



IRENE NEWS

20 July 2015

No 28 - 2015



ACHIEVEMENTS

The following members did us proud at the Garsfontein Ice Breaker on Saturday:

Jacque van der Waals	1 st Vet lady – 10 km (41:02)
Ansie Breytenbach	1 st Master lady – 10 km (44:28)
Sonia Scheepers	2 nd Master lady – 10 km (52:42)
Sandra Steenkamp	1 st Lady walker – 10 km (59:38)
Keith Reynolds	1 st Vet walker – 10 km (59:40)
Elsa Meyer	2 nd Lady walker – 21 km (2:27:51)
Theuns Nieuwoudt	2 nd Vet walker – 21km (2:41:26)

Well done!

PERSONAL ACHIEVEMENTS

Thea van Helden	PB – 10 km
Renate Louw	PB – 10 km

Congratulations!

PERSONALIA

Hans Ziemkendorf underwent a back operation. We trust that he will recover completely.

Nadene Visser had a bad fall and ended up with a big cut on her head and concussion. We wish her a speedy recovery

Congratulations to everybody celebrating their birthdays during the week.

Danel	Geldenhuys	20-Jul
Jeanne	Havinga	20-Jul
Grenville	Swanepoel	21-Jul
Stephni	Janse van Rensburg	22-Jul
Brad	Mitchell	22-Jul
Trevor	Netshiombo	22-Jul
Charles	Nizetich	22-Jul
Jennifer	Prinsloo	22-Jul
Hendrien	Breedt	23-Jul
Linda	Krause	23-Jul
Saloshnee	Naidoo	23-Jul



Thea	van Helden	23-Jul
Cobus	Visser	23-Jul
Marulette	Erasmus	26-Jul
Roelien	Geyser	26-Jul
Cari	Snyman	26-Jul
Cindy	van Zyl	26-Jul
Martin	Williams	26-Jul

COMRADES WORKSHOP

Just a reminder about our post Comrades workshop at the club on Tuesday 21 July after the time trials. It is open to all the Comrades runners but especially to the non-finishers. We want as much feedback from you as possible.

This is the start of a big effort to ensure that we will have a record number of finishers next year. The aim is to increase the number of finishers from 77% to at least 95%. It is possible if we start working on it now.

Maretha Claasen, well-known sport psychologist will be the guest speaker. You just have to be there to become part of this great effort.

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WATER POINTS – NEW RACE

We are looking for businesses to man the water points at our race on 30 August. It is an ideal advertising opportunity and can also serve as a team building exercise. The following will apply:

- The race takes place on Sunday 30 August
- Starting time 12:00
- It will be free of charge
- All the tables, water, Coke and ice will be provided
- Manpower of minimum 20 is required
- Something to eat must be provided to the Marathon athletes on their second lap
- The water point must be branded properly
- Music and a festive atmosphere is essential
- A floating trophy will go to the best water point as determined by the athletes.

Hurry to book your spot. There are only 4 more available.



AL ANDALUS ULTIMATE TRAIL RUN

It is not often that you meet a person that helps and motivates you during training runs, to then discover that he is not a man but a beast! I am of course talking about Stefan Müller. From 6 to 10 July this year Stefan participated in the Al Andalus Ultimate Trail run, 5-day, 230km ultra-marathon in the Poniente Granadino, Andalusia, Spain. This race is a true test of physical and mental determination and originally intended as race preparation for the Marathon des Sables in Morocco. The combination of record warm weather and steep ascents and descents, however in the present format adapted now in its 7th year makes this one of the toughest trail runs in the world.

61 competitors started the race. By the end of day 1 (39km), 6 people had dropped out due to the heat factor that measured 45°C at 15h00 in the afternoon but also the unending killer climbs up into the mountains. In Stefan's own words: "A start straight from hell."



Day 1 started straight up into the mountains. "Should I have done more hill training?" Stefan frequently asked himself.

Day 2 covered 48 km with 14 participants that did not start the race on the warmest day (up to 54°C measured on a competitors watch) in the recorded history of this region. Informed during the previous evening briefing of a mountain goat track should have sent a warning signal. Stefan still under some shock from Day 1 and only once on the goat track did concerns of his safety start to creep in. Thoughts of where to find shade should he fall and injure himself, how would they find him if he fell down a slope etc. Rather scary being alone in the mountains. Shade was considered by consensus as 1 tree every hundred meters and even downhills seemed to be so steep as to prevent any lost time being made up.

On day 3 the participants had to finish 39 km. This day was considered to be the easier day but Stefan is convinced this message was only received by the elite runners as the bunch of runners at the rear found that the only easy part was getting to the start line! Stefan began to feel more acclimatise and definitely felt better in the sun and climbing the hills having had enough practise on the previous days. On the Kalahari race this would have been where he would have managed to catch and overtake some runners which he also did by finishing ahead of 6 participants. Admittedly it was also a bit cooler by 1 degree! It seems even in hell there are some good days.

Day 4 was the long tough day of 67km with an ascent of 2031m and descent of 2083m. Stefan aiming for 12hours but quite happy to finish in 12.29.12 ahead of 4 participants. The one thought that kept him going on this day was all the support shown by the Irene members who were following WhatsApp reports and messages of his progress therefore not finishing was not an option.



It took a couple of seconds for him to find his smile!



Day 5 was the last day with 37 km to cover, commenting that it was funny how on the last day 37km can seem to go on and on!



Congratulations Stefan on finishing in 41:47:20! Only 42 of the original 61 participants finished all 5 days! We are so proud of you!

Lindie Steenkamp

BUS TOURS

Kaapschehoop Marathon Bus 2015

We offer you:

- Luxury Bus transport to Kaapschehoop, and Nelspruit to Pretoria
- Accommodation on a shared basis and Friday night dinner
- Transport to the start of the 42 km and 21 km races
- Pick-up of races numbers in Nelspruit on Friday night

Departure: Friday 6th November 2015

From: Pretoria & Kempton Park

Return: Saturday after race, 7th November 2015.

Accommodation: Top class accommodation near Kaapschehoop.

Price:

Bus: R 1 800pp sharing. Minimum pax 20 passengers are required.

Payment: Deposit R800pp to secure your reservation when booking and the final payment done by 30 September 2015

Enquiries: Willie Hall 082 375 6174

Karoo Marathon Bus 2015

We offer you:

- Bus transport to and from Laingsburg
- Accommodation on a shared basis for three nights
- Dinner for Thursday and Friday night & Breakfast for Friday and Sunday
- The Karoo Marathon consists of 80 km, 21 km and 10 km races. **Note:** Karoo Marathon is a Comrades qualifier

Departure: Thursday 1st October 2015

From: Pretoria & Kempton Park

Return: Laingsburg at 07:00 on Sunday 4th October 2015.

Accommodation: Colesburg, Laingsburg

Price:

Bus: R 3 500pp sharing. Single supplement R500pp. Minimum of 8 passengers are required.

Payment: Deposit R 800pp to secure your reservation when booking and the final payment done by 30 August 2015

Enquiries: Willie Hall 082 375 6174

NOTICE BOARD

Saturday 25 July

Zwartkop Road Race 21.1/10/5 km

Race Organisers: Alpha Centurion Runners & Walkers

Venue: Zwartkop Lapa, Centurion

GPS: S 25 50'14.25" E 28 07'28.46"

	21.1 km	10 km	5 km
Pre entry fees	R 70	R 50	R 30
Race day entry fees	R 80	R 60	R 30
GGM; GGGM; Blind & wheelchair athletes – 25 July	Free		
Start time	07h00		07h10
Time Limit	03hrs		

No pets and baby strollers allowed on the 10/21.1 km

Come early – only one entrance gate

Pre-entries at: Run-away-Sports; Running Inn, Sweatshop Southdowns & Dunkeld;
Sportmans Warehouse Centurion

www.enteronline.co.za

Saturday 1 August

Tshwane AC Road Race 21.1/10/5 km

Race Organisers: Tshwane Athletic Club

Venue: Medunsa Stadium (now known as Sefako Makgatho Health & Science University)

GPS: S 25 37'01.3 E 28 50.9

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees – GM & GGM & 80+	R 30		
Start time	07h00		
Time Limit	03hrs		

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

www.entrytime.co.za and www.enteronline.co.za

Saturday 8 August**Women's Rights Run/Walk 21.1/10/5 km**

Race Organisers: Aeorobics 4 All

Venue: Fountains Valley

GPS: S 25.7811' E 28.1939'

	21.1 km	10 km	5 km
Pre entry fees	R 70	R 50	R 30
Race day entry fees	R 90	R 70	
Start time	07h00		
Time Limit	??hrs		

No pets allowedPre-entries at: Run-away-Sports; Running Inn; Sweat Shop Southdowns; The Runners Shop
Tramshedwww.entrytime.co.za**League Race****Monday 10 August****Castle Walk Road Race 10/5 km**

Race Organisers: Fit 2000

Venue: Castle Walk Centre, Nossob Street, Erasmuskloof

	10 km	5 km
Entry fees	R 40	R 30
Start time	07h00	07h15
Time Limit	??hrs	

No wheel chairsPre-entries at: Run-away-Sports; Running Inn; Sweatshop Southdowns, Dunkeld West &
Fourways

Castle Walk shops: Engen; Curves; Coco Bistro; Stationers; DFC

www.enteronline.co.za

Saturday 15 August**Ocean Basket Marcel van't Slot Memorial**

Race Organisers: Phobians Athletics Club

Venue: Pretoria Boys High School, Roper Street, Brooklyn

GPS: S 25.45'38.25 E 28.13'26.07

	15 km	5 km
Entry fees	R 60	R 40
Late entry fees	R 70	R 40
Entry fees 70+ / wheel chairs / blind runners – race day only	Free	
Start time	Running 07h00 Walking 06h50	07h15
Time Limit	02h30	02h00

Free t-shirts 10 the 1st 1000 in the 15km and 500 in the 5km**Baby strollers welcome on the fun run**

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

www.entrytime.com & www.sa.active.com

2015 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
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

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

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

“I do it because I can, I can because I want to, I want to because you said I couldn't”.



Photo Corner (Ice Breaker)



Pieter Venter & Lindie Steenkamp



Geoff Carter



Schalk Liebenberg



Andre Rudolph



Christa Visagie & Pierre Marais



Paul Theron & Rens Bester



Heiko Weidhase & Dawie Roodt



Danie Labuschagne



Keith Reynolds & Sandra Steenkamp



Marvin & Angela Pottinger. They are moving to East London next week.