



IRENE NEWS

14 September 2015

No 36 - 2015



ACHIEVEMENTS

The following members were on the podium at the Ou Voetpad Race on Saturday:

Seanette Botha	1 st Vet lady – 10 km (50:14)
Johan Nel	1 st GM – 21 km (1:33:25)
Keith Reynolds	1 st Walker & 1 st Vet – 10 km (56:29)
Annatjie Greyvenstein	1 st GGM lady walker – 10 km (66:13)
Jaap Willemse	1 st Walker & 1 st Master – 21 km (2:16:35)
Gerard van den Raad	1 st GGM walker – 21 km – (2:27:29)
Elsa Meyer	1 st GM lady walker – 21 km (2:17:00)

Congratulations!

Well done to the following members who received medals in their respective age categories at the SA Cross Country Championships held in Middelburg on Saturday:

Jacquie van der Waals	Gold
Mike du Bruto	Gold
Liza Maritz	Bronze

PERSONAL ACHIEVEMENTS

None received

HELPERS RACE

The helpers' race for members who worked at the Sizwe race and at the Clover race will take place at the Irene Village Mall on Sunday morning at 07:00. You will have a choice between 5 km, 10 km and 21 km. No entry fee and you don't have to wear club colours.

There will be something to eat afterwards to thank our members for their work at these two races. All the helpers are invited. Come and earn your medal(s)

AGN WALKERS CHAMPIONSHIPS

The Clover Irene Spring Race will serve as the AGN Championships for walkers. It was therefore decided to give our walkers the opportunity to participate in the race. All the Irene walkers who will participate on Saturday will then work at the helpers' race on Sunday.



CAPTAIN'S CORNER

Dear Fellow Club Members,

We have started our training sessions at 17h30 and our group sessions are in full swing again. We meet at the club from Mondays to Thursdays. We will do our long runs from Ridgebacks so please watch the newsletter for further details. If at all possible, please start the Time Trial together on Tuesdays. This is where you can catch up with your club mates or meet a new club member/s.

As I mentioned on numerous occasions that the club training program is designed for every one of different running abilities so please do not feel intimidated by it. Attend these sessions as it does help you get through those days where you don't feel like training. The training group is usually a fun place to be and it makes the sessions great.

I asked about morning training groups and thus far have had only one response. Please engage with me should you want to run in the mornings in a group. I will facilitate it or get someone to champion this.

If anyone needs assistance I will be at the club every Tuesday night from 5h15 pm onwards and we can have a chat on what your focus is for the ensuing year.

Should you have any questions about training please drop me a mail at training@irenerunner.co.za or call me on 082 345 5343 and I will assist where possible.

Proud IRENE Greetings

Linley

PERSONALIA

Our condolences to Pat Andrew and Peter Niksch. Pat's mother and Peter's younger brother passed away last week.

Congratulations to everybody celebrating their birthdays during the week:

Marisia	Koch	14 Sep
Hope	Moremogolo	14 Sep
Wessel	Oosthuizen	14 Sep
Pieter	Venter	14 Sep
Nkosinathi	Ndlovu	15 Sep
Marie	van Zyl	15 Sep
Mine	Van Zyl	15 Sep
Leah	Ledwaba	16 Sep
Riaan	Prinsloo	16 Sep
Derick	van der Merwe	17 Sep
Willem	Maritz	18 Sep
LN	Strauss	18 Sep
Johan	Geldenhuys	19 Sep



BE A MARATHONER, OR JUST TRAIN LIKE ONE

By [Kara Goucher](#)

September is a fresh start. A sort of New Year. Back to school, training and goals with freshly sharpened pencils and focus. While we might not be headed back to school literally, the start of a school year is a reminder to always be learning.

Who better to learn from than our pros? We might not all be marathoners, 5k studs or hammer throwers but there are things they do on the daily that can inspire our own personal autumn metamorphosis as we aim towards our goals. [Kara Goucher](#) kicks it off.



Don't skip sleep.

Sleep is so important. In fact, sometimes it can be more beneficial to your body to run a few less miles and get an extra hour of sleep. Before I had my son I used to sleep a lot. I'd sleep 10 hours at night and nap for two hours a day. I don't do that anymore, but I still need 8-9 at night and I nap 2-3 days a week. Once I start dipping under that 8 hour mark, I start to feel run down and I know I'm not recovering as well. Every day is the same for me because of training, but you can catch up a bit on sleep on the weekends if your schedule allows.

At every dinner meal your plate should look something like this...



You should be getting ample carbs and fat. Runners tend to forget about the fat, but it's really good for you. Eating fat actually helps you become a fat burner. So include some fat, make sure you get plenty of carbs, and get protein from lean meats or protein rich foods like lentils or quinoa.

Do core work.

Core work is very important as a marathoner and runner. You are out there running for a long time and you need your body to stay strong in the latter stages of the race and in the long weeks of training. The simplest and most effective core moves and planks in all planes (regular, side, reverse) and hip bridges. You can do many variations of both of these exercises and they are important on keeping a strong core during marathon training.



Long run once per week.

My long run varies but I do believe that the rule that your long run should be 20% of your mileage is a good guide. If you are getting ready for a marathon and can only squeeze in 25 miles a week over 5 days, then you would want to break that rule and make your long run significantly higher than 20%. But in general, I think it's a good rule to follow. The main thing you want to do is to slowly continually increase your long run. The long run is such an important part of training for the marathon. I consider it my most important run of the week. It is the workout that gives my body the best adaptation to what the race will be like. So make sure you keep your long run a priority.

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IN THE MAILBOX

Vibrams combination Road/Trail shoes for sale. Size 5-6 R1000, never worn.

liezlf@gmail.com

NOTICE BOARD

Wednesday 16 September

Lester Mills Memorial Night Race 10 / 5 km

Race Organisers: Tuks Athletics

Venue: University of Pretoria Sports Campus – HPC

GPS: S -25.74538 E 28.24718

	10 km	5 km
Entry fees	R 60	R 30
Grand masters	½ price – only on race day	
Entry fees 70+/ blind runners	Free – only on race day	
Start time	18h30	
Time Limit	??	

Race is not suitable for wheelchair athletes

Pre-entries at: Run-away-Sports; Running Inn; Sweatshop Southdowns; Runners Shop
Tramshed

Saturday 19 September

Clover Irene Spring Race 21.1 / 10 / 5 km

Race Organisers: Irene Athletics Club

Venue: Irene Village Mall, c/o Nellmapius Drive & Van Ryneveld Avenue, Irene

GPS: S 25 51.683' E 28 15.044'

	21.1 km	10 km	5 km
Entry fees	R 70	R 60	R 30
Grand Masters	R 40		
Great Grand Masters	Free		
Start time	06h00		06h10
Start time – wheelchairs / walkers	05h45		
Time Limit	03h00	02h00	

Pre-entries at: Run-away-Sports; Sportmans Warehouse Centurion; The Runners Store;
Sweatshop Dunkeld, Fourways & Southdowns; Centre Management - Irene Village Mall

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Thursday 24 September**Great Run Series 3 15 / 6 km**

Race Organisers: Global Athletics Club

Venue: Weskoppies Hospital, Pretoria West

	15 km	6 km
Entry fees	R 80	R 40
70+ and 80+ entry fees	Free	
Start time	07h00	
Time Limit	??	

Goodie bags for the 1st 1000 finishers**Saturday 26 September****Andrew Greyling Road Race 21.1 / 10 / 5 km**

Race Organisers: Pretoria Marathon Club

Venue: Brooklyn Mall/Square, c/o Veal & Bronkhorst Street, Brooklyn

	21.1 km	10 km	5 km
Entry fees	R 80	R 50	R 30
Start time	06h00	06h10	06h30
Time Limit	03h00		

Pre-entries at: Run-away-Sports; Running Inn; Sweat Shop Southdowns, Dunkeld West & Fourways Crossing; Sportsmans Warehouse Atterbury Value Mart & Kolonnade Retail Park

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2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
Capital Classic		10/10/15	X	X
Muller Potgieter		28/11/15	X	X

Masters Athletics Fixture list

Local meetings

16 October 2015 Rassiebyeenkoms – Bronkhorstpruit
 31 October 2015 SWD Champs – Oudtshoorn
 14 November 2015 Vrystaat Champs - Bloemfontein

You are regularly informed about league meetings, please support these meetings. Results are taken into consideration when choosing the GN team for SA's

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

<http://www.perth2016.com>

THOUGHT FOR THE WEEK

Doing what you like is freedom, liking what you do is happiness.



Photo Corner

Photos of our members participating at the SA Cross Country Championships



Liza Maritz



Jacquie van der Waals



Ansie Breytenbach



Rob Hudson and Kobus van Schalkwyk



Mike du Bruto