	R 225	R 225	12
3rd	Bronze	R 150	R 400	R 150	R 150	R 150	R 150	R 150	R 150	R 150	R 150	R 150	R 150	12

## LEAGUE RESULTS – ACE 10/21

We started off on a “not so good” note. We are in 16<sup>th</sup> position on the log. The only positive aspect is that we can improve alot. Let’s go for it!

ACE Pos	Div 1 Club	Points League
1	Vtm	20
2	Ace	19
3	Pmmc	18
4	Hqh	17
5	Overkruin	16
6	Agape	15
7	Npo	14
8	PvR	13
9	Affies	12
10	Rwfl	11
11	Love Running	10
12	Ppmk	9
13	Resbank	8
14	Csir	7
15	Run At Out	6
16	Irene	5



17	Arete	3,50
17	Aurecon	3,50
19	Bmw	2
20	Enduro	1

### ***SUPER LEAGUE***

All indications are that it is going to be a tough one this year. Well done to our ladies who are in 2<sup>nd</sup> position on the log. Remember they were the winners last year!

<b><i>Pos</i></b>	<b><i>Club</i></b>	<b><i>Log</i></b>
1	TUKS	50
2	IRENE	49
3	PHOBIANS	48
4	KPMG	46,5
4	RUNAVATION	46,5
6	TEAM VITALITY	45
7	GREEN MILE	43,5
M7	MAGNOLIA	43,5
9	TUT	41,5
9	WINGATE	41,5



Congratulations also to our men who are in 4<sup>th</sup> position. Go for it guys!

<b><i>Pos</i></b>	<b><i>Club</i></b>	<b><i>Log</i></b>
1	NEDBANK	50
2	PMMC	49
3	CORR SERV	48
4	IRENE	47
5	TUKS	46
6	MONACO	45
7	PHOBIANS	44
8	ACE	43
9	FARANANI	42
10	RUNAVATION	41



Congratulations to the following members who earned super league points.

POSITION	NAME	AGE	TIME	POINTS
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**Woman 10 km**

105	H DE BRUIN	38	0:50:03	15
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**21 km**

51	F LANDMAN	33	01:36:22	24
88	A BREYTENBACH	53	01:42:56	22
260	B VAN VUUREN	48	01:58:15	10
300	C VAN DER SPUY	34	02:00:09	5

**Men 10 km**

18	P BREYTENBACH	40	0:38:43	40
41	B NDLOVU	34	0:41:17	20
62	L HARMSE	33	0:44:49	4

**21 km**

18	N VAN ROOYEN	29	01:25:25	41
30	M MOKWALA	59	01:30:20	31
50	T GOMES	40	01:36:20	15
55	E MYBURGH	42	01:37:37	12
62	J NEL	62	1:39:22	5

**WALKERS LEAGUE**

Like last year, the walkers league is going to be a tough one once again. Well done to our walkers who are in 2<sup>nd</sup> position.

<i>Pos</i>	<i>Club</i>	<i>L'gue</i>
1	PMWC	20
2	IRENE	19
3	RWFL	18
4	RWFL B	17
5	LOVE RUNNING	16
6	BODYWALK	15
7	SOLIDARITEIT	14
8	AGAPE	13
9	CORR SERV	12
10	AURECON	11

**OM DIE DAM ENTRIES**

Quite a number of our members missed the cut-off date for the Om die Dam 21/50. Please let us know if you cannot participate anymore so that your entry can be substituted.

## PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Danny	Calaca	13 Feb
Mosimanegape	Moleme	13 Feb
Mattheus	Strydom	13 Feb
Jacques	du Preez	14 Feb
Samantha	Hall	14 Feb
Rita	Jordaan	15 Feb
Ntombi	Masinga	15 Feb
Linley	September	18 Feb
Mmakgabo	Diangoane	19 Feb



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 <b>SHORT TERM BROKERS</b> Value. Service. Trust Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za	<b>We go the distance</b> <small>Short Term Brokers is an authorised financial services provider – FSP no. 10670</small>
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## ***Kerry Trentham – My Two Oceans Marathon Experience***

There is something really special about Cape Town and its Two Oceans Marathon. It's a combination of the salty air, the vibe of the people, the sound of the seagulls in the air, the dense oxygen at 0 meters above sea-level; gorgeous views of Table Mountain and the two seas that meet – Atlantic and Indian. It never gets more real than on the Two Oceans 56.5Km Ultra Marathon which is hosted on Easter weekend every year! This is a race that I prize more than the Comrades Ultramarathon, and here's why...

My name is Kerry Trentham and I originally come from Cape Town. I never truly appreciated what I had at that time, and I guess it may have been because I was only 10 years old when we left Cape Town for Worcester in the Boland. I was never really bad at running longer distances but at school I never won first place, I was always beaten by MILES by a ginger-haired kid named Wimpy du Plooy, leaving me with second place. Life handed me a rotten egg when it said to me "You are not really built to be a runner" and proved it to me by making me grow up leaving my thin wiry frame behind and packing on the weight. The weight was initially welcome because my after-school military service conscription experience turned that weight into nice bulky muscle making me weigh in at 120Kg. A far cry from 75Kg at school!

I was still a good runner but I haven't ever seen a second place again. I still placed fairly in the 2.4Km (1.5 Miles) military trial runs hosted every Wednesday on physical training (PT) sessions at 07:40, but I was only 19 years old, tonnes of energy at my disposal. That was 1993.

Fast forward time to 2007 and I find myself in Britain for 6 years and had hit 150Kg! I was about 33 when that happened. My turning point was when I was trying to ascend a small flight of stairs in our house where we stayed and I had to rest every second step. I did not need a table to rest my plate of dinner on, my stomach sufficed. So I started running. I was initially very lucky in that I did not know that walking for 6 months was a requirement on the legs, but I survived that ignorance. To date I have never suffered from shin-splits, unlike Sandra my wife who gets it every year, and she takes it slowly, even at her BMI-happy weight of 68Kg. At first I ran/shuffled 2Km every day and when I got bored of that I did 2.4Km (for reference to the military 1.5 Miles). At the time I managed 12 minutes over that distance at 140Kg. So the weight was coming down. Upon becoming bored with that distance I attempted 5Km and then 8Km and then even the holy grail 10Km! Eventually after two years of 10Km running and getting my time down to 55 minutes and weight to 120Kg (I didn't do the dieting thing very well) I attempted my first 21.1Km with a friend of mine Colin Sadler who was also a South African and worked with me at the same company. This run took place at the prestigious Silverstone Race track in England, which I finished in 01h56m at a weight of 115Kg.

We returned to South Africa in 2009 and joined the Irene Runners Club in Centurion and that's where I learned about the Two Ocean's marathon and Comrades. I'll never forget that feeling of running the Two Oceans Ultramarathon in 2012 and 2013: running through the streets of Fishhoek, straining up Chapman's Peak (which is not as bad as everyone says)



and thrashing up Constantia Nek to finish in 05h58m – weight of 110Kg. I remember the crowds, the accents of the locals when they cheered us on, the smell of the sea air when passing by Fishoek beach, the smell of the railway, the memories of playing there when I was 6, seeing Simons town in the distance where my father once owned a restaurant, not far from the Naval yard and the ever-watchful Able Seaman Just-Nuisance, the crashing of the waves against the cliffs of Chapman's Peak 100 meters directly below me as I peered over the road barrier, the smell of the pine and blue gum trees when passing through Constantia Nek, the feeling of invincibility when the high oxygen levels affected my brain and body inducing early onset of the coveted endorphin-rush, pushing through "The Wall" as early as 26Km, knowing that my father (buried in Noordhoek at the foot of Chapman's Peak) watches me as I pass by him at Chapman's Peak. Finally he is proud of me, of this I am sure.

When I run Two Ocean's Ultramarathon, I feel that I am home.

Awè

Kerry Trentham

***2007 – Me at 150Kg acting as "ship's ballast" with my son Jason***





**2015 – Me at 120Kg dancing “Shaya Ingoma” (Zulu Hitting Dance) while being interviewed on SABC 2 (Directly after Louis Massyn), circa 40Km into the race. (My brother Derryn took the photo)**



## NOTICE BOARD

### **Wednesday 15 February**

### **Spar Lantern Night Race 5/10km**

Race Organisers: Irene Athletics Club

Race Venue: Irene Campus ARC, Main Road, Irene (entrance also opposite Denel – Nelmapius Road)

GPS: S 25.53'49 E 28.13'29 S 25.53'31 E 28.11'29

	10km	5km
Entry Fee	R 90	R 60
Entry Fee 60+	R 45	R 30
Entry Fee 70+	Free	
Start Time	19:00	
Time Limit	01h30	

**Not suitable for wheelchairs**

Pre-entries at: Run-away Sport; Runner's Store Tramshed; Aweatshop Dunkeld, Southdowns & Bedfordview; Centurion Spar; Hennops Park Spar; Monument Superspar; Montana Superspar; Lyttelton Superspar; Queenswood Superspar

[www.sa-active.com](http://www.sa-active.com) & [www.enteronline.co.za](http://www.enteronline.co.za)

**No Irene member will be allowed to participate**

### **Saturday 18 February**

### **Bestmed Tuks Race 21.1/10/5km**

Race Organisers: Tuks Athletics Club

Venue: UP Sports Campus, Jan Shoba Street, Hatfield

GPS: S 25 44' 58" E 28 14' 47"

	21.1 km	10 km	5 km	1 km
Entry-fee	R ?	R ?	R ?	R ?
Start Time	06:00	06:30	06:40	08:00
Cut-off	03h00			

**Free t-shirts to finishers**

**Wheelchair athletes – only on the 10km**

Pre-entries at: Run-away Sport; Running Inn; The Runners Store Tramshed; Sweatshop - Dunkeld West, Fourways, Centurion, [www.entrytime.com](http://www.entrytime.com) & [www.just-events.co.za](http://www.just-events.co.za)

**Wednesday 22 February**

Correctional Services Nite Race 5/10km

Race Organisers: Kgosi Mampuru II Athletics Club

Race Venue: Kgosi Mampuru II Sportsgrounds, 1 Kgosi Mampuru Street, Pretoria

GPS: S 25.7447 E 28.1806

	10km	5km
Entry Fee	R 60	R 30
Start Time	18:00	18:15
Time Limit	2hrs	

Entries will be taken on 20, 21 February at the venue from 14h00 – 18h00 and 22 February from 14h00 until 5 minutes before the race starts

**Sunday 26 February****Pretoria Marathon 42.2/21.1/10km**

Race Organisers: Phobians Athletics Club

Venue: Pretoria High School Old Boys Club, Hofmeyr Park, Queens Crescent, Lynnwood

GPS: S 25 44' 58" E 28 14' 47"

	42.2 km	21.1km	10km
Entry-fee	R 160	R 110	R 80
Entry-fee 70+	Free – must submit a copy of ID		
Start Time	06:00		06:40
Cut-off	?h00		

**42.2 & 21.1km races are pre-entries only****Free t-shirts to 1<sup>st</sup> 5000 pre-entries****Wheelchair athletes – only the 10km recommended**

Pre-entries at: Run-away Sport; Running Inn; The Runners Store Tramshed; Sweatshop - Dunkeld West, Bedfordview, Centurion

**Saturday 4 March****Medihelp Sunrise Monster 32/10/5km**

Race Organisers: Harlequin Harriers

Venue: Harlequin Club, Totius Road, Groenkloof

GPS: S 25 40.122 E 28 13.031

	32 km	10 km	5 km
Pre entry-fee	R 100	R 70	R 40
Pre-entry fee 60 +	R 60	R 40	R 20
Entry fees 70+ race day & race eve only	Free		
Start Time	06:03	06:30	06:40
Cut-off	04h30	02h00	

**Free t-shirts to all finishers while stocks last****Route not suitable for wheelchairs**Pre-entries at: Run-away Sport; The Runners Store Tramshed; Sweatshop – Southdowns;  
Running Inn[www.entrytime.com](http://www.entrytime.com)

<b>2017 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
PRETORIA BOBBIES	10/21	11 Mar	X	X
CITY OF TSHWANE	10/21	29 Apr	X	X
JACKIE MEKLER	10/25	6 May	X	X
RACE FOR FRIENDSHIP	10/21	24 Jun	X	X
LONG WALK/RUN FOR FREEDOM	10/21	22 Jul	X	X
MARCEL VAN'T SLOT	15	19 Aug	X	X
ADDICTED TO LIFE	10/21	9 Sep	X	X
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

## **SA MASTERS**

### **Local meetings**

31/3 & 1/4/2017	KZN Champs	Kingspark
<b>1 April 2017</b>	<b>Gauteng North Championships</b>	<b>Tuks/Pilditch?</b>
8 April 2017	Central Gauteng Championship	Germiston
<b>12 Augustus 2017</b>	<b>Claude Sterley Memorial</b>	<b>Pilditch</b>
? Sept/? October 2017	SWD	Oudtshoorn
11 November 2017	Free State	Bloemfontein
<b>4, 5 &amp; 6 May 2017</b>	<b>SA Masters Chamionships</b>	<b>Groenpunt Stadium</b>

### **African Masters Track & Field Championship**

Cameroon                      27 – 29 May 2017

### **International Masters Championships**

18 – 25 March 2017              World Indoor Championship 2017 in Daegu, Korea

### **THOUGHT FOR THE WEEK**

**When you feel like quitting, think about why you started.**

### **Photo Corner (Bronkhorstspuit)**



Heleen de Bruin looking as fresh as a daisy





Hen Basson, Adriaan van der Merwe and Joy Nicholl



Rosemary Brink and Jan van Wyk





Pieter Engelbrecht



Pieter Olivier and Candice van der Spuy at the Irene mini support station





Hennie van der Walt and Johan Dekker



Gerhard Koekemoer





Mattheus Strydom and Pieter van der Westhuizen



Philip Botha and Dieter Meyer





Stephan Craggs and Barney van Heerden



Paul Nel, Willem van der Merwe and Bernita Bornmann





Sylvia van den Berg



Izaak and Charlene van Niekerk





Willem van Biljon



Mpho Netshiombo





Marisa Oosthuizen



Filling the lanterns on Sunday was great fun as always





Mike Lundie doing some repairs



Thank you all for a job well done