



IRENE NEWS

15 June 2015

No 23 - 2015



ACHIEVEMENTS

The following members did us proud at the league race in Mamelodi on Saturday:

Jacque van der Waals	1 st Lady & 1 st Vet – 10 km (39:56)
Liza Maritz	3 rd Lady 10 km (41:52)
Lyn de Bruin	1 st GM lady – 10 km (54:18)
Ansie Breytenbach	1 st Master lady & 2 nd lady - 21 km (1:32:47)
Johan Nel	1 st GM – 21 km (1:40:59)
Sandra Steenkamp	1 st Lady walker – 21 km (2:04:14)
Jaap Willemse	1 st walker – 21 km (2:11:12)

Well done!

Congratulations to Mike du Bruto and Ansie Breytenbach who have been selected for the AGN team to participate in the SA 21 km championships taking place in Port Elizabeth on 25 July.

PERSONAL ACHIEVEMENTS

Estelle Jansen van Vuuren PB – 10 km

Please send me the info about all your personal achievements, don't be shy.

CAPTAIN'S CORNER

Dear Fellow Club Members,

Now that winter has set in, I know it is difficult to get started. We have to start as early as possible so that you can get back into the swing of things and get ready for your target races. This would be a great time to focus on your 10km and 21km races where you can improve on your times.

Training starts earnestly on Monday the 15th at 17h15 and we will have a few easy runs. The sessions and training program is pasted up on the noticeboard at the club. The program was also sent out in the club weekly news bulletin. If we in a big group it makes the training sessions so much more enjoyable. You don't want to lose your fitness you have worked so hard over the last few months to achieve. Your recovery should be over and we will start from scratch to build up a good base again.

As I mention 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.

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.

NOTE: SUMMER BODIES ARE MADE IN WINTER.

Proud IRENE Greetings

Linley



SPECIAL GENERAL MEETING

Please remember our special General Meeting scheduled for 23 June. Please diarize it.

TIME TRIALS 16 JUNE

There will be no time trials on Tuesday, the club will be closed. Please support the Alpha Centurion Winter Warmer 5/10/21 race starting at 14:00.

COMRADES STORIES

My Comrades storie is 'n regte riller, en aangesien ek nie die kinders, "novices" en jong mense wil afsit nie, sal ek maar nie te veel detail deurgee nie. Die wile het ernstig begin afkom op so 60km, hitte, pyn en besering het sy tol ernstig begin eis. God se genade is so ongelooflik groot, want elke keer as ek regtig gevoel het NOU is ek klaar, het Hy vir my 'n Engel gestuur. Kobus wat my nugter weet alleen hoe veel keer gekry het, Liezl, Cari en haar maat, en net te veel om te noem, wat 'n paar tree saam gedraf/stap het, en moed ingepraat het. Toe ek by die Irene tent kom, was ek baie na aan sê ek is nou klaar, want dit het regtig gelyk of die tyd my gaan vang, maar Wynand, het klaar al die hoof-rekening vir my gedoen, en vir my gesê dat ek dit kan doen, en die pas wat ek moet handhaaf. Met nuwe moed durf ek toe nou maar die res van die roete aan. Bo-op Polly Shorts kondig die knaap toe nou af "Well done, you have reached the top of Polly Shorts, unfortunately your estimated time of arrival is 12:05, you better start doing something..." My gedagtes teen daardie tyd was nie baie mooi, gaaf of vriendelik nie, want kyk Perd... "what do you think I was doing up to now???" Lang storie kort... 11:59:11 oor die eindstreep. Hoe weet ek nie, aan Cari en die ander Irene dames wat daar was aan die einde van die 'race' baie, baie dankie, julle is sterre. Aan God AL die Eer, Vader sonder U nie 'n tree nie.

Groete,

Sandra Faber

The Swede and Comrades

When I crossed the Comrades finishing line after 7 hours and 56 minutes (683 out of 16588 starters and 187 of 4863 starters in my category and overall 4th Swedish person) I immediately told myself that I would run again next year. Two days later I sent a Whatsapp message to a South African friend here in Kinshasa and told him that I wished that next Comrades was sooner. That still applies. Irene runners and South Africans; what a fantastic race! In Comrades you really have something to be proud of in every aspect; the history, the hype at the start, the course, the spectators, the support and refuelling stations, the organisation and everything else. I have run a lot of international races, but Comrades is by far the best organised of them all and with the most supporting spectators I have ever seen. When I crossed the finishing line I thought I could hear the spectators cheer increasing when I sprinted against the runner next to me. I thought that was just my imagination and excitement until I watched the race video and realised that, even after more than 600 runners had passed the finishing line, I was still noticed and the cheering actually increased when we sprinted. Amazing! I have watched it again and again and it is still true. I owe friend and colleague, Ashley Williams with Irene massively for his suggestion a year ago to run Comrades and after that for all his advice, sharing of experience and encouragement.

Preparations for my first Comrades included just over 2400km of running since 1 January and 45 yoga sessions as well as 45 visits to the gym for core strength. It also included running the Wonderland marathon in Pretoria in January (3.13hrs), Paris half marathon (1.18hrs), Morula half marathon (1.25) (why is Gauteng so hilly by the way?) with the Midrand 60km long run the day after (which was another very well organised and positive experience), Paris marathon in April (3.06hrs) and Geneva marathon in May (2.56hrs). Most of my running I did in Kinshasa, DRC and also some in Paris, France, in Limerick, Ireland, in Goma in Eastern DRC and during



70km into the Comrades and still (sort of) smiling



On the track in Limerick in April doing 1km repeats

work travel to Myanmar in the extreme country side, Thailand and Geneva, Switzerland. For security reason much of the running in Kinshasa was done on a 2.6km loop around the Embassy area in Kinshasa and also with the running club, The Shark Club, on the 400m dirt track in Kinshasa. About a month before Comrades I got to know South African runner Mike, a 21 times Comrades finisher (!), who also lives and works in Kinshasa. I was lucky to meet Mike who became a 5am running partner and also introduced me to some of the Comrades secrets and provided useful insights to training and preparations.

I somehow missed the Irene station during the race. I don't know how that happened but I never saw it. I had about 12km left I realized I must have passed it long ago. That was my fault, I think I was probably seeing spots as I ran past it. Sorry to all of you who were there to support. I will find you guys next year.

Another highlight of the Comrades weekend was meeting Bob de la Motte at the race expo and to get his book signed. I am just about to finish the book ([Runaway Comrade](#)) and if you haven't read it, please do, it is a great read for any runner or non-runner alike. His best advice, for me, which I am trying to adhere to from now on, was to run less junk mileage and run more training runs in race pace or just over race pace. I will try and see if I can do a sub 07.30hrs Comrades next year. The plan for next year? To run more and faster. Until then, Irene Runners: only 350 days left. Pehr

WALKING JUDGES

CGA is organising a Walking Judges Training Course in Central Gauteng for the end of June. Any person interested must forward their details to brenda.wakfer@gmail.com or 083 448 9747 Also cc Chris Britz, AGN Race Walking Commission Chairperson on chris.britz@aecom.com

FOR SALE

Garmin Forerunner 910XT Swart met Heart rate Monitor, charger & ANT USB stick. Dit is nog in baie goeie kondisie vir R3500.

Enige iemand kan my kontak by 0827821947

Philip Breytenbach



PERSONALIA

Congratulations to everybody celebrating their birthdays during the week.

Justin	Woolven	15-Jun
Mauritz	Oberholzer	16-Jun
Marius	Ueckermann	16-Jun
Robert	Siegrist	17-Jun
Alexander	van der Walt	18-Jun
Estelle	Jansen van Vuuren	19-Jun
Jeremy	Short	19-Jun
Dawie	Roodt	20-Jun
Rodney	Stocker	20-Jun



NOTICE BOARD

Tuesday 16 June

Winter Warmer Road Race 21.1/10/5 km

Race Organisers: ACRW

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

GPS: S 25 50'13.3 E 28 10'32.4

21.1 km	10 km	5 km
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Entry fees	R 80	R 60	R 30
Entry fees GGM, Wheelchair & blind athletes	Free		
Start time	14h00		14h35
Time Limit	??h00		

Wheelchairs athletes welcome

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

Saturday 27 June

Run & Walk for Bibles 21.1/10/5 km

Race Organisers: ACRW

Venue: Hoërskool Zwartkop, c/o Mopani & Old Johannesburg Road, Centurion

GPS: S 25 50'58.60" E 28 09'54.32"

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
Entry fees – Great Grandmasters	½ price		
Entry fees - Wheelchair & blind athletes	Free		
Start time	07h30		07h35
Time Limit	??h00		

Wheelchairs athletes welcome

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

www.entrytime.co.za

2015 AGN LEAGUE FIXTURE LIST			
EVENT	DIST	DATE	LEAGUE

			RR	RW
Mooikloof Realtors Winter Road Race	10 km	18/07/15	X	X
A4A Women's Rights Run/Walk	10 km	08/08/15	X	X
Value Log Ou Voetpad		12/09/15	X	X
Capital Classic		10/10/15	X	X
Muller Potgieter		28/11/15	X	X

Masters Athletics Fixture list

Local meetings

18 July 2015	Claude Sterley meeting – Pilditch - only if sponsored
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

SA Masters Championships

15/16 May 2015	Nelson Mandela Metropolitan University – Port Elizabeth
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International Championships

4 – 16 August 2015 WMA Championships, Lyon, France

<http://www.lyon2015.com>

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

<http://www.perth2016.com>

THOUGHT FOR THE WEEK

Do not regret growing older, it is a privilege denied to many.



Photo Corner (Mamelodi league race)













