



IRENE NEWS

23 April 2018

No 16 - 2018



ACHIEVEMENTS

We are proud to announce that the State President has accepted our nomination and rewarded Elsa Meyer with the Order of Ikhamanga Bronze, for her “excellent contribution to the field of senior athletics and encouraging the elderly to remain fit in their twilight years”.

Congratulations Elsa on this outstanding achievement! We are proud of you.

The awards ceremony will take place on Friday, 27 April at the Presidential Guest House.



Tania Thompson
Sandra Steenkamp

2nd Lady walker – Loskop 21 km (2:50:13)
1st Lady walker – Morula 21 km (1:56:33)

The following members earned medals at the cross-country meeting on Saturday:

Lyn de Bruin
Joey Cloete
Johan van Vuuren

Gold
Silver
Bronze

Well done!

PERSONAL ACHIEVEMENTS

Kerry Trentham
Barney van Heerden
Linley September
Aletha van den Bergh
Musa Nkosi

PB – 50 km
PB – 50 km
Permanent Loskop number
Permanent Loskop number
Permanent Loskop number

Congratulations!

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:30 – Club house (Flu vaccination and Comrades Green Number Panel discussion).

Friday:

Magnolia long run at 06:00

Saturday:

City of Tshwane 5/10/21 at 06:30 – Voortrekker Park, Silverton (AGN 21 km championships)

TO ALL OUR NOVICE COMRADES ATHLETES

Running your first Comrades is an enormous and courageous step for any athlete. This will be the hardest physical, mental and emotional challenge most of us will undergo willingly! At this stage your physical preparation is almost complete with only one or two long runs remaining.

To be successful in this gruelling event you have to prepare on all three above levels! Crossing the finish line in your first Comrades and experiencing that sheer elation, is something you will remember for the rest of your life; there aren't many experiences that will surpass that!

To assist you with your preparation in the last 48 days, Irene will have a Green Number Panel discussion and motivational session on Tuesday 24 April at the Clubhouse.

I urge the novice (and other) Comrades runners to attend. Come and get tips and motivation from a Panel that has almost 100 medals between them.

Irene greetings

Louis Visser

Chairman IAC

FLU VACCINATION CAMPAIGN

We want to give our members the opportunity to get their flu injections at the club house on Tuesday afternoon. It is important that you stay healthy during this period of hard training and that you don't miss your Comrades because of flu.

What this will entail is the following by Abbott Laboratories:

"We would like to set up at your Clubhouse and promote the "flu vaccine"; Have the Clinic Nurse from Pharma Valu Elarduspark present to administer the vaccine where and if possible, for those athletes that would like to get themselves and or their families vaccinated.

Together with the Flu vaccine, Sr. Anne will then also offer 10 free Vitamin C tablets, with the compliments of Pharma Valu Elarduspark.

We will also be handing out some freebies, like Tissues, Balloons, sweets, etc.

We will be able to administer the flu vaccine to Medical Aid patients, as well as "cash patients". Obviously, we will have some paperwork to complete, possibly in advance, but this we will handle as we get the nitty gritty sorted.

The Vaccine cost is R79.95 vat inclusive and medical aid do cover this vaccine.

P.S. As you will notice from the attachment, we are allowed to vaccinate almost anyone, especially,

Babies from 6 months;

Pregnant Moms from their first Trimester; Over 65year old patients; TB & HIV patients; All patients on chronic medication; All immune depressed patients; And more specifically, our workers' class ... and athletes

Those who can't take the vaccines now or ever, are those who have had previous allergic reactions from the vaccine; Those who are allergic to eggs; Those patients who are currently ill (They will have to wait a while, till they are better and with no fever what so ever, before going for the vaccine.)

It is very important that although a patient have had Flu this year, that they do go for the flu vaccine, once they have recovered, as the vaccine do contain 3 of the most prevalent Flu strains, that was identified by the World Health Organization, for our Southern Hemisphere and such a patient could stand the chance of contracting any one of those, even after a stint of flu in 2018.

Please feel free to have a look at the attached document.

MAGNOLIA LONG RUN



27 April 2018 6:00

MAGNOLIA LONG RUN

3 LAPS, 45KM – R100
2 LAPS, 30KM – R80
1 LAP, 15KM – R50
(WALKERS WELCOME)

VENUE : MAGNOLIA Clubhouse, 229 Middel Street, Nieuw Muckleneuk, Pretoria

REGISTRATION FROM 05:00 AND START 6:00

* Determine your own distance (15 to 45km). The nature of the course will allow for incomplete laps.

* 5 fixed water points on route stocked with Coke, Powerade/Energade, water and snacks

* Run on quiet shaded streets with very little traffic, no big hills and relatively flat.

CAPTAIN'S CORNER

A few months ago, you said you will start your training for Comrades 2018 and said you have enough time. The harsh reality is, we have this month only to get everything in place for our Comrades journey. Yes, I said journey and not race because the race happens up front between the potential winners. We on a journey to find ourselves on that road and find yourself you will. The ultimate human race is waiting for us to come show our mettle and to see if we have adequately prepared ourselves for what lies in wait. A good start in your preparation is to get all your niggling injuries checked out, get your nutrition sorted and finally, make sure your booking for accommodations is confirmed. You don't want to run around for any last night arrangements and planning. I added the pacing chart for the down run and put in the exact distance. All you need to do is enter your finishing time and it will calculate everything for you. I have given you a blow by blow rundown by Barry Holland on the down run. Please be reminded that this is an old post from him and the only change is the at the start and finish portion. The rest is still the same. Read it over and over and get it into your head where you can do what. Very informative and gives you an idea of the route. We will continue with the core and strength sessions with lots of stretching. This will aid our flexibility and strength. This plays an integral part in our running. The sports massages are available for anyone who is keen and Kristin is flexible to come to you or meet you at the clubhouse. Details for Kristin Jurgens (Sports massage) - 082 892 9540-ultimatekris101@gmail.com. It's a good idea to get those muscles loose and relaxed before the big day.

Klapperkop runs will be on Sunday mornings from the DROS at Waterkloof Ridge starting at 6am. We will have 3 groups of different paces with members who know the route.

The **PEPTO** products are on sale and is available for purchase from Suzelle Engels. You must place your order early to avoid disappointment. Let's make sure we have our orders in as it will become a little more of challenge since the shops will order in bulk as well. Her details are 082 415 5019 and her email is suzelleengels@gmail.com. All the FAQ's is here for the PEPTO products http://www.atlife.co.za/content/faq_pepto.html .

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.

"ASIIKI - NO TURNING BACK"

Proud IRENE Greetings

Linley

WALLY HAYWARD – MONTHLY SOCIAL

MAY IRENE SOCIAL

WALLY HAYWARD HAT RACE

1 May 2018

**Join the Bus
and FULL
drinks trolley on
the 21 km race
for a slow, fun
filled run.**

Or

**Run any of the
other distances
and join the
social
afterwards!**

Wear a funky

HAT

BE

CREATIVE.

CASH PRIZE

FOR THE

BEST HAT



**BEEF LASAGNA WITH A
BUN AND A
SUPER M MILKY FOR
R40**



T-SHIRTS FOR SALE

There are still some of the quality T-shirts left that was part of the 48 km entries. The 21 km entrants had the option to buy these shirts at R190.

These shirts will now be available at our clothing shop at only R100. You can buy as many as you want as long as stock lasts.



Quality technical t-shirt

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Philip	Breytenbach	24 Apr
Dee	Donaldson	24 Apr
Gerhard	Koekemoer	24 Apr
Adele	Weber	24 Apr
Jannie	Coetzer	25 Apr
Renette	Prinsloo	26 Apr
Retha	Knoetze	27 Apr
Nicky	Prinsloo	27 Apr
Peter	Sherman	28 Apr



Knowledge Integration Dynamics

JOINT**Eze**TM

MODERN
athlete



NOTICE BOARD

AGN Half Marathon Championships

Saturday 28 April

City of Tshwane ½ Marathon 21.1 / 10 / 5km

Race Organisers: Athletics Gauteng North/ CoT/DEA

Venue: Voortrekker Park, Pretoria Road (opposite Build Mart), Silverton

	21.1 km	10 km	5 km
Entry fee	R 90	R 70	R 40
Entry fee 70 - 79	R 60	R 60	
Entry fee 80+	Free		
Start Time	06:30		06:45
Cut-off	03:00		

T-shirts to all entrants and sizes available on a first come first serve basis

No pets No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sports; Tshwane Running Shop; Sweat Shop Centurion; AGN Office
www.entrytime.com

NEW VENUE

Tuesday 1 May

MiWay Wally Hayward Marathon 42.2/21.1/10/4.9/1 km

Race Organisers: Alpha Centurion Runners/Walkers

Venue: Centurion Rugby Club, 270 West Avenue, Die Hoewes, Centurion (next to Supersport Park)

GPS: S 25 51'27.0 E 28 11'40.1

	42.2 km	21.1 km	10 km	4.9km	1 km
Entry fees	R 160	R 120	R 90	R 40	R 20
Entry fees 70+; blind & wheelchair athletes *1 May only	Free	Free	Free		
Start time	06h30		06h45	07h00	09h00
Time Limit	05h30	03h30	02h00	None	

21.1/42.2km online entries only – No entries on race day - Wheelchair athletes welcome

No animals allowed Entries capped at: 5km – 1500; 10km – 3000; 21.1km 4000; 42.2km – 4500

www.active.com

2018 AGN LEAGUE FIXTURE LIST				
EVENT	DISTANCE	DATE	LEAGUE	
			RR	RW
Race of Hope	21.1/10 km	19/05	X	X
Riana van Niekerk Run/Walk for Bibles	21.1/10 km	30/06	X	X
Ice Breaker	21.1/10 km	07/07	X	X
SMU Half Marathon	21.1/10 km	28/08	X	X
Clover Irene Spring Race	21.1/10 km	29/09	X	X
CSIR Road Race	21.1/10 km	21/10	X	X
Tom Jenkins	21.1/10 km	17/11	X	X

Masters Athletics Fixture list

- Local meetings**

26 – 28 April	SA Masters Championships	Bloemfontein
4 Augustus 2018	FSMA Throws and jumps	Pelliespark, UFS
11 Augustus 2018	Mpumalanga	Secunda
27 October 2018	SWD	Oudtshoorn
10 November 2018	Free State	Bloemfontein

THOUGHT FOR THE WEEK



Photo Corner



Mpho Motaung in action at the Loskop



Rena van Wyk



Aletha van den Bergh



Jacqui Burn



Erik van der Merwe



Linley September receiving his permanent number



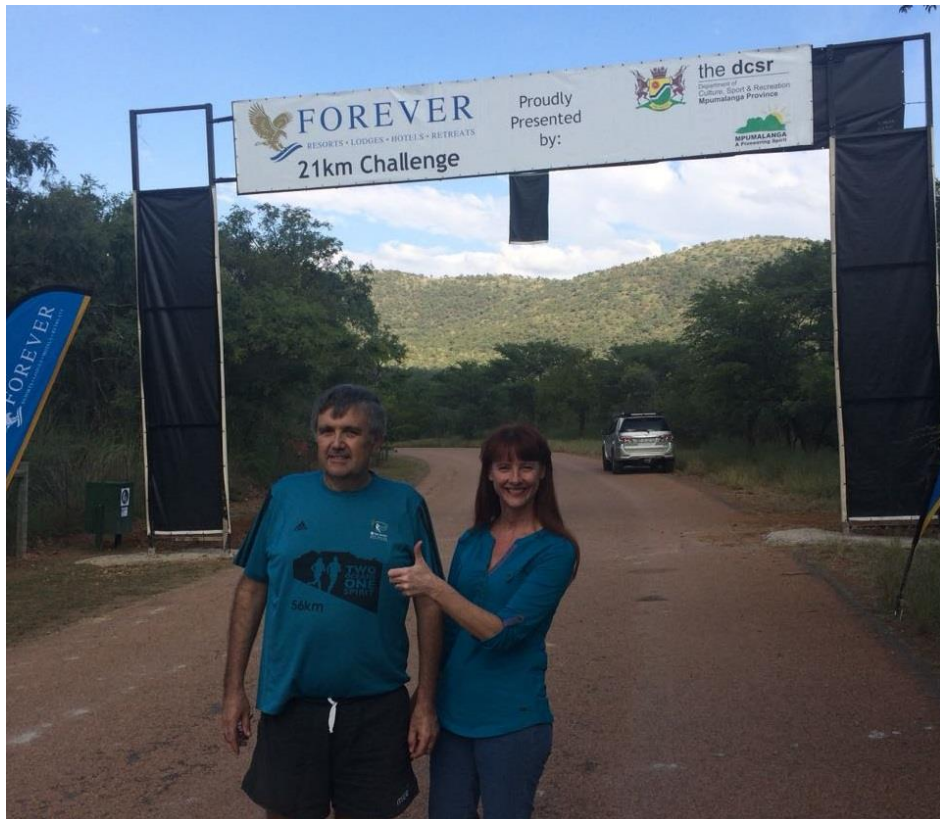
Musa Nkosi



Aletha van den Bergh



Tania Thompson on the podium



Giel and Ansu Laubscher



Irene members who did the Midrand Striders long run



Jan van Wyk on the podium at the Castaic Lake Half Marathon in Los Angeles. Well done!