



# IRENE NEWS

15 May 2017

No 19 - 2017



## ACHIEVEMENTS

The following members were on the podium at the Love Run:

James Eayrs	2 <sup>nd</sup> Master – 10 km (56:19)
Louwrens Smit	1 <sup>st</sup> GM – 10 km (55:47)
Derek Oldnall	2 <sup>nd</sup> GM – 10 km (67:18)
Miles Saxby	3 <sup>rd</sup> GM – 10 km (67:42)
Theo Bohnen	1 <sup>st</sup> GM – 21 km (1:39:41)
Iain McFadyen	1 <sup>st</sup> GGM – 21 km (2:05:55)
Jaap Willemse	1 <sup>st</sup> GM Walker – 10 km (62:55)
Lucia Willemse	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> GM – 10 km (71:44)
Tania Thompson	5 <sup>th</sup> Lady walker – 10 km (77:18)
Annette Muller	1 <sup>st</sup> Master lady walker & 2 <sup>nd</sup> lady – 10 km (75:21)
Sandra Steenkamp	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> master – 21 km (2:10:13)
Elsa Meyer	1 <sup>st</sup> GGM lady walker & 3 <sup>rd</sup> lady – 21 km (2:24:13)

Congratulations!

Congratulations to the following members who also earned medals at the SA Masters Championships in Cape Town:

Retha Knoetze	2 x Gold
Danie Labuschagne	1 x Silver

## PERSONAL ACHIEVEMENTS

None received

## THIS WEEK'S DIARY

### Tuesday:

Time trials at 17:15 at the club house

### Saturday:

Race of Hope 5/10/21 at 07:00 – The Grove Mall



## ***TIME TRIALS***

Please take note that the time trials now start at 17:15. This will be the case until the end of August

## ***COMRADES GOODY BAGS***

We can still do with more articles for the Comrades goody bags. This is an ideal opportunity to advertise your business/service to your fellow club members.

Cash donations will also be accepted. The cash will be used to buy items for the goody bags.

## ***COMRADES PRE-FUNCTION***

The Comrades pre-function will take place on Saturday, 27 May. As always it will be a motivational occasion where the goody bags will be handed out with a lovely meal afterwards. The meal will cost R50 pp.

Joey Evans and Nick Bester will be our motivational speakers this year. Non-Comrades runners are also invited to attend.

### **Joey Evans**

Joey was paralyzed in an accident during a motocross race in 2007 at the age of 32. He didn't accept his fate and fought back from a paraplegic to a Dakar racer. He has completed several marathons and ultra-marathons, hiked the fish river canyon and otter trail, finished the Roof of Africa enduro, raced in the Botswana desert 1000 and the only South African biker to complete the 2017 Dakar Rally. He has ridden his dirt bike throughout South Africa as well as Mozambique, Swaziland, Lesotho, Botswana, Namibia, Morocco, Bolivia, Argentina and Paraguay.

### **Nick Bester**

Nick was given many nicknames over the years: Yster Bester, the Iron Man, Ultraman and Comrade Nick. But one thing is for sure – Nick Bester's name is synonymous with some of the toughest athletic challenges. It's a name that will go down in the record books as one of South Africa's top all-round athletes, a man who won the Comrades Marathon (9 gold and 6 silver medals), who was SA duathlon champion, SA triathlon champion, Ultraman winner, Ironman winner and Duzi gold medallist.

## ***CONFESSIONS OF A WANNABEE EXTREME MARATHON RUNNER!***

### **2017 Munga 400km Trail Race Report – Belfast to Blyde River Canyon in 120 hours**

Travelling to the start at Lakenvlei Lodge a day before the race with Bennie, Philip and my brother Rolf, enabled us to meet with the other participants of the Munga 400km Trail Race. Although Trail Adventure would be a more apt name as time would show that only 9 of the 25 starters actually completed the race within the 120hr cut-off. The last runner coming in an amazing 60 seconds before cut-off after a distance of 413km.

The morning of the race we completed repacking our gear for the race and I entered the heavy weight division with 11kg which included my water rations. Rumour has it there was another runner who had an even heavier pack.

Once we got going it took me roughly 8km before I went off course for the first and not last time. These small delays and extra distances were minor considering the massive delays encountered during the next 3 ½ days on the trail. The decision, in hindsight, to only navigate by the GPS watch was not ideal and in future the ideal way would be a handheld unit. I was also very excited to see how my trail shoes, Brooks Caldera, would fare over the distance. This is one amazing trail shoe which is so comfortable that you actually feel encouraged to run further.

The route to water points 1 and 2 at approx. 27 km and 55 km - I say approx. as small detours were taken along the route - were reached in a satisfactory time with no real issues. Then the last stretch to the Rest Venue (RV #1) @ 78 km running with Rolf threw us a real curve ball as an estimate time of arrival of around 1.30 am turned out to 4.10 am. This as a direct result of navigation issues which resulted in us having to overcome marshes, barb wire fences and other natural obstacles encountered in the bush. This meant that the first section of 78km was completed in just over 16 hours.

After a shower and approx. 2 hours sleep and a good breakfast we were on our way again. Disaster struck after only 3km with the navigation gremlins striking again which resulted in not only massive time delays but also Rolf and myself losing sight of each other. We only managed to meet up again at 110km by which time Rolf had again gone off course by a massive 25km and thus made the difficult decision to withdraw from the race. My day went a little better and I reached the 3<sup>rd</sup> Water point (Verlorenkloof) @ approximately 16.30 which meant that I had taken around 9 hours to cover a distance of 32km. Tortoise and hare were not even close to describing my pace. They say time flies when you are having fun, but this definitely was not the case. It now almost seems impossible to have spent so much time on a 32km route. Terrain and navigation definitely consumed more time than was intended. In reality however, as the cut-off for the first 80km would have been at midday I had effectively completed the 32km in 4.5 hours with the remaining 48km to be completed in the remaining 19.5 hours to midday being day 2.

Reaching Water point 3 I was not in a good place and was seriously considering withdrawing from the race. However, after some solid food and about 4 tins of coke, Philip entered and after some discussion I felt that I could continue with Philip. It must be said that Philip had started the morning at around 2am and I encountered him around 9am getting a lift back to the start as he had been wandering around lost for about 7 hours, **yes** 7 hours. All I can say is that you would have had to be there to believe it. The navigation gremlins, however, again immediately jumped in and we experienced the first "off course" on the hotel premises and this continued for the following 20kms where we lost our way several times and were forced to climb over high game and cattle fences, boulders and go through dense bush. Also we stopped several times to put on warmer clothing as the temperature had dropped dramatically and the mist did not help either. The last 5 kms thankfully was on a dirt road and we reached Water point 4 @ 6.10am which meant that the 25km took us a

whopping 10 hours with no sleep. This meant both Philip and myself had now gone 42 hours with only 2 hours of sleep. Entering the water point we were then informed that as we would be unable to reach the next water point by midday we would be disqualified. This put paid to our intention to power nap for 40 minutes and we hurriedly refilled our water bottles, grabbed some banana bread, drank some coke and rushed out at 6.35am in a crazy attempt to reach RV#2 before midday, a distance of only 27km.

We continued on the dirt road at a good pace for approximately 1km before the navigation gremlin took us off onto some cow fields which dramatically slowed the pace for another 1km before we were back on the dirt road and with Philip slightly behind me I again took off with some speed as the dirt road was, thankfully, going downhill which allowed for some speed (relatively speaking).

And then the navigation again took us off into the hills. From here on there were some deviations from the course and after a steep hill climb approx. 5 km from the water point, we realised that the cut-off could not be achieved. Philip decided to go for broke in the hope that a sympathy plea based on his going off course earlier for nearly 7 hours would gain him some relieve. I on the other hand decided to call the race director Erik Vermeulen with the optimistic view of being collected on the route thus saving me the effort to the water point as my feet were covered in blisters and in some pain. Again a gremlin struck as Erik informed me, luckily before I could ask to be collected, that the cut-off was not being strictly enforced. Bad luck, I had to continue and reached the 161km RV #4 (Coromandel Estate) @ 14.30 approximately 20 minutes behind Philip. This meant that it took me approx. 8hrs for the 27km route!

Here I had the Medic, Tshepo, attend to my feet, after a soaking bath, which I am sure Tshepo really appreciated. It is always more pleasant to work on clean feet☺ We also had a good Irish stew and rice served by Rolf, now part of the support crew. I also received some "trail magic" as my clothes were washed and dried during the 2 hour sleep I had, Philip closer to 3 hours!

After some further nourishment and chats with the arriving support crew we left just after 8pm, only to go in the wrong direction again and wasted nearly an hour before continuing along the correct route. Yes, you guessed it, the gremlins struck almost immediately when we climbed over a farm gate only to discover we were once again off route, with the farmer standing quietly in the shadows of his house watching us we made a hasty retreat from the barking dogs and the ominous farmer.

This was the start of worse things to come as Philip and myself spent a large part of the first 15km bundu bashing. Thankfully though, very little fences had to be climbed. Barb wire at night is not something you look forward to.

After nearly 5 hours of torturous terrain we hit another arterial dirt road and thankfully could move a bit faster. At around 4am we decided that another power nap was called for and we lay down on the side of the dirt road and slept for 40 minutes before the freezing cold and mosquitos targeting our faces woke us up. We then proceeded to water point 5 (178km) where we were warmly welcomed by the local pomegranates farmer who had

prepared fresh boerewors rolls for each runner. After a short stop we were on our way again. The route seemed to be more navigable and we then decided that if either of us felt stronger he could carry-on ahead without having to wait for the slower runner, this being me naturally. Philip is an exceptional runner and was only running with me due to his unfortunate 7 hour detour. Philip did take off while I was struggling to open the screw cap on my bladder which I needed to fill in the river before heading into the hills. I did, however, manage to catch glimpses of Philip every time I reached the foot of a hill. When Philip took his powernap in the forest I managed to reach him where we discussed the strategy for the remainder of the race. In my calculations, completing the distance with the time on hand would be near impossible based on the experience of the already covered distance. Philip, however, felt that he still had a chance and took off again and I continued on my own.

I caught another 15min power nap at around 200km and then proceeded to Water point 6 @ 208km. About 1 km before the water point with hurting feet I considered that there was nearly 190 km still to go in the approx. 40 hrs distance and time. I knew that would not be achievable, I therefore decided to withdraw at the water point 6. Having reached 208km after 70 gruelling hours with having only slept for about 5 hours I called Erik and asked to be collected at the water point. My adventure was over.

Water point 6 was located in a small church and as there was nobody else around and with some beds and blankets, I made myself comfortable and had a bit of a snooze until Alex Harris, one of the race directors, came to pick me up. Having also picked up Laura Bannatyne (another Kalahari Augrabies Extreme Marathon runner) who had also withdrawn from the race, we proceeded on to the Rest Venue at Sabie. As we arrived Alex was informed that Philip, after taking a couple of more detours, had also decided to withdraw from the race and required a lift.

This adventure really demonstrated how much time is required to navigate a trail which in stark contrast to a road race the terrain plays a major role in determining the speed that you can run or even walk. The smooth green hills often viewed when driving by are anything but smooth. Also all the support you get when participating in such an adventure, both on the trail and back home, is nothing short of amazing. A big heart felt thank you for all the support I received, there can be no bigger motivation than this support.

As with any adventure race new friendships were struck and existing cemented. The respect and admiration between all participants is not restricted to position or speed but rather to those that have participated, and irrespective of position, the exchange of experiences after the race are shared and enjoyed by all.

The following valuable lessons were learnt and need to be addressed before I consider entering again for the Munga 400km Trail Run 2018.

- Pack less – 11kg is too heavy
- Use a hand held GPS and only use the wrist GPS for Strava
- Consider better waterproofing in case of rain. This year we got lucky.
- Tape up the feet before the start to avoid blisters.
- Practice eating protein and energy bars.

- Run/walk faster☺

Thank you and until the next adventure “solvitur ambulando”\*.  
Stefan Müller.

\* "it is solved by walking"

### PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Diane	Hoffman	16 May
Marlise	Pienaar	18 May
Zanele	Maseko	19 May
Niel	Marais	20 May
Louwrens	Smit	20 May
Carolina	van der Westhuizen	21 May



### NOTICE BOARD

#### **Saturday 20 May**

#### **Race of Hope 21.1/10/5 km**

Race Organisers: Run/Walk for Life

Venue: The Grove Mall, c/o Lynnwood & Simon Vermooten Rd, Equestria, Pretoria

	21.1 km	10 km	5 km
Entry-fee	R 80	R 70	R 40
Start Time	07:00		
Cut-off	?:00		

Pre-entries at: Total Sports – The Grove Mall

[www.enteronline.co.za](http://www.enteronline.co.za)



**SPAR**



**Saturday 27 May   Superspar Hercules Skosana Legend 10/5 km run/walk**

Race Organisers: Run/Walk for Life

Venue: Superspar, Moort Street, Hercules, Pretoria

	10 km	5 km
Entry-fee	R 60	R 40
Start Time	07:00	
Cut-off	?:?:00	

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Hercules Superspar

[www.enteronline.co.za](http://www.enteronline.co.za)

<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>
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**

<b>12 Augustus 2017</b>	<b>Claude Sterley Memorial</b>	<b>Pilditch</b>
? Sept/? October 2017	SWD	Oudtshoorn
11 November 2017	Free State	Bloemfontein

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

Cameroon                      27 – 29 May 2017

### ***THOUGHT FOR THE WEEK***

**I you believe it, the mind can achieve it.**

### **Photo Corner**

**A few of the podium winners at the Love Run**



**Iain McFadyen**





Elsa Meyer



Louwrens Smit



Lucia and Jaap Willemse



Annette Muller and Tania Yhompson