



IRENE NEWS

14 November 2016

No 46 - 2016



ACHIEVEMENTS

Johan Nel

1st GM – TUT 21 km (1:42:35)

Congratulations!

PERSONAL ACHIEVEMENTS

Yolanda Meintjies

First Marathon

Jurie Venter

PB – 42 km

Riaan Lombard

PB – 42 km

Riaan has now done PB's on 21 km, 42, km, 50 km, 56 km and Comrades this year!

Well done!



THIS WEEK'S DIARY

Tuesday:

Time Trials at 17:30.



Saturday:

Tom Jenkins 5/10/21 at 06:30 – Union Buildings **League race**

ANNUAL GENERAL MEETING

Please be reminded of our AGM that will take place on Tuesday evening at 18:30 in the lapa at the club house. All members are welcome.

TOM JENKINS RACE

The Tom Jenkins race this Saturday is a league race with a difference. Most of the clubs will compete against each other for the biggest bus, the fastest bus, the jolliest bus etc. rather than league points. The AGN Road Running Commission has therefore decided to award all competitors 4 league points, no matter what time you finish in. No super league points will be awarded. This will give everybody the opportunity to become part of the fun.



As always Irene will have to defend its title of the biggest bus. All our members are therefore invited to join us in pushing the drinks trolley on the 10 km. it will be relaxing and fun

It remains a league race and therefore it is essential that we turn up in huge numbers. As always there will be something to eat afterwards.

More info to follow during the week.



ANNUAL INFO BOOKLET

The 2017 information booklet that every member will receive when joining the club next year, will be printed soon. A total of 1000 copies will be printed.

We want to give our members the opportunity to advertise their businesses/services in there. As you know it will be in full colour.

The cost for the ads will be minimal: Full page – R800, half page – R400 and business card – R200.

Please send me your ads in jpeg or pdf format a.s.a.p. to secure your spot.

Don't miss out on this opportunity, space is limited.

KAAPSEHOOP AWAY WEEKEND

Can members who attended the meal on the Saturday night that still need to pay for their food, do so by close of play on Monday 14th November. Please forward your proof of payment to the following email address: steve.mee@seeff.com. This will then allow the club accountant to finalise the expenditure paperwork.

Stephen

REGISTRATIONS FOR 2016

Registrations for 2017 will start in the beginning of December. More info will follow soon.

AFRICAN ADVENTURES – KEITH REYNOLDS

It has been an unusually quiet year for me in terms of road running and even quieter when it comes to race walking. Apart from completing my Comrades qualifier and Running Comrades, I was not in a position to participate in any even in South Africa this year.

Having spent the past year in Uganda has meant that there were very few opportunities to compete. Most races are poorly advertised and you only get to hear about them if you are lucky. Having two marathons within 6 days of each other was quite unique as most events are not above the half marathon distance.

The first marathon was the Standard Chartered in Nairobi, Kenya on 30 October. We flew in late on Saturday and only arrived at our accommodation at midnight. After little sleep, it was great to discover that the weather was ideal for marathon running on the day. Met a few South Africans before and during the race. It was a very well organised event on a relatively flat course. The course had a lot of segments where they had us run down the road and back

up on the opposite side. This gave us the opportunity to see athletes along the way. The bunch of top athletes that were going all out for the prize money was unusually large. Around the 14 km mark, the leading half marathon runners passed us as if we were out on a slow training session.

Around half way we turned into a loop of 10.5km that we had to do twice. At the 24 km mark the leading group passed us on their second lap of the segment (34.5km). There were still well over 20 of them together at that point. When we saw them again approximately 5 km later it was clear that some had made their move from the pack and the bunch had broken up. Awesome to see the speed they were moving at. Not so much fun realising we still had an extra lap to go at that point.

Going up the slight incline I was looking forward to relaxing on returning with the wind at my back. Only after turning I realised that it was blowing more across the course and was not giving any assistance. Around 30km the altitude started catching up and I found that despite an extra effort, I could not get the speed to where I wanted to be and instead of making up the few seconds per kilometer required to get to a B seeding qualifier, I was losing a few every kilometer.

At the finish, I could reflect on a very well organised event that I felt I had run quite comfortably in. Only after effect was a blister on my toe.

The next race was a little more challenging. Titled “Run the Rift” would already give an indication of what lay ahead. It was to be my first trail race over the marathon distance. Following some unfortunate events on the day, we finally got on the road to the race after 8 PM on Friday night. Getting out of town even at that time of night was almost impossible. If the hotel and driver had not already been paid, it would have been very easy to turn back and give up on the idea. 300km later we arrived at the hotel in Fort Portal at 02:15. Due to the conditions on the road and ensuring the driver stayed awake, there was no opportunity to have slept on the way there.

The setting of the race was awesome. Views along the route were simply amazing. Cloud cover and a bit of rain around halfway went to make for a very pleasant run. I was surprised to see how many novices there were in the event with a relatively small field. On the other end of the scale was a grand-master having run marathons on over 100 countries.

Around 16km into the race I caught the group of 4 athletes in front of me and went on to run most of the remainder with 2 novices. At 1500m above sea level, when the sun did come out from behind the clouds it was quite brutal. Luckily this was only for a short while around 30km and over the final few kilometres. With around a kilometre to go I told James that I did not feel good and would take it easy to the finish.

As soon as the race was over I made sure to take in a re-hydrate solution. It hardly touched sides before the second half liter followed.

The social side of the event shone through as we sat around participating in a braai that the organisers had arranged. Everybody appeared to have enjoyed the event, even those that had to make a turn past the medics after the tough event.

After being starved of marathon opportunities we have another one scheduled in two weeks' time (MTN Uganda marathon). I have missed this marathon from bad timing or unfortunate events over the years and do not plan to miss out again. The race calendar will probably be quite again after that but I will make the best of it while I can.

Onward to Comrades 2017 (30th run).

Hope to see you on the road early next year

Keith Reynolds.



PERSONALIA

Congratulations to Pat Andrew who got married at the Kalahari Augrabies Extreme Marathon. We wish her and Phil a wonderful life together.

Congratulations to everybody celebrating their birthdays during the week:

Elize	Breytenbach	14 Nov
Mike	du Bruto	14 Nov
Eddie	Gillmore	14 Nov
Nelus	Louw	14 Nov
Nadia	Saayman	14 Nov
Zelna	Black	15 Nov
Uida	Enslin	15 Nov
Letha	Kotze	15 Nov
Tim	Munnik	16 Nov
Arnold	Ossendryver	16 Nov
Pieter	van Heerden	16 Nov
Myrna	van Wyk	16 Nov
Tanya	Walker	16 Nov
Jan	van Vuuren	17 Nov
Patrick	Mokoma	18 Nov
Anban	Pillay	18 Nov
Jeannie	Snyman	18 Nov
Roy	Clegg	19 Nov
Marubini	Khwashaba	19 Nov
Anita	Louw	19 Nov
Rens	Bester	20 Nov
Francois	de Klerk	20 Nov



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VERVOER**



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NOTICE BOARD

Saturday 19 November Tom Jenkins Run/Walk Challenge 21.1/10/5 km

Race Organisers: Arcadia Running Club

Venue: Union Buildings, Church Street, Arcadia, Pretoria

	21.1 km	10 km	5 km
Entry Fee	R 80	R 60	R 40
Start Time	06:30		06:40
Cut-off	??		

Pre-entries at: Run-A-Way Sport; Running Inn; The Runners Store Tramshed

www.enteronline.co.za



MUGG & BEAN

Sunday 4 December

Forest Hill City Summer Race 10/5 km

Race Organisers: ??

Venue: Forest Hill City, c/o R55 / N14, Monavoni, Centurion

	10km	5km
Entry Fee	?	?
Start Time	07:00	
Time Limit	02h00	

Pre-entries at: Run-A-Way Sport; Running Inn; The Runners Store Tramshed; Sweat Shop Southdowns

Friday 16 December**Live Running 25/12.5/5 km**

Race Organisers: Vitalfitness Athletics Club

Venue: Voortrekker Park, c/o Jasmyrn & Van Wyk Street, Silverton, Pretoria

	25 km	12.5 km	5 km
Entry Fee	R 70	R 60	R 40
Start Time	06:00		06:30
Cut-off	04h30		

No wheelchairsPre-entries at: Run-A-Way Sport; Running Inn; Sweatshop Southdowns; The Runners Store
Tramshed

Monday – Friday 08h00 – 17h00 @ BB Silverton Nissan, Pretoria Road, Silverton

Saturday 17 December**The Wonderful Run 21.1/10/5km**

Race Organisers: Wonderpark Athletics Club

Venue: The Forum (Between Wonderpark Mall & Akasia Town Hall), c/o Heinrich & Disotus
Avenue, Karenpark

	21.1 km	10 km	5 km
Entry Fee	R 80	R 60	R 30
Start Time	06:00		06:15
Cut-off	04h00		

Pre-entries at: Running Inn; Sweatshop Southdowns, Dunkeld & Fourways; The Runners
Store Tramshed

2016 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Tom Jenkins	10 / 21.1 km	19/11/16	X	X
Nedbank Skosana Road Race	10 km	10/12/16	X	X

African Masters Track & Field Championship

Cameroon 27 – 29 May 2017

International Championships

26 Oct – 6 November 2016 MA Championships, Perth, Australia

<http://www.perth2016.com>

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

THOUGHT FOR THE WEEK

